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FLOWER PROJECT

Official Newsletter



FLOWER IN FULL BLOOM: WRAPPING UP AN INSPIRING PROJECT

As we approach the end of the year, we also come to the conclusion of the FLOWER project! These past two years have been incredibly fruitful—full of learning, collaboration, and overcoming challenges together. Now, we are excited to share the results of our hard work with you.

Just to remind you, the FLOWER project has focused on improving the well-being, health, and social inclusion of frail older adults by fostering a deeper connection with nature. Through a variety of engaging nature-based workshops held in Slovenia, the Netherlands, Spain, and Italy, we have equipped seniors and their caregivers with practical knowledge, activities, and inspiration to bring the benefits of nature into their lives.

"Fostering
nature
related
competences
with older
people"





FLOWER TOOLKIT IS NOW LIVE

**Your guide to
nature-based care!**

Scan the QR code to access our FLOWER Toolkit. Whether you're a caregiver or family member, you'll find helpful modules and activities to easily introduce frail older people to the beauty of nature.

- ➔ **6** practical learning modules designed to help you introduce nature to frail older people
- ➔ **50** nature-based activities like gardening, nature walks, sensory engagement, and arts and crafts

Get nature into their daily routine today!



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CREATING MEANINGFUL CONNECTIONS WITH NATURE: HOW WE DID IT

Over the last five months, each partner organization has been hard at work organizing nature-based workshops for frail older people and their informal caregivers in their local communities.

In these workshops, we implemented the activities featured in the FLOWER TOOLKIT, bringing the theoretical part of the project to life. These workshops provided an opportunity for older people and their caregivers to explore the joys of nature through guided activities while fostering creativity, relaxation, and connection.

Curious to see how we made it happen? Read on to learn about our activities.

Slovenia: Reminiscing with photos, learning about herbs, making bath salts, and discovering nature through VR glasses

Development Centre of the Heart of Slovenia organized diverse workshops to connect older people with nature, stimulate their senses, and evoke meaningful memories. Using VR glasses, participants unable to go outdoors could virtually experience nature, revisiting the sea, lakes, and beaches.

In another activity, seasonal photos of traditional customs and natural objects sparked storytelling, enhanced by touching and smelling items like grass, shells, and lavender. Participants also created bath salts with natural ingredients and explored herbs, discussing their healing properties and uses. These workshops fostered creativity, knowledge-sharing, and a sense of community, leaving participants enriched and engaged.



Netherlands: From Gardening to Art with Seeds

The In the Netherlands, activities were tested with four groups and around 100 participants. Coordinators selected activities from the FLOWER toolkit, which provided clear guidance on preparation, materials, and follow-up.

The activities included planting seeds in a city garden in Utrecht, a community walk in Breukelen, planting plants in a garden in Heerhugowaard, and creating art with seeds in Eindhoven. These workshops sparked meaningful conversations about the use of seeds in food, past and present, and inspired participants to explore the benefits of being in nature and learning about biodiversity.



Spain: Creative nature-based and sensory activities

CEOMA, our Spanish partner, organized enriching activities in early October.

On October 1, at Centro Residencial La Nueva Oliva, 70 participants, including frail older adults, caregivers, and young students, engaged in nature-based activities. Highlights included a group nature walk fostering connection, an outdoor gym session promoting fitness, and an autumn collage activity combining creativity and mindfulness.

On October 3, at Centro Residencial Quijote y Sancho in Torrijos, 20 frail older adults and their caregivers participated in a sensory workshop. Activities like creating fragrance bags, exploring mystery objects, and a fruit and vegetable memory box sparked storytelling, enhanced sensory perception, and strengthened social bonds.

Italy: Intergenerational and memory-enhancing workshops

In Italy, Anziani e Non Solo organized four workshops, engaging approximately 120 participants, including children and older adults.

On October 7th and 24th, Fruit and Vegetable Memory Box workshops were held in residential care facilities “Il Carpine” (Carpì) and “Villa Margherita” (Modena). These workshops focused on fostering social interaction, emotional expression, and memory enhancement through reminiscence activities.

Intergenerational workshops took place on October 2nd at San Geminiano School in Cognento and October 15th at “Il Carpine.” Participants included older adults and children, who shared stories, pictures, and experiences tied to traditional farming practices like grape harvesting and Aceto Balsamico production.

All activities were met with enthusiasm, sparking meaningful dialogue and connection across generations.



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