



networked health

Best Practices of Healthy Cities

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Ten years after the creation of the Portuguese Healthy Cities Network, this publication is being published at a time when the Network has reached a certain stage of maturity. The Network’s history and past work is solid and recognised by the National and International Plan, by strategic partners related to Health Promotion, and also by the communities themselves that participate locally in the Healthy Cities Project implemented in the municipalities that are part of our Network.

The best practices listed here are a testament to the importance of working together within a structured action with the goal of meeting the needs of the communities and improving their quality of life, helping us live more and better in our cities.

This publication includes the principles and strategies of the Healthy Cities Project of the World Health Organisation (WHO), which considers health promotion as the end goal of a strategic action that takes place preventively in terms of the social factors that influence the health and well-being of people in the city. Because the health of people that live in cities is heavily impacted by its living and working conditions, by the physical and socio-economic environment and by the quality and accessibility of health services, the municipalities of the Portuguese Healthy Cities Network have developed structured projects on the basis of the health needs of the community, supported by a vast network of strategic partners.

Disseminating the Healthy Cities Project on a local and national level and exchanging information and sharing knowledge between the health participants are also the objectives of the group of projects presented here.

This document is an affirmation that the municipalities that make up the Network are clearly committed to the principles and strategies of Health for All in the 21st century and shall continue to develop and expand actions and projects that promote health and quality of life based on the targets set by the WHO. Along this path that we are building, we have received the support of our formal partners (WHO, National Health Department and National Public Health School), which have stimulated and encouraged development of the Healthy Cities Project and of the Network in Portugal.

Alfredo Monteiro
Chairman of the Board of Directors
of the Portuguese Healthy Cities Network



Looking at the city from the point of view of its impact on health is the goal of the Healthy Cities Project. In the city we find potential and limitations that must be worked on in order to raise the level of health of the inhabitants. Health is undoubtedly a subject that interests all participants who are involved in the public domain and it is a common asset that must be preserved and improved. The health promotion projects presented in this publication and the partnerships that support them are an example of this. The common link between all of them relates to the fact that health promotion is a priority for the municipalities that implement the Healthy Cities Project.

This publication also represents a contribution to the assessment of the National Health Plan 2004-2010. The projects presented are instilled with the Healthy Cities principles and include such diverse objectives as promoting healthy lifestyles, health education, access to health services and care, equality in health, promotion of healthy ageing, promotion of mental health and community participation, reduction of the prevalence of illnesses associated with lifestyles, increase in environmental quality and healthy urban planning, among others.

The Portuguese Healthy Cities Network and its members work to apply the National Health Plan locally. The partnership that we establish in this area may be extended to other areas. Our goal is to influence national health policies, to be a national leader in health promotion, a partner of the central administrative bodies, contributing its experience to help determine, support and promote measures and actions that meet the real health needs of our people.

Each project that we share here is the result of this Network, which we have designed as a tree whose seed we planted in fertile soil, where it was valued and cared for by a network of partners, sustained by the political commitment of the municipal politicians.

This small seed grew and became a tree with roots that have extended to 21 municipalities. It is a tree with many and varied fruits, as the Healthy Cities project is different in each municipality. Health is promoted in many ways, with different dynamics that lead to creative and innovative responses. This will to diversify and qualify the responses results in this multiplicity of projects that, at the very least, seek to elevate the level of health among the populations, making our cities healthier.

We believe that the future involves recreating public health and healthy cities, innovating and finding creative solutions that bring happiness and well-being to the people. Because health and happiness go hand-in-hand, we are convinced that, together, the central and local authorities will be able to meet the needs, wishes and rights of the citizens.

Miriame Ferreira

Technical Coordinator of the Portuguese Healthy Cities Network

Promoting Health

A Mission with Roots

Promoting Health and Quality of Life in Cities is at the heart of the Healthy Cities Project. This project seeks to place health at the top of the decision-makers' agenda, increasing local strategies related to health and sustainable development, based on the principles and objectives of the Health for All in the 21st Century strategy (WHO, 1985), the Ottawa Charter for Health Promotion (WHO, 1986) and the Local Agenda 21 (WHO, 1997).

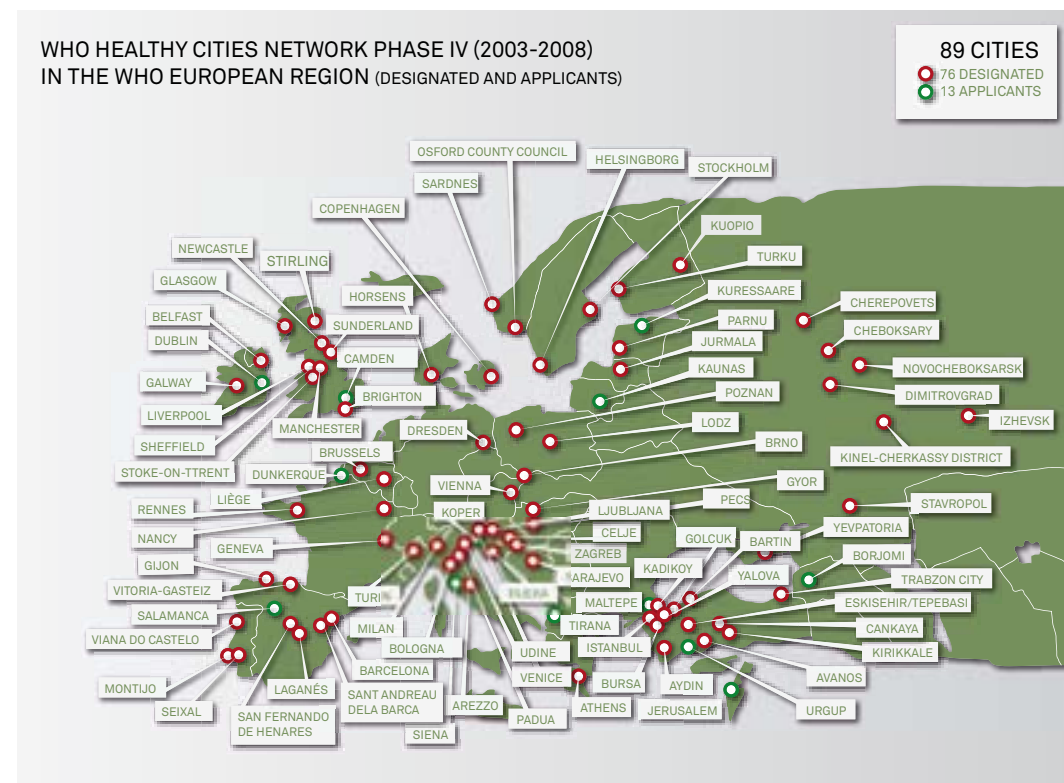
According to Goldstein and Kickbusch (1996), a healthy city is always creating and developing its physical and social environments and expanding the community resources that enable people to help each other mutually in the various aspects of their lives and to develop their maximum potential.

This idea of a Healthy City has gained supporters all around the world, particularly Europe, where the Project has been around for 20 years in the organised form of a European Network that brings together cities/municipalities from various countries and National Networks that develop the Project's intervention method within their countries. This European Network works in 5-year phases, with specific action plans and priority action themes. Phase IV is currently coming to a close. Main themes such as Healthy Ageing, Healthy Urban Planning, Active Life/Physical Activity and Assessment of the Impact on Health have been discussed and Phase V is being planned.

Eighty-nine cities from a total of 30 countries are part of the European Healthy Cities Network. Portugal is currently represented in the network by the Montijo, Seixal and Viana do Castelo municipalities.

The Healthy Cities movement in Europe goes beyond the limits of this European Network, creating sustainability locally in national and regional networks that involve over 1000 cities and municipalities from 30 countries. These national networks are part of the Network of National Healthy Cities Networks, which has developed alongside the European Network and whose main objective is to establish the Healthy Cities Project and its working method locally, creating a multiplier effect of health-related best practices. In Portugal, we have the Portuguese Healthy Cities Network, which has been part of this Network since June 2001.

Portuguese municipalities that develop the Healthy Cities Project locally have followed strategic objectives that lead to improving people's quality of life through the development of actions and projects that seek to promote equality in health, preventing social exclusion; quality physical environment; qualification of health services; promotion of health in relation to ethnic minorities, the elderly and children, investing in health education programs; strategic development of municipalities, encouraging investment in the economic sector, creating jobs and creating wealth.



This Association of Municipalities commemorated its 10th anniversary in 2007. During this period, various objectives were pursued by this association, stemming from the will to spread the Healthy Cities Project throughout Portugal, consolidating the Portuguese Network, helping it to mature in terms of action and cooperation with local and central authorities.

Over these 10 years, the Network has grown from the 9 founding municipalities to 21. The map below provides the location of the 21 municipalities that currently make up the PHCN: Amadora, Aveiro, Bragança, Cabeceiras de Basto, Lisbon, Loures, Lourinhã, Miranda do Corvo, Montijo, Odivelas, Oeiras, Palmela, Portimão, Resende, Seixal, Serpa, Setúbal, Torres Vedras, Viana do Castelo, Vila Franca de Xira and Vila Real.



Analysing this map shows that although most of the members are located in the Lisbon Metropolitan Area, membership has spread to the rest of Portugal, with a small core in the south (Serpa and Portimão) and a larger one in the centre/north (Miranda do Corvo, Aveiro, Resende, Vila Real, Cabeceiras de Basto, Bragança and Viana do Castelo).

Although only 21 of the 308 Portuguese municipalities are part of the PHCN, the number of people covered is quite significant, as 20.8% of Portugal's population is covered.

The growth trend that the PHCN has seen with the joining of an average of 2.5 municipalities per year is attributable to significant investment in promoting the association and its work, along with the growing importance placed on health due to the impact that these issues have on people's lives, not to mention the decentralisation in favour of local municipalities of powers related to health.

This association of municipalities is essentially a large forum for sharing and discussing issues that impact people's health and quality of life. The vision that health promotion is guided by principles of inter-sectoral cooperation, solidarity, equality and sustainability has encouraged municipalities to seek out a series of responses to common problems.

This philosophy of working in partnership helps obtain health gains, stimulates innovation and creativity and enables the construction of a shared vision of action in favour of health and quality of life.

In 10 years of collective work in favour of the health of populations, various gains have been made. Over these 10 years, we have invested in resources for assessing information and promoting the Network, training its technicians and politicians, we have established partnerships with healthy cities in Europe, we have increased cooperation with the Spanish Healthy Cities Network and with its municipalities, increased the partnership with the World Health Organisation, and we have promoted cooperation with the central administrative bodies and with national public organisations.

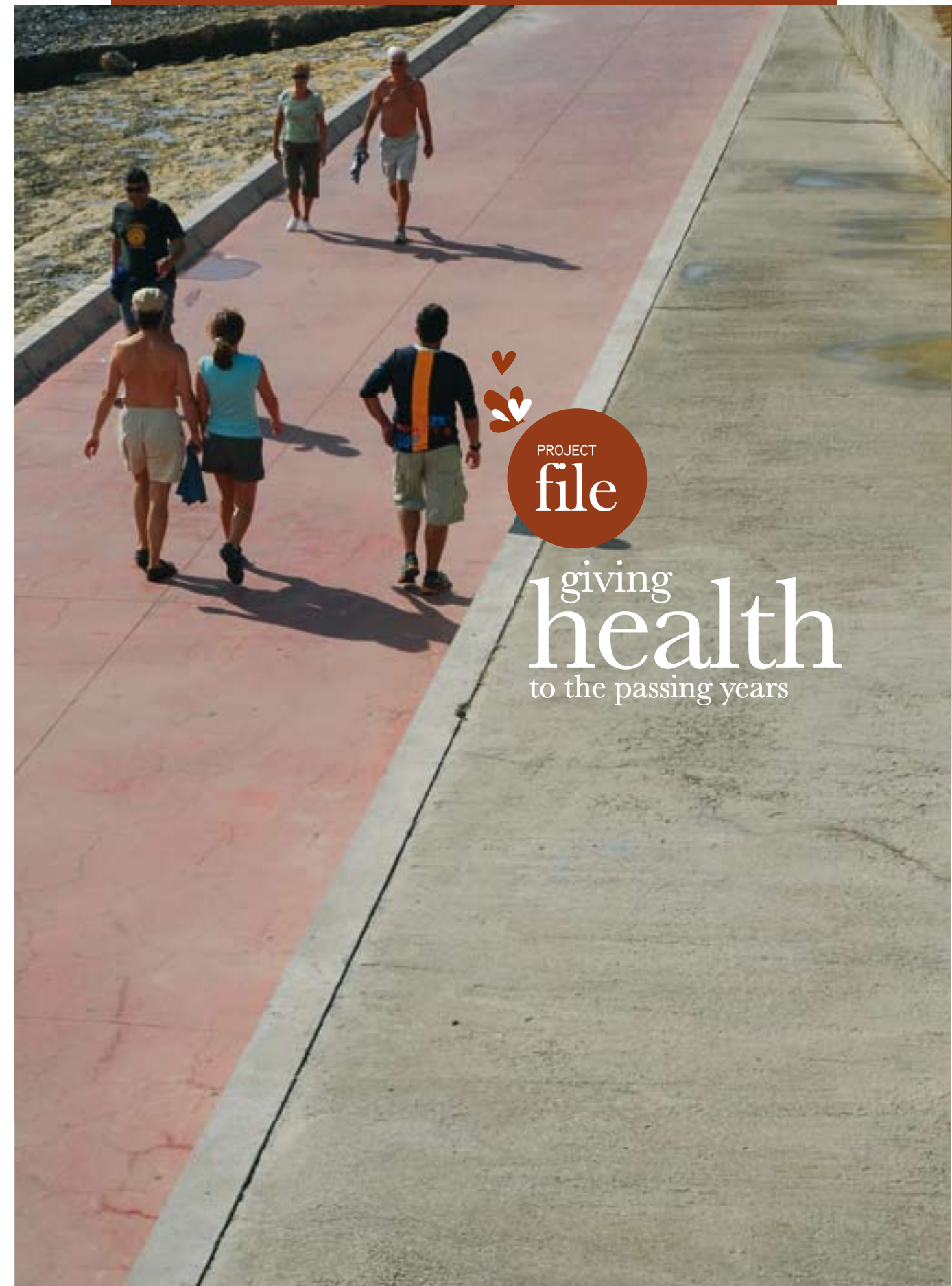
Over the past 10 years, we have promoted ongoing activities such as the Journalism and Science Awards, the Portuguese Healthy Cities Network Forum, the magazine Notícias da Rede (Network News) and the website.

Over these 10 years, we have focused on stages such as participation in the National Health Plan, joining the Network of National Healthy Cities Networks, the 1st Iberian Seminar and the Training Plan for technicians and politicians of the municipalities that are part of the Network.

A decade has passed and, together, we have taken an immeasurably positive path along which we have expanded collective participation. In our communities, the construction of the sustainable Healthy City is inseparable from participatory democracy involving everyone: local authorities, the education community, social and cultural participants, public institutions, economic participants.

In each of our municipalities, partnership and cooperation networks have been established and have grown, programs and actions that promote equality in health, healthy urban planning and prevention of social exclusion have been strengthened, while health development plans are currently essential instruments of local development strategies, as illustrated in the Revision of the Master Plans, undoubtedly an innovative and cutting-edge concept in Portugal.

The Portuguese Healthy Cities Network has reached a certain level of maturity due to its experience, not only from the past 10 years of teamwork, but also the over 30 years of local democratic power, employing a model that is part of Portuguese heritage, with a profound connection to the populations and the collective life of our municipalities.



PROJECT

file

giving
health
to the passing years



PROJECT NAME

Walking Urban and Rural Routes



WHAT IS IT?

This project includes a broad range of initiatives aimed at developing healthy lifestyles in a structured, stable and broadly participated manner. The increase in physical and mental activity facilitates interpersonal relations and develops greater availability to help those in need. These are interesting aspects of each person's life that can help us be more active and healthy citizens.

WHAT DOES IT DO?

Fifteen hikes are organised annually, over 4 years, in selected areas, including nature paths throughout the Municipality of Bragança. The routes vary between 4 and 15 km with a maximum duration of 3 hours. They take place at an easy pace, accessible to everyone who likes to hike, enjoy nature and commune with the environment.

WHO IS IT FOR?

Active age and senior population.

WHAT ARE THE PARTNERSHIPS?

Bragança City Council, Health Sub-Region, Portuguese Cardiology Foundation, Bragança Health Centre, School of Higher Learning for Health Education (Escola Superior de Educação de Saúde), Bragança School of Higher Learning for Education (Escola Superior de Educação de Bragança).

WHAT ARE THE RESULTS?

Since 2006, 45 hikes have been taken (urban and rural) over a total of 540 km. Approximately 1575 hikers have taken part in this initiative. These people believe in practicing healthy lifestyles and took advantage of the municipality's initiative to get to know the entire Municipality of Bragança and its unspoiled nature.

IMPORTANT CONTACT INFORMATION

Bragança City Council - Tel.: +351 273 304 200 | www.cm-braganca.pt
Bragança Municipal Swimming Pool - Tel.: +351 273 300 420



PROJECT NAME

Sporting Retirement



WHAT IS IT?

This project is based on developing specific activities in the area of Elderly Mobility, involving Exercise, Water Gymnastics, Ballroom Dancing and Physical Fitness Control and Evaluation. There is a follow-up in terms of assessment and prescription of exercise, also employing information activities (LECTURES), exhibition and analysis of more specific aspects in terms of health, such as nutrition, controlling blood pressure and weight, among others. There is also screening of Cardiovascular Disease and respective forwarding to the family doctor.

WHAT DOES IT DO?

Water Gymnastics (4 Centres of Operation)
At each of the swimming pools mentioned, and at different days and times, a different group of seniors participates in order to guarantee that as many people as possible participate.
Water Gymnastics (7 Centres of Operation)
Ballroom Dancing (1 Centre of Operation)
This activity enables the creation of a specific work group that includes users from various centres for shows and participation in festivals beyond the Municipality.

WHO IS IT FOR?

Retired people residing in the Municipality of Setúbal.

WHAT ARE THE PARTNERSHIPS?

Setúbal City Council, Parish Councils and various collective bodies of the Municipality. Screening is conducted via a partnership with Sália Pharmacy and My Pharma, Tiagos Clinic.

WHAT ARE THE RESULTS?

This project began 8 years ago. When it started in 2001, there was a single centre with 50 people that has grown from year to year, totalling 700 users in 2007/2008, distributed among 7 geographical centres. During the 2007/2008 season, 10 gatherings were held in which all of the centres of the municipality participated; the last gathering, the Closing Festival, attracted similar projects from the municipalities of Portalegre, Torres Vedras, Montijo and Palmela. In addition to the physical aspect, 3 lectures were also given on topics that involve the relationship between physical activity, sporting facilities, Physical Aptitude Tests and Domestic Activities, in which at least 60 people always participated, proving the interest of the project's users. Within the scope of this project, there was also screening for cardiovascular disease throughout the year, in cooperation with a pharmacy, in which some 300 people underwent screening during the year.

IMPORTANT CONTACT INFORMATION

Setúbal City Council – Health Office
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PROJECT NAME

Healthy Ageing Invigorating Social and Leisure Spaces



WHAT IS IT?

Group of activities/actions targeted at the older population of the municipality of Cabeceiras de Basto, seeking to contribute to improving their quality of life. The action plan for the elderly is defined on the basis of the needs diagnosed by a technical team, based on contact with various social participants and priorities placed on intervention.

WHAT DOES IT DO?

Within the scope of this project, promoted by the Municipality of Cabeceiras de Basto, various activities are developed. These include: promoting nine social interaction and leisure spaces located in various parishes; entertainment, recreational, cultural and sporting activities – musical entertainment, geriatric exercise; senior water gymnastics; dance for seniors; primary health care, especially at home; craft workshops; housing aid; municipal social-cultural initiatives, including visits outside of the municipality.

WHO IS IT FOR?

Population residing in rural areas, geographically separated from municipal health structures.

WHAT ARE THE PARTNERSHIPS?

Cabeceiras de Basto City Council, Parish Councils, Basto Solidário, E.M., S.A. and Emunibasto, E.M.

WHAT ARE THE RESULTS?

The group of activities/actions stipulated in the action plan directed at the older population of the Cabeceiras de Basto Municipality is ambitious and has been fulfilled by joining forces with the various entities involved, both in terms of its creation and execution.

The structural goal of this project is to contribute to minimising and preventing the loneliness and boredom that a significant number of seniors experience. This goal was achieved through a high degree of daily use of the equipment, high participation in occasionally organised actions and high levels of satisfaction of participants in the actions/activities, as well as demonstrations of affection by the staff that accompany and manage the activities.

IMPORTANT CONTACT INFORMATION

Cabeceiras de Basto City Council – Social Action Services

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PROJECT NAME

Nutrition Corner



WHAT IS IT?

An information and counselling space in the area of promoting the municipal markets with distribution of educational materials.

A nutritionist/dietitian attends to the public, assessing health factors (weight, height, body mass index, blood pressure) and eating habits, seeking to provide information that promotes a healthy lifestyle.

WHAT DOES IT DO?

Contribute to maintaining public health and well-being

Provide guidance in terms of preventing/correcting potential eating mistakes.

WHO IS IT FOR?

The general public, especially senior consumers.

WHAT ARE THE PARTNERSHIPS?

Lisbon City Council Private Charity Organisations from the city of Lisbon.

WHAT ARE THE RESULTS?

This Project began in 2000. Some illnesses were identified among the project's target population, namely excess weight/obesity, hypertension, high cholesterol and diabetes.

The public has continuously joined in and has shown some behavioural changes, especially in terms of eating habits.

IMPORTANT CONTACT INFORMATION

Lisbon City Council – Commercial Urbanism Department

Tel.: +351 213 501 327 | Fax: +351 213 588 665 | E-mail: dafi@cm-lisboa.pt



PROJECT NAME

Knowing How to Age



WHAT IS IT?

The goal of this Programme is to encourage individuals to adopt healthier lifestyles; improve the quality of life of the population through awareness actions that seek to prevent illness and promote health; guide and counsel the individual in terms of self-care as relates to physical and mental health; improve the awareness of individuals as regards ageing in order to better understand its multiple aspects; inform and create awareness among the family and institutions regarding suitable practices that contribute to application of proper safety habits.

WHAT DOES IT DO?

Information and awareness actions, undertaking of assessments/screening.

WHO IS IT FOR?

Directed at the active age and senior population of the municipality, as well as the caretaker staff of the elderly.

WHAT ARE THE PARTNERSHIPS?

Loures City Council, Seniors' Institutions/Retiree Associations, Faculty of Dental Medicine, School of Higher Learning for Health Technologies of Lisbon (Escola Superior de Tecnologia da Saúde de Lisboa), Loures Health Group and the National Association Against Osteoporosis.

WHAT ARE THE RESULTS?

The actions taken saw active participation, raising several issues related to the various problems posed.

IMPORTANT CONTACT INFORMATION

Loures City Council Health Office
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PROJECT NAME

GPS - Gabinete de Promoção da Saúde (Health Promotion Office)



WHAT IS IT?

GPS – Gabinete de Promoção da Saúde (Health Promotion Office) is a project that promotes healthy lifestyles, promoting the all-round physical, mental and social well-being of young people.

WHAT DOES IT DO?

The goal is to develop a close relationship between the education community and the Health Centre in order to promote healthy lifestyles. The following were considered priority areas: Mental Health; Oral Health; Healthy Nutrition; Physical Activity; the Environment and Health; Promotion of Safety and Prevention of Accidents; Sexual and Reproductive Health; Consumer Education, helping young people make decisions in a conscious and responsible manner, offering a safe, comfortable and confidential environment where they can pursue proper psycho-social development.

WHO IS IT FOR?

Students from the Primary (grades 5 to 9) and Secondary school José Falcão de Miranda do Corvo and students from the Prof. Dr. Ferrer Correia Integrated Primary School.

WHAT ARE THE PARTNERSHIPS?

Miranda do Corvo Health Centre; José Falcão de Miranda do Corvo Primary (grades 5 to 9) and Secondary School; the Prof. Dr. Ferrer Correia Integrated Primary School; the CAJ (Youth Guidance Centre) and Miranda do Corvo City Council.

WHAT ARE THE RESULTS?

This project enabled young people to come together, offering them individual guidance and advice on nutrition and physical activity, among other areas, and providing them with proper instruction. Some cases required forwarding to a social worker or to family doctors in order to resolve the situations in question.

Teachers of the primary (grades 1 to 4) school requested the cooperation of the team responsible for the GPS project in the areas of oral health, nutrition, sexual and reproductive health and physical activity.

Situations that could not be resolved were forwarded to the family doctor.

IMPORTANT CONTACT INFORMATION

Miranda do Corvo City Council - Health Department
Tel.: +351 239 530 320 | Fax: +351 239 532 952 | E-mail: camara@cm-mirandadocorvo.pt
Miranda do Corvo Health Centre



PROJECT NAME

Other Views - Seniors Agenda and Passport



WHAT IS IT?

A programme of activities that offers seniors from the Municipality the possibility of expanding their knowledge of history, culture and the heritage of the municipality, while creating awareness of safe and healthy lifestyles. The Montijo City Council replicated this good practice from the Municipalities of Viana do Castelo (Seniors Agenda) and Portimão (Seniors Passport).

WHAT DOES IT DO?

A group of initiatives, scheduled in a logical and thematic sequence. There are 4 initiatives per month [information and training actions, visits to heritage sites, shows, etc.], divided among the broad thematic areas of “Health and Safety”, “Leisure”, “Culture” and “Citizenship”. The Passport is associated with the Agenda in order to validate the presence of the seniors in the activities. At the end of the year, the seniors who have participated most receive a prize.

WHO IS IT FOR?

Seniors (age 50 and over) from the Municipality and other surrounding areas.

WHAT ARE THE PARTNERSHIPS?

These activities are the result of close collaboration between Montijo City Council, the Parish Councils and some partnership institutions of Social Network/Healthy Montijo (groups of the Red Cross, Health Centre, Public Security Police, etc.).

WHAT ARE THE RESULTS?

From the beginning of the project, as the new “Agenda / Passport”, between May and June 2008, 7 activities were performed with the participation of 708 seniors. They enjoyed moments of leisure (Spring and St. Peter’s Dances), information and training sessions (sessions on Health and Citizenship) and culture (visit to municipal heritage from the Atalaia parish).

IMPORTANT CONTACT INFORMATION

Montijo City Council - Health and Social Action Office
Tel.: +351 212 327 855 | Fax: +351 212 327 859



PROJECT NAME

Health Arts



WHAT IS IT?

It consists of producing works based on themes developed in Awareness Actions within the scope of Health Education Promotion. This way the participants can work on concepts of health in an entertaining manner, using various artistic techniques, namely theatre, expression, plastic arts, poetry, song, painting, and others.

WHAT DOES IT DO?

By invigorating awareness actions concerning health, the senior population is made aware of adopting healthy life behaviours and habits, while the population is encouraged to participate in the community as promoters of health. Projects for presentation to the public are produced, developing a spirit of creativity and encouraging exchanges between the various participants.

WHO IS IT FOR?

Users of Day Centres and Old Age Homes from the Social Network and Municipality of Odivelas.

WHAT ARE THE PARTNERSHIPS?

Odivelas City Council, Day Centres and Old Age Homes from the Social Network of the Odivelas Municipality; Odivelas and Pontinha Health Centre; Portuguese Cardiology Foundation; School of Higher Learning for Health Technology of Coimbra – Audiology Course (Escola Superior de Tecnologia de Saúde de Coimbra – Curso de Audiologia; Higher Institute of Applied Psychology (Instituto Superior de Psicologia Aplicada); Faculty of Human Mobility; among other entities and individuals.

WHAT ARE THE RESULTS?

1st Phase – Awareness Actions
Four Awareness Actions were undertaken with 11 sessions given. Thirteen Day Centres and Old Age Homes from the Municipality of Odivelas participated, with some 505 seniors taking part.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Health and Drug Addiction Prevention Division
Tel.: +351 219 346 700 | Fax: +351 219 346 709



PROJECT NAME

”+60” - Municipal Physical Activity Programme



WHAT IS IT?

Municipal programme that promotes health and independence during ageing. Promotes physical activity classes adapted to the age and functional capacity of the participants.

WHAT DOES IT DO?

Aquatic activities classes, adapted exercise activities and dance on a weekly basis (one swimming pool activity and two gymnasium activities – exercise activities and dance). The activities run from September to June each year in the five parishes of the Municipality. Entertainment activities are held occasionally for all the participants.

WHO IS IT FOR?

People aged 60 and up residing in the municipality of Palmela.

WHAT ARE THE PARTNERSHIPS?

Palmela City Council; Humanitarian Association of the Palmela Volunteer Fire Brigade; Poceirão Cultural Centre; Portais da Arrábida Club – Quinta do Anjo; Cabanense Popular and Recreational Group; Parish Council of S. Pedro da Marateca; Palmela Desporto, EM,; União Agrícola Philharmónica Society – Pinhal Novo; the Public Recreational And Cultural Society of Bairro Alentejano .

WHAT ARE THE RESULTS?

The “+60” programme celebrated 11 years of existence and has grown moderately since it was implemented. In 2007, it had a total of 359 participants, most of who are still women (81% of the total). This year 1,186 classes were taught: 411 in the gymnasium; 399 in the swimming pool; 376 dance. This programme focuses on improving quality of life and the psychological well-being of the senior population, supplementing the development of physical activities with entertainment activities, emphasising development of interpersonal relations and conducting activities that correspond to the interests of the population in question.

IMPORTANT CONTACT INFORMATION

Palmela City Council – Sports Division

Tel.: +351 212 339 890 | Fax: +351 212 339 899 | E-mail: cmp.desporto@mail.telepac.pt



PROJECT NAME

The (Des)Dramatizar (“(De)Dramatise”) Senior Theatre Municipal Project



WHAT IS IT?

The (Des)Dramatizar (“(De)Dramatise”) Senior Theatre Municipal Project is now consolidated in the process initiated by the Seixal Municipality in 2001; its ongoing work is based on the philosophy that all participants, namely seniors, should enjoy what they do as much as possible, regardless of their physical, mental or other limitations.

WHAT DOES IT DO?

Theatre here is understood from two perspectives: Exercising creativity in terms of seeking and constructing characters, contributing to full awareness by the participants of their personal and universal dimension; Definition of an informal education practice, the participants learning about themselves and their relationship with others and the world. The participants in this Project are therefore protagonists in the process of social change and transformation through theatrical language and begin to take a more active role in their lives, each in a unique way, more participatory, and consequently in a fuller way.

WHO IS IT FOR?

Seniors from the Retirees Associations, Pensioners and Seniors from the Municipality of Seixal.

WHAT ARE THE PARTNERSHIPS?

Seixal City Council, Retiree Associations, Pensioners and Seniors from the Municipality of Seixal, School of Higher Learning for Theatre and Cinema (Escola Superior de Teatro e Cinema) of the Lisbon Polytechnic Institute (Instituto Politécnico de Lisboa), “Além Terra” Choir from the Retirees, Pensioners and Seniors Association of Arrentela and the Polyphonic Group of Navy Sergeants as collaborators.

WHAT ARE THE RESULTS?

The Project currently includes three active groups, bringing together 23 participants, most of whom have been part of the project from the beginning. Two National Senior Theatre Gatherings were promoted, the latest one with the following results: 1197 (one thousand one hundred and ninety-seven) people in the audience during the 3rd National Senior Theatre Gathering; broad coverage of the Project’s activities by the media; clear evidence of the benefits of the practice of theatre in people’s ageing process, reflected in the quality of the shows, which contradicts the idea that seniors are less capable. In addition, the Project has served as a springboard for creating other activities involving theatrical entertainment, giving it multiplier characteristics and expanding the capacities and skills of its participants.

IMPORTANT CONTACT INFORMATION

Seixal City Council - Social Action Office

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PROJECT NAME

Walking Safely



WHAT IS IT?

Increase response capacity by providing ongoing care and close-proximity medical monitoring; publication of pamphlets and flyers for distribution to the senior population of the Setúbal Municipality, holding six information actions at public and private institutions with presentation of content.

WHAT DOES IT DO?

Divulge information through actions for seniors and their care givers in preventing accidents and falls; Inform people of the practice of suitable safety measures in preventing accidents and falls at home and outside; Reduce the number of accidents and falls among seniors (65 _ years) and reduce the number of accidents and falls.

WHO IS IT FOR?

Senior Population.

WHAT ARE THE PARTNERSHIPS?

Setúbal City Council, Setúbal and Palmela Health Centres Group; Community Care Unit; Local Co-ordinating Team; School of Higher Learning for Health (Escola Superior de Saúde) of the Setúbal Polytechnic Institute (Instituto Politécnico de Setúbal).

WHAT ARE THE RESULTS?

Reduction in the number of accidents and falls among seniors (65 _ years) and reduction in the reoccurrence of accidents and falls outside and at home.

IMPORTANT CONTACT INFORMATION

Setúbal City Council - Health Office
Tel./Fax: +351 265 229 883 | E-mail: setubalsaudavel@clix.pt



PROJECT NAME

“Seniors Club”



WHAT IS IT?

This is a Social-Cultural entertainment project that is based on the creation of informal education spaces in the parishes of the Torres Vedras Municipality that do not have solutions/facilities for seniors.

WHAT DOES IT DO?

Schedules and executes (through a technical team) leisure/educational and cultural activities with the following goals: To improve the quality of life of the seniors of the Torres Vedras Municipality; reduce social isolation; improve the skills and qualifications of the participants.

WHO IS IT FOR?

Citizens over 55.

WHAT ARE THE PARTNERSHIPS?

Torres Vedras City Council, parish councils of the municipality and various collective bodies of the municipality.

WHAT ARE THE RESULTS?

The project has 220 users distributed among 8 centres in 7 parishes of the municipality operating twice a week in each centre.
Benefits: Decrease in the isolation that most participants were exposed to, promotion of active participation in the community, reinforcement and improvement of the personal and social skills of the participants and promotion of inter-generational and inter-personal relations.
Resulting in substantial improvement in the quality of life of these seniors.

IMPORTANT CONTACT INFORMATION

Torres Vedras City Council -. Social, Health and Housing Affairs Section
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PROJECT NAME

Healthy Sundays



WHAT IS IT?

Entertainment and sports activities aimed at providing physical exercise and social interaction, creating awareness among the population regarding the importance of physical activity as a crucial health factor.

WHAT DOES IT DO?

Held Sunday mornings from May to September, the following activities are scheduled: sailing, canoeing, water gymnastics, sports dances, traditional games, horseback riding, bike tours, all-terrain biking, gymkhanas, hiking, volleyball, football, basketball, gymnastics, hip-hop, body pump, aerobics, body combat, step, jump fit, judo, karate, tai-chi, capoeira, among others. Activities that require special conditions take place at the Atlântico Swimming Pool in Rio Lima, at beaches in the municipality and on Santa Luzia Mountain, but most of them take place in the Marina Garden.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Viana do Castelo City Council, Sports Associations of the Municipality of Viana do Castelo, Gymnasiums, Sports Centre of the Viana do Castelo Polytechnic Institute (Instituto Politécnico de Viana do Castelo), the School of Higher Learning for Education (Escola Superior de Educação) and the Scholastic Sports Support Team of Viana do Castelo.

WHAT ARE THE RESULTS?

There was a gradual increase in participation, both in terms of the population and Sporting Associations. Totalling initially six Associations in 2002, in 2008 we now have 23. However, there is a greater demand for gymnasiums, swimming pools and other sports facilities by the public.

IMPORTANT CONTACT INFORMATION

Viana do Castelo City Council/Physical Activity Team of the Healthy City Office
Tel.: +351 258 806 260 | E-mail: cidadesaudavel@cm-viana-castelo.pt



PROJECT NAME

Golden Runway



WHAT IS IT?

This is a Fashion Show organised by the Municipality of V.F. Xira / Social Action, where the participants are seniors and some young people and children. It has been held in June since 1995 at a bull ring in Vila Franca de Xira. It is a spectacle of light, colour, fantasy and musical and artistic entertainment. Execution of this major event is only possible through the cooperation of various commercial establishments of the Municipality.

WHAT DOES IT DO?

Its goal is to contribute to improving the image of seniors in today's society, where excessive importance is placed on youth, which is associated with beauty, to the detriment of the experience and knowledge acquired over the years by seniors. The goal of this initiative is to contribute to improving individual self-esteem, stimulate inter-generational interaction, combat the loneliness that is often associated with seniors and encourage local participants to value old age and ageing.

WHO IS IT FOR?

Seniors, young people and children of the Vila Franca de Xira Municipality.

WHAT ARE THE PARTNERSHIPS?

Vila Franca de Xira City Council, Local Merchants; Institutions from the Municipality, ACIS and some well known fashion designers.

WHAT ARE THE RESULTS?

Each year, 100 seniors, 60 young people and 60 children walk down the Golden Runway. This show is open to the general public, regularly attended by some 4000 spectators.

IMPORTANT CONTACT INFORMATION

Vila Franca de Xira City Council – Health and Social Action Division
Tel.: +351 263 285 625 | Fax: +351 263 283 028 | E-mail: dhsas.dsas@cm-vfxira.pt



PROJECT NAME

Bio Prato Contest (Organic Dish Contest)



WHAT IS IT?

A Gastronomy Competition in which the restaurant establishments present a menu consisting of a starter or soup, main course and dessert, made exclusively with organically produced products. The 1st edition of the Concurso Bio Prato (Organic Dish Contest) runs from 1 May to 30 June 2008.

WHAT DOES IT DO?

Fosters good nutritional practices; preserves, values and promotes traditional gastronomical heritage from the Municipality of Lourinhã, as well as encouraging innovation and the creation of new dishes; encourages use of organic products in the restaurant sector; contributes to promoting and developing of the local economy and its products; promotes the sustainable land development.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Lourinhã City Council, restaurant establishments and companies that produce organic products.

WHAT ARE THE RESULTS?

The results attained can be divided into two areas: participation of the restaurants and participation of the consumers. As regards the first area, the results were very positive, given that the Concurso Bio Prato (Organic Dish Contest) has been the most popular gastronomical event among the restaurants to date. It should be pointed out that in contrast to the eleven restaurants of the municipality that participated in this first edition of Bio Prato, the gastronomy competition of the Western Tourism Region that ran simultaneously had only three participants registered. As regards public participation, the feedback sought from the managers of the participating units resulted in various responses, with most asked reporting moderate demand. Two restaurant units intend to maintain the organic menu and only two stated that consumer demand was low.

IMPORTANT CONTACT INFORMATION

Lourinhã City Council - Tourism Promotion Section
Tel.: +351 261 410 166 | E-mail: turismo@cm-lourinha.pt | www.cm-lourinha.pt



PROJECT NAME

“Physical Activity 50+” Programme



WHAT IS IT?

Programme promoting physical activity aimed at creating a communication network where the message and practice of physical activity permanently underlie improvement of individual health, improvement of quality of life and promotion of well-being.

WHAT DOES IT DO?

The Programme runs from October to June and the activities promoted are fitness exercise, adapted step and strength training. Periodical assessments of the participants and informative and promotional materials are produced.

WHO IS IT FOR?

Citizens over 55.

WHAT ARE THE PARTNERSHIPS?

Oeiras City Council and Faculty of Human Mobility.

WHAT ARE THE RESULTS?

Since the beginning of the activities in 1991, 7,000 people have been covered by this programme. The significant increase in number of participants should be pointed out, which from 1994 to 2008 went from 120 to 850 (7 times greater). Scientific follow-up by the Faculty of Human Mobility has confirmed improvement in body composition and reduction in the number of falls by the participants in the 50+ Programme, along with increase in their autonomy and self-confidence, increase in social contacts, decrease in depression symptoms and improvement in nutritional habits. In addition to improved motor capacity, morbidity is essentially reduced by a favourable metabolic capacity that helps reduce hypertension, dyslipidemia, hyperglycaemia, resistance to insulin and alteration of the topography of the body's composition.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Social Action, Health and Youth Division.
Tel.: +351 214 408 548 | E-mail: ana.rodrigues@cm-oeiras.pt



PROJECT NAME

Movement and Health



WHAT IS IT?

The goal of this project is to improve the population's quality of life, prevent sedentary lifestyles, help people become more active, move more and more often and help each person self-manage his or her own physical fitness.

WHAT DOES IT DO?

Promote the creation of “Health Clubs”, which are informal organisations of two or more people who come together to hike based on their physical condition and interests; promote hiking; develop training actions.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Seixal City Council, Parish Councils, Retiree Associations, Clubs, Schools, Healthy Seixal Project.

WHAT ARE THE RESULTS?

Daily or tri-weekly hikes are held in all the parishes. The public has increasingly participated in this activity. Extensive hikes are held at events such as: Move Seixal, World Health Day, Heart Month, European Day of Intercultural Dialogue.

IMPORTANT CONTACT INFORMATION

Seixal City Council - Sports and Sporting Facilities Division
Tel.: +351 212 276 700



PROJECT NAME

Healthy Footprint - Discovering the Pleasures of a Healthy Life Through Hiking.



WHAT IS IT?

Viana do Castelo City Council has reserved various streets of the historic downtown district for pedestrians, as well as having implemented an effective and extensive public transportation system, which includes two small electric buses (Caramuru and Himalaia), which travel the streets of the Medieval district, discouraging the use of individual automobiles and favouring environmental quality.

The motorway ring surrounding the oldest city centre and the distribution of various underground car parks along the motorway ring (3000 spaces) helped reduce cars parked on the street in the Medieval area, keeping them away from the high street area of the city and therefore facilitating pedestrian mobility.

In 2008, seven routes have been laid out, all starting from the oldest square of the city (Praça da República), with various itineraries marked by feet with an indication of the distance travelled.

WHAT DOES IT DO?

Any citizen willing to walk may choose one of the seven routes laid out. Information can be obtained regarding their characteristics and degree of difficulty. They can be followed to discover the city, the beaches, the urban park and Santa Luzia Mountain. The people can select their route according to level of difficulty and can individually assess pace, distance, etc.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Viana do Castelo City Council, Sporting Associations and Gymnasiums of Viana do Castelo, Viana do Castelo Polytechnic Institute (School of Nursing) (Instituto Politécnico de Viana do Castelo (Escola de Enfermagem)), Blood Donors Associations, Friends of the Hospital League, Centre for Environmental Monitoring and Interpretation, Friends of Chão, Local Centre for Immigrant Aid (CLAI), Viana do Castelo Civil Government, Public Security Police, among others. Friends of the Hospital, Centre for Environmental Monitoring and Interpretation, Friends of Chão, Local Centre for Immigrant Aid (CLAI), Viana do Castelo Civil Government, Public Security Police, among others.

WHAT ARE THE RESULTS?

Over the years there has been a significant increase in informal groups that hike daily on the riverfront and along the beach. The hikes organised by the Healthy City Office since 2002 on Sunday mornings are increasing in number (approximately 15 in 2008) and have increasingly more participants.

IMPORTANT CONTACT INFORMATION

Viana do Castelo City Council/Physical Activity Team of the Healthy City Office
Tel.: +351 258 806 260 | E-mail cidadesaudavel@cm-viana-castelo.pt



PROJECT NAME

Move for Life - Sport for Seniors



WHAT IS IT?

Exercise and health programme for the municipality’s senior population.

WHAT DOES IT DO?

Senior mobility programme taking place twice a week in 50-minute sessions with the aim of promoting improved quality of life through the benefits of physical activity, functional autonomy through human motor stimulation and social-emotional autonomy through dynamics created by the practice of physical activity.

WHO IS IT FOR?

Senior population of the municipality over the age of 55.

WHAT ARE THE PARTNERSHIPS?

Torres Vedras City Council, parish councils and sporting associations.

WHAT ARE THE RESULTS?

The project has 1350 users, distributed among 47 centres in all parishes of the municipality. It was very popular among seniors and over 95% of them did not drop out. Through the Physical and Functional Aptitude Assessment (Fullerton) that is conducted annually, we can see the results that have been obtained in terms of improvement in physical capacities that are worked on in the project, such as endurance, lower body strength, flexibility, agility, which translate into objective gains in functional autonomy. Also worthy of mention are the benefits in terms of social-emotional aspects, which are so important to the quality of life of this population.

IMPORTANT CONTACT INFORMATION

Torres Vedras City Council - Sports Section
Tel.: +351 261 320 761 | Fax +351 261 320 720 | E-mail: cesarcosta@cm-tvedras.pt



PROJECT NAME

Health Show



WHAT IS IT?

The Project is designed and developed in terms of the poorer segment of the population of Setúbal Municipality.

The main goals of this project are: to create public awareness regarding disease prevention and promotion of health through initiatives that seek to inform and warn of the care needs that each person should take in maintaining their own good health; free screening tests offered, often difficult to execute by the poorer population, along with motivation actions for adopting healthier lifestyles and nutrition, allowing some of the needs felt in terms of Primary Healthcare to be met.

WHAT DOES IT DO?

Implementation of this project is based on measuring the levels of Cholesterol, Blood Sugar, Carbon Monoxide and Blood Pressure, on taking Spirometry tests and Electrocardiograms, and on the spread of information on Dental Medicine, Chronic Venous Insufficiency and Dietetics.

WHO IS IT FOR?

The general public

WHAT ARE THE PARTNERSHIPS?

Setúbal City Council, the Rotary Club of Setúbal, School of Higher Learning for Health (Escola Superior de Saúde) of the Setúbal Polytechnic Institute (Instituto Politécnico de Setúbal), the Dr. Fernando Pádua Preventive Cardiology Institute, the Setúbal and Palmela Health Centres Group, the Setúbal Hospital Centre and the Mutual Aid Association of Setúbal.

WHAT ARE THE RESULTS?

The Health Show is a way of reaching the needy population of our city, especially seniors, who often cannot undergo screening due to situations of poverty. In the opinion of the participants, the results have been an extremely positive from year to year. Over a period of two days, 622 people were screened, breaking down as follows: Cholesterol, Blood Sugar and Blood Pressure – 195; Electrocardiogram – 83; Spirometry – 81; Carbon Monoxide – 63; Dental Medicine – 50; Chronic Venous Insufficiency – 70, Dietetic Counselling and Body Mass Index – 80. The results lead us to conclude that most people aged 50 to 65 are concerned with knowing their cholesterol, blood sugar and blood pressure levels.

IMPORTANT CONTACT INFORMATION

Setúbal City Council- Health Office
Tel./Fax: +351 265 229 883 | E-mail: setubalsaudavel@clix.pt



PROJECT NAME

Seniors University of Vila Franca de Xira (Universidade Sénior de Vila Franca de Xira)



WHAT IS IT?

The Seniors University is a project developed by the Vila Franca de Xira Municipality, responding to the needs of seniors, seeking to be a centre for education, research and learning through cultural and recreational activities, where increasing self-esteem and autonomy is fostered.

WHAT DOES IT DO?

This Project began during the 2004/2005 school year as a social solution that frequently creates, invigorates and organises cultural, recreational and social interaction activities with the following main goals: encourage participation and organisation of seniors in cultural and leisure activities; disseminate history, sciences, traditions, arts, cultural locations and phenomena to seniors; be a centre for information and dissemination of seniors services and rights; develop inter-personal and social relations between various generations; encourage volunteer work in and for the community.

WHO IS IT FOR?

Seniors aged 55 and up and Retirees from the Vila Franca de Xira Municipality.

WHAT ARE THE PARTNERSHIPS?

Vila Franca de Xira City Council, Vila Franca de Xira Volunteer Bank , Primary Schools; AISC, RUTIS, Collective Entities from the Municipality, Seniors Universities.

WHAT ARE THE RESULTS?

During the 2007/2008 school year, 22 subjects were taught by 30 volunteer teachers. The number of students registered at this University is 285 seniors. In 2007, the University created a Students Association.

IMPORTANT CONTACT INFORMATION

Vila Franca de Xira City Council - Health and Social Action Division
Tel.: +351 219 533 050 | Fax: +351 219 533 0 51 | E-mail: dhsas.dsas@cm-vfxira.pt



PROJECT NAME

Movement Club



WHAT IS IT?

It is a Programme of regular physical activity that includes water gymnastics, hiking and exercise classes. It mobilises over 900 people from all of the Municipalities' Parishes. This programme was implemented in 2000.

WHAT DOES IT DO?

The goal of this programme is to create conditions for the practice of physical activity, as well as to improve the quality of life of the senior population via the benefits of the practice of regular physical activity. These benefits include improving functional autonomy, self-esteem, self-confidence and integration into group activities in order to prevent situations of isolation.

WHO IS IT FOR?

Citizens over 50.

WHAT ARE THE PARTNERSHIPS?

Odivelas City Council; Humanitarian Association of the Caneças Volunteer Fire Brigade; Bons Dias Sporting Group; Póvoa de Stº Adrião Retirees, Pensioners and Seniors Committee; Caneças Parish Council; Famões Parish Council; Odivelas Parish Council; Olival Basto Parish Council; Pontinha Parish Council; Póvoa de Sto. Adrião Parish Council; Ramada Parish Council.

WHAT ARE THE RESULTS?

Improvement in functional autonomy was proven via the Rikly and Jones tests – Assessment of physical capacities.

IMPORTANT CONTACT INFORMATION

Odivelas City Council - Sports Division
Tel.: +351 219 346 100 | Fax: +351 219 346 199 E-mail: desporto@cm-odivelas.pt



PROJECT NAME

Programme for Childhood Obesity Prevention



WHAT IS IT?

The Programme for Childhood Obesity Prevention is a project that promotes healthy nutrition and increases levels of physical activity in order to decrease childhood obesity.

WHAT DOES IT DO?

The goal of this project is not only to screen for risk situations, but also to follow up with a visit to a nutritionist/family doctor for children who have already been identified and indicated. It is essential that these children be monitored, as well as those that exhibit identified changes.

WHO IS IT FOR?

Children in the public preschool education system.

WHAT ARE THE PARTNERSHIPS?

Miranda do Corvo City Council, Regional Public Health Centre, Miranda do Corvo Health Centre.

WHAT ARE THE RESULTS?

In terms of prevention, the Programme for Childhood Obesity Prevention helped plan measures and define strategies to be applied and publicised mainly by the recipients of this programme in order to prevent the progression of obesity. Later, from the point of view of following up on the children identified, it was possible to plan measures and define strategies for adopting healthy lifestyles to avoid progression of obesity. Through this programme, it was possible to promote healthy nutrition and increase levels of physical activity in order to decrease the prevalence of childhood obesity. Among others, various education sessions were held involving health, protocols were established for promoting physical activity through City Council in order to promote the practice of physical activity, with the goal of preventing children whose weight is within normal parameters from becoming overweight, as well as knowledge and redefinition of school menus and creation, in partnership with the Regional Public Health Centre, of an “overweight” doctor’s visit at the Miranda do Corvo Health Centre every 15 days in order to follow up on children who already have obesity problems.

IMPORTANT CONTACT INFORMATION

Miranda do Corvo City Council - Health and Sports Departments
Tel.: +351 239 530 320 | Fax: +351 239 532 952 | E-mail: camara@cm-mirandadorcorvo.pt



PROJECT NAME

Lets All go to the Market



WHAT IS IT?

Field trip to the market conducted by dietitians;
Participation in the Market Game;
Execution in the classroom, under the guidance of the teacher, of projects related to the visit and the subject of Nutrition;
Awareness Action regarding Children’s Nutrition directed at parents and guardians.

WHAT DOES IT DO?

Raising awareness of the Municipal Markets and of the role of these traditional commerce structures in supplying food products to the city;
Getting to know food, its characteristics and properties and the conditions we should pay attention to when purchasing or consuming it;
Raising awareness among children so that they adopt healthy and suitable eating habits in their daily lives.

WHO IS IT FOR?

Third and 4th year primary education students from the city of Lisbon and, whenever possible, their respective families.

WHAT ARE THE PARTNERSHIPS?

Lisbon City Council, public and private education establishments and private welfare facilities (IPSS).

WHAT ARE THE RESULTS?

The Project began in 1999. In the 2007-2008 school year, it received some 80 school visits conducted by 80 teachers, covering 1633 students. The Project has been designed around theoretical and practical aspects in order to adapt it to the needs expressed by teachers and children. Because nutrition is an integral part of the curriculum, teachers have recognised the importance of these local projects in promoting healthy lifestyles and encouraging parents and children to bring healthy lunches to school.

IMPORTANT CONTACT INFORMATION

Lisbon City Council - Commercial Urbanism Department
Tel.: +351 213 501 327 | Fax: +351 213 588 665 | E-mail: vamostodosaomercado@cm-lisboa.pt



PROJECT NAME

Sports Day



WHAT IS IT?

We know today that regular physical activity and sports practiced in appropriate amounts can help prevent illness, improve health and the quality of life of the general public. The city of Bragança offers a wide range of sporting activities that the public can and should participate in. The major challenge of the future is to increase the public's life expectancy. We celebrate this day with various sporting initiatives that the people of Bragança's can actively participate in.

WHAT DOES IT DO?

In the streets, avenues, squares, sporting facilities (swimming pool, pavilion and stadium) of the city of Bragança there will be sports outdoors with the following sporting activities: Bicycle gymkhanas, canoeing, table tennis, fitness marathons, volleyball, football, basketball, hockey, swimming and diving. The goal of this initiative was to promote all the sports practiced in the city by clubs and associations, as well as to instill healthy life habits, encourage community participation, promote social interaction and active living, creating conditions favourable to the practice of physical activity.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Bragança City Council, Health Sub-Region, Portuguese Cardiology Foundation, Bragança Health Centre, School of Higher Learning for Health Education (Escola Superior de Educação de Saúde), Bragança School of Higher Learning for Education (Escola Superior de Educação de Bragança), School Groups, municipal sporting associations and clubs, and the Portuguese Sports Institute.

WHAT ARE THE RESULTS?

The participation rate for this initiative was nearly 80%. The clubs and associations use the sporting festivities to recruit athletes. The gathering has taken place for 5 years, with significant results in terms of sports and social benefits.

IMPORTANT CONTACT INFORMATION

Bragança City Council | Tel.: +351 273 304 200 | www.cm-braganca.pt
Bragança Municipal Swimming Pool | Tel.: +351 273 300 420



PROJECT NAME

Project 035



WHAT IS IT?

Project 035 is part of the School Health Programme (developed by the Loures Health Centre), based on development of Oral Health and Healthy Nutrition in the population attending nursery and primary (grades 1 to 4) schools with the aim of reducing tooth decay at the age of 9.

WHAT DOES IT DO?

Screening of 9-year-old children and children who attend the 1st grade of primary school; application of fissure sealant to 2nd and 4th grade students; treatment of tooth decay diagnosed during screening; training in oral health and healthy nutrition for teachers, educators and teaching assistants; information and awareness actions for parents; introduction to brushing teeth; week 035 scheduled for exhibiting works produced by the scholastic community; actions that promote involvement of children in oral healthcare.

WHO IS IT FOR?

Children attending nursery and primary (grades 1 to 4) schools within the Loures Health Centre area of influence.

WHAT ARE THE PARTNERSHIPS?

Loures City Council, Loures Health Centre, 27 Preschool and Primary. Lisbon Dental Medicine Faculty, Rotary Club of Loures and the Parish councils of the schools that have joined the project.

WHAT ARE THE RESULTS?

During the 2007/2008 school year, the 034 CPO index in children 9 years of age was reached. Improvement of knowledge of families and children in the area of healthy nutrition, oral health and physical activity. Consolidation of the Partnership. Continuation of the Project.

IMPORTANT CONTACT INFORMATION

Loures City Council - Health Office
Tel.: +351 219 849 156 | Fax: +351 219 849 192 | E-mail : gab_saude@cm-loures.pt



PROJECT NAME

Health Space



WHAT IS IT?

Within the scope of the work we have done in health promotion, especially in terms of healthy lifestyles, we are undertaking the action known as “Health Space”.

WHAT DOES IT DO?

Various information and awareness actions, dietetic counselling and some testing (hearing, sight, blood pressure, cholesterol and blood sugar). This action takes place at the Livramento Market from Tuesday to Saturday, 9:00 a.m. to 1:00 p.m., April to December 2008.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Setúbal City Council, the Rotary Club of Setúbal, School of Higher Learning for Health (Escola Superior de Saúde) of the Setúbal Polytechnic Institute (Instituto Politécnico de Setúbal), the Dr. Fernando Pádua Fernando Pádua, Hospor – Santiago Hospital and Mimosasavós (Loving care for grandparents).

WHAT ARE THE RESULTS?

Health Space ran for 3 months and was a success. An average of 20 people were served through measurement of cholesterol, blood sugar, blood pressure, waist size, body mass index with weight and height, and nutrition counselling for the population of Setúbal. A great number of people requested tests and they generally went well. The results were somewhat worrisome, given that most of the people tested were overweight and a considerable number were obese. Blood pressures were also very high, with many people suffering from hypertension. As for cholesterol and blood sugar measurements, many people are greatly preoccupied with their levels and concerned about maintaining the levels within the normal parameters.

IMPORTANT CONTACT INFORMATION

Setúbal City Council - Health Office
Tel./Fax: +351 265 229 883 | E-mail: setubalsaudavel@clix.pt



PROJECT NAME

Seniors Week



WHAT IS IT?

Seniors Week is a health and culture project aimed at promoting the physical and mental health of all senior citizens via activities that provide social interaction and physical and mental activity.

WHAT DOES IT DO?

A week full of activities with training actions, cinema, walks, sports, Internet classes and tea dances, providing healthy social interaction and entertainment for seniors.

WHO IS IT FOR?

Directed at all seniors in the Miranda do Corvo municipality.

WHAT ARE THE PARTNERSHIPS?

Miranda do Corvo City Council and Association for the Development and Vocational Training of Miranda do Corvo.

WHAT ARE THE RESULTS?

Miranda do Corvo is a municipality where the primary sector, particularly agriculture and forestry, was very important, so most of the senior population worked in these areas. Because back then work did not leave people much free time, Seniors Week is directed at seniors “who in their youth essentially did not have much time for entertainment,” offering activities and entertainment specifically directed at seniors. Seniors Week includes various and always very diverse cultural and leisure activities. During this week, information sessions are held, always related to health, and participation always exceeds expectations. As usual, Tuesday is always dedicated to cinema, usually Portuguese classics that never fail to fascinate the audience. Wednesdays are always dedicated to sporting activities, including exercise classes and general physical exercise. Other activities include the virtual world of the Internet, walking trips throughout the municipality and social gatherings at picnics. Seniors Week always ends with the “Tea Dance”, which is always well attended.

IMPORTANT CONTACT INFORMATION

Miranda do Corvo City Council – Tourism Office
Tel.: +351 239 530 320 | Fax: +351 239 532 952 | E-mail: camara@cm-mirandadocorvo.pt



PROJECT NAME

Sports and Culture Holidays



WHAT IS IT?

To provide children and young people with a memorable social, cultural and sporting experience that includes the following: motivating children and young people to participate in outdoor activities, creating awareness among the participants concerning the values of discipline and sporting spirit, developing in children and young people sporting and cultural habits that will be useful in life, learning how to use their free time, promoting their general physical development in a balanced and harmonious way, enabling parents to incorporate their children into a credible, safe, quality project that will help them become good future participants in society.

WHAT DOES IT DO?

Throughout the month of July, we have offered young people logistical and human resources in the areas of sports, leisure and culture. The activities take place at the Sports Park facilities (pavilions, swimming pool, stadium) and at the Municipal Library, Municipal Theatre and museums. This initiative involves sporting activities (football, basketball, games, swimming, dance, extreme sports, etc.) and entertainment and cultural activities (film, visits to museums, theatres, stadiums, the aquarium and zoo, workshops on recycling and painting). The spaces are watched by monitors with safety rules and procedures defined and made known to the children and young people from the start. Groups are constantly accompanied by teachers.

WHO IS IT FOR?

Children and teens aged 6 to 16.

WHAT ARE THE PARTNERSHIPS?

Bragança City Council, Municipal Sports Clubs and Associations.

WHAT ARE THE RESULTS?

From year to year the number of people registered/participants in the sports and culture holidays has increased significantly. The event began with 100 people registered in 2006; in July there are currently 300 children. This activity is very popular among young people and parents due to its sporting and cultural aspects.

IMPORTANT CONTACT INFORMATION

Bragança City Council | Tel.: +351 273 304 200 | www.cm-braganca.pt
Bragança Municipal Swimming Pool | Tel.: +351 273 300 420



PROJECT NAME

Integrated Food Promotion Project - PIPA



WHAT IS IT?

PIPA is a 4-year project (2007/2008 to 2011/2012 school years) that aims to characterise the nutritional state of children who attend nursery and primary (grades 1 to 4) schools within the area of influence of the Sacavém Health Centre, streamlining a strategic plan for promoting health in the area of nutrition.

WHAT DOES IT DO?

Determine weight, height, body mass index, body fat mass of the target population; conduct training actions targeted at parents, teachers, educators and other educational participants; conduct educational actions directed at nursery and primary (grades 1 to 4) school children; develop teaching tools that may be applied by teachers during their classes; follow up on obese children with multi-disciplinary child obesity medical appointments at the Health Centre.

WHO IS IT FOR?

Children who attend nursery and primary (grades 1 to 4) schools.

WHAT ARE THE PARTNERSHIPS?

Loures City Council, Sacavém Health Centre and the School of Higher Learning for Health Technology of Lisbon (Escola Superior de Tecnologia da Saúde de Lisboa).

WHAT ARE THE RESULTS?

This project was initiated this school year, so it is in the mid-term assessment phase. We point out the following positive aspects: monitoring obese or underweight children through doctor's visits; creation and consolidation of the partnership; involvement of the scholastic community.

IMPORTANT CONTACT INFORMATION

Loures City Council - Health Office.
Tel.: +351 219 849 156 | Fax: +351 219 849 192 | E-mail: gab_saude@cm-loures.pt



PROJECT NAME

From 0 to 100 Years-Old



WHAT IS IT?

Promotion of physical exercise and physical activity is an increasingly important factor in promoting health and quality of life, thus making it undoubtedly a fundamental issue to consider in defining intervention strategies in terms of municipal development. The goal is to promote physical activity as a fundamental vehicle for health and quality of life; prevent sedentary lifestyles, helping to create more active lifestyles for all levels of the population; create moments and spaces of significant sports and leisure participation, accessible to all; promote healthy occupation of free and leisure time for the entire family.

WHAT DOES IT DO?

A group of general activities occurring once a month, structured as follows: From Grandparents to Grandchildren; Open Class and Adventure Circuits. Also involves special programs that seek to include different population groups: Women in Movement; Sports and Prevention and Healthy XL.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Setúbal City Council, Tiagos Clinic

WHAT ARE THE RESULTS?

The goal of the Active from 0 to 100 project is to promote healthy lifestyles through sporting activities, bringing together a multi-disciplinary team of physical education teachers, doctors and psychologists. The project was implemented this year after having gone through an experimental period last year. After a positive assessment of the experience in 2006/2007, the last season saw the number (from 15 to 30 individual activities) and the range of activities (Orienteering and Extreme Sports were added to Fitness, Athletics, Dance, Skating) increase, the locations of the practice were diversified, the number of participants increased (from some 1600 to over 3500) and a sub-programme called “Active Junior” was created, especially designed to prevent sedentary lifestyles and childhood obesity. An Active Passport was also created with all the activities programmed throughout the year. People stamp the Passport, attesting to how families become loyal to certain sporting activities.



giving
health
to the environment



IMPORTANT CONTACT INFORMATION

Setúbal City Council - Health Office
Tel./Fax: +351 265 229 883 | E-mail: setubalsaudavel@lix.pt



PROJECT NAME

BUGA - Free Usage Bicycle of Aveiro



WHAT IS IT?

Providing the people of Aveiro and its visitors with bicycles, free of charge, for commutes and leisure. The bicycles are available in parks distributed throughout the city in order to cover all the points that generate and attract movement of people.

WHAT DOES IT DO?

It promotes changing from the automobile as a means of transportation to this more environmentally friendly vehicle that promotes a healthier lifestyle. It also promotes social inclusion, offering everyone access to a free means of transportation.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Aveiro City Council and management by the municipal mobility company MoveAveiro, which covers various forms of mobility in Aveiro, namely public transportation (buses), river transportation (motorboats) and car park management.

WHAT ARE THE RESULTS?

The BUGAs are currently in great demand by visitors for urban trips. It is also a widely used means of transportation for the hundreds of students who arrive by train in Aveiro on a daily basis and travel to the university campus. The availability of BUGAs has contributed to the social inclusion of poorer social classes. This project helped improve the image of the bicycle, promoting it as a means of transportation.

IMPORTANT CONTACT INFORMATION

Aveiro City Council - Municipal Mobility Office

Tel.: +351 234 406 300 | Fax: +351 234 406 301 | E-mail: asoares@cm-aveiro.pt

MoveAveiro - Empresa Municipal de Mobilidade, EM

Tel.: +351 234 380 560 | Fax: +351 234 380 569 | E-mail: moveaveiro@moveaveiro.pt
moveaveiro@moveaveiro.pt



PROJECT NAME

Accessibility in Lisbon: Taking responsibility, sharing knowledge.



WHAT IS IT?

Plan to be executed by the Accessibility Core, which provides for disclosure of technical information, technical support and training in pedestrian accessibility and mobility.

WHAT DOES IT DO?

Training actions requiring personal presence for technicians of the Lisbon City Council project area. Disclosure site, technical information and answering questions regarding the interpretation of Decree Law 163/06. Public service for answering questions (by e-mail or telephone) related to the interpretation of Decree Law 163/06. Technical support for project designers who belong to municipal departments or municipal companies, NGO's or private welfare facilities (IPSS), or handicapped citizens.

WHO IS IT FOR?

General public, with special emphasis on Lisbon City Council departments, technicians and municipal companies, NGO's, private welfare facilities (IPSS) and handicapped citizens.

WHAT ARE THE PARTNERSHIPS?

Lisbon City Council, handicapped persons organisations via the Municipal Council for Integration of Handicapped Persons (CMIPD).

WHAT ARE THE RESULTS?

Awareness/training actions have been conducted in view of qualifying the participants in the area of execution, assessment and licensing of projects.

Launch of the Accessibility Core site, providing the public with greater access to information.

IMPORTANT CONTACT INFORMATION

Lisbon City Council - Social Action Department

Tel.: +351 213 944 366 | Fax.: +351 213 944 522 | E-mail: nucleo.acessibilidade@cm-lisboa.pt



PROJECT NAME

Riverside Structuring Plan



WHAT IS IT?

An urban renewal project aimed at using public spaces in new ways after they have lost their past functionalities. Contributing to reducing/minimising the main forms of inequality present in the Municipality of Montijo.

WHAT DOES IT DO?

The first phase of the project, which has already been concluded, returned the Tagus River landscape to the city, with all of its biodiversity and fundamental values. Much more than just a series of aesthetic improvement works, it is the largest municipal project for modernising the city's historic centre, respecting and valuing the particular identity and values of Montijo, with the involvement of its citizens. The second phase will be used to revitalise spaces such as the fairgrounds (turning it into a riverside park with a network of pedestrian and bicycle paths, planted with native trees, acting as a buffer zone between the natural scenery of the Tagus estuary and the urban landscape of the city of Montijo) and Gomes Freire de Andrade Square (creating a superb, spacious and refreshing square free of architectural barriers, ideal for day-to-day activities, leisure, strolling, watching and listening and for hosting expositions, fairs and concerts).

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Montijo City Council and the Ministry of the Environment, Territorial Ordinance and Regional Development.

WHAT ARE THE RESULTS?

The 1st improvement phase did more than beautify that part of the city, attracting and connecting more people to the river. With the construction of the rainwater dyke, it has also helped control the frequent floods that often inundated downtown Montijo on days with heavy rains. The Moinho de Maré (Tide Windmill) has been a major point of attraction, receiving an average of 1500 visitors/month.

IMPORTANT CONTACT INFORMATION

Montijo Municipal Council
Tel.: +351 212 327 600



PROJECT NAME

European Mobility Week



WHAT IS IT?

Activities are carried out to encourage the use of urban public transportation, alternative means of transportation and safe, easy access to public spaces.

WHAT DOES IT DO?

Placement of ribbons and distribution of informative pamphlets concerning the European Mobility Week. Launch of the "Sustainable Mobility" blog. Lowering of sidewalks to the level of crosswalks. Debate on Sustainable Mobility and Urban Transportation. Free use of the urban and rural lines of the STUB and Blue Line between 7 a.m. and 7 p.m. Bicycle trips through the city streets.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Bragança City Council, Bragança Civil Government, Santa Maria and Sé parish councils, Public Security Police, Bragança Volunteer Fire Brigade, Bragança Polytechnic Institute, Bragança Live Science Centre, Bragança Bike Touring Association and the Guides of Portugal – Bragança Group.

WHAT ARE THE RESULTS?

The city's schools have collaborated most actively in this initiative. The various activities have helped the handicapped, pregnant women and the general public. Cutting off traffic had a significant social impact, making people use public transportation and forcing them to walk, which was in fact seen as a very positive thing.

IMPORTANT CONTACT INFORMATION

Bragança City Council
Tel.: +351 273 304 200 | www.cm-braganca.pt



PROJECT NAME

Clean Neighbourhood Project



WHAT IS IT?

The goal of this Project is to help improve the quality of life of the general public, promoting good use of young people’s and seniors’ free time, helping people live more productive lives, promoting the development of social contacts and ties between participants and the population, creating awareness among the community regarding environmental issues, promoting proper behaviour and attitudes, and lastly, contributing to the improvement and cleanliness of public streets and green spaces.

WHAT DOES IT DO?

Cleaning teams made up of young people and seniors residing in the Municipal Neighbourhoods are created, working in the neighbourhood where they reside, acting as agents for the transfer of knowledge and environmental awareness. Activities are developed on two levels: cleanliness and maintenance of the urban spaces through the removal of waste from receptacles, sweeping, cleaning of green and leisure spaces and recording abnormal situations, such as dumping of construction rubble, abandoned vehicles and damaged equipment; and awareness actions for the citizens and merchants, encouraging them to adopt good environmental practices by distributing pamphlets and by the daily example set by the team.

WHO IS IT FOR?

Young people aged 18 to 23 and Seniors 55 and over.

WHAT ARE THE PARTNERSHIPS?

Oeiras City Council, Neighbourhood Services Centres, youth clubs and S. Julião da Barra Day Centre.

WHAT ARE THE RESULTS?

The Project has been underway in the Municipality of Oeiras since 2005 and, at the end of 2007, some 30 young people and 90 seniors had participated. Participation in the project facilitated communication and development of social ties between the various team members, the community and the municipality’s technicians. It also helped to stimulate daily habits; some people at the end of the project said that they “missed the habit of waking up early and performing a task.” One of the advantages of this project is that it is based on the fact that participants reside in the intervention locations, they themselves setting the example for the rest of the community, while also acting as agents of information, given that they have received training and will transfer the acquired knowledge through their words and deeds. This project also helps develop feelings of belonging to the residence location and stimulates the care of common spaces.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Environment and Facilities Department
Tel.: +351 214 406 297 | E-mail: selma.rodriques@cm-oeiras.pt
Oeiras City Council - Social Action, Health and Youth Division
Tel.: +351 214 404 874 | anavieira@cm-oeiras.pt



PROJECT NAME

It comes tiptoeing softly without letting anyone know it is coming ... Carbon Monoxide Poisoning Prevention Project



WHAT IS IT?

The Carbon Monoxide Poisoning Prevention Project of Seixal seeks to inform the population of this serious health problem and ensure that measures are taken to strengthen compliance with safety norms for equipment and homes.

WHAT DOES IT DO?

This project seeks to increase people’s knowledge of the effects of carbon monoxide (CO) on health, promote early identification of CO poisoning, take primary prevention action, reducing occurrences. Attaining these goals is based on effective collaboration mechanisms between health and safety participants in the CO poisoning prevention process.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Seixal City Council, Healthy Seixal Project, Seixal Health Delegation, Garcia de Orta Hospital, Volunteer Fire Brigade Association of Seixal, Gas Technology Institute.

WHAT ARE THE RESULTS?

A rigorous study has been conducted that focuses on the epidemiological aspect (through an evolutionary analysis of the incidence of poisoning) and the environmental/habitability aspect, via monitoring of the homes where CO poisoning occurs, as well as the amount and type of equipment involved. This monitoring and the subsequent intervention measures adopted have helped gradually reduce the number of this type of intoxication, as well as provide answers that help diagnose and treat this problem at an early stage.

IMPORTANT CONTACT INFORMATION

Seixal City Council Office - Healthy Seixal Project Office
Tel.: +351 210 976 140 | Fax: +351 210 976 141 | E-mail: seixal.saudavel@cm-seixal.pt
www.cm-seixal.pt/seixalsaudavel



PROJECT NAME

Canal S. Roque Park



WHAT IS IT?

Canal S. Roque Park, constructed by the Aveiro Polis Program, is a public space that has been built along one of the main canals of the Aveiro Estuary, Canal S. Roque. This space, measuring some 45,000 square metres, has nearly 1,400 metres of bike paths, 2,800 metres of pedestrian area and nearly 350 parking spaces.

WHAT DOES IT DO?

Because it offers free parking, this space, located near the city's historic centre, helps in reducing congestion and planning for parking in the area. It is used greatly on a daily basis. Because of its structural characteristics, this space possesses a vast pedestrian area and bike path, along with rest facilities. Today, it is a favourite area for many who use it on a daily basis for physical exercise or leisure.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Aveiro City Council

WHAT ARE THE RESULTS?

Improvement of the riverside area, namely the area surrounding Canal de S. Roque. Because of its bike path and walkway extending for some 3 km, Canal S. Roque Park is currently one of the most popular urban spaces, sought for sporting and entertainment activities and leisure. It is also used as a parking area, helping to reduce traffic congestion in the city centre.

IMPORTANT CONTACT INFORMATION

Sociedade Aveiro Polis, S. A.
Tel.: +351 234 384 75 | Fax: +351 234 385 660 | E-mail: aveiropolis@mail.telepac.pt
<http://www.polisaveiro.com/>



PROJECT NAME

Consumption of Clean Drinking Water



WHAT IS IT?

Awareness campaign for the consumption of water from the public grid as opposed to uncontrolled water (fountains, wells, springs etc.).

WHAT DOES IT DO?

Decentralised awareness and informative actions directed at the 20 parishes of the municipality; distribution of disclosure/awareness material.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Torres Vedras City Council, Health Centre (Public Health Service) and Municipal Water and Sanitation Services (SMAS)

WHAT ARE THE RESULTS?

The goal is to reduce illnesses caused by consumption of uncontrolled water.

IMPORTANT CONTACT INFORMATION

Torres Vedras City Council - Social, Health and Housing Affairs Section
Tel.: +351 261 320 771 | Fax: +351 261 320 720 | E-mail: sandracolaco@cm-tvedras.pt



PROJECT NAME

Global Accessibility



WHAT IS IT?

Multi-disciplinary and inter-sectoral team with active community participation, working on accessibility, inter-relating the planning of the physical urban space with promotion of resolving the problems and needs of people with limited mobility.

WHAT DOES IT DO?

Among its many projects to transform and influence the physical environment, making it accessible to all, this team was responsible for equipping the new municipal library, designed by architect Siza Vieira, with suitable equipment; specifically, an optical character amplifier, screen reading program, Braille printer, independent scanner and magnifying glasses. Another initiative resulted in an awareness action for architects, engineers, City inspectors and overseers from the VALIMAR urban community, where the implications of DL163/2006, dated 8 August, were discussed in view of promoting accessibility, while another initiative was for merchants regarding advertising in the public streets.

WHO IS IT FOR?

People with limited mobility (motor or visual disability, seniors, pregnant women, parents with prams and people with temporary disabilities).

WHAT ARE THE PARTNERSHIPS?

Viana do Castelo City Council, Association of the Blind and Partially Sighted of Portugal (ACAPO), Cerebral Palsy Association (APCVC), Portuguese Association of Parents and Friends of the Mentally Disabled (APPACDM), Alto Minho Public Health Schools and Services Groups, among others.

WHAT ARE THE RESULTS?

After conducting an initial assessment of the city's road network in 2003, in 2008 the team is currently conducting a re-assessment using the same grid. However, improvement has been quite evident, especially in terms of ramps, crosswalks and "arrangement" of urban equipment. Most of the streets of the city's Medieval district are now reserved for pedestrians. Access to public buildings has improved. The equipment for the partially sighted and blind at the municipal library helped increase attendance by this segment of the population. Since 2005, the municipality's Cultural Agenda has been translated into Braille.

IMPORTANT CONTACT INFORMATION

Viana do Castelo City Council - Accessibility Team at the Healthy City Office
Tel.: +351 258 806 260 | E-mail: cidadesaudavel@cm-viana-castelo.pt



PROJECT NAME

Dr. Luis César Pereira, Santa Sofia Urban Park



WHAT IS IT?

The Dr. Luís César Pereira (Santa Sofia) Urban Park project is located in the valley of the Santa Sofia stream and its goals include improving the habitat, creating recreational and leisure spaces for the various age groups of the population and improving the urban environment. It includes various facilities such as a playground, outdoor gymnasium, picnic park and walking trails.

WHAT DOES IT DO?

The goal is to make these facilities operational by promoting physical activity (all bodily movement produced by increased muscle work and energy consumption) and physical exercise (structured physical activity conducted in a repetitive or programmed manner) in order to improve the physical aptitude of the citizens, through aerobic exercise, strength training, balance, mobility and fun. The activities also contribute to functional autonomy, independence and individual and collective responsibility of the citizens when using this urban park.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Vila Franca de Xira City Council, Parish Council, Parish Association Movement and gymnasiums of the Municipality of Vila Franca de Xira.

WHAT ARE THE RESULTS?

Increased outdoor physical activity by the community, increasing functional autonomy and individual and collective responsibility of the citizens when they use this urban park.

IMPORTANT CONTACT INFORMATION

Vila Franca de Xira Municipality - Sports Division
Tel.: +351 263 287 600 | E-mail: desporto@cm-vfxira.pt
Vila Franca de Xira Municipality - Project Division
Tel.: +351 263 285 604 | E-mail: dovsm.dp@cm-vfxira.pt



PROJECT NAME

Growing Safely



WHAT IS IT?

A space where every child can learn to identify the risks they face on a daily basis and the rules most suited to each situation.

WHAT DOES IT DO?

Identification of the risks that children face on a daily basis and learning the rules most suited to each situation.

In a space known as “Casa do Tinoni”, subjects such as earthquakes and self-protection measures, safety on the street and in public spaces, safety at home, and fire prevention are discussed.

WHO IS IT FOR?

Children aged 5 to 10, parents and educators.

WHAT ARE THE PARTNERSHIPS?

Lisbon City Council, school establishments from the public and private network and private welfare facilities (IPSS).

WHAT ARE THE RESULTS?

The Project has been active since 1992 and it is the first systematic action for children in the area of child safety.

Various teaching materials were produced, including the CD-ROM Tinoni & Cia sponsored by the European Commission and produced in 6 languages. The mascots Tinoni, Bruno and Aviso embody the activity Crescer em Segurança (Growing Safely), reaching beyond the borders of the municipality, the country and Europe.

Creation of a blog and a website with a broader and more flexible perspective in terms of content and recipients, providing a broad range of information on how to avoid accidents and what to do in emergencies.

IMPORTANT CONTACT INFORMATION

Lisbon City Council - Civil Protection Department

Tel.: +351 217 825 240 | Fax +351 217 268 589 | www.tinoni.com

or www.casadotinoni.blogspot.com

PROJECT
file

Equality, Multiculturalism and Immigration





PROJECT NAME

Generation/Opportunity



WHAT IS IT?

The project consists of various actions taking place in the field developed by a network of partners: “Hold on to 9th grade”, “Facilitator Teams”, “Youth Workshop”, “Generation Orchestra”, “For you if you show up”, “Hairstyle Workshop”, “You can be what you want to be”, “Learning to play”, “More Health”, “Levelling Barriers”. The intervention area of the project is the Casal da Boba Urbanisation, S. Brás Parish.

WHAT DOES IT DO?

Prevent absenteeism and dropping out of school, providing options for education, training and employment that lead to attractive life opportunities.

WHO IS IT FOR?

Directed at children and young people who are 2nd and 3rd generation immigrants.

WHAT ARE THE PARTNERSHIPS?

Amadora City Council, Calouste Gulbenkian Foundation, High Commissioner for Intercultural Dialogue and Integration, Cape Verde United Association, Miguel Torga School Grouping, S. Brás Parish Social Centre, Professional and Sports Intercultural School of Amadora, National Conservatory Music School, S. Brás Parish Council, Stª Casa da Misericórdia da Amadora.

Transnational Partners:

- Riagg Rijnmond Noord West (Rotterdam) – Maljuna Frato Project
- Galdus S.C.A.R.L. Onlus (Milan) – Tiama Project

WHAT ARE THE RESULTS?

At end of April, 442 cases were being processed; specifically, 190 children, 114 young people, 130 adults and 8 seniors, within the scope of the intervention of the facilitator teams, which occurs through direct contact with the neighbourhood population. As regards children, in addition to having facilitator teams working in the streets, they also work in school yards in the primary school system with leisure games designed to integrate, encourage working as a team, respect their neighbour and complying with rules, among other aspects.

As for young people, many were integrated into vocational training courses and kept in school to continue their studies. The adults were directed toward RVCC (Recognition, Validation and Certification of Qualifications) courses in order to complete the compulsory education diploma, along with vocational training courses. Another relevant fact is that the teams inform users of job offers that may come up, not only in the daily newspapers, but also on the Internet, thereby encouraging people to look for their own jobs, making them agents of their own change.

IMPORTANT CONTACT INFORMATION

Amadora City Council - Education and Culture Department

Tel.: +351 214 948 200 | Fax: +351 214 934 662 | E-mail: Jorge.miranda@cm-amadora.pt

Generation Project Office / Opportunity

Tel.: +351 214 988 110 | Fax: +351 214 988 118 | E-mail: equal.oportunidade@gmail.com



PROJECT NAME

RIA Project Aveiro Intervention Network (Progride)



WHAT IS IT?

The intervention conducted on women and men who work as prostitutes on the streets is part of Action 1 – Psycho-Social Intervention of the RIA Project and began in September 2007. This service was created to reduce risks and minimise existing damage, as well as to promote access to services by women and men who work as prostitutes on the streets, helping reduce their social exclusion. The project's promoter, executor and financing entities are, respectively, Aveiro City Council, Azurva Social Centre and the Social Security Institute, IP.

WHAT DOES IT DO?

The intervention is conducted by a multi-disciplinary team in a Mobile Unit that goes twice a week to the parishes of Cacia, Esgueira, Nossa Srª de Fátima and Vera Cruz. It provides health-care, primary and secondary prevention (education for health and disease prevention), as well as diagnosis of HIV infection, also providing psycho-social support, referring users to specialised services, in accordance with diagnosed needs and within the scope of a study on street prostitution in Aveiro.

WHO IS IT FOR?

Women and men who work as street prostitutes in the Municipality of Aveiro.

WHAT ARE THE PARTNERSHIPS?

The RIA Project is based on a partnership network consisting of 67 entities. Aveiro City Council and Aveiro Health Centre are directly involved in this intervention. In addition, it includes the participation of the Centre for Counselling and Early Detection of HIV/AIDS of Aveiro and the support of the National Coordination for HIV/AIDS Infection.

WHAT ARE THE RESULTS?

Since it began in September 2007, through June 2008, 35 street sex workers have been helped. In terms of quality, there has been an increase in confidence and the good relations that have been established between the team and the recipients of the care.

IMPORTANT CONTACT INFORMATION

Azurva Social Centre - Tel.: +351 234 932 638 | Fax: +351 234 934 887

E-mail: geral@projectoriaveiro.org | E-mail: geral@centrosocialazurva.org | www.projectoriaveiro.org

Aveiro City Council - Social Action Division

Tel.: +351 234 406 300 | Fax: +351 234 406 30 | E-mail: geral@cm-aveiro.pt



PROJECT NAME

Homeless Aid Street Team



WHAT IS IT?

This is a multi-disciplinary street team consisting of 1 psychology specialist, 1 social worker, 1 anthropology specialist, 1 social policy specialist and 1 community intervention specialist.

WHAT DOES IT DO?

Undertakes social intervention in the streets of the Municipality of Lisbon, providing contact, motivation and psycho-social support to the homeless and leading them towards solutions that help with their social integration.

WHO IS IT FOR?

Homeless population of the Municipality of Lisbon “living” in the streets, public or private spaces, vehicles, outdoors and in buildings.

WHAT ARE THE PARTNERSHIPS?

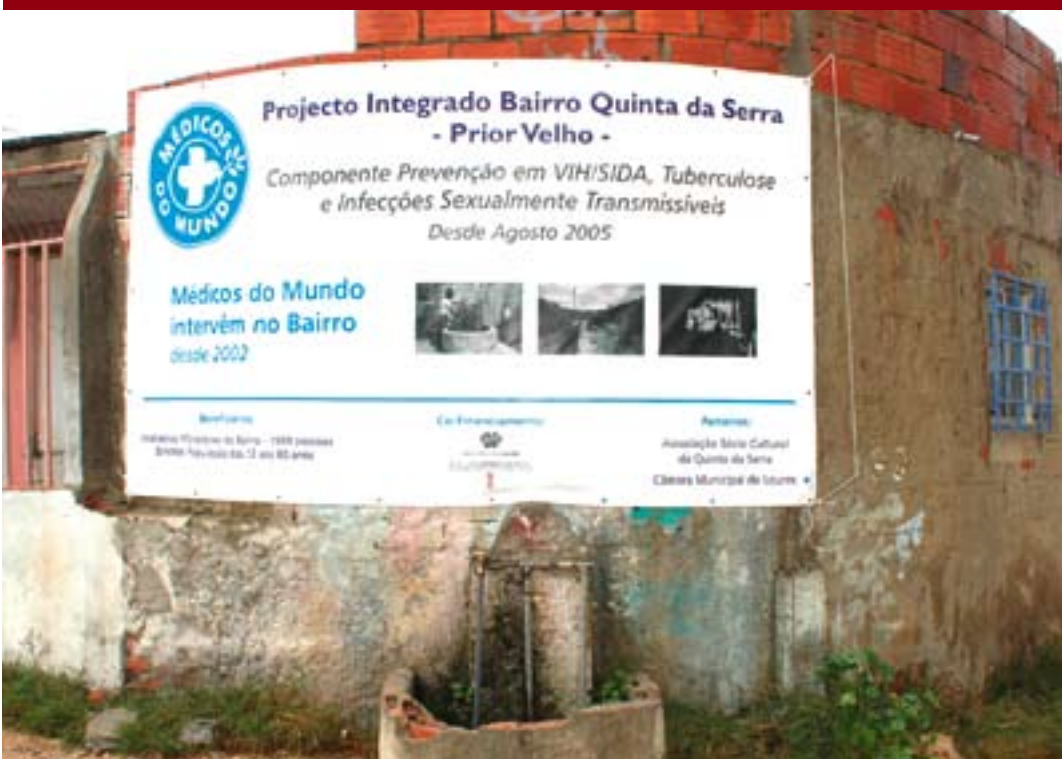
Lisbon City Council; Shelters (VITAE; Salvation Army; AMI; Lisbon Association of Overnight Shelters); street teams (Jesuit Service for Refugees; Doctors of the World; Life and Peace Community, etc.); Social Security Institute; Santa Casa da Misericórdia de Lisboa (Lisbon Holy House of Mercy); Parish Councils; Health Centres; Hospitals; Public Security Police; Department of Urban Hygiene and Solid Waste (DHURS); Municipal Police and Civil Protection Service.

WHAT ARE THE RESULTS?

In 2007, 766 individuals were contacted (651 – contacted on the street, 115 in other situations (illegal occupation of buildings, homeless shelters, occupation of vehicles). 66.4% are between 25 and 54 years old. Most of the population contacted is single (43.1%) and Portuguese (63,8%), although there is a significant number from Portuguese-speaking African countries (PALOP's) (11.4%) and Eastern European countries (9.9%). The problems associated with them are health (47.8%) or social (52.3%): in terms of health, alcoholism (22.6%) is the main one, followed by mental health and drug addiction (5,4%). As regards social problems, unemployment is the most significant (27.2%), followed by lack of documentation (11.7%).

IMPORTANT CONTACT INFORMATION

Lisbon City Council - Social Action Department
Tel.: +351 213 944 300 | Fax. +351 213 944 519
Street Team's Mobile Phone No.: +351 918 687 378 | E-mail: ecan.equiparua@cm-lisboa.pt



PROJECT NAME

Quinta da Serra Integrated Project: Happy Neighbourhood



WHAT IS IT?

Community Intervention Project.

WHAT DOES IT DO?

Through primary prevention intervention, the goal is to reduce the transmission and spread of HIV, helping to change behaviours that put individuals at risk of being infected.

WHO IS IT FOR?

Immigrant community of the Quinta da Serra neighbourhood.

WHAT ARE THE PARTNERSHIPS?

Loures City Council and Médicins du Monde Association.

WHAT ARE THE RESULTS?

The main results attained involve the active public participation; that is, community participation. This is a learning process that has fostered change and created healthier life habits.

IMPORTANT CONTACT INFORMATION

Loures City Council - Health Office
Tel.: +351 219 849 156 | Fax: +351 219 849 192 | E-mail: gab_saude@cm-loures.pt



PROJECT NAME

Escola Intercool



WHAT IS IT?

The Intercool School Project, financed by the 3rd Generation Choices Programme, focuses on equal opportunity and strengthening of social cohesion. It also seeks to involve parents in the personal and social development of their children.

WHAT DOES IT DO?

The project's activities take place in three areas:
Family Support Office (GA), operating at the Pias Primary (grades 1 to 4) School– psycho-social support, family mediation, psychological support, information for parents and guardians;
Intercultural Space operating at the Ribeirinho School – activities that offer learning and personal and social skills, free-time educational activities, academic help, information and awareness sessions, such as hygiene promotion sessions, family planning, valuing gypsy ethnicity, valuing country of origin, creating awareness of socio-educational issues among families;
Digital Inclusion Centre (CID@NET), operating at the Ribeirinho School – Internet access, help with homework, educational activities related to ICTs, free-time educational projects related to the use of ICTs.

WHO IS IT FOR?

Children and young people of gypsy ethnicity, immigrants, students with Special Educational Needs, children from low income families attending grades 1 to 9 at Pias Integrated Preschool and Primary School and their families.

WHAT ARE THE PARTNERSHIPS?

Serpa City Council (Promoter Entity), Pias Integrated Preschool and Primary School Parents and Guardians Association (Managing Entity), Pias Parish Council, Pias Integrated Preschool and Primary School of Pias, Pias Youth Association.

WHAT ARE THE RESULTS?

A total of 460 individuals covered: 296 Children/young people; 122 Families; 42 Other (staff, teachers, assistants).

IMPORTANT CONTACT INFORMATION

Intercool School
Tel.: +351 284 853 177 | Fax: +351 284 853 177 | E-mail: escolaintercool.pe@gmail.com



PROJECT NAME

Women's Information Space



WHAT IS IT?

A space for supporting women in the municipality, providing information on their rights and duties as citizens, contributing to a society where equal opportunity between men and women and human rights are realities.

WHAT DOES IT DO?

The service offers legal aid and information in various areas, such as: domestic violence, maternity/paternity rights, divorce and regulation of parental authority, rights of couples who live together, right to work, among other rights. In addition, this programme gave way to the Network Supporting Battered Women (RAMSV), consisting of 16 local institutions, seeking to resolve and/or minimise situations of violence against women and children in the Municipality of Montijo. The programme has been and continues to be essential to creating the Municipal Plan for Gender Equality (the first of its kind in Portugal), which outlines the municipal intervention strategy in this area until 2010.

WHO IS IT FOR?

All the women and children of the Municipality of Montijo.

WHAT ARE THE PARTNERSHIPS?

Montijo City Council, cooperating primarily with partner entities from the Network Supporting Battered Women, with essential contribution (consulting) from AMCV – Association of Women Against Violence.

WHAT ARE THE RESULTS?

From Feb. 2000 (opening date) to June 2008, the programme recorded 1674 responses, covering a population of 667 women. It should be pointed out that more than one-third of the information and legal advice provided by the service was related to issues of domestic violence (33.93%). Issues related to court cases also gained importance, along with divorce, legal aid, regulation of parental authority and social security/benefits/pensions, accounting for 33.57% of the services provided.

This programme was also essential to creating and implementing RAMSV (Network Supporting Battered Women), which since 2005 has been a local partnership that has been very important in helping victims and reducing this problem.

IMPORTANT CONTACT INFORMATION

Montijo City Council - Health and Social Action Office | Tel.: +351 212 327 861
Women's Information Space | Tel.: +351 212 327 861



PROJECT NAME

“Oeiras Accessible Municipality ” Programme



WHAT IS IT?

The goal of this programme is to develop activities that execute the strategic outlines defined for the Municipality of Oeiras in terms of physical and psycho-social accessibility. It seeks to contribute to a more inclusive society through the promotion of equal opportunities and independent, active participation of people with disabilities.

WHAT DOES IT DO?

Provides an adapted transport service for people with reduced mobility, guarantees the existence of a Protected Employment Enclave that seeks to provide 7 handicapped people with a remunerated job, provides an Information and Mediation Service for Handicapped Persons (SIMPD), enables people with limited mobility to have easier access to the beach and sunbathing activities through the Accessible Beach Project, promotes elimination of architectural barriers in public and private buildings, helps with the operation of a Technical Aid Resource Centre.

WHO IS IT FOR?

Handicapped or disabled people.

WHAT ARE THE PARTNERSHIPS?

Oeiras City Council, local institutions that intervene in matters related to people with disabilities, Portuguese Employment and Vocational Training Institute (Protected Employment), National Institute for Rehabilitation (SIMPD), Volunteer Fire Brigade of Oeiras (Accessible Beach Project).

WHAT ARE THE RESULTS?

In 15 years of operation, the Adapted Transport Service has provided daily transport for over 170 people with reduced mobility, mostly handicapped children who have been transported to attend educational and rehabilitative activities or occupational activities. Since 2003, the Protected Employment Enclave has enabled the professional integration and socio-professional development of people with disabilities through 12 internships, the signing of 5 employment contracts and integration of one of the workers into the municipality’s permanent staff. In 3 years’ time, the Accessible Beach Project has enabled over 200 handicapped users to access sunbathing activities, also having facilitated access to the beach by all who use it. A personalised, free care service has been created for people with disabilities and their families (SIM-PD), operating since February 2008. Architectural barriers were eliminated and spaces were adapted to technical accessibility standards in most municipal infrastructures and other public spaces.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Social Action, Health and Youth Division
Tel.: +351 214 408 506 | E-mail: das@cm-oeiras.pt



PROJECT NAME

Xira is for Kids



WHAT IS IT?

Educational free-time activity aimed at promoting agro-environmental education, optimising the resources of the Municipal Piedade Farm, creating a space for imagination, play, entertainment and well-being where learning and playing co-exist, commemorating the international days of the child and of the environment.

WHAT DOES IT DO?

The various activities are conducted as workshops where children are the main participants. The various workshops provide visiting children with direct contact with various activities that include arts, rural life, sports, awareness of the preservation of the planet, and entertainment (theatre, music, dance, cinema, painting, scale modelling, vegetable planting, gardening, environmental education, among others).

WHO IS IT FOR?

School and preschool aged children from the Municipality of V.F.Xira, including children outside the municipality.

WHAT ARE THE PARTNERSHIPS?

Vila Franca de Xira City Council, Municipal Committee for Senior Aid (private welfare facilities, Retiree Committees and Parish Councils).

WHAT ARE THE RESULTS?

This year, 7,030 preschool and school aged children visited “Xira is for Kids”. They took part in free-time activities related to music, theatre, dance, gardening and others, thereby increasing their knowledge in these areas.

IMPORTANT CONTACT INFORMATION

Vila Franca de Xira City Council - Health and Social Action Division
Tel.: +351 263 285 625 | Fax: +351 263 283 028 | E-mail: dhsas.dsas@cm-vfxira.pt



PROJECT NAME

Develop and Involve Project



WHAT IS IT?

PROGRIDE - Programme for inclusion and development
(see <http://www.projecto-desenvolver.350.com>)

WHAT DOES IT DO?

Characterisation and Integration of Immigrant Population;
Improve living conditions of needy families and seniors from the municipality, helping increase their well-being;
Promote socio-cultural entertainment activities with children of gypsy ethnicity;
Promote socio-educational actions.

WHO IS IT FOR?

Immigrants residing in the municipality, needy families, seniors, gypsy population.

WHAT ARE THE PARTNERSHIPS?

Serpa City Council, Enxoé Flower Association, Serpa Seniors and Retirees Association, V. N. S. Bento Seniors and Retirees Association, Serpa Health Centre, Brinches Social and Parish Centre, S. Jorge and Sr.ª das Pazes Social Centre, Municipal Coordination for Education and Training of Adults of the Serpa Municipality, Viscondes de Messangil Foundation, National Republican Guard - Beja Station, Social Security Institute, Brinches Parish Council, Pias Parish Council, Santa Maria Parish Council, São Salvador Parish Council, Vale de Vargo Parish Council, V. N. S. Bento Parish Council, V. V. Ficalho Parish Council, S. Bento Old Age Home, Guadiana Route - ADI, Santa Casa da Misericórdia de Serpa (Serpa Holy House of Mercy).

WHAT ARE THE RESULTS?

The project includes 8 actions with the following quantitative results in 2007:
Action 1 - Characterisation of the immigrant population of the municipality - 1 study;
Action 2 - Immigrant Aid Office - 15 served;
Action 3 - Psycho-Social Office - 32 families (110 family members); Psycho-Social Support Sessions (235 individuals), Family Mediation (155 family members); Home visits (108 visits); Group dynamics with children “Grow and Play” (13); Awareness actions (6) and Parenting Skills Training Actions (4);
Action 4 - Fitness/Prevention and Physical Rehabilitation for Seniors - physical fitness (242 beneficiaries) and physical rehabilitation (122 beneficiaries);
Action 5 - Small Business Creation Support - not offered this year;
Action 6 - Improved Housing for the Poor - 2 homes;
Action 7 - Social Integration Promotion for Children of Gypsy Ethnicity and Family Members - 67 children;
Action 8 - Promotion of Personal, Social and Parenting Skills for Individuals - 10 short training actions.

IMPORTANT CONTACT INFORMATION

Develop and Involve Project
Tel.: +351 284 549 125 | Mobile: +351 933 456 772 | E-mail: projecto.desenvolver@net.novis.pt



PROJECT NAME

U Kount



WHAT IS IT?

As an integral part of the Choices Programme, it focuses on social inclusion of children, adolescents, young people and vulnerable families. There is also a more specific intervention with and for children of immigrants.

WHAT DOES IT DO?

Adopts strategies that promote greater social inclusion of the target audiences; specifically, use of the Multicultural Resource Centre, creation of Mediator Groups for community action with young people and their families, educational and professional certification for young people in situations of academic difficulty and drop outs, use of the Municipal Immigrants Association, implementation of the digital inclusion space known as CID@NET, promotion of events and activities that facilitate intercultural integration, availability of spaces for individual and family counselling, greater proximity to the municipal association movements and investment in life project follow up.

WHO IS IT FOR?

Children and young people, immigrant community of the Municipality of Montijo.

WHAT ARE THE PARTNERSHIPS?

Montijo City Council has taken the lead in the project (promoter entity), with the Montijo Professional School (Escola Profissional de Montijo) as the managing entity. The other formal partners of the consortium include the Health Centre, S. Pedro do Afonsoeiro Social Centre, CERCIMA, Espaço Verde Day School (Externato Espaço Verde) and Canha Coop (Casa do Povo de Canha).

WHAT ARE THE RESULTS?

From 1 December 2006 (date the project began) to 31 May 2008, U Kount intervened directly to help 1046 individuals targeted by the project, most of them children and young people (681), along with families (201) and others (164 administrators of the local association movements, staff members from various institutions, etc.). Along with a series of initiatives outlined in the project’s general goals which have already been implemented (Helpdesks for immigrants, young people, etc., information, training, awareness actions, Multicultural Resource Centre, etc.), there is also the effective creation and operation of ASSIM – Montijo Immigrants Association, formally created in January 2008, as well as the holding of 2 major Multicultural Gatherings (one in 2007 and another in 2008), which had a significant impact and acceptance by the immigrant community, as well as the other residents.

IMPORTANT CONTACT INFORMATION

U Kount Project
Tel./Fax: +351 212 327 858



PROJECT NAME

“Learn & Play” Programme



WHAT IS IT?

Directed especially at families.

It is a programme that extends the timetables of various education establishments: leisure time workshops (ATL).

It is a space where children go before classes start in the morning and they can remain after classes end.

This programme is conducted in cooperation with parents/guardians.

WHAT DOES IT DO?

It is an ATL extension programme designed to help families, involving mornings before classes start and afternoons after classes end. It operates throughout the entire summer holiday period (8 a.m. to 7 p.m.). The activities are the responsibility of each entity that manages the time extension. Activities are diverse and therefore what is offered at one school may not be offered at another. Examples of activities: chess, movement and dance, science club, reading, plastic arts, experiments clubs, etc. It operates with activities that are conducted in cooperation with the school. It operates during all breaks in the academic year (Christmas, Carnival, Easter and long holidays).

During summer holiday, most of the organisers hold summer camps or beach trips.

WHO IS IT FOR?

Students in preschool, primary schools (grades 1 to 4), and nursery schools from the municipality, by registration.

WHAT ARE THE PARTNERSHIPS?

Amadora City Council – Socio-Educational Division, Santa Casa da Misericórdia da Amadora (Amadora Holy House of Mercy), CEBESA, SFRAA, Friends of Damaia Association, ABCD, parents associations: Parents Association of of Artur Martinho Simões Primary (grades 1 to 4) School, Parents Association of the Venteira Primary (grades 1 to 4) School.

WHAT ARE THE RESULTS?

During the 2007/08 school year, 27 Schools and Nursery schools from primary schools (grades 1 to 4), for a total of 36 establishments. 1,318 students participated.

IMPORTANT CONTACT INFORMATION

Amadora City Council - Education and Culture Department (Socio-Educational Division)

Tel.: +351 214 948 200 - Ext. 3254 | Fax: +351 214 931 359

E-mail: manuela.nogueira@cm-amadora.pt



PROJECT NAME

Root



WHAT IS IT?

They are multimedia offices that provide support to immigrants and promote the following goals: to provide collective local responses to immigrant communities' reception and integration needs; to promote the social integration of immigrants and ethnic minorities based on integration policies and the fight against social exclusion.

There are five immigrant support offices in our municipality.

WHAT DOES IT DO?

These offices provide support to immigrants in the following areas:

- Legal/social support, family reunification;
- Acquisition of nationality, finding employment;
- Legalization, voluntary return, health care, education, culture and sports;
- General information and support in establishing associations.

The methodology employed is based on service, case sorting, referral and social follow-up of the municipality's entire immigrant population using skilled, knowledgeable intermediaries.

WHO IS IT FOR?

All immigrants of any nationality, religion or ethnicity.

WHAT ARE THE PARTNERSHIPS?

Vila Franca de Xira City Council, ACIDI- Alto Comissariado para a Imigração e Diálogo Intercultural (High Commissioner for Immigration and Intercultural Dialogue), SEF- Serviço de Estrangeiros e Fronteiras (Aliens and Borders Service), IGT- Inspeção Geral do Trabalho (General Labour Inspectorate).

WHAT ARE THE RESULTS?

The Root Project began on March 26, 2007, and to this date has given response to 1537 immigrants, providing information and helping regulate the situation of the immigrants that seek us.

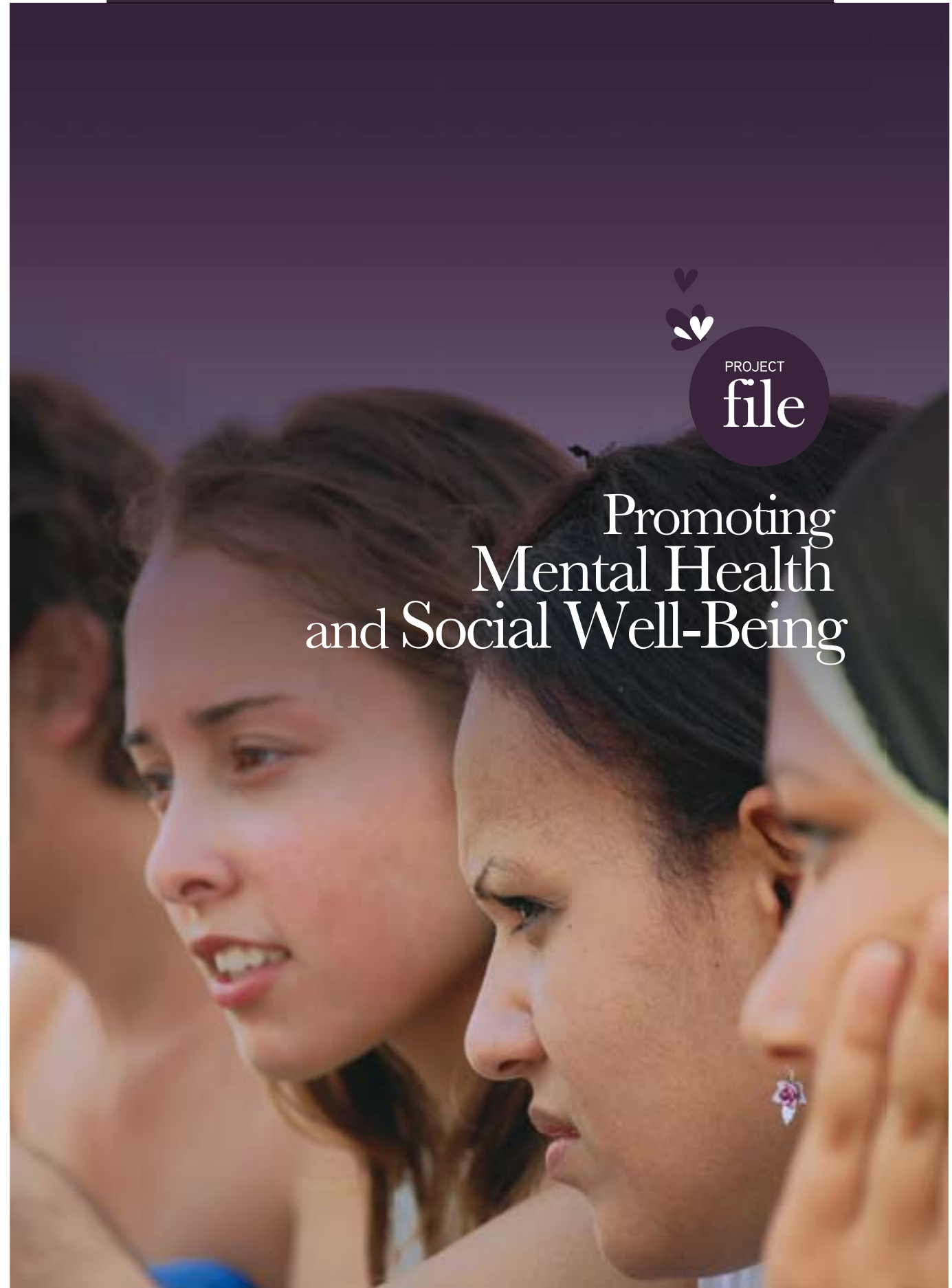
IMPORTANT CONTACT INFORMATION

Vila Franca de Xira City Council, Health and Social Action Division

E-mail: dhas.dsas@cm-vfxira.pt | +351 263 285 625; +351 219 533 050



Promoting Mental Health and Social Well-Being





PROJECT NAME

STAPA – Permanent Care Telephone System of Amadora



WHAT IS IT?

It is a telephone system that seeks to respond promptly to any emergency 24 hours a day, 365 days a year. The call centre is managed by Helpfone – Tecnologia de Comunicação S.A..

WHAT DOES IT DO?

A device with an intercom is installed in the home of the beneficiary, attached to the existing telephone and connected to a call centre. A remote control button is placed on a bracelet or necklace. In emergency situations, the user presses the remote control device, which then contacts the call centre, thereby enabling quick and effective intervention in aid of the user. This system has a range of 200 sq. m.

WHO IS IT FOR?

Seniors residing in the Municipality of Amadora, people who are in a temporary or permanent situation of dependency.

WHAT ARE THE PARTNERSHIPS?

Amadora City Council, Santa Casa da Misericórdia da Amadora (Amadora Holy House of Mercy).

WHAT ARE THE RESULTS?

Promotion: Parish Councils Office; Home Care Institutions, Health Sector Institutions – November 2007. Nine awareness actions in various institutions (Parish Councils, home care institutions), 398 cases attended.

IMPORTANT CONTACT INFORMATION

Toll Free No.: +351 800 207 632

Amadora City Council – Social Action Office | Tel.: +351 214 920 464 | Fax: +351 214 920 577

E-mail: accasocial@cm-amadora.pt

Sta. Casa da Misericórdia da Amadora | Tel.: +351 214 722 210 | Fax: +351 214 722 212

Parish Councils of the Municipality



PROJECT NAME

Seniors Gathering from the Municipality of Bragança



WHAT IS IT?

In providing aid to seniors, the municipality has guaranteed an improvement of their quality of life, promoting various benefits associated with the seniors/municipal citizen card, creating and supporting events specially directed at people over 60. With this gathering of seniors from the entire municipality, each person is asked to bring a lunch, a chair and a table so that, together with other participating family members, they can make this gathering an important time of well-being and social interaction, seeing old friends, recalling old stories.

WHAT DOES IT DO?

With this gathering of seniors from the entire municipality, each person is asked to bring a lunch, a chair and a table so that, together with other participating family members, they can make this gathering an important time of well-being and social interaction, seeing old friends, recalling old stories. The programme includes a Catholic mass, exhibits, singing, dancing and loads of entertainment in an open space (Shrines).

WHO IS IT FOR?

Seniors from the municipality, private welfare facilities, private old age homes.

WHAT ARE THE PARTNERSHIPS?

Bragança City Council, Bragança Health Centre, Bragança Health Sub-Region, Parish Councils.

WHAT ARE THE RESULTS?

The gathering brings together some 3000 seniors from throughout the municipality. The participants carefully prepare the day as if it were a family gathering. Promoting social interaction, fighting social exclusion and isolation. Tests are conducted (cholesterol, blood sugar levels, body mass) for scientific studies supported by the municipality, working toward a healthy Bragança.

IMPORTANT CONTACT INFORMATION

Bragança City Council - Tel.: +351 273 304 200 | www.cm-braganca.pt

Bragança Municipal Cultural Centre - Tel.: +351 273 300 840



PROJECT NAME

Intervene Programme - Municipal Programme for Preventing Drug Addiction in the City of Lisbon

WHAT IS IT?

The Intervene Programme promotes, with technical and financial support to the Parish Councils of Lisbon, projects of universal prevention (directed at the general public) and selective prevention (directed at groups that are more vulnerable to drug consumption and/or situations that foster it).

WHAT DOES IT DO?

Promotes drug addiction prevention projects, including alcohol and tobacco, seeking to prevent or delay consumption of drugs by children and young people of the city of Lisbon. The following actions are considered priorities: conducting information/awareness actions to prevent drug consumption; promoting activities that train personal, social and emotional skills, seeking to reinforce protection factors; encouraging parent training actions and conducting leisure-pedagogical activities in the area of health promotion.

WHO IS IT FOR?

Strategic target group: Parents/Education Workers, Teachers and Non-Teaching Staff, Health Professionals, Staff working in the field of social intervention. End target group: Children and young people at risk and/or with greater probability of consuming drugs.

WHAT ARE THE PARTNERSHIPS?

Lisbon City Council, together with the Parish Councils, which are the entities that execute the prevention projects. The Programme encourages establishment of strategic partnerships with community institutions that allow creation of effective and efficient responses to the problems identified in the parishes.

WHAT ARE THE RESULTS?

Activities directed at the community were conducted (approximately 9,900 children and young people as the end target group and 2,600 individuals as the strategic target group) through 45 Prevention Projects operated by the Parish Councils that participate in the Programme.

IMPORTANT CONTACT INFORMATION

Lisbon City Council - Social Action Department
Tel.: +351 213 944 357 | Fax: +351 213 944 519 | E-mail: claudia.cruz@cm-lisboa.pt



PROJECT NAME

Sexuality – An emotional and physiological outlook

WHAT IS IT?

Information actions concerning sexual education undertaken in the school environment, divided into 5 sessions (90 minutes each) for each class.

WHAT DOES IT DO?

It offers general knowledge of human psycho-sexual development over the various life stages, together with various sexual behaviours and expressions; creates a space for addressing subjects related to sexuality, facilitating the discussion of ideas, exchange of opinions and reflection on the personal and social values implicated.

WHO IS IT FOR?

Young people in primary and secondary school (grades 5 to 12)

WHAT ARE THE PARTNERSHIPS?

Loures City Council, Schools and Positive Association

WHAT ARE THE RESULTS?

In quantitative terms, during the 2007/2008 school year, 22 classes were covered, with 110 actions taking place. In qualitative terms, the students' evaluation has been positive and they have highlighted their need to work on this subject matter.

IMPORTANT CONTACT INFORMATION

Loures City Council- Health Office
Tel.: +351 219 849 156 | Fax: +351 219 849 192 | E-mail: gab_saude@cm-loures.pt



PROJECT NAME

Community Mental Health Campaign



WHAT IS IT?

This is an awareness campaign directed at the public, involving various subject matters in the area of Community Mental Health. The goal is to create spaces for reflection on and creation of new policies in the area of community mental health.

WHAT DOES IT DO?

Since 2006, Lourinhã City Council has been conducting, over three consecutive days, including October 10 (World Mental Health Day), a series of seminars and workshops, which directly or indirectly involve the Community's Mental Health. Subjects such as healthy ageing, eating disorders, mental health and migratory movements, bullying, mental health and urbanism make up the awareness project that we call the Community Mental Health Campaign.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Lourinhã City Council and Lourinhã Health Centre

WHAT ARE THE RESULTS?

In latest edition, in 2008, the Community Mental Health Campaign covered a total of 265 people. A satisfaction survey was conducted with the participants. In an overall analysis, 50% to 60% of the respondents evaluated the seminars in terms of the quality of the communications (form of expression) and content (information transmitted) as good, the values obtained in terms of excellent and average are similar, ranging from 17% to 23% and 14% to 26%, respectively. The participants, when asked whether they would recommend attending the seminars, were clearly unanimous on each day of the Campaign. Nearly all responses denoted a positive recommendation.

IMPORTANT CONTACT INFORMATION

Lourinhã City Council - Social Action Section
Tel.: +351 261 410 186 | E-mail: redesocial@cm-lourinha.pt



PROJECT NAME

Integrated Programme for Drug Addiction Intervention



WHAT IS IT?

A comprehensive response in terms of the level of treatment and social-professional reintegration of drug addicts, provided in a professional and confidential manner, all within the Municipality of Montijo. Broadly, it also includes prevention, working with families and schools and the population segments at greatest risk.

WHAT DOES IT DO?

Supplies information and technical aid to drug addicts and families (provides low-income users with aid and resources in terms of food and personal hygiene, for example)
Helps and counsels drug addicts in terms of rehabilitation (includes medication for treatment and necessary medical and nursing care), providing social and professional reintegration
Helps families in a systematic and multi-disciplinary manner.

WHO IS IT FOR?

Addicts in the Municipality of Montijo and their families.

WHAT ARE THE PARTNERSHIPS?

Montijo City Council, Treatment Team of the Barreiro Comprehensive Response Centre/IDT, CPCJ, Social Security, Health Centre, Employment Centre, Sta. Casa da Misericórdia de Montijo.

WHAT ARE THE RESULTS?

Currently (July 2008), there are 85 users being helped, most of them men (70). 49 are still undergoing treatment, 28 have dropped out and 8 have completed it. The Social Canteen helps 40 users who, due to poverty, are unable to eat properly, dress and provide for their own hygiene. Some 9% of the cases have seen successful social-professional reintegration.

IMPORTANT CONTACT INFORMATION

Montijo City Council - Drug Addicts and Families Aid Office
Tel.: +351 212 327 855 | Fax: +351 212 327 859



PROJECT NAME

Pre-Programme for Skills and the Grow-and-Play Programme



WHAT IS IT?

The Pre-Programme for Skills and the Grow-and-Play Programme promote development of social and personal skills, helping children deal with their internal world, helping them use strategies that promote protection factors, preventing high-risk behaviour and the involvement of parents and teachers in the educational process.

WHAT DOES IT DO?

Offering a series of leisure experiences organised in a classroom, using manuals classified by age and using comic strips and interactive games, seeking to develop personal and social skills for children throughout the school year. Teachers receive specific training in order to implement this programme.

WHO IS IT FOR?

Preschool and primary school students (grades 1 to 4).

WHAT ARE THE PARTNERSHIPS?

Oeiras City Council, the Prevent Association, and Schools

WHAT ARE THE RESULTS?

The Pre-Programme for Skills has been in place since 2006 and involves 350 children and 18 educators annually, while the Grow-and-Play Programme has been in place since 2003, involving some 250 children and 12 teachers per school year. Of greater importance than the number of children involved is the fact that both programmes include an evaluation of the progress of each child, conducted with feedback from the educators and directly involving the child, using various selected instruments.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Social, Health and Youth Affairs Division
Tel.: +351 214 408 506 | E-Mail: saúde@cm-oeiras.pt



PROJECT NAME

“Fantasiarte” - Education through Art



WHAT IS IT?

Project dedicated to the expressive areas of theatre, music and dance, developed in partnership with the educational community. Its general goals focus on fostering closer collaboration between schools and the community, as well as promoting interaction between all members of the educational community through the sharing of experiences, awareness and creativity, in accordance with the motto Education through Art.

WHAT DOES IT DO?

It takes place annually and, in terms of methodology, each school/institution can get involved in the project through the following actions:
Training: workshops, help in designing programmes, conducted by professionals from the arts, directed at teachers, educators and students;
Parties: this is when works developed by schools during the school year from different artistic areas are shared. S. João Cine-Theatre is the venue for the parties, where the schools can get involved as spectators or participants;
Mobility: this is a commitment to the circulation of artistic creations throughout the schools and to bringing the schools to the performing arts;
Evaluation: this is the evaluation and planning part of the Fantasiarte Project conducted by all the participants.

WHO IS IT FOR?

Educational community, schools and educational institutions from the Municipality of Palmela.

WHAT ARE THE PARTNERSHIPS?

Palmela City Council and the educational community of the Municipality of Palmela.

WHAT ARE THE RESULTS?

This project celebrated its 13th anniversary and, in 2007, 4200 children and young people participated from various education levels (preschool to secondary school) from all of the schools in the municipality, involving some 200 teachers and child educators, who have participated in the quality of the schools that implement the programme, spectator schools, mobility plans or in the training/workshop actions. In light of the results obtained, involvement and evaluation conducted by all the participants, the goals of this project are considered to have been fulfilled.

IMPORTANT CONTACT INFORMATION

Palmela City Council- Cultural Action Division or Education Division
Tel.: +351 212 389 970 | Fax: +351 212 338 520 | E-mail: cmp.divcultural@mail.telepac.pt
or div.educacao@cm-palmela.pt



PROJECT NAME

Mobility for All



WHAT IS IT?

Creation of solutions that respond to the mobility needs of all citizens who travel with the city and to the city.

WHAT DOES IT DO?

It intervenes to reduce and eliminate architectural barriers, promoting mobility for all.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Torres Vedras City Council, ACAPO and APECI, APPLA, Barraqueiro Transportes, SA., Developers.

WHAT ARE THE RESULTS?

Greater mobility in the city of Torres Vedras.

IMPORTANT CONTACT INFORMATION

Torres Vedras City Council - Mobility Team:
Tel.: +351 261 310 465 | E-mail: sig@cm-tvedras.pt



PROJECT NAME

Municipal Project for Education through Art



WHAT IS IT?

Viewing art as a cornerstone and tool of human development, the municipality has committed to implementing and promoting this project, aiming to create awareness and encouraging the presence of art in people's daily lives, promoting healthier and more stimulating bio-psycho-social development in the community.

WHAT DOES IT DO?

Develops a series of pedagogical-artistic activities with the following goals: stimulate creativity and aesthetic sensibility, promote inter-culturality through the arts, encourage the creation of new audiences to appreciate artistic expressions:

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Lourinhã City Council, Western School of Commerce and Services (Escola de Comércio e Serviços do Oeste), Schools in the Municipality and CINANIMA – Espinho International Animated Film Festival.

WHAT ARE THE RESULTS?

This project is currently being implemented. One of its goals involves creating new audiences. A time period of approximately 3 years has been given to analyse its impact. Nonetheless, the intermediate evaluation denotes an increase in the size of the audiences at the shows.

IMPORTANT CONTACT INFORMATION

Lourinhã City Council- Social Action Section
Tel.: +351 261 410 186 | E-mail: redesocial@cm-lourinha.pt



PROJECT NAME

Age Culture



WHAT IS IT?

Two regular activity programmes that promote healthier, more active and less lonely ageing, and greater inter-generational contact.

WHAT DOES IT DO?

Quality Ageing: The first Wednesday of each month is dedicated to lectures on Health. The second Wednesday is dedicated to Culture with cinema and theatre sessions, museum visits and recitals. The third Wednesday of each month is dedicated to Leisure, with dances organised in the parishes of the municipality, while the last Wednesday is dedicated to Citizenship, including visits to the Municipal Fire Brigade Headquarters, the ship Gil Eannes, Internet usage, sessions on safety and visits to various local companies. The ‘Age Culture Passport, issued upon registration, identifies and registers the presence of seniors. The senior who participates most is awarded a weekend stay at a Pousada inn.

Overcoming Age Healthily: Two weekly sessions lasting 45 minutes each. One session is held in a pavilion with activities directed at improving basic physical capacities, such as strength and endurance, flexibility, coordination, balance, attention span and memory. Another session is held in the swimming pool with relaxation exercises and therapeutic and rehabilitation exercises.

WHO IS IT FOR?

Senior population/retirees.

WHAT ARE THE PARTNERSHIPS?

Viana do Castelo City Council, School of Higher Learning for Nursing (Escola Superior de Enfermagem) and School of Higher Learning for Education (Escola Superior de Educação), Social Security District Centre, private welfare facilities, Day Centres, Retirees and Pensioners Association, AoNorte Audiovisuais, Viana do Castelo Shipyards, VianaFestas, Social Network, Sporting Associations, Parish Councils, School Groupings, among others.

WHAT ARE THE RESULTS?

Since 2005, 974 seniors have registered and, according to a survey, 50% of the respondents considered themselves more participatory, 60.3% felt happier, 47.1% said they were more active and 28% said they were healthier, mentioning sociability and access to culture, leisure and physical exercise as the most important factors. Programmes promoting active ageing represent health gains, especially since they are not limited to improving the functional capacity of individuals; they also incorporate other mental and social factors.

IMPORTANT CONTACT INFORMATION

Viana do Castelo City Council
Age Culture Team of the Healthy City Office and Sports and Leisure Division
Tel.: +351 258 806 260 | E-mail: cidadesaudavel@cm-viana-castelo.pt



PROJECT NAME

Relationships as a Tool for Prevention



WHAT IS IT?

It is a response to the need identified by teachers from the Municipality of Vila Franca de Xira, which aims to provide them with a series of skills that enable them to better intervene in terms of the various problems faced by young people (academic difficulties, absenteeism, lack of discipline, violence, drug use), which the teachers may feel unprepared for.

WHAT DOES IT DO?

It provides knowledge and skills related to high risk behaviours; promotes creation of a network of prevention agents in the schools, together with the Integrated Plan for Preventing Drug Addiction; equips teachers with the tools that will enable them to develop education plans in Health Education and Promotion of Personal and Social Skills within the scope Civic Education and other curricular areas not linked to academic subjects.

WHO IS IT FOR?

Teachers from Primary Schools (grades 5 to 9) and Secondary Schools in the Vila Franca de Xira Municipality.

WHAT ARE THE PARTNERSHIPS?

Vila Franca de Xira City Council, Association for the Promotion of Health and Community Development, Teacher Training Centre of Vila Franca de Xira City Municipality, Schools (Primary (grades 5 to 9) and Secondary Schools in the Vila Franca de Xira Municipality), Drugs and Drug Abuse Institute.

WHAT ARE THE RESULTS?

It enabled teachers from various schools to broaden their knowledge in terms of high risk behaviour. The teachers later created educational games to be played by adolescents in order to understand high risk behaviours and what they can lead to.

IMPORTANT CONTACT INFORMATION

Vila Franca de Xira City Council- Health and Social Action Division
Tel.: +351 263 285 625 | Fax: +351 263 283 028



PROJECT NAME

Home Workshop



WHAT IS IT?

A vehicle will go to someone’s home based on a request and technical evaluation in order to make minor repairs.

WHAT DOES IT DO?

The goal is to help all seniors who hold a Seniors Municipal Card and citizens with reduced mobility by making small repairs in the home, particularly in terms of plumbing, electricity, locks and small home improvement tasks. For seniors who hold a Seniors Municipal Card and whose income is less than 80% of the national minimum wage, the service is completely free of charge. Those whose income is higher pay only for materials; labour is free of charge.

WHO IS IT FOR?

Seniors and people with reduced mobility.

WHAT ARE THE PARTNERSHIPS?

Vila Real City Council, Empresa Municipal Vila Real Social and Parish Councils.

WHAT ARE THE RESULTS?

The mobile health unit makes daily runs throughout all the rural parishes of the municipality and serves some 22 people per day, which amounts to nearly 500 people served very month. These users are mostly elderly people. They are helped by a nurse who conducts health tests and/or minor treatments. More serious cases are also treated by a social worker.

IMPORTANT CONTACT INFORMATION

Vila Real City Council
Tel.: +351 259 308 100 | E-mail: asocial@cm-vilareal.pt
Home workshop mobile phone no.: +351 914 560 110



PROJECT NAME

Evening without TV



WHAT IS IT?

Initiative included as part of the Celebrations for the 750 years of the charter King Afonso III granted to the Municipality of Viana do Castelo. The aim is to encourage initiatives that invite citizens to leave their homes Thursday evenings, as opposed to the traditional evenings on the sofa watching television, at least once every week.

WHAT DOES IT DO?

The Evening without TV includes various cultural, social and sporting activities organised by the municipality’s associations, such as: ballroom dancing, movie club sessions, folklore group practices with conversation, theatre troops, choirs and bands, practices of various types of groups open to the community, symposiums, nighttime hikes, new edition launches, recitals, theatre and dance shows, exhibit openings, among others. Every Monday the groups notify City Council of the initiative they will be promoting. The City discloses it to the media and on the following Friday the organisers count the number of people present.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Viana do Castelo City Council and cultural, sports and charity associations of Viana do Castelo.

WHAT ARE THE RESULTS?

From week to week, the number of offers and associations involved increases, along with the number of participants. The initiative has sparked the interest of newspapers and local radio, which give weekly reminders of the activities scheduled every Thursday.

IMPORTANT CONTACT INFORMATION

Viana do Castelo City Council
Committee for the Celebration of 750 years of the King Afonso III Charter.
Tel.: +351 258 806 369 | E-mail: 750foral@cm-viana-castelo.pt



PROJECT NAME

Psycho-Occupational Health



WHAT IS IT?

This project seeks to challenge the municipality’s organisations, stimulating good and new strategy and management policies, investing in the well-being of their human resources, becoming aware of a series of measures that employers can introduce to reduce stress and discomfort in the workplace.

WHAT DOES IT DO?

The Occupational Health Forum came about as a broader occupational health promotion action where issues guiding actions that promote quality of life at work are discussed. In line with this initiative, the municipality has invested in implementing an internal diagnosis of psycho-occupational health that reflects the organisational atmosphere, using indicators of well-being and occupational stress, together with the implementation of strategies for preventing and minimising risk.

WHO IS IT FOR?

The general public and Lourinhã Municipality staff members.

WHAT ARE THE PARTNERSHIPS?

Inter-sectoral partnership involving staff members from Social Action, Administrative Modernisation, Human Resources and Occupational Health, Safety and Hygiene of the Lourinhã City Council.

WHAT ARE THE RESULTS?

During the first stage of this project, implemented through the Occupational Health Forum, 226 people attended the seminars and workshops. The continuity of this project provides for implementation of an internal diagnosis of psycho-occupational health that is currently underway, with no indicators yet available to assess the results.

IMPORTANT CONTACT INFORMATION

Lourinhã City Council - Social Action Section
Tel.: +351 261 410 186 | E-Mail: redesocial@cm-lourinha.pt



PROJECT NAME

FIG - International Giants Festival, an Accessible Festival



WHAT IS IT?

First festival of its kind to combine traditional arts (with strong focus on Mediterranean culture) and the more contemporary expressions of theatre, music and dance, seeking to cut exclusive ties with conventional venues, promoting the street as the place of choice to express popular and traditional culture, experiencing the street as a healthy space, guaranteeing the best possible conditions for mobility and accessibility for all who visit, in response to the challenge laid down by the Municipality of Palmela in joining the National Network of Cities and Towns with Mobility for All in making Palmela an accessible municipality.

WHAT DOES IT DO?

Theatre, street theatre, puppets, gigantones (giant figures), cabeçudos (giant-headed figures), music, dance, multimedia, training, exhibits, respecting values of freedom, difference and equality of opportunities, illustrating the need and the possibility of opening the streets to the citizens as an act of fulfillment and inclusive culture. In order to accomplish this, the organisers sought to eliminate the physical barriers existing in the architecture of the space that hosts the festival, as well as to guarantee use of hardware and software suited to a station for accessing digital information for handicapped people, achieving its goal as the Accessible Festival, helping create a healthy city where everyone has a place.

WHO IS IT FOR?

The general public, particular focus on facilitating accessibility and mobility for people with reduced mobility.

WHAT ARE THE PARTNERSHIPS?

Palmela City Council; Bardoda - The Sarrafo Group; ATA – Theatrical Artifice Action; Youth Association COI; PIA – Artistic Intervention Projects CRL

WHAT ARE THE RESULTS?

The 2007 edition of FIG included a total of 41 shows from Portugal, Spain, France, Germany and Brazil, with thousands of spectators attending. Elimination of physical barriers in the architecture of the host space and use of software and hardware suited to promoting access to digital information for handicapped people are the top priorities in terms of organisation, providing an example that cultural events can simultaneously respect values of freedom and equal opportunity. FIG, in fulfillment of its goal as the Accessible Festival, is an integral contributor to the Healthy City, where everyone has a place.

IMPORTANT CONTACT INFORMATION

Palmela City Council - Cultural Action Division
Tel.: +351 21 233 85 20 | Fax: +351 212 389 970 | E-mail: fig.cmp@mail.telepac.pt



PROJECT NAME

Olivais Teaching Farm



WHAT IS IT?

This facility belongs to the Lisbon City Council and is characterised as being a rural space, dedicated to conducting activities that provide informal education with teaching and leisure-recreational content.

WHAT DOES IT DO?

This leisure space, which seeks to promote rural Portuguese traditions and facilitate participation in activities that promote and apply good practices that ensure well-being of body and mind and health promotion. Specifically, it offers “Healthy Mornings at the Farm”, which include regular sessions of Tai Chi Chuan, creating awareness of the practice of regular physical exercise and adopting healthy eating habits, holding lectures and screening to clarify various subjects and conducting awareness campaigns for oral hygiene and food hygiene.

WHO IS IT FOR?

All age and family groups. They are organised into two different programmes: School Programme and Family Programme, directed, respectively, at the school public and all other publics.

WHAT ARE THE PARTNERSHIPS?

Lisbon City Council, Consumer Institute, Good Morning Plant Project, Portuguese Cardiology Foundation, Association of Obese and Formerly Obese Patients (ADEXO), Faculty of Medicine of Lisbon University (Universidade de Lisboa).

WHAT ARE THE RESULTS?

The Olivais Teaching Farm, created twelve years ago, is meeting the citizens' growing need for direct contact with rural surroundings that contrast with the fast pace of the big cities. Adaptation works were recently undertaken in order to enable access to people with limited mobility.

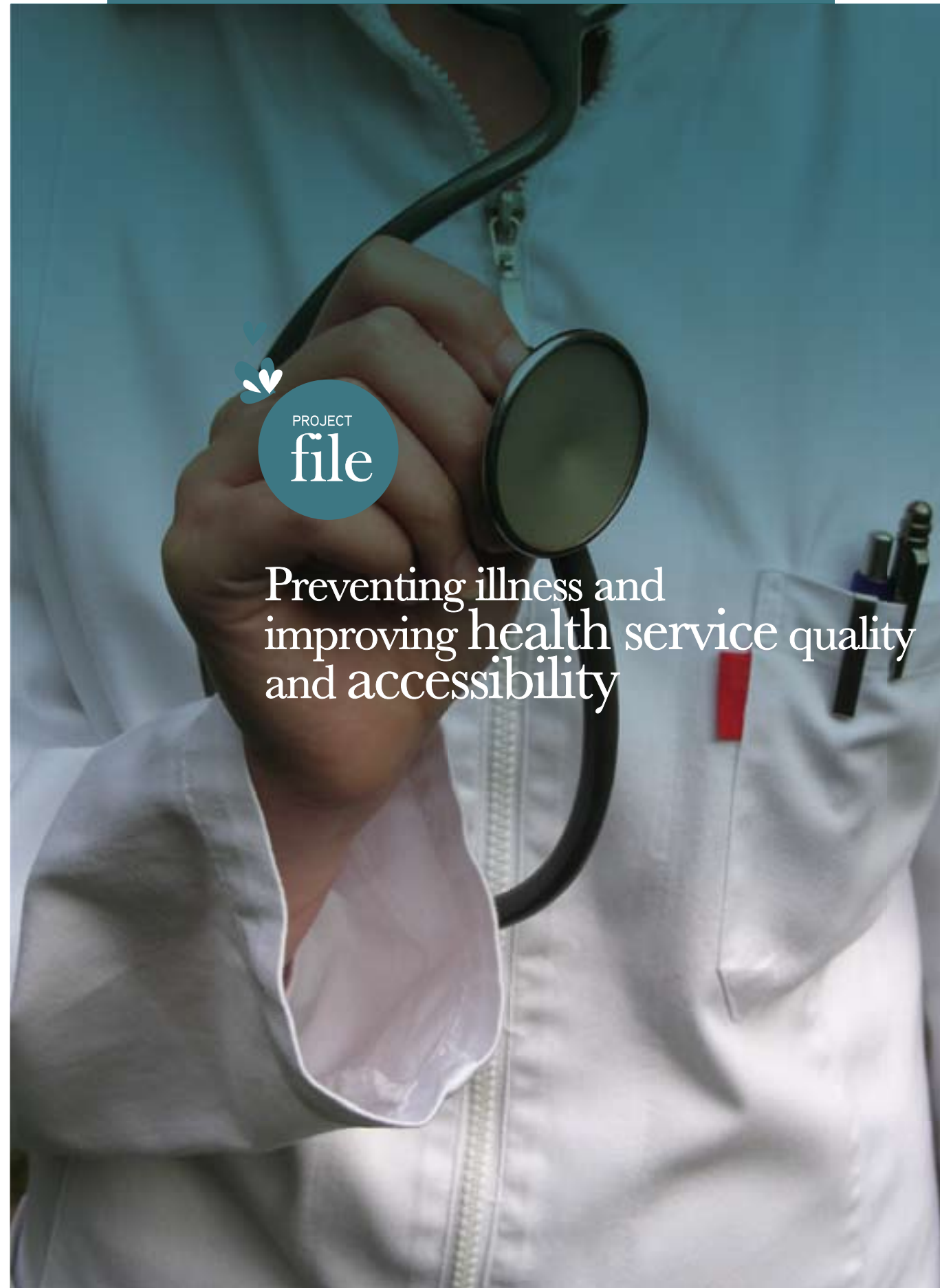
Actions undertaken to promote health have increased due to the concerns expressed by the public that visits the Farm.

IMPORTANT CONTACT INFORMATION

Olivais Teaching Farm

Tel.: +351 218 550 930 | Fax: +351 218 550 948 | E-mail: quinta.pedagogica@cm-lisboa.pt

<http://quintapedagogica.cm-lisboa.pt>



PROJECT

file

Preventing illness and improving health service quality and accessibility



PROJECT NAME

Telemedicine Service



WHAT IS IT?

Group of activities/actions targeted at the older population of the municipality of Cabeceiras de Basto, seeking to contribute to improving their quality of life. The action plan for the elderly is defined on the basis of the needs diagnosed by a technical team, based on contact with various social participants and priorities placed on intervention.

WHAT DOES IT DO?

The telemedicine service provides remote cardiology and remote monitoring of medical and vital signs. This service is used to evaluate the following parameters: blood pressure; blood sugar; cholesterol; body mass index; weight. In addition to these services, other diagnostics are conducted, such as electrocardiograms, spirometry and partial oxygen saturation.

WHO IS IT FOR?

People residing in rural areas, geographically distant from Cabeceiras de Basto municipal health structures.

WHAT ARE THE PARTNERSHIPS?

Implementation of the telemedicine service is the responsibility of Cabeceiras de Basto City Council within the scope of its Mobile Health Unit. This structure incorporates a partnership between the Northern ARS and the municipality.

WHAT ARE THE RESULTS?

The telemedicine service (a means of conducting medical procedures remotely using state-of-the-art applications and equipment) used by the Citizen Care Mobile Station since 13 December of last year has come to develop actions focused on preventing illness and promoting health. So far, it has served some 900 users throughout the various parishes of the Municipality of Cabeceiras de Basto.

The results achieved are very positive, given that goals we had set are being achieved, especially in terms of control and prevention of hypertension, diabetes mellitus, dyslipidemia, excess weight, smoking and physical inactivity.

This evaluation refers to the fact that when the telemedicine service came into effect there was a low number of users who regularly monitored primary care. Since then, the number of users of the Citizen Care Mobile Station who have sought primary healthcare has increased substantially, as well as the regularity of their demand for the service. This results in an acceptable degree of satisfaction of the users in terms of the services offered by the mobile unit and related staff, as well as satisfaction in terms of individual health indicators.

IMPORTANT CONTACT INFORMATION

Cabeceiras de Basto City Council - Social Action Services
Tel.: +351 253 664 541 | Fax: +351 253 662 603 | E-mail: cmcbasto@mail.telepac.pt



PROJECT NAME

Nutritional Evaluation and Follow Up Project



WHAT IS IT?

This is an integrated health education project that includes screening, diagnosis, nutritional counselling and treatment, as well as awareness, training and information actions concerning food and childhood obesity.

WHAT DOES IT DO?

This project seeks to diagnose situations of childhood obesity in the Municipality of Odivelas, helping the municipality develop an intervention strategy consistent with real needs. The project also provides for immediate and personalised intervention in cases of nutritional risk (underweight, overweight and obesity), through Dietetic Appointments at the DSPT or Multi-Disciplinary Childhood Obesity Appointment at the HCC, which treats severe cases of obesity.

WHO IS IT FOR?

Children who attend education facilities in the existing public system and in the charity system in the Municipality of Odivelas and the remainder of the preschool community (education staff, guardians, food handlers and others).

WHAT ARE THE PARTNERSHIPS?

Odivelas City Council, School of Higher Learning for Health Technology of Lisbon (Escola Superior de Tecnologia da Saúde de Lisboa) and Curry Cabral Hospital (Multi-Disciplinary Childhood Obesity Appointment).

WHAT ARE THE RESULTS?

641 children were screened. Situations detected:
9 children – underweight >> 410 – healthy weight >> 101 – overweight >> 121 obese. To date, 164 dietetic appointments were conducted (at the DSPT) and 11 at the HCC.

IMPORTANT CONTACT INFORMATION

Odivelas City Council- Health and Drug Addiction Prevention Division
Tel.: +351 219 346 700 | Fax: +351 219 346 709



PROJECT NAME

Informal Conversations - Come Talk about Health

WHAT IS IT?

As a result of the project “Screening for Health – health closer to you”, developed in 2007, another project entitled “Informal Conversations – Come Talk about Health” is being developed, focusing on clarifying the information about health that is taken to the public, demystifying beliefs and concerns related to diseases and healthcare, and sharing situations of health/disease.

WHAT DOES IT DO?

Promotion of awareness actions (two each month) and distribution of informative material regarding health topics, with the guidance of a physician or nurse, in public spaces/facilities/institutions in the five parishes of the municipality, helping promote healthy life habits, focusing on a preventive health strategies.
Topics addressed: “Eating Healthy”, “Preventing and Caring for Diabetes”, “Hypertension”, “Cervical Cancer”, “Ageing with Quality”, “Cancer”.

WHO IS IT FOR?

Active-age population of the municipality, focusing especially on rural areas.

WHAT ARE THE PARTNERSHIPS?

Palmela City Council, Setúbal and Palmela Health Centres Group, which provided a group of health technicians, Volunteer Fire Brigade Associations of the municipality, which lent vehicles and personnel to the actions.

WHAT ARE THE RESULTS?

We highlight the popularity among the public covered by the programme, as well as among the associations/collectivities/institutions that host these actions.
The total number of participants in these actions and the informative materials distributed indicate that the main objective of this project is being attained by improving the accessibility by this population to information and clarification of health related topics in general and primary healthcare in particular.

IMPORTANT CONTACT INFORMATION

Palmela City Council – Health Department | Tel.: +351 212 336 600
Palmela City Council – Social Intervention Division | Tel.: +351 212 388 400
Fax: +351 212 38 84 08 | E-mail: dis@cm-palmela.pt
Setúbal and Palmela Health Centres Group | Tel.: +351265 708 019



PROJECT NAME

Care and Social Aid Close By

WHAT IS IT?

It aims to improve the living conditions of all citizens who reside in the municipality’s peripheral areas. A multi-disciplinary team consisting of a social worker and a nurse goes to each person’s home, particularly seniors, in order to provide all the care necessary to resolve citizens’ problems.

WHAT DOES IT DO?

Psycho-social support by delivering food and clothing, psychological support, social support and counselling in terms of administrative formalities. Providing preventive and curative care, such as measuring blood pressure, blood sugar, cholesterol, giving injections, minor treatments, making appointments, etc. Disseminating information of interest to citizens, particularly concerning the municipality, health services, social-cultural activities, etc.

WHO IS IT FOR?

Seniors and families that are isolated and living in poor economic and housing conditions.

WHAT ARE THE PARTNERSHIPS?

Portimão City Council Initiative in collaboration with: Portimão Health Centre, Portimão and Mexilhoeira Grande Parish Council, Social Security District Centre, private charity institutions from the municipality.

WHAT ARE THE RESULTS?

Helps 60 families in serious economic need and in situations of extreme isolation. This aid involves making medical appointments, small construction repairs in the home, food, clothing and furniture, in accordance with particular needs.
For seniors and people who live in extreme isolation, the municipality has also provided mobile phones in order to facilitate contact with family members and emergency services, namely health centres, hospitals, fire brigade and Public Security Police.

IMPORTANT CONTACT INFORMATION

Portimão City Council - Social Action and Health Division
Tel.: +351 282 470 818 | Fax: +351 282 470 791 | E-mail: accao.social@cm-portimao.pt



PROJECT NAME

Health on Wheels



WHAT IS IT?

It is a community intervention project that uses a proximity approach to make primary healthcare more accessible to the needy population of the municipality. It is developed in accordance with the Healthy Seixal Project.

WHAT DOES IT DO?

This project is promoted by a multi-disciplinary team consisting of health and social workers who go to needy neighbourhoods using a specially equipped mobile unit. It acts in different areas, namely in monitoring childhood health and vaccination, preventing teen pregnancy, in cooperation with other primary healthcare providers.

WHO IS IT FOR?

Children, young people and women, especially those at risk, pregnant women and women who have recently given birth, are the priority target groups for this project.

WHAT ARE THE PARTNERSHIPS?

Healthy Seixal Project, Seixal City Council, Seixal Health Centres, Garcia de Orta Hospital, National Health Department (Health XXI Programme).

WHAT ARE THE RESULTS?

To date, over 1,500 interventions have been conducted within the scope of this project, which includes screening for hypertension and support for risk groups, followed by vaccination, appointments and education related to family planning, and home visits related to child health. Young people have used this care the most, along with women aged 20 to 39. In terms of an evaluation of the qualitative impact, we can see that this project has generated important benefits, so as: (a) in the health of people (observable through the improvement in health indicators); (b) social dynamics (through the creation of new networks and strengthening of existing ones); (c) in inter-personal terms (through development of personal and social skills that are crucial to any health promotion project).

IMPORTANT CONTACT INFORMATION

Seixal City Council Office - Healthy Seixal Project Office
Tel.: +351 210 976 140 | Fax: +351 210 976 141 | E-mail: seixal.saudavel@cm-seixal.pt
www.cm-seixal.pt/seixalsaudavel



PROJECT NAME

Prevention and treatment of cardiovascular diseases



WHAT IS IT?

Programme for prevention and treatment of cardiovascular diseases.

WHAT DOES IT DO?

Diagnose the cardiovascular risk factors, monitoring parameters in users at higher risk of cardiovascular diseases; cooperation with family doctors; awareness and information access.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Torres Vedras City Council, Parish Councils of Silveira and Freiria and the Health Centre.

WHAT ARE THE RESULTS?

The goal is to reduce morbidity and mortality caused by cardiovascular disease in the Municipality of Torres Vedras.

IMPORTANT CONTACT INFORMATION

Torres Vedras City Council, Councilman Carlos Pina
Tel.: +351 261 310 481 | Fax: +351 261 310 454



PROJECT NAME

I Am Not Alone at Home: Home Tele-Assistance Project



WHAT IS IT?

Home Tele-Assistance Service promoted by Serpa City Council directed at seniors and/or dependents to fight loneliness and provide individual safety. The service is free of charge for the user. Acquisition of the equipment and the monthly fee for the service are paid by Serpa City Council. Users pay only the cost of the call whenever they activate the device to contact the call centre, which comes to €0.03.

WHAT DOES IT DO?

Permanent Call Centre (24h/day year round) responds to the user in emergencies: accidents in the home, sudden health deterioration, panic situations, theft, fire and other situations that impact the safety of the user. It also responds to situations of social need, namely isolation, through contact with the call centre whenever users wish.

WHO IS IT FOR?

Seniors and/or dependents.

WHAT ARE THE PARTNERSHIPS?

Serpa City Council, Parish Councils (signing)/company that provides the service.

WHAT ARE THE RESULTS?

During this phase, the equipment was installed in 20 homes, covering a total of 23 users.

IMPORTANT CONTACT INFORMATION

Serpa City Council
Tel.: +351 284 540 100



PROJECT NAME

Health Training and Information



WHAT IS IT?

Community space that has sparked involvement between individuals and formal institutions, seeking to facilitate access to information and training regarding topics on promoting health and preventing illness. Includes a documentation centre open to the community.

WHAT DOES IT DO?

Some of the most noteworthy initiatives include the learning sessions for breast self-examination, the study on smoking habits of municipal workers and the clarification session on the HPV (human papillomavirus) vaccine and cervical cancer.

The session was the first step of an initiative that included observing International Women's Day 2008 and which, in addition to providing information, includes free vaccination of municipal workers under age 27. Another initiative of this campaign involved acquiring this vaccine and administering it to the daughters of municipal employees at the Municipal Nursing Office, facilitating payment in instalments deducted from their monthly salary.

WHO IS IT FOR?

General public/workers of the municipal and municipalised services and their families.

WHAT ARE THE PARTNERSHIPS?

Viana do Castelo City Council, Viana do Castelo Polytechnical Institute (School of Higher Learning for Nursing), Alto Minho Hospital Centre, Public Health Service of Alto Minho, local Health Centres, Portuguese Society of Papillomavirus, among others.

WHAT ARE THE RESULTS?

There has been great demand for the resource centre, especially by teachers and students from the secondary level and higher, and by seniors. It was possible to distribute information about smoking, the HPV vaccine and heat waves to all workers from the municipal and municipalised services, totalling roughly 850, which resulted in the registration of various workers in medical appointments to stop smoking and 60 women to receive the HPV vaccine.

IMPORTANT CONTACT INFORMATION

Viana do Castelo City Council – Health Information and Training Space of the Healthy City Office
Tel.: +351 258 806 260 | E-mail cidadesaudavel@cm-viana-castelo.pt



PROJECT NAME

Mobile Health Unit



WHAT IS IT?

This is a vehicle that will travel to the rural parishes of the municipality according to the calendar sent to the Parish Councils in advance to bring services closer to the citizens.

WHAT DOES IT DO?

Seeks to provide a safer and easier life for seniors, people with reduced mobility and the general public through primary healthcare, including screening for cholesterol, diabetes, high blood pressure and minor treatments. Remote cardiology services will be provided, not only offering electrocardiograms, but also sending the results over the Internet for analysis by a cardiologist, with the history of the users recorded in a confidential database. Skeeper equipment will also be provided, which is mobile equipment that can be transported on the wrist or on a necklace, enabling users, especially seniors who live alone, to be in constant contact with family members or with healthcare services at the touch of a button.

WHO IS IT FOR?

Seniors and people with reduced mobility

WHAT ARE THE PARTNERSHIPS?

Vila Real City Council, Regional Health Department and Parish Councils

WHAT ARE THE RESULTS?

To date, the home workshop has helped some 40 seniors by conducting small home repairs.

IMPORTANT CONTACT INFORMATION

Vila Real City Council
Tel.: +351 259 308 100 | E-mail: asocial@cm-vilareal.pt



PROJECT NAME

Preschool Hearing Test



WHAT IS IT?

Frequent hearing test conducted on children at preschools in the public and charity system. This action occurs at the start of each school year. The 1st phase occurs from November to December and the 2nd from January to July. During the 2nd phase, identified children are referred to Dona Estefânia Hospital - Ear, Nose and Throat Department for detailed diagnosis. During this phase, guardians are included in the process and must accompany the child to the appointment, with the Municipality providing transportation.

WHAT DOES IT DO?

The hearing test consists of a series of actions that include an otoscopy and a tympanogram that enable hearing difficulties to be studied. This action is conducted on preschool children because they are in a phase of learning new concepts that are essential to the future of their academic lives and as such it is essential to identify possible hearing changes and thereby minimise their consequences on scholastic inclusion.

WHO IS IT FOR?

Children age 5 attending preschools of the public and charity system.

WHAT ARE THE PARTNERSHIPS?

Odivelas City Council through the Health and Drug Addiction Prevention Division, Dona Estefânia Hospital Otorhinolaryngology Department and the School of Higher Learning for Health Technology of Coimbra - Audiology Course (Escola Superior de Tecnologia da Saúde de Coimbra).

WHAT ARE THE RESULTS?

28 preschools in the public and charity system of Odivelas Municipality joined the project. 708 children were screened, 225 of them having been identified for detailed diagnosis at the Dona Estefânia Hospital, among which 126 were diagnosed with bilateral problems, while 99 with unilateral problems.

IMPORTANT CONTACT INFORMATION

Odivelas City Council - Health and Drug Addiction Prevention Division
Tel.: +351 219 346 700 | Fax: +351 219 346 709



PROJECT NAME

PESO Programme and Community PESO Programme (Promotion of Exercise and Health against Obesity)

WHAT IS IT?

Randomised and controlled intervention with the aim of increasing physical activity and motivation for physical activity, losing weight and improving eating habits, health and quality of life in adult women who are overweight or obese. It also includes a community aspect (Community PESO) directed at the general public and designed to promote the practice of regular physical activity, adopting healthy eating habits and weight loss or prevention of obesity.

WHAT DOES IT DO?

PESO Programme: The group participates in a cognitive and behaviour modification intervention over a period of 1 year, with an additional aspect involving motivation for exercise.
Community PESO Programme: 15 90-min. educational sessions scheduled after regular working hours and on a weekly basis. The Programme is conducted twice a year from September to January and from February to June and includes subjects such as: motivation for physical activity, food portioning, reduction of food calories, reading and interpreting labels, body image, how to monitor progress, eating relapses.

WHO IS IT FOR?

PESO Programme: Women over 35 years old; pre-menopausal.
Community PESO Programme: The general public.

WHAT ARE THE PARTNERSHIPS?

Oeiras City Council and Faculty of Human Mobility – UTL.

WHAT ARE THE RESULTS?

PESO Programme: Over a period of 5 years, 240 women have participated in PESO. At the end of 12 months, the target group lost 7.3% of its initial weight. This loss is within the range recommended by the WHO as being healthy. The amounts of moderate and vigorous physical exercise performed increased to 301 min./week and the number of steps taken per day totalled an average of 9839 over a period of 12 months. The participants who practiced physical activity reported weight loss and less food intake, reduced feeling of hunger and less fat intake.
Community PESO Programme: more than 600 adults of both genders participated. Participants lost an average of 1 kg. Of the obese participants who lost weight (46%), average loss was 4 kg. In terms of physical activity, the minutes of moderate activity increased 116% to 260 min./week and the energy consumed during walking increased 97% to amounts of 234 kcal/week. Community PESO has had a significant social impact, recognised by many specialists and the media as the largest group community programme held in Portugal.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Social Action, Health and Youth Division
Tel.: +351 214 404 874 | E-mail anavieira@cm-oeiras.pt
Oeiras City Council - Sports Division
Tel.: +351 214 408 541 | E-mail carla.ribeiro@cm-oeiras.pt
Faculty of Human Mobility
Tel.: +351 214 149 290 | E-mail peso@fmh.utl.pt



Act to Prevent

WHAT IS IT?

Free screening in the parishes of the Municipality of Portimão

WHAT DOES IT DO?

A team consisting of physicians and nurses promotes free screening for hypertension, blood sugar and cholesterol on a monthly basis in the parishes of Portimão, Alvor and Mexilhoeira Grande. Counselling on behaviours that promote a healthier life.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Portimão City Council, Portimão Parish Council, Alvor Parish Council, Mexilhoeira Grande Parish Council, Adventist Social Aid.

WHAT ARE THE RESULTS?

Awareness of the population, particularly seniors, regarding the importance of a preventive attitude in relation to health. Through regular screening, the medical team involved in this project follows up on and counsels the public that uses this service, correcting attitudes and behaviours in view of promoting quality of life.
With an average of 150 tests/month per parish, through this project the municipality has also collected data on the health of the citizens in the 3 parishes of the municipality. These are fundamental indicators for planning actions in the area of health that respond to the real needs of the population.

IMPORTANT CONTACT INFORMATION

Portimão City Council - Social Action and Health Division
Tel.: +351 282 470 818 | Fax: +351 282 470 791 | E-mail: accao.social@cm-portimao.pt



PROJECT NAME

Health Fair



WHAT IS IT?

Consists of an exhibit on Health and Well-Being Services available in the Municipality of Torres Vedras, also receptive to including entities from other parts of the country. Various initiatives and activities are developed in relation to the project to promote physical, mental and social well-being.

WHAT DOES IT DO?

Awareness and education sessions, cultural initiatives, leisure activities regarding healthy life habits; conferences; dissemination and promotion of various types of physical activity; screening, application of aesthetic therapies and treatments.

WHO IS IT FOR?

General public, children and young people, seniors.

WHAT ARE THE PARTNERSHIPS?

Torres Vedras City Council, Health Centre, SMAS, Hospital Centre, among others.

WHAT ARE THE RESULTS?

Highly popular among the general public and educational establishments primary schools (grades 1 to 4), which has allowed screening and activities that promote health and improved quality of life to be conducted.

IMPORTANT CONTACT INFORMATION

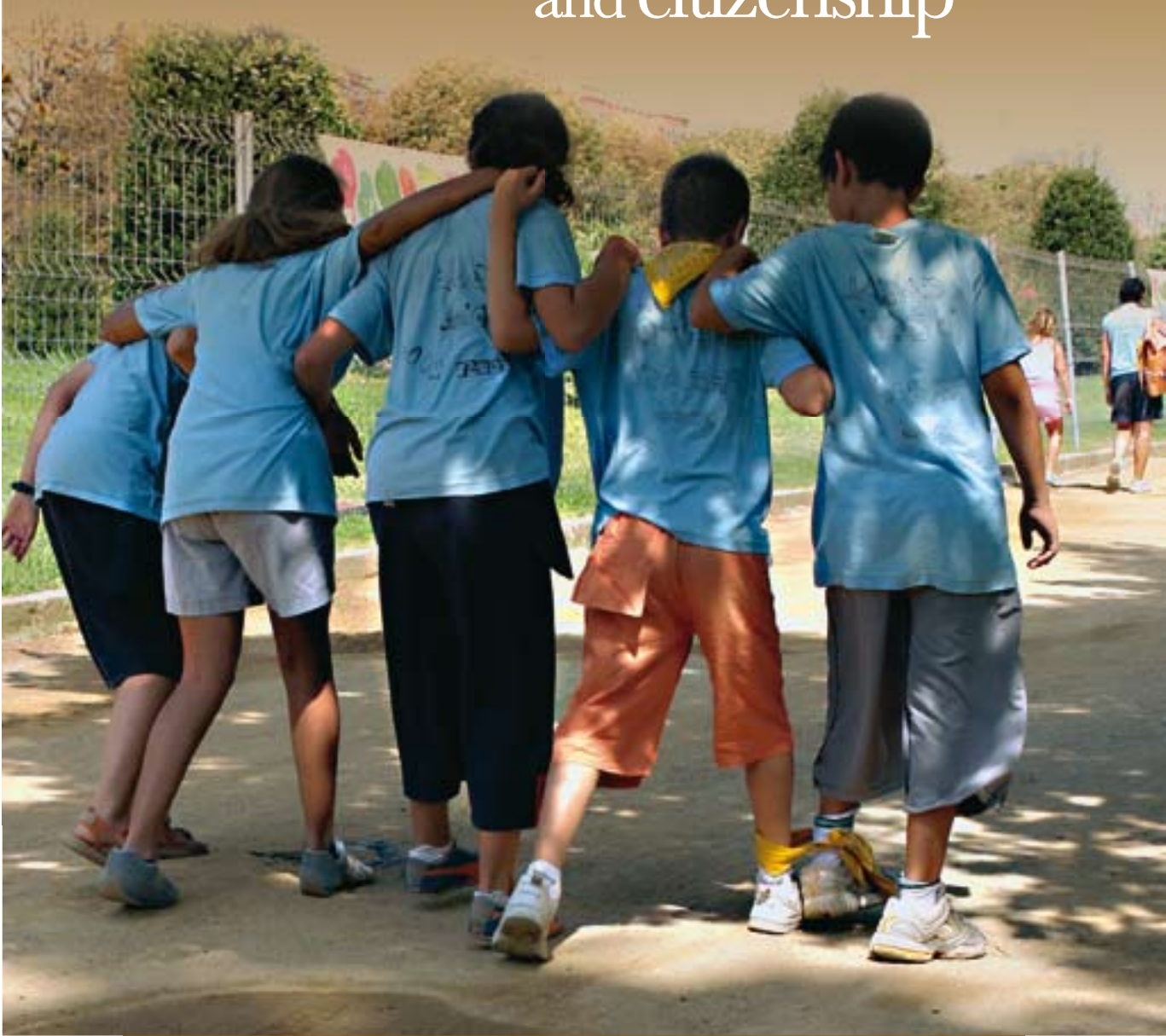
Torres Vedras City Council - Social, Health and Housing Affairs Section
Tel.: +351 261 320 771 | Fax: +351 261 320 720 | E-mail: sandracolaco@cm-tvedras.pt



PROJECT

file

Health progress, community involvement and citizenship





PROJECT NAME

Patrolling Programme



WHAT IS IT?

This project was created in partnership with the seniors of the municipality and has two areas of intervention: one area focuses on aid to school age children, whereby during the school year, at the time that classes start and end, seniors go to the schools to help children cross the street, as well as at other times during the day, helping out on the playgrounds. The other area is related to occupational health, whereby this partnership with a pensioners' association helps seniors in the municipality occupy their time in a useful way.

WHAT DOES IT DO?

Help children cross the street at the school during the busiest arrival and departure times.

WHO IS IT FOR?

All preschool and primary students at the municipality's schools and nurseries and all visiting citizens or users of the playgrounds.

WHAT ARE THE PARTNERSHIPS?

Amadora City Council and ASSORPIM – Association of Retirees, Pensioners and Seniors of Mina.

WHAT ARE THE RESULTS?

The project covers 31 primary schools from grades 1 to 6.

IMPORTANT CONTACT INFORMATION

Amadora City Council- Education and Culture Department - Socio-Educational Division
Tel.: +351 214 948 200 - Ext. 3254 | Fax: +351 214 931 359
E-mail: francisco.fonseca@cm-amadora.pt



PROJECT NAME

“Educate to Inhabit” Good Domestic Practices and Experiences



WHAT IS IT?

It emerged from the Integrated Programme for Improving Low-Income Housing Projects and focuses on improving the quality of life of people, which requires their active involvement and participation in identifying and positively reinforcing the housing area where they reside. Focuses on promoting healthy life habits and developing personal and social skills.

WHAT DOES IT DO?

Training actions with a duration of 70 hours and a theory-practice aspect with the following contents: First Aid, Nutrition and Dietetics, Personal and Social Development, Hygiene and Beauty Care, Home Economics, Home Improvement, House Cleaning, Sewing Repairs and Clothing Care, Kitchen Service Techniques, Cooking.

WHO IS IT FOR?

Population receiving unemployment and welfare benefits and housewives residing in the Santiago Social Housing Projects.

WHAT ARE THE PARTNERSHIPS?

Aveiro City Council, Portuguese Red Cross, Aveiro District Delegation, Glória Parish Council.

WHAT ARE THE RESULTS?

The “Good Domestic Practices and Experiences” actions awarded a Participation Certificate to 27 students, which included 11 housewives, 7 unemployed people and 9 welfare recipients. It should be pointed out that these training actions were extremely positive in terms of returning to the labour force. Of the 27 students, 9 returned to the labour force, namely in the restaurant field (6), domestic services (2) and commerce (1). It helped develop and improve personal and social skills that contributed to greater efficiency in domestic organisation. Upon completion of the training, the students and their families receive technical follow-up from the Social Housing Division in order to evaluate whether the knowledge acquired has produced the expected results. Significant changes were seen in terms of organisation of the home space, with a positive impact on relations with neighbours and especially in the balance obtained in family relations.

IMPORTANT CONTACT INFORMATION

Aveiro City Council - Social Housing Division
Tel.: +351 234 406 478 | Fax: +351 234 406 301 | E-mail: habitacaosocial@cm-aveiro.pt
Portuguese Red Cross, Aveiro District Delegation
Tel.: +351 234 426 463 | Fax: 234 385 129 | E-mail: cvp-del-aveiro@portugalmail.pt
Glória Parish Council
Tel.: +351 234 427 065 | Fax: 234 382 015 | E-mail: executivo@jf-gloria.pt
<http://www.jf-gloria.pt>



PROJECT NAME

Parents.how



WHAT IS IT?

Parent training programme totalling 8 hours.

WHAT DOES IT DO?

Create awareness regarding the prevention of risky behaviour, especially in terms of protection and risk factors, as well as promoting thought and discussion on defining the roles and responsibility of each participant in the family dynamic.

WHO IS IT FOR?

Families of children and young people who attend schools and associations from the Municipality of Loures.

WHAT ARE THE PARTNERSHIPS?

Loures City Council, Schools, Parents Associations, Private Welfare Facilities and xnc (entity responsible for the project)

WHAT ARE THE RESULTS?

In quantitative terms, during the 2007/2008 school year, 11 training groups were created, with a total of 150 parents/guardians participating.

In qualitative terms, the parents' evaluation has been extremely positive and one of the positive indicators of this is the request for a “parents.how” Level 2.

IMPORTANT CONTACT INFORMATION

Loures City Council Health Office
Tel.: +351 219 849 156 | Fax: +351 219 849 192 | E-mail: gab_saude@cm-loures.pt



PROJECT NAME

Local Volunteer Bank



WHAT IS IT?

The Bank brings together people who wish to volunteer their time with entities that have the capacity to take on volunteers.

WHAT DOES IT DO?

It places people who are driven by values of solidarity and participation, willing to offer their time, work and talent in a spontaneous non-remunerated manner, in private welfare facilities, schools, hospitals, prison establishments and other associations in order to serve social and community causes.

WHO IS IT FOR?

Citizens of all ages who wish to participate as volunteers in actions that are useful to the community. Also directed at entities that wish to hire volunteers.

WHAT ARE THE PARTNERSHIPS?

The Bank includes the 68 partner institutions of the Social Network/Healthy Montijo, which includes Montijo City Council. Currently, practical work has been established with 10 of them.

WHAT ARE THE RESULTS?

In addition to the 10 institutions that are active in placing volunteers, the Bank currently relies on 70 people. One of the project's emblematic results is the success of the group of Volunteer Visitors, which includes 23 people and provides support and home care to people who, due to isolation, are in need of periodic visits to increase their psycho-social well-being.

IMPORTANT CONTACT INFORMATION

Montijo City Council - Health and Social Action Office
Tel.: +351 212 327 855 | Fax: +351 212 327 859



PROJECT NAME

Travelling exhibition on “Preventing and Monitoring Intestinal Cancer”



WHAT IS IT?

An initiative that is part of the Municipal Programme for the Prevention of Oncological Disease. Exhibition consisting of 8 panels that address the following topics: “What are the colon and the rectum?”; “What causes cancer of the large intestine?”; “Symptoms”; “Risk Factors”; “Protective Factors”; “What is a colonoscopy?”; “Endoscopic Polypectomy” and “Recommendations from the European Code Against Cancer”. The exposition is supplemented by the distribution of various related publications published by the municipality. The exposition will travel to all of the parishes of Odivelas from 14 February to 6 June 2008.

WHAT DOES IT DO?

The goal of the action is to inform the population about the disease, as well as to point out the importance of early diagnosis and the advantages of screening. It is a message that is considered crucial, given that intestinal cancer is the most preventable of the malignant tumours. Over 90% of these cancers originate from benign polyps that grow and develop in the intestine for 10 to 20 years until they become malignant. Early removal can prevent intestinal cancer.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Odivelas City Council, Portuguese Society for Digestive Endoscopy and Parish Councils of the municipality.

WHAT ARE THE RESULTS?

The exposition was present at all the parishes (seven) of the municipality at widely accessed locations. It was visited by hundreds of citizens from the municipality and some 1400 copies of municipal publications were distributed; specifically: “Prevention Involves Being Informed and Trained – Recommendations for Preventing and Monitoring Intestinal Cancer” and the “European Code Against Cancer”.

IMPORTANT CONTACT INFORMATION

Odivelas City Council - Health and Drug Addiction Prevention Division
Tel.: +351 219 346 700 | Fax: +351 219 346 709



PROJECT NAME

Programme for Preventing Alcohol Abuse



WHAT IS IT?

The Programme for Preventing Alcohol Abuse proposes an essentially preventive intervention through two distinct areas: an advertising campaign; and information and awareness actions in schools and in the community.

WHAT DOES IT DO?

Creates awareness and informs young people of the risks associated with excessive alcohol consumption, using specific materials (posters, flyers, T-shirts, caps, badges and bracelets), as well as conducting awareness and information actions in schools and in the community.

WHO IS IT FOR?

Adolescents/young people and education providers.

WHAT ARE THE PARTNERSHIPS?

Oeiras City Council, Health Ministry and the Sumol Group

WHAT ARE THE RESULTS?

Offered since 2005, it has already covered the entire municipality of Oeiras through the advertising campaign, plus some two thousand young people through the information and awareness actions in schools and in the community.

IMPORTANT CONTACT INFORMATION

Oeiras City Council - Social, Health and Youth Affairs
Division Tel.: +351 214 408 506 | E-mail: saúde@cm-oeiras.pt



PROJECT NAME

Carefully Weighted Measures: Healthy Eating Project



WHAT IS IT?

The goal of the project is to promote healthy eating habits among the citizens of the municipality, seeking to reduce obesity and pre-obesity detected in children and adults. Another goal is to promote disclosure and compliance with food safety and hygiene rules in the kitchens of private welfare facilities, schools, restaurants and drinking establishments, guaranteeing fulfillment of requirements for hygiene and sanitation for these types of establishments.

WHAT DOES IT DO?

Promote information and awareness actions directed at children, guardians, educators and non-educators of educational establishments regarding adopting healthy eating habits. Holding of symposiums and training actions on food safety and hygiene. Production and distribution of learning materials, such as the educational dossier “Growing Healthily with our Heritage”, which promotes some of the foods of the region where the municipality is located, particularly in terms of traditional techniques and processes of production and the role that these foods play in a healthy diet, also seeking to create awareness in view of safeguarding and promoting the natural and cultural heritage of the Municipality of Palmela.

WHO IS IT FOR?

The entire population of the Municipality of Palmela, particularly children in primary and secondary schools, private welfare facilities, food handlers and economic agents.

WHAT ARE THE PARTNERSHIPS?

Palmela City Council, D. Estefânia Hospital and Palmela Health Centre.

WHAT ARE THE RESULTS?

The extensive popularity and participation in the clarification and awareness actions conducted mainly among the school-age population are an indicator of the positive impact on awareness and resolution of the problems of obesity. The technical documentation developed within the scope of this project by a dietitian, especially “Healthy Menus”, distributed by institutions of the municipality (children and seniors) is an essential technical aid to the strategy established for promoting healthy eating habits among the municipality’s population. This project has also generated significant benefits in terms of the personal and technical skills of restaurant and hotel professionals through frequent sessions on food hygiene and safety, which are crucial in any process of health promotion and prevention.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Summer without Sunburns... Protection in the Shade



WHAT IS IT?

Created as part of the Blue Flag Programme, focusing on primary prevention of skin cancer through the dissemination and promotion of proper protection measures for living with the sun, minimising the risk of skin cancer in the short, medium and long term. This project takes place at S. Jacinto Beach, which is part of the Duinas Natural Reserve, Municipality of Aveiro.

WHAT DOES IT DO?

Direct approach of the users of S. Jacinto beach, using various educational materials, creating awareness of the dangers of undue sun exposure, advising on the use of appropriate sunscreen. Installation of a sundial at the entrance to the beach, warning of the high risk times for exposure to the sun (red time 12 p.m. - 4 p.m.; yellow time 11 a.m. - 12 p.m. and green time 4 p.m. - 5 p.m.). Distribution of parasols to users in order to call attention to the fact that shade is the best protection.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Aveiro City Council and the Portuguese Skin Cancer Association.

WHAT ARE THE RESULTS?

The results of this type of action are often only visible in the medium/long term, after various consecutive campaigns. However, in the short term, it was encouraging to see that some beach users who were approached during the first days of the action were taking some protection measures, such as applying sunscreen when they reach the beach and using the parasols they were supplied with in the previous days as a way of obtaining shade.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Health Newsletter: Toward a Cohesive and Healthy Municipality



WHAT IS IT?

Publication of a newsletter by the City Council in collaboration with the Palmela Health Centre with the aim of contributing to citizen information and awareness in education and health promotion, seeking to improve health conditions in view of fostering healthy life habits and a consequential increase in quality of life.

WHAT DOES IT DO?

Twice-yearly publication of the newsletter (April and October), listing and promoting municipal projects or initiatives related to health promotion, as well as publishing technical information with notifications or awareness creation regarding related problems.
Past topics: Climate Change, Working Together for Health, Food Education and Safety, AIDS, Influenza, Mental Health, Preventing Drug Addiction, etc.
The April edition was published based on the theme chosen by the World Health Organisation to commemorate World Health Day.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Palmela City Council and Palmela Health Centre.

WHAT ARE THE RESULTS?

Excellent means of disseminating information, broadly distributed and provided locally, keeping the population informed, aware and knowledgeable of the initiatives that are offered throughout the municipality, serving as the foundation for adopting behaviours conducive to good practices and accrued gains in people's health, developing new dynamics and social networks.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Seixal Municipal Road Safety Observatory



WHAT IS IT?

A municipal project that seeks to diagnose the causes of traffic accidents, proposing measures to reduce them. It promotes education regarding good road practices through dynamic use of educational materials, involving 700 children from primary schools. In this way, we believe we are helping form a more knowledgeable generation, aware of its rights and civic duties.

WHAT DOES IT DO?

The Road Safety Observatory identifies the black spots in the municipality, identifying the origin of the accidents in order to intervene in terms of roads, signs, speed control, among other areas. This practice has extended to the schools through observation of risky road behaviour in the zones surrounding the schools by children of primary schools, who have also developed awareness actions directed at drivers.

WHO IS IT FOR?

General public, special focus on children, young people and seniors

WHAT ARE THE PARTNERSHIPS?

Seixal City Council, Healthy Seixal Project, police forces, Seixal Volunteer Fire Brigade, the education community, seniors associations, health centres, Local Health Office.

WHAT ARE THE RESULTS?

The high level of acceptance of this project by the educational community and the general public is a good indicator of the positive impact of the project in terms of awareness of this problem. We believe that the observatory will be an essential tool in the medium term for evaluating the health impact that implementing health promotion measures will have.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Volunteer and Goods Donation Bank of Vila Real

WHAT IS IT?

It is a charity shop that operates daily from Monday to Saturday.

WHAT DOES IT DO?

It aims to encourage the practice of volunteer work, while also receiving goods donated by companies or individuals, including food, clothes, furniture, domestic appliances and toys.

WHO IS IT FOR?

Families from the municipality that are poor or facing social exclusion.

WHAT ARE THE PARTNERSHIPS?

Vila Real City Council, Group 212 CNE/S.Pedro, Group 295 CNE/Nossa Sr.^a da Conceição, Group 482 CNE/Sé, Group 708 CNE/Mateus, Academic Association of UTAD, Do Well Association, Diocesan Cáritas of Vila Real, Vila Real Lions Club, Sé Parish, Vila Real Rotary Club, Friends of S. Pedro Hospital League.

WHAT ARE THE RESULTS?

To date, the volunteer bank has helped 30 families on an ongoing basis (monthly) with clothing and food baskets, while 60 families have been helped on an occasional basis. We believe this number will increase considerably.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Quality Living

WHAT IS IT?

This project seeks to promote actions that create awareness of the need to adopt measures to prevent cardiovascular disease and adopt healthy lifestyles. Among other actions taking place this year was observance of World Hypertension Day, with Aveiro chosen as the Portuguese capital of this celebration.

WHAT DOES IT DO?

It promotes assessment of cardiovascular risk, including determination of risk factors, such as high blood pressure, blood sugar, cholesterolemia, among others. Counselling on healthy lifestyles and regular physical activity is also promoted. During World Hypertension Day, educational material was distributed, along with samples of healthy food, such as salt-free bread. Leisure activities were conducted, such as Buga (Aveiro free use bicycles) trips.

WHO IS IT FOR?

The general public.

WHAT ARE THE PARTNERSHIPS?

Aveiro City Council, Portuguese Hypertension Society and Friends of the Heart League - Aveiro.

WHAT ARE THE RESULTS?

The actions developed within the scope of this project have been highly popular among the general public and have surely contributed to increasing awareness among the population regarding heart disease and its possible consequences. In addition, it should be pointed out that within the scope of this project people were encountered who were unaware of some of their health problems. This project has surely helped create awareness of the importance of regular physical exercise and a balanced diet.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Health Guide



WHAT IS IT?

In the area of health information, the CMS publishes a quarterly newsletter that addresses certain health topics that are highlighted in the next quarter.

WHAT DOES IT DO?

The Health Guide is an action strategy conducted in terms of the pathologies and problems that most affect people from Setúbal and Azeitão. The goal is to emphasise the positive consequences of practicing healthy life habits through information and counselling by health professionals.

WHO IS IT FOR?

The general public.

WHAT ARE THE RESULTS?

Issue No. 1 of the Health Guide was distributed to 18,000 citizens in the Municipality of Setúbal. This 1st issue had a significant impact on the public in terms of the quality and relevance of the information. We have used a random sample, representative of the target population. In the 2nd issue, the texts were also written by excellent professionals who continue to insist on counselling on the need to promote healthier lifestyles.

WHAT ARE THE PARTNERSHIPS?

Setúbal City Council, Rotary Club of Setúbal, School of Higher Learning for Health (Escola Superior de Saúde) of the Setúbal Polytechnic Institute (Instituto Politécnico de Setúbal), Santiago Hospital, Setúbal Hospital Centre and Setúbal and Palmela Health Centres Group.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Parents, Let's Talk... about Preventing Risky Behaviour



WHAT IS IT?

This project is part of the Municipal Drug Addiction Prevention Plan (PECPT) and consists of 7 informal discussion sessions (one per parish) with a duration of 2 hours, concerning prevention of risky behaviour, to help parents pass the preventive message on to children. This project began in January 2008 and will conclude at the end of May 2008.

WHAT DOES IT DO?

Provides moments of discussion and thought for parents, guardians and other family members, along with the other members of the community within the municipality. Contributes to increasing knowledge and to improving family relations skills. It also enables adults to take their children to sessions where they can participate in activities involving the subject matter.

WHO IS IT FOR?

Parents, guardians and other family members, along with other members of the community within the Municipality of Odivelas.

WHAT ARE THE PARTNERSHIPS?

Odivelas City Council and Live Education

WHAT ARE THE RESULTS?

Ramada Parish Council: Session: 42 attendees | Workshop: 1 child (7 years old);
Caneças Parish: Session: 65 attendees | Workshop: 12 children (ages 3 to 14); Pontinha Parish: Session: 32 attendees | Workshop: 4 children (ages 3 to 6); Olival Basto Parish: Session: 40 attendees | Workshop: 22 children (ages 3 to 6); Odivelas Parish: Session: 35 attendees | Workshop: 10 children (ages 4 to 10); Famões Parish: Session: 40 attendees | Workshop: 26 children (ages 2 to 7); Póvoa de Santo Adrião Parish: Session: 20 attendees | Workshop: 6 children (ages 4 to 12).

IMPORTANT CONTACT INFORMATION

Odivelas City Council - Health and Drug Addiction Prevention Division
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PROJECT NAME

Healthy Seixal Forum



WHAT IS IT?

This is a broad gathering space for partners of the Healthy Seixal Project that helps monitor and evaluate the Health Development Plan. This forum also promotes disseminating the Healthy Seixal Project’s work, sharing experiences on quality of life and health promotion, reinforcing the partner network and developing municipal structures.

WHAT DOES IT DO?

Over a period of 2 days, every two years, various meeting and discussion spaces are created, which include: plenary sessions where topics of general interest are discussed; thematic panels where projects and works concerning a particular topic are presented; exhibition, entertainment and physical activity spaces; health promotion spaces, where people can come in direct contact with practical experiences within the context of a specific project.

WHO IS IT FOR?

The 138 partner institutions of the Healthy Seixal Project, as well as any other institution or professional interested in the different topics to be discussed, and the general population.

WHAT ARE THE PARTNERSHIPS?

Seixal City Council, Healthy Seixal Project and various Project partner structures.

WHAT ARE THE RESULTS?

In addition to detecting an upward trend in the number of forum participants (600 in the last edition), the Seixal Forum has evolved significantly at various levels; specifically:
In terms of the approach to concepts related to health: We have taken a more “traditional approach” (that is, we debated topics such as “Social Exclusion” or “The Physical Urban Environment”) and we evolved toward more “dynamic” concepts where we discussed more positive experiences related to health.
In terms of the target audience: Initially, it consisted almost exclusively of institutional representatives. Progressively, it began to consist of technical staff and today it includes common citizens who attend due to interest in the discussion panels.
In terms of identity: The forum was initially a space for discussion, later evolving into a meeting space. Today we see it as a space for promoting health. We believe we have evolved from “knowledge” to “experimentation,” from “knowing” to “know-how.”
In terms of thought: We began by approaching the introductory concepts of healthy cities. We quickly evolved toward demonstrating application of these concepts through the reports on projects and actions carried out in that regard. During the latest forums, we have focused largely on monitoring and evaluating these projects and analysing their impact on community health.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Portuguese Healthy Cities Network Forum



WHAT IS IT?

It is a twice-yearly Forum on Best Practices in Healthcare that seeks to disseminate and evaluate the work carried out within the context of the Portuguese Healthy Cities Network, reflect on defining local strategies that are conducive to obtaining health advances, share experiences related to promoting health and quality of life, promote co-operation with national organisations and strengthen the partnerships network.

WHAT DOES IT DO?

Over a period of two days, municipalities, community structures and the general public come together to discuss health promotion. The agenda is diverse and seeks to include priority topics from the European Healthy Cities Network and from society in general, making this forum current and innovative.

WHO IS IT FOR?

Municipalities, community institutions and the general public.

WHAT ARE THE PARTNERSHIPS?

The Portuguese Healthy Cities Network, World Health Organisation, National Health Department, National School of Public Health.

WHAT ARE THE RESULTS?

The two forums dedicated to the themes “Building Healthy Municipalities” and “Toward Health, 10 Years as a Network”, were highly positive, in terms of content, topics discussed and participation of the community and its structures. The first Forum, held in Lisbon, was attended by 450 people, while the second took place in Viana do Castelo with 350 participants. The Portuguese Healthy Cities Network was strengthened by these events, certain that there are many obstacles to overcome in order to improve health and quality of life in our cities.

IMPORTANT CONTACT INFORMATION

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PROJECT NAME

Training within a Network



WHAT IS IT?

It is a training plan that seeks to develop skills in matters related to health promotion and the Healthy Cities Project.

WHAT DOES IT DO?

This plan is used to identify a series of training needs for the technical and political body of the Portuguese Healthy Cities Network, while training actions are structured and conducted by experts from various areas.

WHO IS IT FOR?

Technical staff and politicians in the Portuguese Healthy Cities Network.

WHAT ARE THE PARTNERSHIPS?

The Portuguese Healthy Cities Network, World Health Organisation, National School of Public Health

WHAT ARE THE RESULTS?

As part of the 1st Training Plan, 10 training actions were carried out covering various topics; specifically, the Healthy Cities Project – a working method conducive to promoting health and quality of life in the communities, Health Planning, Environment and Health, Healthy Urban Planning, Assessing the Impact on Health, and the New Smoking Law. The results of this training plan led to an increase in knowledge and skills, consolidation of a political lobbying and decision-making group in matters related to health promotion and quality of life, strengthened team spirit, and dissemination of the Healthy Cities message, which translated to 11 new members joining between 2003 and 2007. We are currently conducting the 2nd Training Plan.

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PROJECT NAME

“Portuguese Healthy Cities Network” Scientific Recognition Award



WHAT IS IT?

This award presented twice a year in recognition of the best research project involving “Health and Quality of Life in an Urban Setting”.

WHAT DOES IT DO?

The Portuguese Healthy Cities Network seeks to promote research in the area of urban health to help make cities healthier in terms of healthcare, accessibility and transportation, environment and sustainable development, urban planning, social assistance and aid, lifestyles and conditions, poverty and social exclusion, special needs of more vulnerable groups.

WHO IS IT FOR?

Scientific Community

WHAT ARE THE PARTNERSHIPS?

The Portuguese Healthy Cities Network, National School of Public Health, National Health Department and the Social Sciences Institute of Lisbon University.

WHAT ARE THE RESULTS?

Promotion of scientific research has been a focus of the Portuguese Healthy Cities Network. Production of scientific knowledge in the area of urban health has guided political and technical decisions in implementing health promotion strategies for the public residing in the municipalities that are part of this association. It has proven to be an excellent working tool.

This award has been handed out 3 times, recognising the following works: “Old Age Homes in an Urban Setting”, “Physical Exercise and Bone Metabolism in Elderly Women”, “Changes in Lisbon’s Climate as a Consequence of Urban Growth”.

Two honourable mentions were also awarded for the following works: “Waiting for the Train at the Bus Stop or the Implications of Stress in an Urban Setting on Health and Quality of Life” and “Almada Agricultural Space. Agricultural Parks System”.

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PROJECT NAME

“Portuguese Healthy Cities Network” Journalism Award



WHAT IS IT?

This is an award that is given out twice a year to recognise the best journalism work published on the topic of urban health.

WHAT DOES IT DO?

This award seeks to create awareness among journalists and the media regarding issues related to the World Health Organisation’s Healthy Cities Project and raise the profile of work that is performed in this area.

WHO IS IT FOR?

Professional journalists.

WHAT ARE THE PARTNERSHIPS?

The Portuguese Healthy Cities Network, Journalists Trade Union, National Health Department, National School of Public Health.

WHAT ARE THE RESULTS?

It is well known that the characteristics of urban populations require specific communication approaches in accordance with the nature of their social and cultural environment. As such, the media is an essential tool in educating and informing people. Journalists in particular are the voice that these people are often lacking, as they create bridges between citizens and formal institutions.

This award has allowed for greater proximity with the community in consolidating one of the values of the Healthy Cities Project, which is precisely empowerment of the population.

The journalism award is currently in its 4th edition. To date, the following journalism works have been recognised:

“A Death Foreseen”, “Environmental Risks in an Interior Environment”, “We Here”.

The following honourable mentions were also awarded for the following works: “Oeiras: Ecological Rat Poisons in the Municipal Garden” and “Porto: Dioxin Capital”.

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Project summary chart



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