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# FLOWER PROJECT

Official Newsletter



## ABOUT THE PROJECT

The FLOWER Project is a transformative initiative focused on improving the well-being, health, and social inclusion of frail older people by reconnecting them with nature. Through guided activities, workshops, and online resources, the project aims to strengthen nature-related competences and empower older individuals, their families, and informal caregivers. By promoting accessibility, intergenerational connections, and environmental care, the project seeks to create a world where frail older people can spend more time in nature, leading to improved well-being, greater social interactions, and increased awareness of sustainability and nature conservation.

## Main objectives of the project:

1. Promote social inclusion and participation, enhancing the general well-being and health of frail older people.
2. Raise awareness of sustainability and the importance of nature conservation.
3. Provide accessible and flexible learning opportunities, empowering older people and bringing together different generations.

## Key project results:

- Guided activities and workshops in nature for frail elderly individuals and their informal caregivers.
- Development of online learning resources, including videos, audios, workbooks, cards, and games tailored to frail older people.
- Sharing facts, tips, and tricks for enjoying nature in an accessible way, emphasizing the benefits for frail older individuals.
- Creation of creative and meaningful activities that can be done together in nature, stimulating the senses and fostering social cohesion between generations.

"Fostering  
nature  
related  
competences  
with older  
people"



## What we've done so far:

**Project Highlights:** Our team has analyzed and gathered the best practices on nature-related activities for frail older people and their informal caregivers. These practices aim to foster increased social inclusion, enhanced well-being, and improved health within our beloved community.

**Empowering Sustainability:** In alignment with our commitment to environmental care, we have thoroughly examined and documented the best practices on educating green skills and nature-related competences.

**Live Project Meeting in Amsterdam:** The FLOWER Project officially set sail with our first live project meeting held in Amsterdam in May.



"In nature, we find solace, serenity, and a profound sense of belonging, regardless of age."

## Upcoming Activities:

**Co-design and Co-creation:** Going full steam ahead, we are setting up innovative co-design and co-creation methods. These will ensure that our experiences and resources are tailored to the specific needs and desires of frail older people and their informal caregivers.

**Focus Group Sessions:** In the coming months, we will be organizing three focus group sessions with frail older people and their informal caregivers in each partner country. With a maximum of 6-8 participants per session, we will share the gathered best practices and engage in more in-depth discussions. These sessions will give the target group the opportunity to share their needs, wishes, and barriers, with a strong focus on overcoming challenges and finding sustainable solutions.



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