

E.V.E.N.T.S. Project Presentation

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From Theory...

Our “Active Living for Mental Health” initiative begins with...



a.k.a. “The Theory”

Among many outputs:

- A collective volume of 12 policy papers on the connection of Mental Health with Sport & Physical Exercise to promote Active Living for Mental Health.
- A research across 12 European Countries on the connection of Sports & Physical Activity with the Field of Mental Health
- European Awareness Campaign “Life is Like a Bike”

To Practice..!

“European Voluntary Events for Therapy through Sports”

Quoting Proposal:

“The realization of a pilot European Athletic Event with the participation of mentally ill people (patients, recipients of mental health services,), carers and also any individual from the general public who will wish to be a part in the public activities of the event.”

Project Goals

- Establish the practical aspects of the positive influence of sports and physical exercise to mental health.
- Eliminate the stigmatization and enhance social inclusion of people experiencing mental health issues by participating.
- Help participants enhance and develop a positive mental attitude towards active living.

Yet did we make it..?



Twenty three different activities and sports took place during the 3-day event.

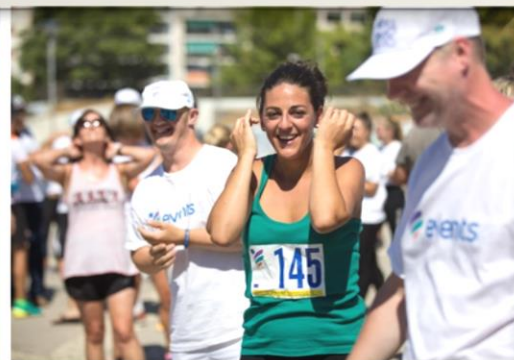
Football	Workout exercise machines	Tai - Chi	Aerobic	Jogging
Trail running	Basketball	Track and field	Traditional dances	Hiking
Tennis	Zumba	Yoga	Capoeira	Games
Volleyball	Biking	Running	Treasure hunt	Dance therapy

- Zero Competition between the participants
- Emphasis on Physical Exercise
- Experiencing new sports and activities
- Collaboration and Cooperation among different groups of people

The Numbers

Countries	14
Cities	23
Organizations	37
Representatives	384
Recipients of Mental Health Services	260
Volunteers	60
Activities & Sports	23
Instructors / Trainers	20

What measures success...?





SOCIAL COOPERATIVE
ACTIVITIES FOR VULNERABLE GROUPS



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Legacy



European Network of Active Living for Mental Health



Already Counts

- 9 Members
- 8 EU countries
- Two participations in EU Proposals