

Erasmus+ / Adult Education

KA2: Strategic Partnership (without intellectual output)

„Health begins in the families-

**Prevention and health promotion for families in precarious circumstances in
Europe**

November 1st, 2020 - August 31st, 2023

Health begins in the family – A European comparison



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Frame of our project:

- Adult Education (2020: 86 partnerships selected in Germany)
- 7 partner organisations from 6 EU-Countries
- Duration: November 1st, 2020 - August 31st, 2023
(34 months; extension because of the Corona pandemic)
- Total Budget: 112.400 Euro
- Lump sums for travelling costs and administration

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Seven European Partners:

- **Caritas Association for the Archdiocese of Cologne** (coordinator DICV), Germany
- **Caritas Upper Austria Linz**, Austria
- **Ministry of Employment, Health and Social Affairs NRW**, Düsseldorf, Germany
- **West Smethwick Enterprise (WSE)**, Smethwick, UK
- **Asociatia „ Caritas – Asistentă Socială“ Filiala Organizației Caritas Alba Iulia**, Targu Mures, Romania
- **Fondazione Diocesana Caritas Trieste Onlus**, Trieste, Italy
- **Association of Lithuanian Children´s day care centres**, Kaunas, Lithuania
- **Sozialdienst Katholischer Frauen**, Langenfeld, Germany, (associated)

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Main aims of our partnership:

- Promote health prevention and health education for disadvantaged families
- Creating a common knowledge base of experts
- Sharing of good practice
- Six 2.5-day Transnational Project Meetings (TPM)
- Around 20 specialists from amongst the project partners will participate in each meeting
- Developing of a training concept for experts on health prevention
- Testing the concept in a workshop on health issues with the project team
- Build up local or regional networks to develop health education services
- Disseminate the project content, the progress and the results

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14 Digital Meetings

A screenshot of a Zoom meeting grid showing 14 participants in a 3x4 layout. The participants are: Row 1: Hompoth Hanna, Ulrich Förster DiCV Köln, Wolfgang Mazal (highlighted with a yellow border), Herbert Schustereder. Row 2: Barbara Schinnerl (Li...), Sigita Simkiene, JB, Goetz. Row 3: Michaela Hofmann, Hubbes Kinga, DK_SellnerAn, Furo Bogi. Each tile includes a video feed and a name label at the bottom. Some tiles have a red slash icon indicating muted audio.



Transnational Meetings

- TPM 1 (Linz, A – 6/2022)
Thematic focus: Foundations of preventive health care and health promotion
- TPM 2 (Trieste, I – 12/2022)
Thematic focus: Counselling of (single) parents on the topic of health
- TPM 3 (Targu Mures, ROM – 5/2023)
Thematic focus: Social inequality and health (Roma communities)
- TPM 4 (Cologne/ Brussels, D – 7/2023, final workshop)
Thematic focus: Participatory health promotion

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Last transnational meeting in Targu Mures (Romania)



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Overall Outcomes:

We have

- anchored the topic of health as an important aspect in our education and counselling work with disadvantaged families;
- gained a deeper understanding of the educational work with disadvantaged families in the partner countries;
- created a European knowledge base through our transnational professional exchange;
- got to know many examples of good practice among our partners;
- held 14 digital meetings and four transnational workshops despite Corona and achieved an average participation of 25 people per workshop;
- developed a European concept for health promotion in disadvantaged families and tested it in our Erasmus+ team;
- carried out many actions and activities on health at local level with families and children;
- established local cooperation and networks on health with experts.