

Activity Report – 5th Semester

a) Exchange of experiences

Interregional Activities

- September 29-30, 2021 - 3rd Intense Sharing of Good Practices for Interregional Learning Meeting Aarhus
- November 24-25, 2021- 4th Inter-Regional Learning Meeting Coimbra

Monthly Consortium meeting

- 9 September 2021
- 28 October 2021
- 16 December 2021
- 27 January 2022

Regional Activities

October

October 27, 2021 - 5th Stakeholder Meeting

The 5th stakeholder meeting was held on October 27 and was focused on domain 4 – Health and Community Services. It was attended by 8 stakeholders, representing different entities, such as the Intermunicipal Community of Coimbra Region, in Portuguese, *Comunidade Intermunicipal da Região de Coimbra*, the Centro Regional Coordination and Development Commission (CCDRC), in Portuguese, *Comissão de Coordenação e Desenvolvimento Regional do Centro*, University of Coimbra (Medicine and Geography) in Portuguese, *Universidade de Coimbra (Medicina e Geografia)* and the School of Health Technology of Coimbra, in Portuguese, *Escola Superior de Tecnologia da Saúde de Coimbra*. The meeting aimed to share 9 best practices collected by the EU_SHAFE Project consortium.

The active participation of all stakeholders has proved enriching, both in terms of the needs identified in each area and in terms of the proposed challenges and shared good practices. This sharing also reinforced the importance of creating and maintaining this LAG and the added value for the Region.

The meeting was also important because the definition of the Action Plan was discussed. The knowledge gained from the interregional learning process, the exchange of experiences between partners, in particular good practices and its results and interregional cooperation has made it possible to define a project adapted to the needs of the Central Region of Portugal.

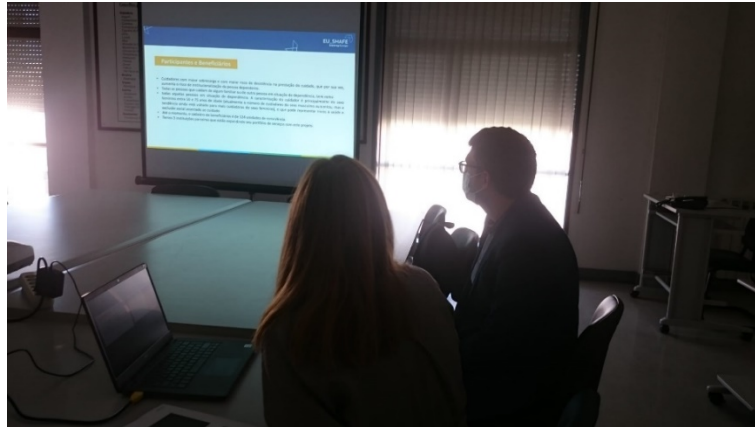


Figure 1 - 5th Stakeholder Meeting

November

November 24– 25, 2021 Interregional Policy Learning Meeting of the EU_SHAFE Project

On November 24-25, 2021, Caritas Coimbra held the 4th Interregional Policy Learning Meeting of the EU_SHAFE Project. This meeting focused on Domain 4, Health and Community Services, with the participation of more than 20 project partners, from the Basque Country, Slovenia, Ireland, Germany, the Netherlands and Denmark, and stakeholders from the Central Region of Portugal. The event was organized by Caritas Coimbra's Innovation Department to promote the exchange of experiences and present the good practices in the field of health and community services.

On November 24, the consortium partners and invited stakeholders learned more about the project's implementation at Cáritas Coimbra, as well as the organization's social care and support services. After this brief presentation of Cáritas Coimbra, the partners presented best practices and discussed past experiences. On the same day, the participants had the opportunity to visit the Municipal Services of Urban Transport of Coimbra, in Portuguese *Serviços Municipalizados de Transportes Urbanos de Coimbra*, (SMTUC). They heard about the Blue Line – the electric bus “*Pantufinhas*” – selected by Cáritas Coimbra as a good practice in accessibility and sustainability for the EU_SHAFE project. In addition to the explanation, the participants had the opportunity to travel on the Blue Line, a visit promoted by SMTUC. They were confronted with the reality of older people who live in the city's historic centre. Participants experienced the difficulty that these residents would have without the support of

this line of urban transport. They also got to know the historic *Sé Velha* area, as well as the *Parque Verde do Mondego* area.

On November 25, the regional stakeholders in Portugal – Centro Regional Coordination and Development Commission (CCDRC), in Portuguese *Comissão de Coordenação e Desenvolvimento Regional do Centro*, Inter-municipal Community of Médio Tejo (CIMT), in Portuguese, *Comunidade Intermunicipal da Região do Médio Tejo*, Inter-municipal Community of the Centro Region (CIM), in Portuguese, *Comunidade Intermunicipal da Região Centro* and University of Coimbra, *Universidade de Coimbra* – shared their best practices to promote the international exchange of learning policies between different territories. Among them, the participants got to know the “Transportation on demand” of Inter-municipal Community of Médio Tejo; the Mobile Health Units of the Inter-municipal Community of the Centro Region (CIM); the Best Practice in Active and Healthy Ageing Catalogue from CCDRC and *Conselhos Repórteres 55+*, a project coordinated by Cáritas Coimbra with University of Coimbra – Faculty of Arts and Humanities, Faculty of Medicine and Faculty of Psychology and Educational Sciences. The meeting ended with a visit to a regional good practice for domain 1 – Housing and Infrastructure: The Autonomous Homes in Pinhal. Partners visited this senior village to see how this social care and support service promotes the autonomy of older adults living there.

This meeting was crucial for the exchange of inter-regional learning in age-friendly environments. These work sessions were key to helping the consortium in the activities of the second phase of the project in which partners must deliver an action plan resulting from this learning experiences.

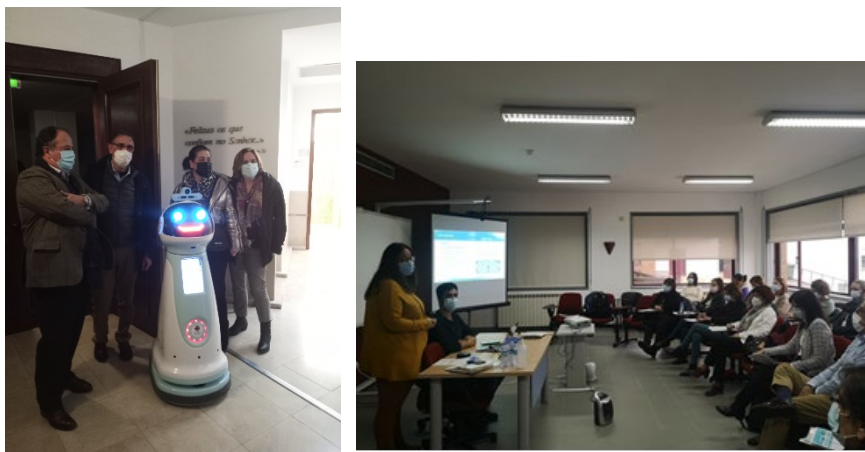


Figure 2 - Interregional Policy Learning Meeting of the EU_SHAFE Project



Figure 3 - Interregional Policy Learning Meeting of the EU_SHAFE Project

b) Communication and dissemination

During the fifth semester, Cáritas Coimbra:

- Contributed with contents and translations for the project graphic identity, website, social media accounts, first press release and communication materials.
- Released news for the project's channels, published them on Cáritas Coimbra's website and social media and disseminated the updates on the project meetings and activities through a wide mailing list.

C) Project Management

During the fifth semester, Cáritas Coimbra organized the 5th meeting of stakeholders and the Interregional Policy Learning Meeting of the EU_SHAFE Project.

Policy Instruments Report – 5th Semester

Action Plan

After the lessons learned from the interregional cooperation in the other semesters, in this 5th semester, Cáritas Coimbra created and established its Action Plan.

For the elaboration of the Action Plan of the Central Region of Portugal, it was fundamental the contribution and participation of all regional stakeholders, through a collaborative and participatory methodology, namely with the local creation action group (LAG).

In this semester, the bilateral meetings held with the main stakeholders - the School of Health Technology of Coimbra; Intermunicipal Community of Coimbra Region and Centro Regional

Coordination and Development Commission (CCDRC), were very important to the creation of the Action Plan.

The Action Plan of the Central Region of Portugal will be inspired in the good practice health kiosk - Billstedt/Horn, from the partner Free and Hanseatic City of Hamburg, Ministry of Labor, Health, Social Affairs, Family and Integration. In the region of Coimbra, the practice will have its own specificities, according to the potential of the partnership and local conditions.