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INSPORT + Newsletter

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What is INSPORT + ?

- * The INSPORT+ project aims to promote the social inclusion of people with mental health illnesses and disabilities through sport ;
- * The INSPORT+ approach is to build upon the experience developed by the partners in the INSPORT project and in their local areas to improve the effectiveness of their policies to stimulate and support people with a mental health disorder or disability to undertake sport activities.

About the consortium

- * Partners : Public bodies and not for profit organisations, from 9 different EU Member States.
- * They all use sport as a vehicle to promote social inclusion of disabled people and other vulnerable or disadvantaged groups



Feedback on Portuguese interregional event

Oeiras (Portugal) – After Prato (Italy) and OFIS (France), PODES (Portugal) welcomed INSPORT+ partners for its interregional event from 5th to the 7th of October 2016. 7 countries took part in the 3 day-event (Spain, France, UK, Italy, Germany, Hungary and Portugal of course).

During the morning of the first day of activities, PODES organised the seminar Increase of Quality of Life of People with Disability through Sport in Oeiras, a town at the outskirts of Lisbon. This seminar was focused on the introduction of the INSPORT+ project to the Portuguese stakeholders and the presentation of the Portuguese best practices to the general public. We counted with the presentation from 4 different Portuguese associations in the field of disability and social integration through sport and 3 key testimonials from Paralympic athletes. The afternoon was reserved for internal project work.

The next day was dedicated to the sport activity. During the morning the participants had the chance to get to know associations that implement sport activities for people with disability, the AHT - Adapted Horse Back Riding and Cascais Naval Club – Adapted sailing.

After a traditional Portuguese lunch, the afternoon was spent at the CMRA – Rehabilitation Medicine Centre Alcoitão where the international partners had the chance to practice sports as boccia, archery, seated volleyball, traditional Portuguese games and judo together with the users of the Medicine centre.

At the morning of the final day the participants were taken to Cerci Oeiras, a reference centre for the support of the mental disable people from Oeiras. At Cerci Oeiras, an effort is made to keep this population healthy, active and integrated in the community.

For the final afternoon, the participants, together with the LUCAS project group, celebrated the 2nd European Day of Awakenings in Cascais. A study visit was organised to the Association Novamente, that work with people with acquired disability, and from there all the group participated on a walk through Cascais streets, distributing balloons and flyers with the intention to raise awareness for the INSPORT+ project and the European Day of Awakenings.

At the end of the day, we closed the event with the launch of the balloons.



Prato (Italy) - On the 16th of September, the Prato-based association Polisportiva Aurora hosted the 'Trofeo Aurora' under the banner of the INSPORT+ project. Thanks also to the INSPORT+ project, Aurora was able to host its 22nd edition of this international tournament, with partners from 5 countries engaged in a number of sporting events, meetings and debates on sport and mental disorders.

The tournament played host to 8 teams from Italy, Spain, Germany, Slovenia, and France, and for the first time included a team from the United States (California) and that of the Black Stars, a team consisting of 12 young asylum seekers coming from different cities in the province of Prato - which includes 7 municipalities in the areas surrounding the city of Prato.

Aurora promoted the tournament along with local associations Pangea, Diapsigra, APS Nuove idee, ASD Melacavo and Suore domenicane di Iolo.

This edition of the tournament benefited from the cooperation established between the Municipality of Prato (INSPORT+'s project leader), Aurora and its fellow associations of the province as the local partnership created within INSPORT+, as well as the local 'SPRAR' (system for the protection of asylum-seekers and refugees) of the city of Prato.

The event was an excellent occasion not only for the stakeholders already participating in INSPORT+ to meet again and continue their exchanges but also for the partnership to extend its contact with new organisations locally and overseas, including a voluntary outreach to another group of players from Prato province: its asylum-seekers and refugees.

"Sport gives us a universal language that allows people to come together, even when the languages they speak is not the same.", says Luciano Giusti, Aurora's Head of Sport Development. "It's the language of sport, which is capable of bringing people together, communicating and creating inclusion".



INSPORT+ in Andalusia: May the Physical Force be with you

ANDALUSIA (Spain) – Andalusia is a region of Spain with 8 provinces and 8 million inhabitants. In Andalusia, there is a community network of Community Mental Health Services, without psychiatric hospitals. The Fundación Pública Andaluza para la Integración Social de Personas con Enfermedad Mental, FAISEM (www.faisem.es), is a public foundation that develops and manages social support programs aimed at people with serious mental health problems, along with the Public Mental Health Services and in collaboration with the associative movement of families and users.

Its primary goal is to encourage sport as a regular and everyday practice, while recent studies demonstrate the benefits to physical and mental health in people who are diagnosed with Severe Mental Disorders.

Groups of people who are usually discriminated against have additional difficulties in obtaining regular citizenship rights, including access to practicing sports. The experience, which we present here, has achieved a number of achievements in sport as well as awareness and dissemination of this project in the media, professional meetings and sport organizations.

Since February 2016, FAISEM has met on several occasions with representatives from these stakeholders during the implementation of its Program for the Promotion of Physical Activity and Sport featured in INSPORT+.

We bring you some of the highlights from these meetings held at local level, such as the VI Sports Olympics "United for the Ball and Mental Health" that took place in Sevilla on 27 April, with the participation of more than 300 people, or the II Festival "Other Capacities" that also took place in Seville on 14 December with the participation of 500 people in collaboration with the Royal Andalusian Football Federation (RFAF).

Also recently, the X edition of sport tournaments have been celebrated in Cabra (Córdoba) on 1 December 2016. These championships, in which more than 400 people participate every year, have achieved a significant degree of consolidation, acting as a benchmark for sport practices for people with mental health problems at European level, including 7 representatives of each one of the provinces in Andalusia who also took the part in Paddle, 800 m Athletics and 60 m Speed Tests, Table Tennis and Petanque (Bowls) matches.

Among the activities carried out at regional level, we also highlight the "Champions League for Mental Health" Tournament held in Alcalá la Real near the city of Jaén early this year on 24 February 2016, where 200 people participated or the III Tiki Taka for Mental Health Tournament held in Almería from 11 to 13 May, in which more than 200 people and athletes from the 8 Andalusian provinces, Madrid and Valencia participated, within the activities of the V International Congress of Physical Activity and Inclusive Sport, held at the University of Almería.

In a Congress, FAISEM presented its experience in the participation of European projects on the promotion of sport in people with serious mental disorders. Specifically, in the context of the previous INSPORT Project, where different European delegations analyzed good practices in the field of sport and mental health and adopted the Málaga Declaration on Sport and Mental Health, specifying the fundamental strategies to promote sport practices among people with mental health problems.

At national level, there have been other sport tournaments during the year, such as the Mentation Sports Meeting (in Bilbao from 15 to 17/09/2016) or the XIV National Futsal Tournament "Puerta Abierta", held in Logroño (Spain) from 31 March to 2 April, which is of special importance since it counted on the participation of more than 300 people among the general public, sportsmen and women, including professionals of the Mental Health Services of the communities of Andalusia, Madrid, Castilla y León, Euskadi (the Basque Country) and Aragon.

This tournament was held after the 1st Transnational Meeting of the INSPORT+ Project held in Prato (Italy) and served as a bridge to disseminate INSPORT+ initiatives presented in Italy to Spanish interest groups to

establish the basis for the Spanish INSPORT+ Interregional Event in 2017.

Of equal importance are the conferences, congresses and awareness activities on Sports and Mental Health celebrated at national level in Donostia (Asturias) on 4-7 October and 11 November, in which FAISEM has disseminated good practices included in the Project INSPORT as the bases for the Declaration of Málaga on Sport and Mental Health and its continuation in the current project INSPORT+.

These activities have fostered cooperation among different organizations.

Among the actions of FAISEM, within the INSPORT+ project for 2017, the Interregional Event "ANDALUSIA: TIKI TAKA FOR MENTAL HEALTH" will be held in 3 cities of Andalusia in March 2017 and will be addressed to users with serious health problems as well as mental health, social services and health professionals, volunteers and university professionals, sport professionals, students of physical activity and sport, associations of family members and users, political representatives of local and regional administrations, media professionals, sports organizations Regional and national levels and the general population.

In this way, WOMENTORING projects will be developed to encourage the participation of women with severe mental disorders in sports and "May the Physical Force be with you", a project to promote sports in young people with severe mental disorders.

