

events 2018

ATHENS | 21, 22 & 23 SEPT 2018

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Co-funded by the
Erasmus+ Programme
of the European Union



events project



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PHOTOS BY
DANAE KOTSAKI & KATERINA KAPETANI



The 1st European Sport & Physical Exercise Event for Mental Health in Athens 21, 22 & 23 September 2018 Alsos Veikou & Pedion Areos Park

Balance through action.
Smile through participation, physical activity and team spirit.

The **1st European Sport & Physical Exercise Event for Mental Health**, which took place from September 21 to September 23, in Athens, Greece, clearly demonstrates its initial aim: the positive influence of sports and physical exercise to mental health. The strongest and undoubted proof is the satisfaction in participants' smiling faces.

For 3 days, volunteers, coaches, recipients of mental health services, staff and participants from general public play together and share their experiences, gaining finally a sense of emotional fulfillment through sports and physical exercise, dance and artistic activities.

K.S.D.E.O. EDRA (www.edra-coop.gr), which organized the **1st European Sport & Physical Exercise Event for Mental Health**, having distinguished itself in its efforts to develop a varied program with numerous activities for attracting participants and visitors, gave the opportunity to everyone -from Greece and other European countries- to play in teams, share their experiences, have fun, make new friends and get the fondest memories.

We fired up by the Greek dances, pumped up by Zumba, Aerobics and Tumbao, participated in track events (sprints, long jump, etc), played basketball games, scored goals, ran and cycled into the leafy paths of the park, introduced ourselves into the secrets of Capoeira, relaxed through Yoga and Tai Chi.

The presence of the **Hellenic Football Federation** was really strong, as they co-organized the finals at football tournament and offered balls and football shirts of the **National Football Team of Greece** to the winners. The contribution of the **Hellenic Cycling Federation** to the cycling race into the Pedion Areos Park, is also noteworthy.

As for the safety and first-aid- services, we should not miss to mention the important contribution of the **Volunteers Samaritans, Rescuers and Lifeguards Corp of the International Committee of the Red Cross, Greece**, as well as **Interamerican Insurance Company**, who offered an ambulance for the event.

The EVENTS project is co-funded by the European Commission in the framework of the ERASMUS+ / Sport program and aims to develop a strong connection between the Sport and Physical Activity with the Mental Health. Its main action, the 1st European Mental Health Event, is granted the Patronage of the President of the European Parliament, Antonio Tajani and runs under the auspices of the General Secretary of Sports, Hellenic Football Federation, Hellenic Cycling Federation and the support of the Ministry of Health, the Municipality of Galatsi and Attica Region. The Faculty of Physical Education and Sport Science offers the scientific support.

#1 for the first time

SCIENTIFIC AND POLICY BACKGROUND

The institutional framework for the design of the 1st European Sport & Physical Exercise Event consists of the following:

- European Pillar of Social Rights (2017)
- European Commission's Communication "Developing the European Dimension in Sport"
- E.U. Physical Activities Guidelines of 2008
- "European Framework for Action on Mental Health and Wellbeing"
- "European Mental Health Action Plan 2013-2020"
- WHO-Europe-Mental-Health-Action- Plan-2013-2020
- "Athens Declaration on the Mental Health Consequences of Crises and Disasters"
- Mental Health and Chronic Physical Illnesses - The need for continued and integrated care, World Federation for Mental Health, 2010
- European Disability Strategy (2010-2020)
- Convention on the Rights of Persons with Disabilities
- Mental Health Declaration of Human Rights
- The Swedish PAP Best European Practice

Moreover, numerous researches and essays on the contribution of physical exercise in Mental Health worldwide have also been taken into consideration.

FOR THE 1st TIME, A SPORT EVENT EXCLUSIVELY FOCUSES ON PHYSICAL EXERCISE FOR MENTAL HEALTH

Up to now, the connection between the fields of Physical Exercise / Sport and Mental Health has not been covered through the -already-established sport procedures, as these refer either to physical disabilities or to mental retardation. Thus, any related attempts, which have already taken place to gather the various perspectives, have not been fully elaborated and scientifically proven yet.

The main reasons for our specialized perspective are the following:

1. A mental disorder isn't necessarily a disability, as a mental patient may be fully functional in the broader context of social life.
2. A mental disorder is often temporary.
3. The idea of Prevention seems that it has not been applied as a term in cases such as the ones mentioned above, whereas it plays a significant role in the field of Mental Health.
4. We do believe that, as mental disorders are usually "less obvious" than, for instance, disability cases, the need of taking action against their stigma and discrimination, as well as empowering – at the same time- people, who suffer from mental illnesses, to fight for their rights, is of high importance and emergency.

FOR THE 1st TIME, A RESPECTIVE EVENT OF EUROPEAN DIMENSION

Participants from **14 countries** and **23 cities**

FOR THE 1st TIME, AN INTEGRATED AND HOLISTIC APPROACH OF THE MENTAL HEALTH, UTILIZES SPORT AND PHYSICAL EXERCISE

Breaking stereotypes, quite often of a corporatism perspective, the **1st European Sport and Physical Exercise Event for Mental Health** addressed to all kind of typical mental disorders: those related to drug addictions as well as neurodegenerative diseases, as for instance Alzheimer.

Last but not least, it is of high importance to mention that the **1st European Sport and Physical Exercise Event for Mental Health** provided a **common ground** of coexistence and collaboration among the official sector through units of the National Health Systems, third sector's entities, Local Authorities, Educational institutions and Sport organisations including of course all kind of active involvement of the community. Health is a common affair for all.

"Panoramic" view
of the 1st European
Sport & Physical Exercise Event
for Mental Health in Athens

22activities

Workout exercise machines | Aerobic | Jogging | Trail Running
Football | Track Event | Long Jump | Shot put throws | Greek Traditional Dance
Hiking | Tennis | Basketball | Volleyball | Tai Chi | Yoga | Cycling | Dance | Tug
Frisbee | Greek version of Dodgeball | Treasure Hunt | Art Installation

384participants

from Mental Health Organisations besides the general public

17coaches

60volunteers



SOCIAL COOPERATIVE ACTIVITIES
FOR VULNERABLE GROUPS

COORDINATOR
KSDEO "EDRA", GREECE



GREEK ORGANISATIONS A.M.K.E. ALTHAIA | A.M.K.E. DIODOS | A.M.K.E. IASIS | A.M.K.E. POREIA- CENTER FOR PROMOTION OF SOCIAL AND MENTAL HEALTH | ANASA- CENTER FOR REHABILITATION OF MENTAL HEALTH | ASSOCIATION FOR REGIONAL DEVELOPMENT AND MENTAL HEALTH | ASSOCIATION OF FAMILIES FOR MENTAL HEALTH | COMPANY FOR MENTAL HEALTH AND SOCIAL REHABILITATION | COMPANY OF PSYCHO-SOCIAL RESEARCH AND INTERVENTION | GENERAL HOSPITAL KATERINI | GENERAL HOSPITAL LEROS | GREEK ASSOCIATION OF ALZHEIMER DISEASE AND RELATED DISORDERS - THESSALONIKI | GREEK CENTER OF MENTAL HYGIENE & RESEARCH | HELLENIC CENTER FOR INTERCULTURAL PSYCHIATRY AND CARE "COSTIS BALLAS" | ILIAHTIDA CENTER | NATIONAL COMPANY OF MENTAL HEALTH SERVICES | PANHELLENIC ASSOCIATION FOR PSYCHO-SOCIAL REHABILITATION AND WORK INTEGRATION | PSYCHIATRIC HOSPITAL OF ATTICA / MENTAL HEALTH CENTER OF PERISTERI | SOCIETY OF SOCIAL PSYCHIATRY AND MENTAL HEALTH

EUROPEAN ORGANISATIONS FUNDACION INTRAS (SPAIN) | GOLBASI SPORIUM SPOR KULUBU VE DERNEGI (TURKEY) | ASOCIACIJAS OLIMPIKAS (LITHUANIA) | OZARA ZAVOD MARIBOR (SLOVENIA) | SSOI RIJEKA (CROATIA) | ANARP (PORTUGAL) | FIRST FORTNIGHT (IRELAND) | MERSEY-SIDE EXPANDING HORIZON (UK) | FOKUS PRAHA (CZECH REPUBLIC) | COOS MARCHE (ITALY) | BAVARIAN RED CROSS (GERMANY) | UNAFAM (FRANCE) | NADJA CENTRE FOUNDATION (BULGARY) | CESIE (ITALY)

*Let's be active and all together make true the wish of Antonio Tajani,
so the 1st European Sport & Physical Exercise Event for Mental Health
becomes "a start of a wonderful tradition".*





Maria Kerasoglou
President of K.S.D.E.O. EDRA







Klimentini Diakomanoli
*Head of Press
 at the European Commission
 Representation in Greece*







Paraskevi Theofilou
*Head of General Department
of Mental Health Services,
Ministry of Health*







George Markopoulos
Mayor
of the Municipality of Galatsi

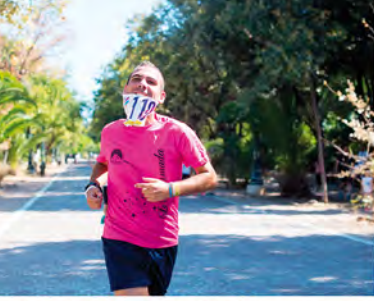






Nikos Andreopoulos
*Project Manager
of the EVENTS project,
Secretary General of ENALMH*







Kostantinos Karteroliotis
*Professor, School of Physical
 Education and Sport Science,
 National and Kapodistrian
 University*







Charalampos Zelenitsas
*Technical Director of the Hellenic
Football Federation*







Vladimiros Petsas

Director at the Hellenic Cycling Federation







Spyros Kleisas

Psychiatrist,
Member of the Board of Directors of
K.S.D.E.O. EDRA





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info@edra-coop.gr



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