

Newsletter #3

JANUARY 2021

TRAINING PROGRAMME

Supporting professionals to support migrant carers

Training and upskilling professionals to be able to help informal carers is strategic to support the adaptation of existing services to better respond to the needs of carers from migrant background.

The Erasmus+ funded COSMIC project has developed and piloted two multi-lingual resources targeting to social and health care professionals, such as: nurses, social workers, cultural mediators, social educators, doctors and anyone potentially reaching out to migrant carers.

The goal is to provide them with essential skills and knowledge to incorporate a cultural perspective in their work and to be able to think how they could adapt their practices to be more inclusive and culturally-sensitive.

The training materials available are two-folds:

A face-to-face training package for professionals, which was successfully piloted at local level in all countries. It includes session plans and all resources needed for a trainer to implement the training at local level. The handbook is downloadable from:

<https://cosmicproject.eu/downloads/>

An online course for professionals that can be accessed as self-directed learning. It includes multi-media unit, resources to get deeper in the subjects and self-assessment tests to evaluate the acquired knowledge. The e-learning is accessible from:

<https://cosmicproject.eu/elearning/>



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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**.

BOOKLETS FOR MIGRANT COMMUNITIES

Supporting informal carers

In order to offer support to informal carers, it is as well important to raise awareness among migrant communities they belong to of the challenges faced by carers and ensure a stronger capacity to support and orient them, in order to reduce the stigma which is sometimes associated to illness and disability and to facilitate access to support services.

To this end, COSMIC partnership has released a booklet addressed to associations, informal groups, community leaders and others in the capacity to reach out to CWMBs from the main migrant communities living in IT-SLO- NOR-GR.

These brochures describe who the caregiver is and gives advice on how he/she can be supported by the local communities.

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. They 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/>



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Celebrating the EU carers day

The project was presented during an event which was organized as part of the agenda of the International Festival of Different Abilities (12th edition), organized in Carpi, Italy, each year by Cooperative Nazareno. The choice of the date, the 6th of October, was made also because of the celebration of the 1st European Carers Day, aspect that was reminded during the event.

