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FLOWER PROJECT

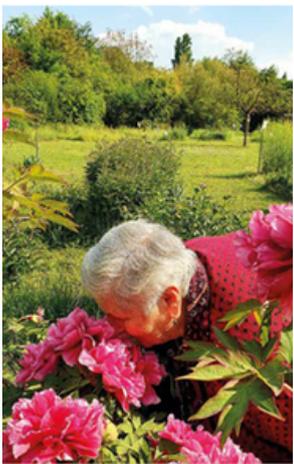
Official Newsletter

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.

About the FLOWER Project

The FLOWER project aims to enhance the well-being, health, and social inclusion of frail older people by encouraging them to spend more time in nature. Through a series of nature-based workshops organized in Slovenia, Netherlands, Spain, and Italy, the project targets both seniors and their caregivers, providing them with valuable knowledge, skills, and activities related to nature. The project follows the principle of learning by doing, gathering feedback to improve resources and developing guidelines for organizations across Europe to support social inclusion and sustainability.



"Fostering
nature
related
competences
with older
people"



Recent activities and highlights

In the last couple of months, we have focused on the objective of developing a toolkit containing blended learning material for frail older people and their caregivers. These learning materials encompass knowledge, information, and meaningful activities designed to help frail older people engage with nature, thereby increasing their social inclusion, well-being, and health. Additionally, the materials emphasize sustainability and the importance of green skills for nature conservation. The blended learning resources will be integrated into an online learning toolkit, replicated on each partner's website.



Development of learning content and co-design sessions

Within the development of learning content, we designed and developed various nature activities to encourage the elderly and their carers to spend as much time as possible in nature. These workshops cover how to use different senses during the activities, preparations needed, materials required, expert involvement, step-by-step guidance, and reflections post-workshop.

To ensure the workshops are effective and meet their goals, we tested them with frail older people and their caregivers. Test workshops were conducted in each partner country, followed by evaluations to assess relevance, necessary additions, potential changes, challenges faced by participants, accessibility, and overall feedback. This interactive process of co-design activities has been the primary focus over the past six months, with the development and testing of nature activities forming the most of our recent work.

WORKSHOP HIGHLIGHTS

Italy: Workshops on personal well-being

In May, at Laghetti Curiel in Campogalliano, a series of workshops focused on personal well-being and connection with nature were held for elderly people and their caregivers. Participants engaged in mindfulness, phototherapy, blackout poetry, and reminiscence therapy. These activities, led by experienced therapists and educators, provided deep emotional and psychological benefits, fostering greater awareness and relaxation. [Read more...](#)





Spain: Ecological actions and creativity

On April 25, Spanish Confederation of Older People's Organizations (CEOMA) organized workshops at the Nueva Oliva care centre in Pantoja, Toledo. These workshops aimed to foster intergenerational connections and promote environmental awareness. Activities included "Plant Allergens Bingo" and the "Earth Heroes Challenge," which encouraged ecological actions and creativity among participants. [Read more...](#)



Slovenia: Virtual and gardening experiences

In June, Development Centre of the Heart of Slovenia conducted four workshops, including a VR nature experience and gardening activities. These sessions allowed participants to virtually visit natural landscapes and engage in plant care, rekindling cherished memories and providing joy. The workshops were well-received, highlighting the benefits of nature-based activities for emotional and psychological well-being.

[Read more...](#)



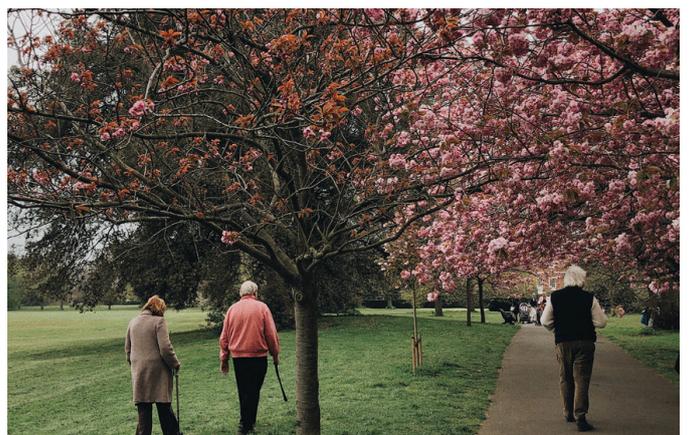
Netherlands: Sensory nature engagement

At the end of April, IVN Natuureducatie and Gouden Dagen organized a co-creation day at Herberg Welgelegen in Valkenburg. Activity coordinators and day care participants tested creative activities such as discovering fragrant herbs and taking nature photos, stimulating social connection and sensory engagement. These activities will be refined and offered in all partner countries later this year. [Read more...](#)



Slovenia: Therapeutic Nature Activities

Spominčica Alzheimer Slovenia tested two activities, "Painting Rocks" and "Tree Identification Walk," with individuals at their Daily Center. These activities were found to be calming and therapeutic, evoking nostalgic memories and providing educational and physical engagement. Participants suggested incorporating nature walks to collect rocks for painting and providing take-home guides. [Read more...](#)





Upcoming activities

Toolkit release: In the coming months, we will launch a comprehensive toolkit enriched with blended learning materials, available in all partner languages. This toolkit will provide valuable resources for both frail older people and their caregivers, enhancing their engagement with nature. We will also conduct short training sessions for professionals who will be running the workshops additionally the toolkit will increase competences of staff working at the partner organisation.

Organizing guided nature activities for frail older people: Each partner will define and organize a set of nature-based workshops that are fun and engaging. Each country will host at least five workshops with 10-15 frail older people, led by professionals, project staff and trainers from each organization.

Guidelines for nature workshops and feedback for learning: Based on the workshops, a set of guidelines will be defined for organizations that wish to organize and develop nature workshops for frail older people. In addition, feedback will be gathered for the improvement of learning resources.

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"Nature holds
the key to our
aesthetic,
intellectual,
cognitive, and
even spiritual
satisfaction."

