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Commission



VulnerABLE: Pilot project related to the development of evidence based strategies to improve the health of isolated and vulnerable persons

Capacity Building Workshops: Good Practices

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Schutzengel (Guardian Angel): Support for Young Families in Difficulty

Schutzengel (Guardian Angel): Support for Young Families in Difficulty	
Scope	Germany (local level)
Leading Organisation	Guardian Angel GmbH
Thematic focus	Early childhood intervention programme aimed at health promotion and improving access to services.
Primary target group	At risk families and children.
Summary of objectives	<p>The project aims to prevent the development of physical and/or psychological problems in babies and toddlers of vulnerable parents/carers through:</p> <ul style="list-style-type: none"> ■ Improving parent/carer health related behaviours and enhancing their social resources by helping them prepare for pregnancy and child-birth and providing social counselling to deal with problems like stress, violence and aggression, and debt; and, ■ Improving living conditions and encouraging participants to become more involved in their communities by participating in activities and in district committees and by promoting networks that can support parents/carers (e.g. district day centres). <p>Key project activities include:</p> <ul style="list-style-type: none"> ■ Linking expectant mothers into midwifery services; ■ Development of parent Cafés and meeting points, providing a space for parents to meet and harness peer support; ■ Provision of 'family companions' to support parents with everyday life. ■ Access to professional networks of midwives and paediatricians who are able to support parents and offer specialist advice; and, ■ Development of an academy specialising in early years support for professionals and volunteers.
Main results	<p>The project began in 2000 with 12 volunteers. It now employs 16 full-time staff with the support of 20 volunteers.</p> <p>It has also been rolled out across the whole of Schleswig Holstein, including four locations where parents can meet and access services. Findings from an evaluation of the project provide strong evidence that the project is accessible to the target group and that it has been effective at delivering health prevention activities, health promotion activities and innovative cooperation between governmental and non-governmental organisations.</p>
Potential for transferability and sustainability	<p>With sufficient funding this project is considered to be transferable within similar contexts based on its solid theoretical grounding and its proven effectiveness.</p> <p>To ensure its sustainability, sufficient time should be given when formulating the objectives to consider the continuation of the work.</p>

Community-based Health and First Aid in Action (CBHFA)

Community-based Health and First Aid in Action (CBHFA)	
Scope	Ireland (National)
Leading Organisation	Irish Red Cross
Thematic focus	Through its focus on tackling a range of health issues within the prison population, this may help tackle physical and mental health problems among prison populations.
Primary target group	Prisoners
Summary of objectives	<p>The main objective of the programme is to raise prisoner's awareness of community health, personal hygiene, first aid and wellbeing. The programme also has specific aims that include the following:</p> <ul style="list-style-type: none"> ■ Limit the spread of disease and infections among prisoners by teaching them good personal hygiene; ■ Improve prisoners' dietary and exercise habits; ■ Combat bad odours and vermin caused by litter; ■ Reduce the costs to prisons of dealing with prisoner ill-health; and, ■ Reduce the litigation costs incurred by prisons as a result of prisoner deaths.
Main results	<p>Around 800 prisoners have been recruited as volunteers since the start of the programme in 2009, with roughly half completing the full training course. The Irish Red Cross estimates that during the period 2009-2012, roughly 2,000 inmates are provided with health and wellbeing information as a result of the programme. A three year evaluation of the programme was also conducted by the Irish Red Cross. The main findings include:</p> <ul style="list-style-type: none"> ■ Positive changes in the relationships between prisoners and staff in the prisons running the CBHFA projects; ■ Prisoner volunteers reported feeling more confident, more positive and having higher self-esteem; and, ■ Prisoner volunteers also reported helping raise awareness and feeling they can make a difference. <p>The programme also delivered HIV/AIDS projects in two prisons led by prisoners, encouraging HIV screening. All volunteers reported enjoying taking part and passing on things they had learnt. In addition, the programme was report to have been very successful at encouraging prisoners to quit smoking, through a smoking cessation programme.</p>
Potential for transferability and sustainability	<p>The programme has good potential for transferability, having been piloted in Northern Ireland and Wales in 2015, as well as in Honduras. Two key factors have been identified to ensure better sustainability: training prisoners to the level of programme trainers (reducing the need for staff); and, transferring the responsibility to Government to increase the level of funding towards the programme.</p>

