



Lonely? Let's unite! News!

euPrevent PROFILE | April 2022

PROFILE (Prevention of Loneliness in older people in the Euregio) is now actively working on several projects.

What exactly is loneliness? What are the risks factors/correlates of it? How can we tackle loneliness? Here are some questions that many researchers have tried to answer. One of the first action point of PROFILE was to do a sum up of studies on this topic in order to have a good overview of loneliness.

Via this newsletter, you can know about this point. You will also have an update on several deliverables (as the theatre play, citizen summit, best practices...).

Would you like to know more about the euPrevent PROFILE project?

Then check out [our website](#).

In this newsletter:

- [The conceptual framework](#)
- [Survey for best practices](#)
- [Survey for training professionals](#)
- [Theatre play](#)
- [Citizen summit](#)
- [Sharing is caring: good practices to tackle loneliness in older people](#)

The conceptual framework



What is loneliness?

Generally, it is defined as the discrepancy between a person's preferred and actual level of social contact. What can trigger loneliness? What are the risk factors of loneliness? What are the possible interventions?

To discover it, [click here](#)

Survey for best practice



Within the framework of the project, we are looking for actions that help prevent and/or fight against loneliness of the elderly.

Why do we want to do this? We are going to create a tool that lists the actions currently implemented in the field. With this tool, we want to: encourage exchanges between the different organizations working in this field, promote good practices and increase their development.

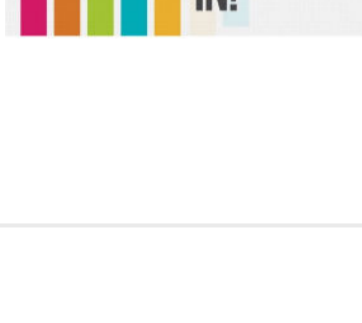
How do we do this? A questionnaire has been created to collect these actions. You can find it [here](#), it will be accessible until the end of May.

By participating, you allow us to have access to what is done in the field, to promote your actions and also to fight against the loneliness of the elderly.

If you have any questions, do not hesitate to contact us at this address:

laura.nothelier@mc.be

Survey for training professionals



A survey has been shared to know what is expected/needed by professionals concerning a training on loneliness. A total of 199 answers have been recolted (137 from Belgium, 46 from Germany and 23 Netherlands).

To know more about the results of this survey [click here](#).

Theatre play



Loneliness is something that both young and old people have to deal with. To find out what it means to someone, talking about it is the first step. But talking about loneliness is not easy. The euPrevent PROFILE project wants to give everyone the opportunity to discuss the topic by means of the theatre package 'Starlight' (Dutch: Sterrelucht).

'Starlight' is a theatre package created by Flemish director Luc Stevens. To discover the interview of Luc Stevens and learn more about the theatre play [click here](#).

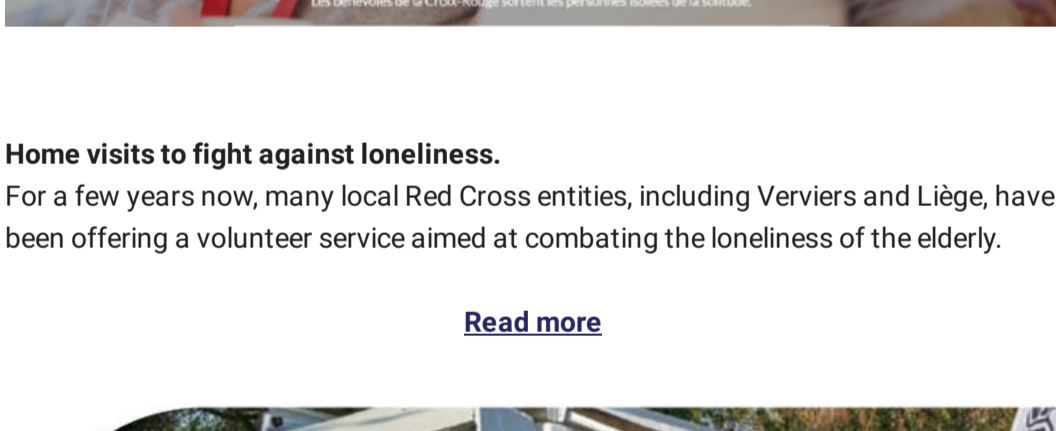
The CitizenSummit: Intergenerational dialogues between young and old

The pandemic has highlighted that we rely on our municipalities and social neighbourhoods. Many people - especially older and younger target groups- have experienced increased loneliness and isolation. However, in times of crisis the solidarity between generations at all levels, in families, communities and neighbourhoods was of high importance. Younger and older people came together to support each other in the community - building new relationships, trust and respect and strenghtening the dialogue between all ages.

During summer 2022 we want to organize small regional dialogues between older and younger participants to discuss how to be prepared in the future to tackle loneliness and isolation in an age friendly enviroment for all generations.

Together, we are committed to establishing and expanding networks in the solidarity between generations in our regions, highlighting the role of active citizenship and promoting the exchange of knowledge and ressources in the EMR regions.

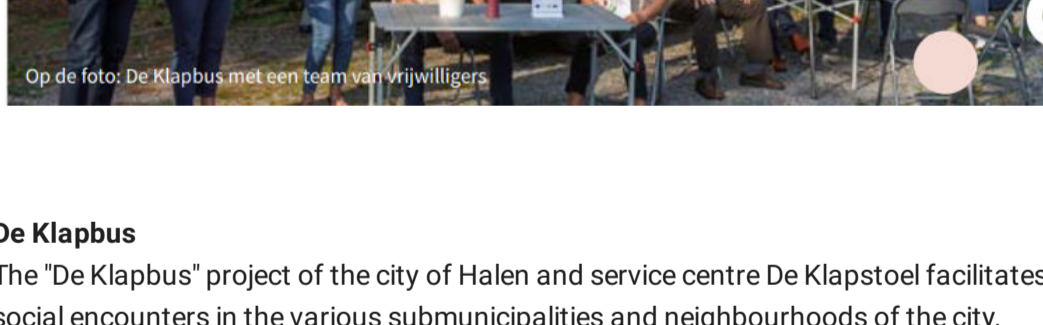
Sharing is caring: good practices to tackle loneliness in older people



Home visits to fight against loneliness.

For a few years now, many local Red Cross entities, including Verviers and Liège, have been offering a volunteer service aimed at combating the loneliness of the elderly.

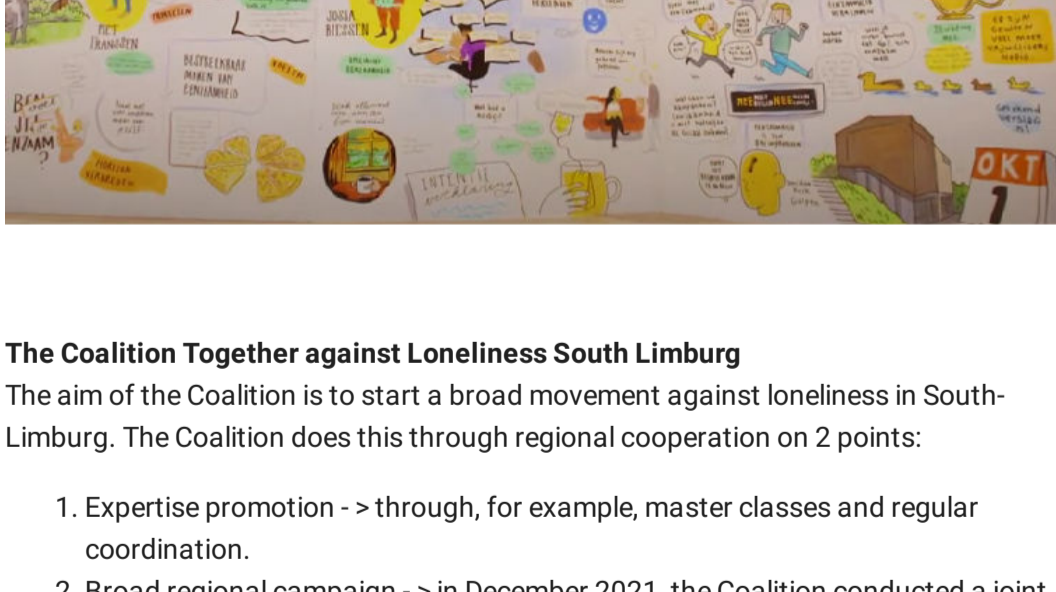
[Read more](#)



De Klapbus

The "De Klapbus" project of the city of Halen and service centre De Klapstoel facilitates social encounters in the various submunicipalities and neighbourhoods of the city.

[Read more](#)

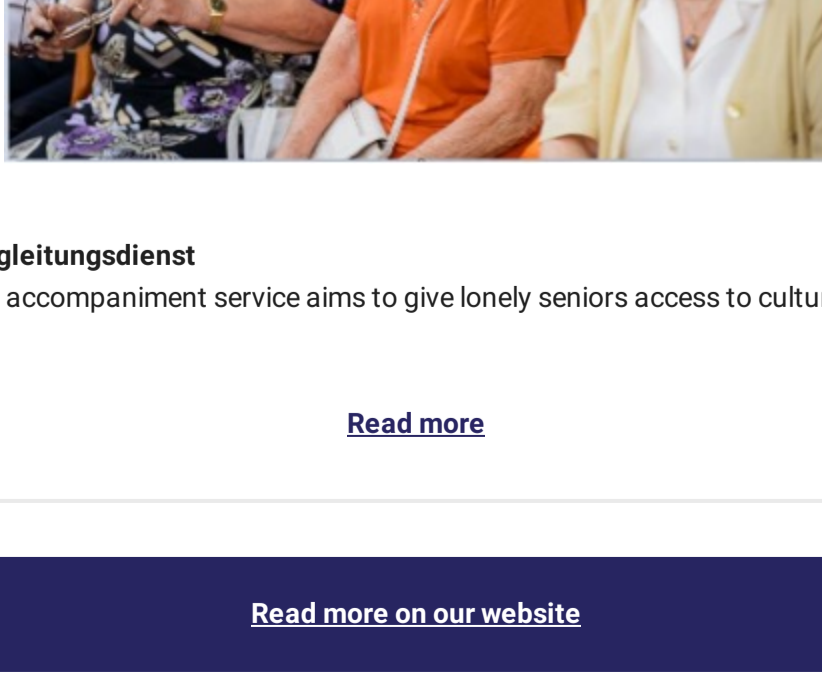


The Coalition Together against Loneliness South Limburg

The aim of the Coalition is to start a broad movement against loneliness in South-Limburg. The Coalition does this through regional cooperation on 2 points:

1. Expertise promotion - > through, for example, master classes and regular coordination.
2. Broad regional campaign - > in December 2021, the Coalition conducted a joint campaign on the buses that run throughout South Limburg to draw attention to loneliness.

[Read more](#)



KulTour-Begleitungsdienst

The KulTour accompaniment service aims to give lonely seniors access to cultural and public life.

[Read more](#)

[Read more on our website](#)