

Article on Short term joint staff training event in the UK February 2017

First short term joint staff training event was hosted by the lead partner in the UK February 2017. 12 participants attended from 6 countries Bulgaria, Greece, Italy, Latvia, Lithuania and Spain. They took part in various activities including Healthy walk, healthy cooking, Yoga, Martial Arts, Arts and crafts as well as visiting Repair shed which is run by retired people mainly men. We also visited Volunteer centre and show cased our other activities too. Finally, they were interviewed on Radio Dacorum to capture their views of whole week training.

Healthy walk was seen as the most beneficial best practice because it doesn't just keep you healthy by walking but it provides social element as well where participants come from all colour, race and background. They all enjoying walking and while walking many friendships are developed and many topics/issues are discussed. It also helps to reduce the isolation in people age 50+. The participants found interesting talking to local residents and what was amazing everyone was very welcoming and happy to see them being part of this activity.



Participant from Italy talking to one of the leaders of Healthy walk



Group taking part in Tai Chi

