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FLOWER PROJECT

Official Newsletter

A PROGRESS UPDATE

We are delighted to share a brief update on the significant steps we've made together in the FLOWER project and offer a glimpse into our future endeavours.

We've gathered good practices on nature related activities

Over the recent months, our collective efforts have been devoted to exploring and gathering valuable insights and best practices related to nature-based activities for frail older individuals and their caregivers. Our focus has been on enhancing social inclusion, wellbeing, and health through meaningful engagement with nature.

In all of the four European countries participating in the project—Italy, Spain, the Netherlands, and Slovenia—we collected and analysed 24 best practice cases. These cases highlighted successful experiences that significantly improved the well-being and quality of life for older adults and their caregivers. Analysed and mapped current **best practices in all partner countries** are available [here](#).

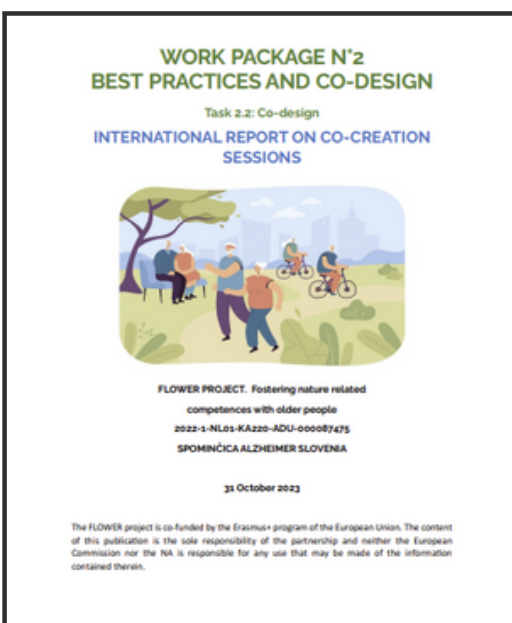
"Fostering
nature
related
competences
with older
people"





Co-creation workshops

We engaged directly with our target audience through three co-creation workshops organized in each partner country. These sessions served as a platform to share collected best practices and engage in profound discussions. Our goal was to understand needs, desires, and challenges of frail older people and their informal caregivers, emphasizing overcoming obstacles and finding sustainable solutions. [Find out more about implemented Co-creation workshops here!](#)



Best practices and co-design - International report on co-creation sessions

The valuable input we gathered in those co-creation sessions has come together in our international report. This report is a detailed collection of the positive impacts we've discovered, covering physical, psychological, emotional, and social well-being. It highlights successful cases from different countries involved in the project. The analysis of the activities implemented in the cases allows the partners and other users to define a set of training content areas, which could serve as a reference to define specific educational materials and training courses for frail older people and their informal caregivers. For more detailed insights, explore our [International report on co-creation sessions on our project website.](#)



Upcoming initiatives

An **infographic** is being prepared by Spanish partner CEOMA, bringing the best practices and co-design results together in one overview. It will be used for promotion and to increase the awareness on the importance of frail older people to engage in nature. Infographic will be available soon so stay tuned.

As the project continues, our focus now shifts to the **development of a toolkit enriched with blended learning materials**. This toolkit will be designed to empower frail older individuals and their caregivers, fostering meaningful engagement with nature and contributing to increased social inclusion, wellbeing, and health.

Guided Nature Workshops: In the final leg of our journey, we will breathe life into these resources through guided nature workshops. These workshops aim to enhance the nature-based competences of 300 frail older individuals and their caregivers. The knowledge gained will be transformed into comprehensive guidelines for organisations across Europe, which will increase the impact of our project.

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"In every walk
with nature,
one receives
far more than
he seeks."

