Lonely? Let's unite! News!

euPrevent PROFILE | April 2023

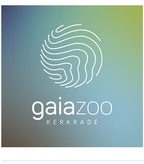
The euPrevent PROFILE project is now slowly coming to an end. Time flies, and we are happy to share with you our save-the-date for our upcoming activity conference! Furthermore, in this newsletter we want to provide updates of some activities and outputs, such as the extensive overview of good practices that is now available online.

Would you like to know more about the euPrevent PROFILE project? Then check out our our website.

In this newsletter we want to tell you about

- Save-the-date for our upcoming activity conference
- Online overview good practices online
- Citizen summits that were held in Kerkrade (NL), Liege (BE), and Thimister-Clermont (BE)
- eHealth overview
- Some good practices

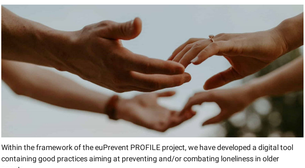
Save the date for our Activity Conference!



We are pleased to announce our euPrevent PROFILE Activity Conference, which will take place on **Thursday 1st of June 2023 at Gaia Zoo in Kerkrade (NL), from 9:00 to 16:30.**
It has been already two years since we started our project, and we think that the time has come to present and share our experience with all of you!

Read more

Online overview of good practices

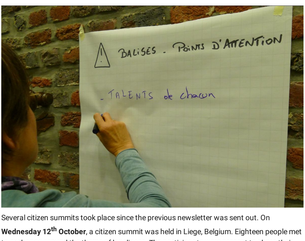


Within the framework of the euPrevent PROFILE project, we have developed a digital tool containing good practices aiming at preventing and/or combating loneliness in older people.

This tool is available on the **project's webpage** and aims, through the promotion of good practices, to connect the organization and inspire field actors to set up actions in their region.

Read more

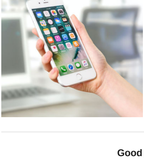
Citizen summits in Kerkrade (NL), Liège (BE) and Thimister-Clermont (BE)



Several citizen summits took place since the previous newsletter was sent out. On **Wednesday 12th October**, a citizen summit was held in Liege, Belgium. Eighteen people met to exchange around the theme of loneliness. The participants were present to share their personal experience on loneliness, to know the good practices or some useful addresses to help alleviating loneliness. Another citizen summit took place on **Friday, October 28th**, in the municipality of Thimister-Clermont, Belgium. That evening, 24 people from different generations sat down to exchange ideas on the theme of loneliness.

On **Monday 14th November**, a citizen summit took place in Kerkrade, the Netherlands. During this summit 25 people actively participated (in the range between 20 and 93 years) in various discussions in which the topic of loneliness was central. The mix of younger and older adults, and the discussions between generations was very positively received.

Overview of eHealth applications



Do you know of any eHealth applications (app or website) that focus on providing opportunities for social contact or aiming at reducing feelings of loneliness? We are working on an overview of existing eHealth apps developed in the Netherlands, Germany, or Belgium, excluding social media apps. One further prerequisite is that these are tested (and safe) and are based on non-profit principles. Please let us know by contacting **communication@euprevent.eu**

Good practices

Taschengeldbörse:
"Taschengeldbörse" (pocket money exchange) in the district of Düren. The "Taschengeldbörse" in the district of Düren is organized by the coordination office "Pro Seniorinnen und Senioren im Kreis Düren" (Pro Senior Citizens in the District of Düren) to promote understanding and encounters between the generations and to strengthen neighborhood cohesion.

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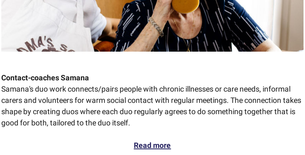
Oma's Soep:
The Dutch foundation Oma's soep (ENG: Grandma's Soup) organizes weekly activities such as the cooking days and Grandma's Soup at home days. In addition, Grandma's Soup often organizes original events. These events are a special treat for the elderly.

Read more



Contact-coaches Samana
Samana's duo work connects/pairs people with chronic illnesses or care needs, informal carers and volunteers for warm social contact with regular meetings. The connection takes shape by creating duos where each duo regularly agrees to do something together that is good for both, tailored to the duo itself.

Read more

Enträges
Enträges is an association whose mission is to promote links between people of different generations in a dynamic of solidarity and reciprocity. The association also engages in a work of sensitization and fight against the ageism through the realization of events and projects on the whole of the Wallonia-Brussels Federation.

Read more

ENTR'AGES

Read more on the website

Would you like to contribute to the euPrevent PROFILE project? Or maybe you have a good practice you would like to share?

Then be sure to let us know via: communication@euprevent.eu