



WINTER 2024

FARMELDER

Funded by the EU under Erasmus+



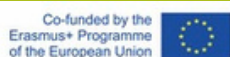
The FarmElder Story so far...

The FarmElder project is dedicated to demonstrating how identified needs can be effectively addressed across Ireland, Portugal, Germany, Slovenia, and Belgium. Through collaboration, partners will delve into the challenges faced by elderly individuals and explore emerging social farming interventions in their respective nations. The project will yield 14 compelling case studies and comprehensive reports detailing the issues affecting elderly individuals in each participating country. Additionally, the project will develop training course modules, create FarmElder digital stories, and establish a project and training website to disseminate knowledge and resources further.

In September 2023, we convened for our third transnational project meeting amidst the scenic backdrop of Arouca, Portugal. The week proved to be an enriching experience, brimming with insightful project visits meticulously arranged by ADRIMAG. These visits offered a firsthand glimpse into the outstanding efforts undertaken by ADRIMAG to advance social farming for the elderly within their locality.

THE PROJECT HAS IDENTIFIED THAT...

- EUROPE'S POPULATION IS AGEING AT AN UNPRECEDENTED PACE.
- THE EXISTING CARE HOME AND NURSING HOME MODELS OFTEN FALL SHORT OF MEETING THE DIVERSE NEEDS OF OUR ELDERLY CITIZENS.
- THERE IS A PRESSING NEED TO DEVELOP MEANINGFUL ACTIVITIES THAT FOSTER ACTIVE AGEING.
- A LACK OF INTERGENERATIONAL CONNECTION HINDERS ELDERLY INDIVIDUALS FROM MAKING FULL CONTRIBUTIONS TO SOCIETY.





Visit to Vale de Cambra Environmental Education Centre

The time spent in Arouca was more than just a series of visits; it was a profound exploration into innovative projects shaping communities and enriching lives. Among these impactful encounters was our visit to the Vale de Cambra Environmental Education Centre (CEAVC), a beacon of environmental education and sustainability nestled within the municipality of Vale de Cambra. Our time at CEAVC was a testament to the power of community-driven initiatives, particularly in catering to the needs of the senior community through social farming and environmental awareness programs.

CEAVC is a testament to the municipality's dedication to environmental education and sustainability. Established as a vital tool for disseminating knowledge and fostering skills related to environmental protection, CEAVC plays a pivotal role in empowering individuals to adopt healthier lifestyles while actively contributing to waste reduction efforts. The centre's inception aimed to engage the local population in enhancing environmental quality, fostering a multiplier effect through education and training.

One of the most notable aspects of CEAVC's work is its focus on serving the elderly community. Through meticulously designed programs and partnerships with local entities, CEAVC offers a range of activities tailored to seniors, including training sessions in organic farming and aromatic plant cultivation. By engaging elderly groups alongside children, young people, schools, and private social solidarity institutions, CEAVC fosters intergenerational knowledge exchange and community cohesion.

As we continue our journey, let us draw inspiration from CEAVC's commitment to valuing, sharing, and integrating with all generations, paving the way for a more sustainable and interconnected future.





Visit to the Associação de Amigos da Pontemieiro

Among the myriad projects we had the privilege to explore, our visit to the Associação de Amigos da Pontemieiro stood out as a beacon of hope and transformation. In the heart of this once-deserted village, we witnessed the remarkable revival of community spirit, eco-friendly farming, and active ageing initiatives spearheaded by dedicated volunteers. Pontemieiro is not just a village; it's a testament to the resilience and ingenuity of rural communities.

At the heart of Pontemieiro's revival is the Associação de Amigos da Pontemieiro, consisting of 35 dedicated volunteers deeply connected to the village. Despite not all residing permanently, their steadfast commitment to Pontemieiro's rejuvenation is evident.

Pontemieiro embodies a rich heritage, transcending mere buildings to embody traditions and values passed through generations. Despite facing population decline, the village persists, thriving with just 11-12 permanent residents, thanks to the Association of Friends of Pontemieiro.

Founded in 2008 amidst neglect, the association embarked on revitalizing Pontemieiro. Through innovative initiatives like clearing lands with a community goat herd and establishing an artisanal cheese shop, they breathed new life into the village.

Central to Pontemieiro's ethos is the well-being of its elderly residents, aged between 64 and 80 years old. Through workshops, organic farming activities, and intergenerational initiatives, the association ensures that seniors remain active participants in community life, sharing their knowledge and wisdom with younger generations.

Our visit to Associação de Amigos da Pontemieiro was a testament to the transformative power of community-driven initiatives in revitalizing rural life. As we depart from this proud village, let us carry with us the spirit of Pontemieiro— a reminder that with determination and solidarity, rural communities can thrive against all odds.





Project Progress

Online Training Course: After months of hard work and dedication, we are delighted to announce that the course content has been finalized! While the content is ready, we are currently in the process of making the course available on the training platform in multiple languages to ensure accessibility to a wider audience.

Inspiring videos: We're excited to share that filming for the videos took place in Ireland, Germany and Portugal, and another round of filming is scheduled in Slovenia this April. The talented team at Mosaic is editing together a short film of 12 minutes, which we'll eagerly share with you through our newsletter and social media platforms in the near future.

Ongoing Developments: In addition to the training course and inspiring videos, our project is actively developing a training platform. Currently, we're engaged in discussions regarding the evaluation process for the Moodle training platform.



Key Dates and News

Events: In October the Biotechnical Centre Naklo hosted a Career Day for students. Various companies presented themselves, including BC Naklo. Students were informed about the FarmElder project that and were invited to collaborate with us.



Joe, Andrew G, Roger Mc, Marie Griffin and David K. on the Dennehy farm.



Upcoming Meetings: We're also excited to announce our upcoming LTTA 2 in Slovenia, which will be an immersive study focusing on social farming for the elderly.