

Active ageing
communities



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Active Ageing Communities

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Last Partners' Meeting

Brussels, Belgium

5 October 2022

 **europe active**
MORE PEOPLE | MORE ACTIVE | MORE OFTEN



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Welcome to Brussels!

- Schedule
- Apologies for absence
- Matters arising not covered by the agenda
- Adoption of the agenda
- Approval of the last meeting's minutes

Administration & Finances

- Sign-in lists
- Reimbursement forms
 - Room at THON Hotel
 - Share for lunch and social dinner
- Timesheets for Q3-Q4 of 2022

Overview of IO3: Programme Results

Results: participants' flowchart



Portugal



Ireland



Greece



Cz Rep



Finland



Italy

IO3: AAC Evaluation Report

Format

- Evaluation report:
 - English
 - Digital version (pdf)
- Executive Summary
 - English + Translations in several EU languages (tdb)
 - Digital + Printed brochures

IO4: AAC Good Practice Guide

When? By the end of October 2022

What?

- Based on evidence and experience of the implementation
- Recommendations for future interventions promoting active ageing

Who?

- Lead: EuropeActive to provide general overview of the data collected
- SDU and all NFAs to contribute

How? English 4-page brochure (digital + printed)

National Seminars

Why?

- To disseminate IOs and outcomes at national level.
- To increase the number of clubs and participants in the coming years

Who?

- **15 participants** (13 local and 2 international)
- Professionals who showed interest, etc.
- Budget available for one rep. of EuropeActive and/or SDU to attend

When?

- Free to decide the date according to availabilities
- Between October and November 2022

National Seminars

What?

- Mostly IO2 AAC Methodology and IO3 Evaluation Report
- Share experiences and testimonials from participants
- Networking session

How?

- Budget to run the event **already included in the payments** to partners
- *!!! **Sign-in sheet** in order to secure the funding from the EC !!!*
- Format can be hybrid (but funding ONLY depends on onsite participants)

National Seminars

Greece: SIGA Annual Professional Conference

21-23 October 2022

Tae Kwon Do Stadium, Paleo Faliro

Czech Republic: Central and Eastern European Health & Fitness Summit (CEEHFS)

“Together we are stronger“

2 November 2022

[Hotel Hermitage](#), Svobodova 1, 128 00 Prague 2

Ireland: Ireland Active National Conference

25 November 2022

Slieve Russell Hotel, Dublin

Overview of the Final Conference – 6 Oct

Who?

- Target: 35 participants (25 local and 10 international)
- About 110 registrations; 50 confirmations (including partners)

Programme

- Connected to Multiplier Event of “New Health” project
- Focusing on the role of physical activity in healthy living and active ageing

9:30-12:00 New Health Seminar

12:00-13:30 Networking Lunch

13:30-16:00 AAC Conference

Conference Programme

Morning (9:30-12:00): New Health Multiplier Event

9.30-9.45 **Welcome & Registration**

9.45-10.00: **Introduction & Presentation of the New Health Erasmus+ Project**

Julian Berriman, Educational Services Director at EuropeActive

10.00-10.45 **The Development of Standards for Healthy Lifestyle Promoter**

Dr Anna Szumilewicz, Associate Professor at Gdansk University of Physical Education and Sport

10.45-11.00 **Coffee Break**

11.00-11.45 **New Health – Healthy Generations!**

John Van Heel, Project Director at New Health Foundation

11.45-12.00 **The Lifestyle Scan Campaign in Belgium**

Farid Kempenaers, Coordinator of Fitness.be

Conference Programme

12:00-13:30 **Lunch & Network time**

Afternoon (13:30-16:00): AAC Conference

13:30-13:45 **An Introduction to the Active Ageing Communities Project + Video**

Cliff Collins, *Senior Advisor at EuropeActive*

13:45-14:30 **Outcomes of the AAC Programme Implementation in 6 European Countries**

Paolo Caserotti, Mathias Skjødt Christensen, Nicole Blackburn, Laura Coll-Planas

14:30-15:00 **The Social Dimension of Physical Activity**

Mark Tully, *Director of Research Medical School at Ulster University*

15:00-15:15 **Coffee Break**

15:15-15:45 **Active Healthy Ageing in Wales**

Diane Crone, *Professor of Exercise and Health and Director Centre for Health, Activity and Wellbeing Research at Cardiff Metropolitan University*

Videos

1) Video of testimonials



AAC_testimonial_final_26_09_2022.mp4 (Command Line)

2) Promotional video

- Footage from sessions in clubs (used in video 1)
- Footage shot during final conference
- Short interviews of AAC partners and participants

Dissemination

The AAC dissemination levels: **1. European, 2. National, 3. Local.**

1. EuropeActive will use its European fitness and sport networks to promote the AAC methodology.

SUD will disseminate it through specialised academic platforms.

2. NAS will promote the project outcomes throughout their national club members.

3. The 18 clubs will promote the programme in their local communities, esp. targeting older people.

Dissemination

Visibility on websites and social media: NFAs (and clubs) are encouraged to promote the project on their websites on social media.

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Timeline – Recap

Last partners' meeting, Brussels: 5 October

Final Conference, Brussels: 6 October

National Seminars: October-December

IO3 Evaluation Report: mid-October

IO4 Good Practice Guide: End of October

End of project / Final report: December 2022 / February 2023

End of the meeting – Thank you!

You can check in at **THON Hotel EU**
Rue de la Loi 75, 1040 Brussels

Let's meet at **Le Clan des Belges**
20, rue de la Paix 1050 Brussels
at 19:30