

Newsletter #2

APRIL 2020

“CAREGIVING IS A COSTANT LEARNING EXPERIENCE”:

Launch of the cosmic project multilingual informative booklets

Due to increasing migration flows, which more and more involve households and not only individuals and family reunifications of migrants, it is now common to find carers across Europe who have a migrant background. Indeed, migrant carers in common with carers more generally, work tirelessly in support of those they care for, often without recognition and to the detriment of their own health and well-being.

Very often, informal carers from migrant backgrounds do not recognize themselves as such and they can miss the opportunity to access to the support opportunities offered at local level.

The Erasmus+ funded “COSMIC” programme has developed multilingual Informative Booklets for migrant informal carers. These brochures describe who the caregiver is and help the reader through some short questions to recognize whether he/she’s a caregiver or not and include references to how to seek support at local level.

These booklets have been localized for Italy, Slovenia, Greece and Norway and translated in the languages of the three most represented migrant communities in the countries. The booklets are supported by an exploitation guide which gives suggestions to professionals on how to incorporate the booklets in support activities at local level.

Download resources from: <https://cosmicproject.eu/downloads/>



Image:
Freepik.com

The partnership

The programme is co-ordinated by **PÅRØRENDEALLIANSEN** from **NORWAY**, and delivered in partnership with 4 European partners **ANS** and **ASSOCIAZIONE C'ENTRO** from **ITALY**, **KMOP** from **GREECE** and the **UNIVERSITY OF LJUBLJANA** from **SLOVENIA**.

“The COSMIC project is a great opportunity for us to be able to work on the issue of foreign caregivers: a category of recipients that is still less intercepted but for which we believe it’s important to promote targeted support actions”.

TESTIMONIES

Stories from migrant carers across Europe

Hearing the direct voice of the persons concerned is always a source of amaze, of astonishment, as we realize that the persons' lives are complex and sometimes incredible, worth to be deepened. Listening to these voices is the first step towards actions that might bring them support and allow them to be heard.

The partnership chose to collect some testimonies that could reinforce the message of COSMIC.

We included for examples testimonies of a Tunisian mother taking care of her disabled daughter, a young carer from Morocco, a man from Camerun who became a professional carer and one of a Senegalese couple in which the wife takes care of the husband in the wheelchair.

There are some similarities in the stories: the lack of the support from the relatives in the new country, the relationship with the support services (sometimes positive, sometimes influenced by cultural habits that don't speak the same language), but also the desires and the dreams of these persons.

The testimonies can be found here:
<https://cosmicproject.eu/testimonies/>



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