

# Rethink- project 2019-2021



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- Groupbased activity as a complement to individual training.
- Based on the theory of Anton Antonowsky's KASAM.
- As a way of training more than one person at the same time

Purpose to strengthen and develop already functioning capabilities by:

- a training in expand the social network
- a training in daily routines
- a way to leave home
- something to fill the day with
- get something to eat
- have fun
- a way to strengthen physical and mental health ( activation and motivation)



# Groupbased empowerment spring 2020



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- **Start in the end of March with** drop-in-café in Thursdays at 1 - 3 pm
- **On the agenda:** first get to know each other and making waffles. :-)
- **Then a planned agenda for each Thursday with following activities:**
  - 1. physical training on yoga mats;
  - 2, to plant/ budget planning/ cooking smart and healthy/ importance of a good sleep/ singing/ painting and
  - 3, picnic on the hill.

## Conditions:

- Few from target group came during spring.
- A big worry because of covid-19.





# Photos from drop-in-café spring 2020



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# Summer 2020 - meeting with mentors

-mostly individually in pairs, but once in September all together



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# Groupbased empowerment first half of autumn 2020



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## Start in the middle of August

- First the same program as during spring, but more beneficiaries coming gave more group dynamic and new circumstances

## A typical Thursday:

- 1, start: yoga on mats outside;
- 2, theme/ drama exercises or painting outside
- 3, cooking/ making a snack indoor
- 4, ending up with picnic on the hill. :-) .

## Conditions:

- As several professionals, possibilities to have an individual chat parallel with group-based activities.
- More people from target group coming gave new possibilities such as drama exercises...





# More photos from groupbased activities



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# November - new restrictions came...

During november we had groupwalks in intervals during a couple of weeks...



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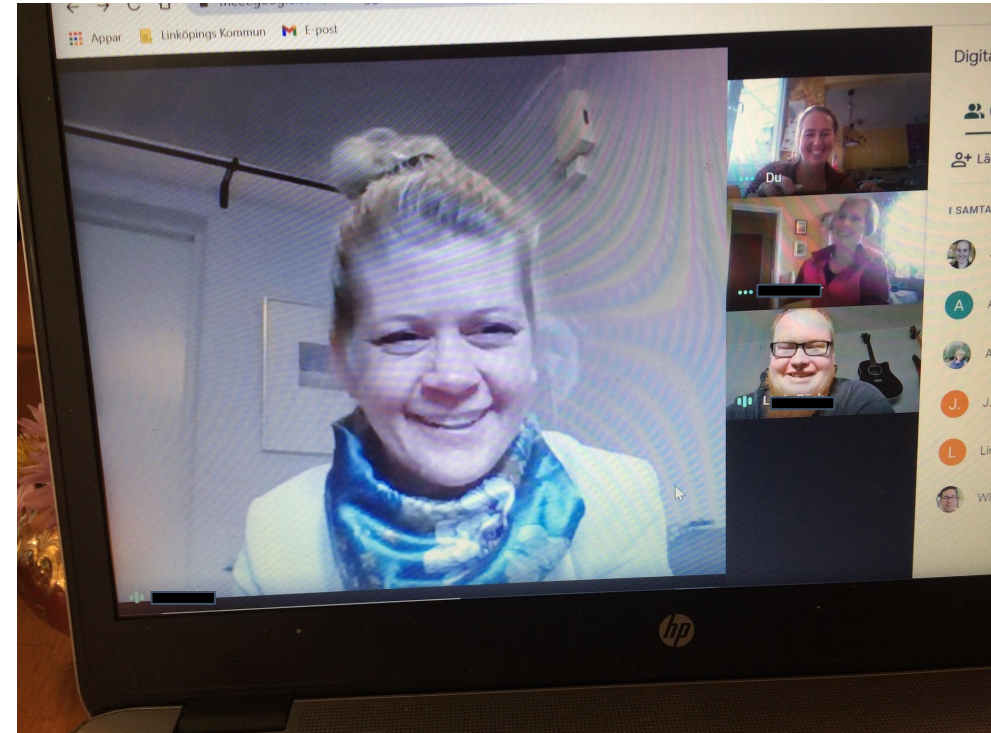
# From the middle of november until now... we have had digital group meetings...



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## Start 19 of November:

- google meetings in Thursdays at 1 to 3 pm
- First few coming.. kept the program with physical training first indoor with camera, but hard... tried digital walks...
- Then new planning being more responsive to the interests of the group members and adapted to digital tool.
- We started showing our pets, discussing movies, music and books, ending up with a quiz.





# Parallel we tried to meet outdoors with Yngrelotsen and mentors - photos from autumn..



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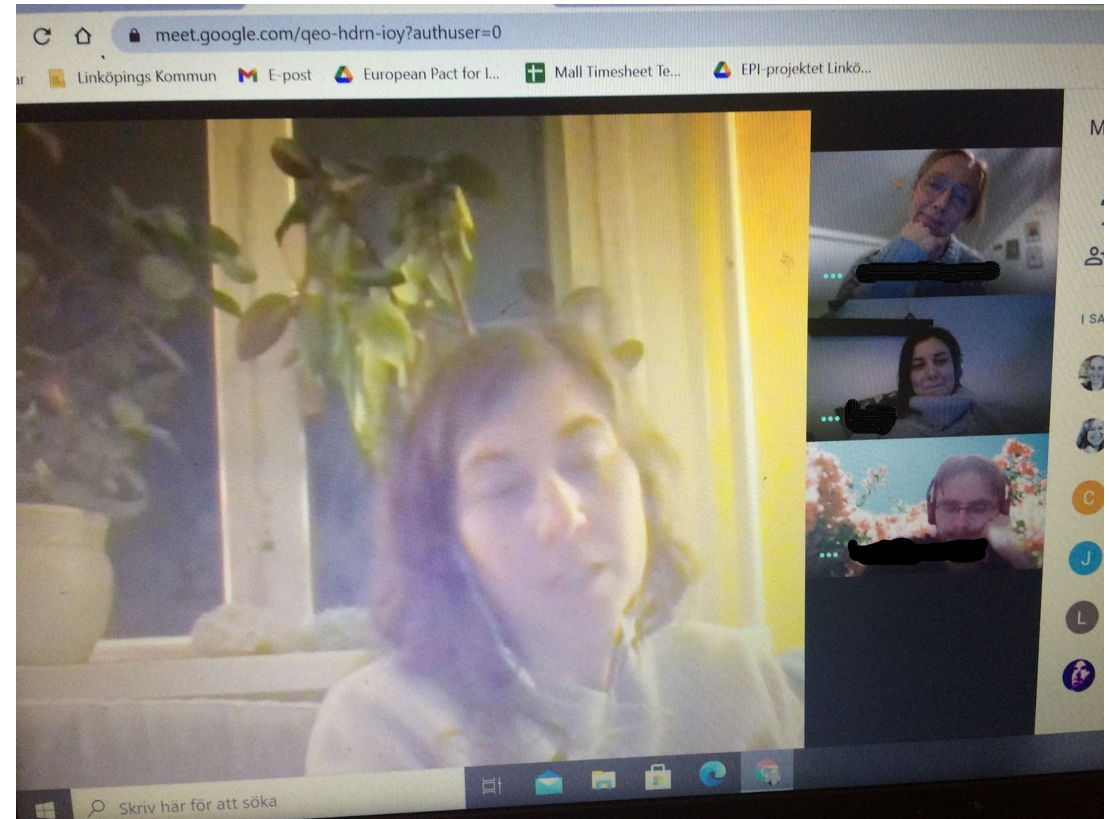
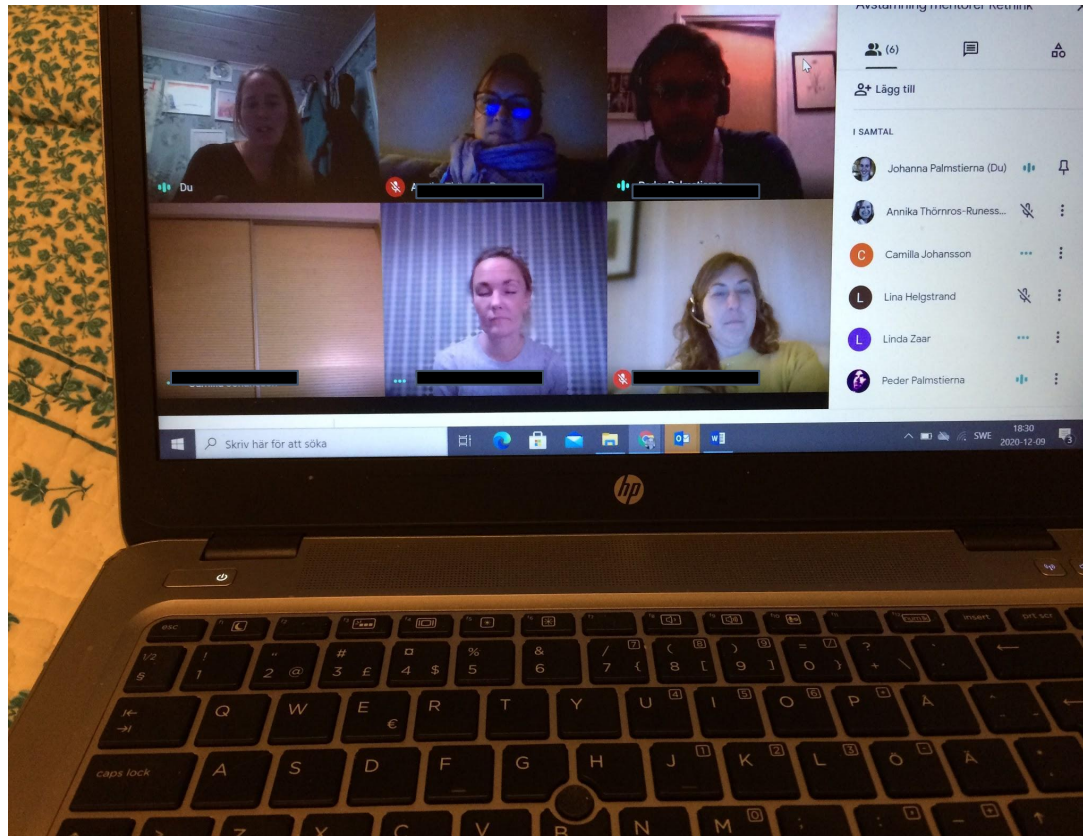




# Parallel to training of youth we met with t mentors on a monthly basis digitally



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OCH SOCIALT ARBETE



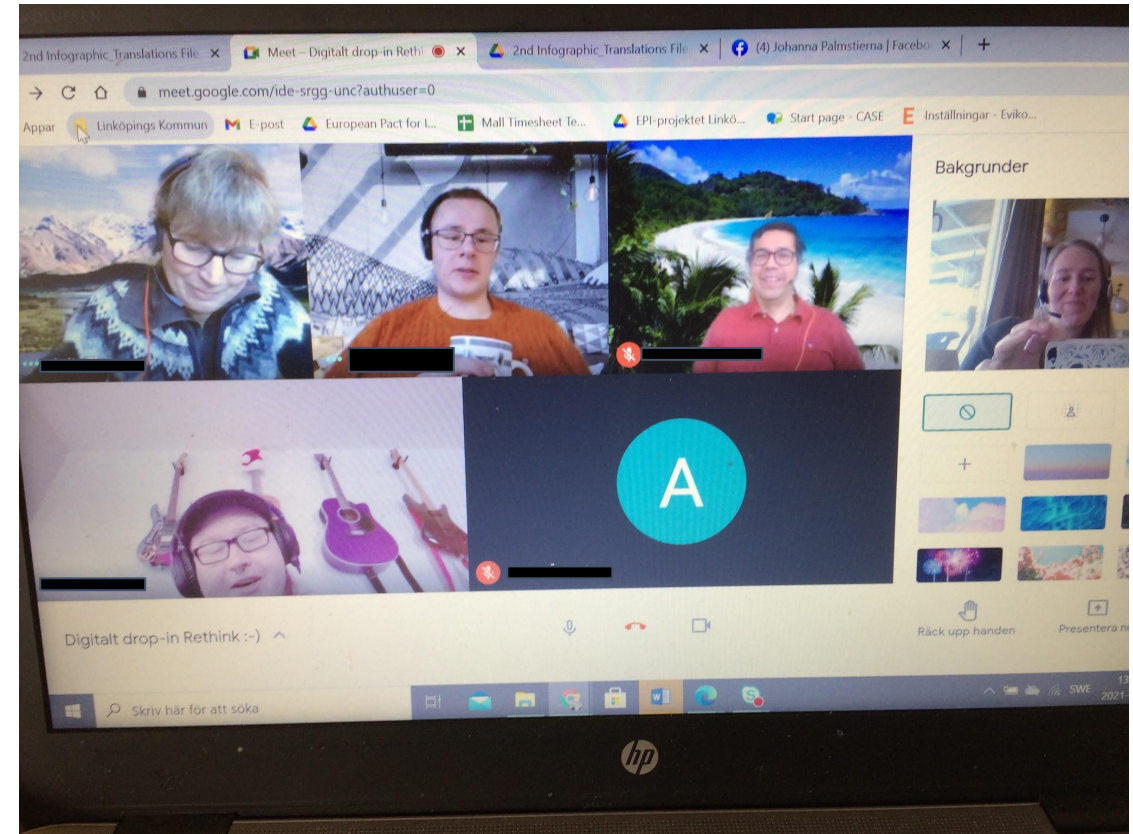


# During december- March: we went from group based empowerment to digital empowerment

- We started with podd circle; interpreting music songs; sharing new year promises and things that work to stay healthy.
  - We ended up with a quiz each time.
  - We talked with and through each others pets.
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- In the end of the project everyone was so fond of this meetings, they didn't want to quit chatting/talking... and they wanted continue meeting...



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# Some conclusions of the group based activities...



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## Groupbased activities:

- fill a gap for persons having hard meeting new people.
- give them a context/ sense of belonging to a group/ inclusion
- strengthen several at the same time.
- give something to do that week/ that day to look forward to.
- can contribute to empowerment.

## Two good conditions:

- 1, To have met physically before being digitally.
- 2, To keep on meeting during several months to work on relation and confidence.





# The project is over, but some things keep on going.

## - conclusions of digital empowerment

Conclusion: Instead of cancelling an activity, adjust it into new circumstances such as digital meetings.

Meeting digitally helped us to get to know each other better without the possibility to hide behind paintings and therefore the dialogue became deeper. :-)

Now we keep on meeting digitally and physically in the forest...the group isn't needing much support longer, but is quite self going :-)



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