

Healthy Children in Healthy Families – final template for WP 4 – October 2010

<p>A) Local /Method</p> <p>Aim: To identify inspiring results and experiences from health initiatives in the local environment / municipality, focusing on children, volunteerism and civil society organisations.</p>	
<p>Study Question: <i>On health initiatives:</i> Give 2-3 examples on health initiatives that have been launched in the local area during the last decade concentrating on the most inspiring projects in relation to HCHF? What are the main results and experiences from these? Has empowerment -based interventions been part of the initiatives in the local area? What are the experiences from this?</p>	
<p>Example 1¹:</p> <p>Description</p>	<p>CENTRE OF SERVICE FOR VOLUNTEER ORGANISATIONS (CSV)</p> <p>When considering volunteerism in relation to HCHF in Verona, one of the most relevant organisations is represented by the structure which coordinates volunteerism associations/organisations: the Centre of Service for Volunteer organisations (CSV).</p> <p>CSVs are operational structures created to provide free support to the volunteer organisations/associations working in the territory, and to improve the quality of their projects. CSVs are present both at the regional and national level and are located throughout Italy, with the exception of the autonomous province of Bolzano (region of Trentino Alto Adige, northern Italy). In total, there are 77 CSVs in Italy.</p> <p>Their aim is to spread among citizens the pro-active culture of solidarity, to assess needs and to protect rights of minorities and socially excluded persons and to preserve environmental and cultural resources. Furthermore, CSVs promote dialogue and active cooperation with municipalities or governmental institutions, taking part in activities such as planning, managing and evaluating social interventions².</p>

¹ Example n.2 and example n.3 have been identified following the interviews with the Director of the Verona CSV (Mr. L. Garonzi) and with a health professional of the Dept. of Prevention of ULSS 20 (Dr. S. Morgante).

² Sources: http://www.venetosociale.it/index.php?pg=territorio&ext=p&t_dbd=CSV;
http://www.csvnet.it/usr_view.php/ID=3552

	<p>Legal framework</p> <p>Concerning the legal framework, they were created by the national law in 1991 (L. 266 and Ministry decree, 8 Oct. 1997) and the regional law in 1993 (L.R. 30 Aug. 1993 n. 40, L.R. 18 Jan. 1995 n. 1). According to the Ministerial Decree, issued on 8th October 1997, special funds for Volunteerism were established in each region. These funds are allocated and managed by Regional Management Committees, which are made up of representatives of financial institutions, volunteer organisations and governmental institutions (Ministry of Employment, Health and Social Department, Regional Governments, Local Authorities).</p> <p>Human resources</p> <p>Most of the activities are carried out thanks to the voluntary workers of the 77 Centres. 738 operators are full time working. Most of workers are women (63%), being 37 years old on average, with an high level of education (60,1%).</p>
<p>Example 1:</p> <p>Main results and experiences</p>	<p>CSV SERVICES AND ACTIVITIES</p> <ul style="list-style-type: none"> • Front Office: information and counselling about management of volunteer organisations, with a focus on administrative issues, financial issues, management, legal aspects related to volunteer Organisations, project planning, communication skills, fundraising, orienteering for new volunteers; • Training programmes: training courses, workshop and seminars for volunteers and other stakeholders. Counselling/support to create and manage training courses. • Project management support: counselling about all the phases of project plan and implementation. • Logistic support: CSV provides rooms, meeting points and equipment for the activities of the volunteer organisations. • Volunteerism promotion: improvement of the quality of communication in all interventions; counselling and cooperation to disseminate information about the activities carried out by the smaller organisations to make people aware of volunteerism and solidarity values; traineeships on volunteerism for young people, also in the school setting.
<p>Example 1:</p>	<p>http://www.csv.verona.it/</p>

Read more here	
<p>Example 2:</p> <p>Description</p>	<p>Freedom and Integration</p> <p>“Doctors for Peace” (Medici per la Pace - MpP) is a voluntary organisation that promotes cooperation activities in the health and social sector both at a national and international level. In 2006, “Doctors for Peace” signed a memorandum of understanding with the municipality of Verona to launch an education project for the protection of health amongst the Rom community.</p> <p>The objective of the project was to offer basic healthcare services (vaccinations, general care and medicine) to a group of 150 Rom (mainly of Romanian origin), primarily women and children, residing in the designating halting site of Boscomantico. The activities were planned in collaboration with the Municipality of Verona, ULSS20 Verona and the employees of the Don Calabria institute (a local religious organisation) and the Cooperativa Azalea (a local NGO). Numerous volunteers from a range of backgrounds such as specialised medicine, nursing and psychology were involved.</p> <p>Despite the closure of the camp by the municipality of Verona in 2008, “Doctors for Peace” continue to manage the provision of education in the areas of health and hygiene to the Rom families still present in the area. Through a collaboration with Don Calabria, the Cooperativa Azalea and Caritas, MpP has been involved in the project “Freedom and Integration”. The objective of the project is to assist Rom in overcoming marginalisation and support them in a process of social integration.</p> <p>The project is financed by the San Zeno foundation (An NGO operating in the area of development cooperation) and is based on two main activities :</p> <ul style="list-style-type: none"> - Social integration (identification of suitable housing, promotion of adult employment and integration of children into the school system); - Health Integration (education in the areas of reproductive health, hygiene and nutrition; specialised healthcare, distribution of medicine; mediation with the services offered by the National Healthcare system.
<p>Example 2:</p> <p>Main results and experiences</p>	<p>The main results of the activities are as follows:</p> <ul style="list-style-type: none"> - Through the provision of appropriate housing, the Rom families have adapted to the underlying principles of living as neighbours in a community and have developed a sense of participation in the social environment.

	<ul style="list-style-type: none"> - Employment stability has been realised only for a small portion of the target group (due in part also to the current crisis in the labour market). - The children have attended school on a regular basis and with positive results. <p>Through the provision of education on health matters and reproductive health, the families have learned:</p> <ul style="list-style-type: none"> - To apply basic hygiene and nutritional norms. - To reduce the number of unwanted pregnancies and have a greater awareness of choices related to the family. - Access to the services offered by the National Healthcare system has been facilitated. <p>Recommendations:</p> <ul style="list-style-type: none"> - Children from the Rom community who are already in the school system and who speak Italian have been of assistance in communicating with some of the adults; - In order to resolve learning difficulties, it has been useful to have volunteers help children to do their homework.
<p>Read more here</p>	<p>http://www.mediciperlapace.org/web/</p>
<p>Example 3:</p> <p>Description</p>	<p>Lazy sucks, active rocks!</p> <p>This project is managed jointly by the Department of Prevention of ULSS 20 (a local health authority) and by the NGO Many Colours (Tante Tinte) which operates under the auspices of the l’Istituto Comprensivo 11 Borgo Roma Ovest (an overarching structure managing four schools from ages 3 to 13 years). The project also foresees the participation of a number of partners as follows: the municipality of Verona, the neighbouring municipalities and CESTIM (centre for immigration studies).</p> <p>The main activity of the project is the organisation of multicultural workshops which promote healthy lifestyles. The target group is made up Italian and immigrant children who attend primary and secondary school (from age 6 to 13 years).</p> <p>The objectives of the project are:</p> <ul style="list-style-type: none"> - To encourage integration and communication between multi-ethnic cultures - To re-enforce the potential of every child - To promote physical activity and healthy eating habits; - To support adherence to rules, the development of self-control and a

	<p>sense of loyalty amongst the children;</p> <ul style="list-style-type: none"> - To develop social skills such as solidarity, empathy and the ability to collaborate. <p>The project foresees the organisation of workshops to take place both during school hours and after school. The workshops are based on recreational activities such as outdoor activities, in gyms and orienteering and are aimed at developing motor skills. Assistants qualified in Sports sciences, volunteers involved in the Many Colors network, Cestim and teachers are all involved.</p>
<p>Example 3:</p> <p>Main results and experiences</p>	<p>The project is currently underway and will conclude in June 2011. There are a number of indicators used for evaluation as follows: the number of schools involved, the number of workshops set up, the percentage of children involved, the number of teachers who participate in the project. A qualitative analysis through the organisation of focus groups involving both teachers and parents is also foreseen.</p>
<p>Example 3:</p> <p>Read more here</p>	<p>http://www.tantetinte.verona.it/</p>
	<p>There are a number of other interesting projects worth mentioning that have been undertaken by the Dept. of Prevention of Ulss20 in collaboration with different partners, either as local initiatives or as part of regional or national programmes.</p> <p>Ragazzi in Gamba (Clever Kids) – National Project This was a competition aimed at secondary school students to award a prize for the best videomessage aimed at other adolescents to promote physical activity or healthy eating habits or a combination of the two.</p> <p>Piccoli cittadini per grandi strade (Little citizens on Big Roads) – Regional Project This was a competition aimed at associations, institutions, groups of citizens primary and secondary schools to award a prize to the most original proposal promoting physical activity in everyday life through a requalification of urban areas with children in mind.</p> <p>Movimentiamoci (Let’s move) – Local Project This is a blog aimed at adolescents to inform them about resources in the local area of Verona in terms of sports facilities and activities. (http://movimentiamoci.blog.kataweb.it/)</p> <p>Fuori Gioco (Offside) – Local Project This was a competition to award a prize for the best photo and description of a place in the city of Verona (that is not a park or a designated play area) where</p>

	<p>children and adolescents play in groups or individually.</p> <p>Pedibus/Oltrepedibus(Footbus and Footbus Extra) – Regional Project These two initiatives are aimed at reducing the number of cars taking children to school by encouraging the use of a school bus.</p> <p>Furthermore, in addition to the projects described above, there are numerous other voluntary organisations and initiatives operating in the municipality of Verona and neighbouring communes. It has not been possible to mention all of these here. However, the following project is also of relevance for the Healthy Children project:</p> <p>CasaVera (Real Home) – local project This is a project aimed at the promotion of integration of foreign immigrant adolescents in the city, run by a voluntary organisation: VeronettAmica. Casa Vera provides a structure that immigrant adolescents can attend 3 afternoons per week, where they are given help in doing their homework. Both support to the adolescents and their family is provided.</p> <p>Further information for any of the above project can be provided on request.</p>
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<p>Study Question: About <u>training based on volunteerism</u>:</p> <ul style="list-style-type: none"> • Give an example of an inspiring initiative in local area (e.g. health work based on resourceful actors, training of volunteers and/or instructor courses)? • Are there any experiences from facilitating training for citizens to qualify for voluntary work, from recruiting and motivating locals to take part in training or other activities on a voluntary basis? 	
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An inspiring example	<p>CSV training activities</p> <p>The Verona Centre of Service for Volunteer Organisations (CSV) actively promotes the dissemination of competencies among the volunteer organisations included in the Regional register for Volunteerism³. To reach this objective, competencies and skills are provided to the volunteers implementing the projects in the region, by providing examples of good practice and new competencies in project management. The training activities are intended also for people who aspire to become volunteers, for associations working/operating in other fields/contexts, public institutions (bodies) or other institutions from the non-profit sector, members of cooperative societies, other professionals and</p>
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³ Source: http://www.csv.verona.it/index.php?option=com_content&view=article&id=281

the staff of volunteer organisations.

Three different training opportunities are provided:

1. The “Permanent School for volunteers” managed by CSV, which provides many training modules per year, dealing with administrative issues, financial aspects, management, legal aspects, project development (planning), communication skills, fund raising, motivation, social skills and technology skills;
2. Training planned and managed directly by Volunteer Organisations, funded by CSV through specific tender bids. This training is on management, technical aspects related to the specific settings in which projects and activities are implemented and volunteerism promotion;
3. Training vouchers, distributed according to the specific needs of Volunteer Organisations and assigned on the basis of tender bids, to attend training courses which can be useful to their activities but are arranged by other institutions.

Volunteerism University

The Camillian⁴ training Center in Verona offers a course on “Volunteerism: motivation and values”, based on traditional lessons, seminars, workshops and practical training. No exclusion criteria are set. The course is intended as a resource for all people working in the non profit sector, providing specific competencies to work as a volunteer. According to the Camillian Center philosophy, volunteerism is not something you can invent by yourself, specific technical and interpersonal skills are required.

The first of the 10 modules “Volunteerism: motivation and values” is preparatory to the other modules. The training is arranged as an academic course and subjects include communication, interpersonal skills, mental health, leadership and collaboration when working with other volunteers.

The **CSV** in Verona actively participates in the Volunteerism University, providing the experience gained thanks to the training activities during the past years and managing some modules of the course (mainly on administrative issues, legal aspects and ethics).

Professors are psychologists and psychotherapists of the Camillian Center equipe and external professors. It is not necessary to be member of a volunteerism organisation to attend the University. Anyone interested in volunteer work can attend the courses. Practical training will be the platform to

⁴ The Camillians or (Clerks Regular) Ministers to the Sick are a Roman Catholic religious order of the type of Regular Clerks, founded by Saint Camillus de Lellis.

	<p>test the acquired competencies.</p> <p>Lessons are held one day and two mornings per month and there is a token fee of 10 euro. Attendance is compulsory (20% absence allowed) and, at the end of the course, a qualification or an attendance certificate is awarded to the participants.</p>
Read more here	<p>CSV training http://www.csv.verona.it/index.php?option=com_content&view=article&id=281</p> <p>Volunteerism University http://www.sentieriformativi.it/news.asp?id=4</p>
Experiences from facilitation voluntary training in the local area	<p>CSV training⁵:</p> <ul style="list-style-type: none"> - Exploit the <u>trust relationship</u>: if the organisation which arranges the training is already trusted by citizens, the recruitment process will be easier. - People should see the “<u>added value</u>” of the training programme. For example the training programme should be “sold” as a comprehensive learning programme, that gradually includes topics and practical activities that become more specialised as the programme advances (e.g. gradually focussing on Health Promotion theory and practice). - The opportunity to <u>gain public acknowledgement</u> is very important for involving new volunteers. - Set <u>easily reachable locations</u> for the training, greatly increases the number of participants. - Manage the training course as a practical ongoing workshop (including a traditional teaching phase, an experimental phase and the evaluation), having the possibility to be <u>constantly in touch with the tutor</u> (especially during the second phase). <p>Volunteerism University: the evaluation will be carried out on conclusion of the first course.</p>
Recommendations on this background:	
<ul style="list-style-type: none"> • Opportunities / barriers in relation to this type of interaction? 	

⁵ These recommendations resulted from the interview to the Director of the CSV, Mr L. Garonzi.

<ul style="list-style-type: none"> • How to communicate the training offer to the local citizens? • How and where to recruit? Is it an advantage to recruit groups? Can recruitment happen through electronic media such as Facebook and SMS etc..? • How to motivate people to participate? Could ECTS-points be an offer, personal development, prior learning assessment-schemes, employment / activation or similar offers and opportunities? • Other 	
<p>Recommendations on this background</p>	<p><u>Opportunities:</u></p> <ul style="list-style-type: none"> • To communicate the training offer to the local citizens, <u>centres already offering training opportunities</u> should be used: • To motivate to participation: provide <u>an official document referring to the training programme</u>, so that it is possible to quote it in the CV and exploit the competencies also in other employment situations. • Arrange a training programme including both <u>traditional lessons/workshops in a defined location and e-learning modules</u>, so as to facilitate participation of people who have to manage a job and family in addition to the training. • Create a group using an open source platform to put the training course materials, making it possible for the trainee also to share documents and files and have a “dialogue forum” (we should consider it when calculating the costs of the training course, so using free/open source platforms can be the best solution). • To raffle <u>a trip for two persons to one of the other participant countries</u>. A competition to identify the two resource persons who have reached the best results thanks to the training course could be arranged (a sort of “Community health counsellor award”). There could be a combined evaluation, including both learning and relational skills. During their stay, people would have the opportunity to observe colleague volunteers, and to really experience best practice (European added value). A budget revision should be made about this, but people could host each other to reduce costs. • Facebook, press conference and free press could work to drum up support for volunteerism in general terms. However, in order to actually recruit participants direct personal contact is fundamental because people can see that you are open and available for dialogue and cooperation with potential participants. <u>Being a social actor relevant for the target group is fundamental.</u> • ECTS are useful for motivating only students of Educational Sciences Faculty who collaborate with voluntary organisation as part of their obligatory their curricular training, with the result that they become a sort of “short term volunteer”.
<p>Anything else of relevance to category A</p>	<p>On the CSV website several documents are available in relation to voluntary</p>

<p>can be noted here</p>	<p>organisations.</p> <p>Please find some <u>tips to recruit and motivate</u> volunteers below⁶:</p> <ul style="list-style-type: none">• as a first step, set the main selection criteria to identify the most suitable people, according to the intervention that will be implemented.• Identify the specific activities of the voluntary work and give a clear job description to the volunteers who will be hired for the intervention.• It is useful to provide to the voluntary organisations a form to be filled in order to gather information about the structure, carry out a community need assessment and define the area in which the training is requested.• Set a specific research strategy and, consequently, sites for recruiting: the “concentric circles” method is frequently used: persons already working in volunteers’ associations are exploited to promote volunteerism and disseminate information in their social networks to recruit other people. <p>In addition practical solutions to “practical problems” which can be encountered by volunteers are given:</p> <ul style="list-style-type: none">- <i>Job sharing</i>: a single activity is carried out by a group of volunteers;- Elaborate an efficient <i>volunteers replacement plan</i>;- <i>Baby sitting service</i> for parents working as volunteers;- <i>Car sharing</i>: arrange a transport system sharing cars between volunteers or provided by the Organisation.
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⁶ Source: E. De Palma “Accogliere e motivare i volontari”; available at: <http://www.csv.verona.it/component/content/article/40-consulenza/153-strumenti.html>