



Bsport+

Newsletter

CAPACITY BUILDING PROGRAMM

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Newsletter 3

Bsport capacity building program is available at <https://www.bsportplus.eu/capacitybuilding>

This page distils/highlights insight each project partners within BSport+ project gained during our pilots of activities to increase the physical activities of PwD.

Hopefully this page can server as an inspiration for other interest-ed in increasing physical activities not only for PwD.

We have been testing the programm in different EU countries, keep reading to learn about the results.PwD in their own coun-tries (see article 3).



PILOT TESTING OF CBP IN PARTNER COUNTRIES

Sweden_ KTH

At KTH there are many activities related to sport and health. KTH is currently planning for a center for sports engineering this is going to be in place by the end of the year. In the area of BSport+ - The capacity building homepage is up. There is an ongoing thesis work validating the positioning accuracy of our sensor idea for visually impaired swimmers. A prototype app is now available at Garmin's App Store. We are looking into how robotics can be used to engage disabled people in physical activities. Aiming to do the first pilot within BSport+. Trail cycling is ongoing again as the snow is gone, both with groups of young PWD and an pilots of training new leaders, the picture is from one of the season of training new leaders that we joined.

Slovenia- Ozara d.o.o.

In the previous months, OZARA d.o.o. has implemented practical activities within the CBP pilot testing. The original idea and aim of this activity were to prepare a local/neighbourhood city pilot to test and validate the CBP, working on collaborative ecosystem and mechanisms generated by previous project result including HEPA Policy Lab and proposing a policy framework.

The 1st testing action took place already in June 2021 to mark International Day of Sport to amend the lost time under several pandemic restrictions and raise awareness how much everyday physical activity and peer support can influence the wellbeing in workplace - we motivated and gathered a multigenerational and diverse team in cooperation with OZARA ZC d.o.o. (Employment centre) employees. A cycling tour was organized to promote PA, peer support and exchange of future cooperation possibilities for targeted actions in order to promote the general idea of inclusion of PWD's in HEPA. More info can be found here:



<https://www.bsportplus.eu/capacity-building-programme-taking-action-in-slovenia/>

In 2022 we continued with two events, done in a classical way where we firstly presented the CBP idea and replication possibilities with a supporting organisation. However, within the previous experience and current societal developments also in connection to elements of inclusion, peer support and empowerment for a healthier lifestyle, we discovered the real potential of CBP piloting lies in connection with a wider community – therefore two additional events took place with a wider local community where PwD's got to know their peers from other organisations, their professional workers and a wider local community bringing together and joining a traditional folklore and dancing activities in Pomurje region; in Carinthia region we have connected with NGO specialised for social inclusion of PwDs and a special hiking trip with exercises in between was organised where peers got to know each other, supported and cheered one another while working out.

Spain- Fundación INTRAS

In Fundación INTRAS, we are piloting hiking activity. More and more doctors prescribe "going out to the countryside" to heal our mind and body. Hiking is the ideal sport to reduce the symptoms of mental discomfort. The benefits it brings



- It helps us recharge our mental energy. Hiking in a natural environment for 90 minutes helps to clear minds. It is scientifically proven that the levels of melancholy and negative thoughts decrease significantly
- It helps improve our mood, since exercising outdoors releases endorphins that make us feel better. We will feel more vital and our energy will increase
- Helps to socialize. Hiking with a group of people we don't know "forces" us to meet new people. It is a good opportunity to build new social relationships
- It improves our self-esteem, even if we start with small hiking trails. The important thing is to gradually achieve small goals
- Going hiking will make us disconnect from technology and help us improve our minds to deal with different problems

Due to our pilot experience, we can affirm that hiking is an engaging activity that brings many benefits to mental health. Feeling the energy that flows from trees, plants, rivers, birds, lakes, wind, light, ... heal inside and out..

European University of Tirana

The premises of the European University of Tirana, during the months of April-May are attended by about 30 children aged 10 to 16 years (accompanied by their parents).

The project aims to provide good practices for a healthy life and with alternatives to sports activities for young people and children with disabilities. Individuals who more than anyone need well-thought-out development of a program that will affect their quality of life.

UET, focused on individuals with juvenile diabetes during project identification and implementation. We aimed to program a healthy behaviour routine. The project consisted of designing healthy eating routines, physical activity and implementing the strict rules that diabetes requires based on seeking world-wide experiences in collaboration with local endocrinologists.

Adapted to the circumstances, the academic staff at UET undertook to follow the children with Juvenile Diabetes. What was the goal? Adapting a healthy lifestyle and creating a collaborative platform that brings developmental synergies and support to children with Juvenile diabetes. Building an active and cooperative network, brought together the Association of Children and Youth with Diabetes, endocrinologists in the main cities of the country, doctors and staff of the paediatric endocrinology department at QSUT.

In systematic contacts with parents and children, a climate of productive cooperation was created.

One of the envisaged products of the B-SPORT + project, was the development of sports-educational activities organized in the sports facilities of UET, where specialist doctors, nursing students, coaches, nutritionists, brought together in one goal:

Functional capacity building to help children and support their parents. The activities were conceived and developed as multi events with the development of:

1. Valuable informative conversations about the specifics that juvenile diabetes carries and displays.
2. Sharing experiences between children and their parents regarding the stigmas experienced, the difficulties of daily life faced by children and parents.
3. Develop sports activities and measure sugar levels before and after exercise to bring results and feedback in the lives of young people.
4. But essential, education with the thought that every individual with juvenile diabetes, become fully aware of its possibilities and unlimited limits, in order to be able to manage daily life in the best way.

Awareness of enforcing the basic rules by building their own lifestyle, without becoming rule slaves anyway.

Physical activity and various games, completed the days of activities organized within the project.

https://www.facebook.com/permalink.php?story_fbid=pfbid02v1syRrSkdU35hMaK-7pr3FGUeVWdipZubtXcuLPJYxUxfdozqtwLKawfUz4zU8eD7l&id=106509158458647)

WONCA, Denmark

In EQuIP, we are currently testing our hiking program, which is a 5 km hiking trip through Aarhus city. The participant is a 58-year-old woman with type-2-diabetes, who wants to be more physically active but does not like to go to the gym or exercise alone. Also, she finds it very difficult to maintain a good active lifestyle, even though she really wants to.

Furthermore, it is important to test our idea to ensure the intervention in theory matches the reality for the intervention subject. It is always a great pleasure to meet up with the participant and hear what she thinks could be improved and what already works well. We have met up with the participant several times and each time she enjoyed the trip and contributed with good inputs on how she visions it tailored to her needs.

First time we met up, she suggested that the walk should be at a slow pace and focus on the social aspect. So, the next time we met up we incorporated this by walking slower and focusing more on the conversation. In addition, she told us that walking in company with others, that she has more in common with, will increase her motivation to participate in

similar activities. As feedback on our hiking route, she suggested green areas or areas with sea view and further should be accessible by bus.

We expect to pilot test our hiking trip with more participants to understand the social dynamics in combination with the physical aspect. As always, we will try to incorporate the feedback and improve the current hiking program.

INFAD, Spain

Wellness in the workplace. Wellness Program: Workplace Exercise and Healthy Eating (B-Sport)

In June 2021, INFAD met to discuss how we could carry out our pilot test, who it would be aimed at, those responsible for the implementation and fulfillment of tasks, the coordination and possible associations to increase our community building.



Thus, contact was made through various means, such as telephone calls and emails, to associations aimed at people with a specific target audience, people with mental health problems, especially those located in Extremadura, for example: FEAFES mental health Extremadura; LASSUS; ARFES, Pro Mental Health; AEXFATP; Mental

Health Teams; Get excited, Psychology; Sorapán de Rierios Foundation; Lassus Association; COAMIFICO; ASPAYM; ECOM; AEPSAD; Association of Families and Children with Attention Deficit Hyperactivity Disorder; APAFEN-FEAFES; AEMIS; AVIFES; CERMI, Spanish Committee of Representatives of People with Disabilities; ProsPort; SportLive.

Since no answer was found, we met again in April 2022, to discuss some issues:

- Possible solutions were discussed.
- INTRAS was contacted for recommendations or other forms of engagement.
- New possible interested associations were proposed.
- Each of the CBPs prepared by each project partner was carefully observed.

Finally, we discover that the OZARA program fits our reality. A workplace involved in research on people with disabilities.

The objective of the program is to strengthen the health of employees, within a healthy work environment.

According to various studies, investing in human resources in the workplace helps companies reduce costs associated with illness, injury and sick leave, contributing to higher quality of products and services, as well as greater user satisfaction.

Given that insufficient physical activity and a high sedentary lifestyle are observed in our workplace, the program has been launched, taking into account the exercises proposed in it:

- Move throughout the workday. Walk to the workplace, take a walk during the break.
- Perform stretches to relieve discomfort due to posture.
- Short-term relaxation techniques.

- Incorporate a healthy diet, where everyone brings healthy food to work.
- Encourage regular consumption of water or tea.
- Schedule activities or workshops such as running or cycling with matching shirts. This aspect will be developed later.

It will continue to be carried out for two months to subsequently carry out satisfaction, well-being and progress questionnaires that reflect the learning results. Attention will be paid to the opinion about physical activity, their health status before and after, the weight loss and the change in eating habits achieved. In addition, possible improvements and recommendations provided by the participants will be collected.



ITALY- SiNAPSI: Love food and live healthy

The pilot testing involves the delivery of a course entitled "Love food and live healthy."

The proposed program aims to provide young people with type 1 diabetes with a series of online resources (e.g., videos, interactive tools) to acquire essential skills and recommendations for successfully managing the physical and psychological challenges posed by type 1 diabetes in sport and exercise.

Key motivations to physical activity for people with diabetes can be grouped into three main categories:

- Need for education about diabetes and exercise.
- Need for psychological and social support.
- Need for individualized support.

A multidisciplinary team of health and sports professionals has created mini videos and support materials to disseminate using a truly person-centered approach. Areas of intervention include healthy eating and diet, sports and physical activity, emotional and psychological well-being, body care, and mindfulness.

The common thread of the interventions is the fight against the social stigma attached to sport and those who can practice it, through the promotion of everyone's well-being and the dissemination of good practices.

Slovakia – topcoach

In topcoach we decided to work with people with muscular dystrophies and people with depression and / or stress for the pilot. All participants were involved in both the Personal Well-being Aerobic and strength exercise program as well as hiking (or similar activity, with regard to physical possibilities). The pilot took place in May 2022 in a hybrid format, meeting both in person and online to discuss feelings and observations regarding the plan. The participants were members of a local gym, that is one of the few facilities that specializes in working with PwD's. They took part in the pilot for various reason, with a common denominator being, that they wanted to increase their activity level to possibly feel better, both mentally and physically. The pilot was roughly a month long and by the end, the participants all voiced, that they feel better, feel more clear-headed. They noted, that activities from the capacity building program aren't long, don't take up that much time from their day and thus are easy to incorporate into their daily lives. In our opinion, this makes them a good possibility for increasing activity of PwD in a very natural way.

Belgium – Trendhuis

As 1/3rd of the working population in Belgium declares to have stress and they fear burnout, it's important to provide stress coaches and to propose easy solutions, that people can work out themselves.

In the University Hospital of Antwerp, Trendhuis implanted the program 'Time-2Grow' where we provided not only a website with resilience tests and testimonies, but also accessible solutions for medical staff.

The sport activities that we organized depended of the apps that the trainers and participants wanted to use, e.g. walking (start to run), yoga (yoga for beginners), fitness (Sweat), etc.

Our objectives were :

- promoting mental health for people who suffer from depression and burnout.
- promoting and try-out the use of Sport- and health apps, first in group.
- motivating people the mental health problems to start sporting at home individually.

To ensure the way we should promote sport, we organised six separate test sessions for workers (some attendees came from UZA). The attendees choose for social sporting, like walking, biking, swimming, etc... There was also interest in yoga sessions.

The methodology of the coaches was:

- explaining the use of the apps.
- helping the participants to download them on their smartphone.
- two hours of use of the app + sporting.
- meeting to share impressions.

Today, University Hospital of Antwerp proposes to work on soft skills or personal balance. They suggest to follow:

- Resilience courses.
- yoga sessions from UZA.
- sports offer and use of sport apps.

Türkiye, İstanbul Avrupa Araştırmaları Derneği (IAAD)

IAAD develops with the schooling sphere, on a multi scale combination of (1) Health Enhancing Physical Activities (HEPA), via implementing group traditional games in the schools' playgrounds, combined with (2) healthy diets in which a better balance between key ingredients is structured via the calculation of a pertinent quantity of calories considering the individual, integrating possible conditions for those with disabilities e.g., diabetes, etc., with (3) a circularity approach to the school's roles in the food systems to address food loss and waste, and with (4) the implementation of citizen-driven Policy labs in which pupils aged between 6 and 11 years old, together with their parents, take part in a series of events where the local and regional policy framework on People with Disabilities (PwP) is explored.

This is done with three schools especially selected for their distinctive traits:

- 1. school 1**, a primary school located in an urban environment e.g., the district of Bahçeşehir, part of the city of Istanbul, once a rural neighbourhood referred to as the "garden city" for its abundance of green spaces, today a large and heavy urbanized environment (evolution in only 10 years, population of 287,569 in the 2000 census), the school İBB Şehit Savcı Selim Kiraz İlkokulu, with pupils aged between 6 and 11 years old and their parents;
- 2. school 2**, a primary school located in a remote rural coastal area e.g., Orhaniye, a village located in the District of Osmaniye, in the Province of Marmaris, Türkiye

(as of 2010 census it had a population of 103 people), the school Orhaniye Inci Narin Yerlici Ilokulu, with pupils aged between 6 and 11 years old and their parents;

- 3. school 3**, an upper-secondary school located in a rural mountainous area e.g., Yeşilüzümlü, a town located in the neighbourhood and city of Fethiye, in the Province of Muğla (2.470 inhabitants in the 2021 census), the school Fethiye Üzümlü Borsa İstanbul Anadolu Lisesi, with students aged between 15 and 18 years old and their parents.

The pilot experimentation is set via the implementation of a simplified support programme tailored to the specific needs identified in each school, considering the HEPA, being the meals offered by the school already framed in the National Education Programme for healthy diet, embedded in the '2023 Education Vision' Programme (*2023 Eğitim Vizyonu, VIZYON2023*).

Here, IAAD implements an approach which integrates the socio-economic and societal dynamics of the pupils and students and their parental sphere, considering the geographical determinants of the schools' locations. To that end, IAAD explores the obstacles, enablers and drivers of behavioural patterns in pupils and students via a simplified yet participatory situation analysis, supported by an online questionnaire aiming at generating a "well-being" development figure e.g., at the end of the pilot experiments (anticipated November 2022), what are participants' understanding of the "well-being" generated by the experiments. This outcome is not focused on the HEPA only, for instance weight gain or loss and fitness level, but also on concepts such as "feeling good" or "feeling better" socially speaking. This is way group activities were chosen: the combination of HEPA and healthy diets is implemented in a fully integrated social environment.

Schools 1 and 2 implement regular weekly HEPA via playing group traditional games in the playground, which are activities integrated in the *VIZYON2023* Programme, but also organised sport activities such as basketball, football, handball and volleyball. School 3 develops only in organised sport activities.

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