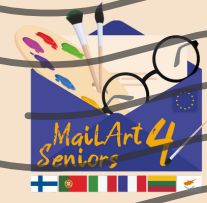


DECEMBER 2022



MAIL ART 4 SENIORS

FIGHTING LONELINESS

According to WHO (2020) COVID-19 is changing older people's daily routines, the care, and support they receive, their ability to stay socially connected, as well as how they are perceived.



1ST PARTNER MEETING IN SIAULIAI

Older people, who are considered to be at highest risk for severe illness from COVID-19, are being challenged by the COVID19 restrictions forcing them to spend more time at home in isolation, minimising their contact with other family members, friends, and colleagues, and temporary terminating employment and other activities; all leading to increased anxiety and fear of illness and death – their own and others.

Eurostat data suggests that 19.2% of people in Europe are now considered elder individuals. That is 1 in 5! It is important that we create opportunities for seniors during the pandemic to cope with loneliness and isolation that negatively affect their everyday lives and their physical and mental wellbeing.



2ND PARTNER MEETING IN TAMPERE

OUR CONTRIBUTION TO REDUCING LONELINESS AND ISOLATION - THE DEVELOPMENT OF A NEW TRAINING PROGRAMME

MailArt4Seniors aims to create an innovative educational package that will give seniors the tools they need to fight isolation and ensure their personal well-being, maintain their social life and enjoy a quality daily living in the COVID-19 era. The tools will be set out as effective support for adult education trainers to plan, implement, monitor, and evaluate their training strategies in addressing the challenges seniors face in their daily life though the means of art.

A COLLECTION OF MAIL ART BEST PRACTICES

A booklet for adult educators and learners, exploring how mail art works across different cultural circumstances and containing the history and development of Mail Art movement in 6 European countries. It also introduces us to local artists and short videos of their mail artwork process.

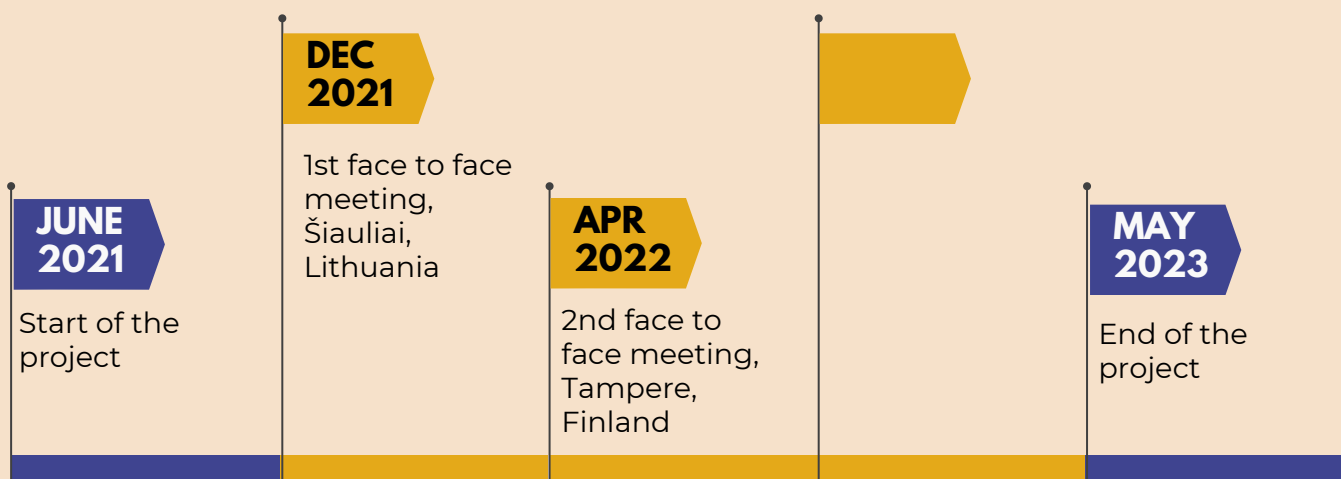
A HOW-TO GUIDE FOR MAIL ART

6 training modules offering different approaches to mail art workshops for seniors, containing the suggestions of activities, explaining the benefits and providing the structure for the workshops

E-LEARNING PORTAL

A valuable educational resource to engage distance learners in the training process.

MAIL ART FOR SENIORS TIMELINE



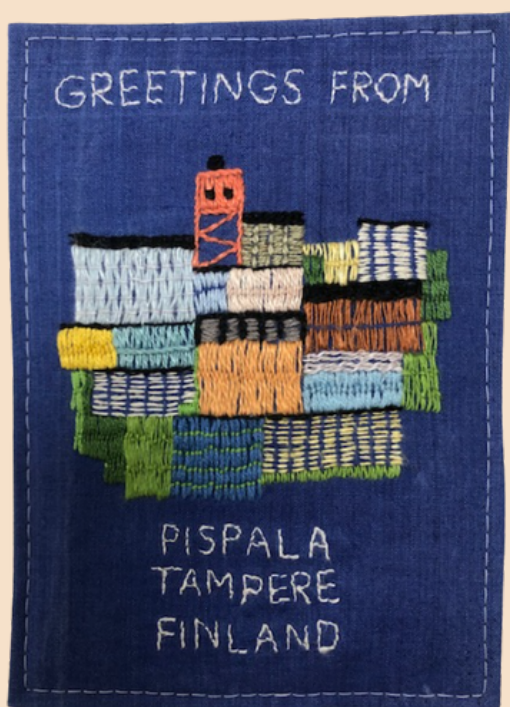
MEETING IN ŠIAULIAI, LITHUANIA

The first partner meeting took place in Siauliai, Lithuania 6 months after the start of the project. Unfortunately, affected by the ongoing pandemic, not all partners were able to participate face to face, however, lockdowns have taught us to adapt, and we had a productive blended meeting. The meeting allowed us to present the future plans for the project, discuss the work that was achieved since the start, and to plan the results of our project.

MEETING IN TAMPERE, FINLAND

The 2nd meeting in Tampere, Finland was organized in the Postal museum. The venue organised for the meeting was perfect. The goal of this meeting was for the general discussion on the project progress, management, a short summary of up-to-date implemented activities, and various financial aspects of the project. We had discussed the results of valorization in previous months and any difficulties faced, trying to find the best solutions to overcome the difficulties. Live meetings are a great opportunity for the whole team to plan and oversee the progress of the project. We had also arranged the dates for the Learning, Teaching and Training Activities, list of participants, and planned the filming of the videos for the first result.

The second meeting corresponded with the Finnish Veteran Day and we had organised an Open Mail Art for seniors workshop at the Finnish Postal Museums. For the last day of the meeting, the Finnish partner had organised an opening of an exhibition "mail-art er-designed". The event was very successful and was attended by Lithuanian Ambassador Mr. Giedrius Kazakevičius, Postal Museum Director Suvi Jalli, Head of the Culture and Education in Tampere City Lauri Savisaari.



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