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Ensel-Network



CONFERENCE OF INGOS
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Project “Promotion of health and well-being in Cava de’ Tirreni” 4th edition

**Dirigente Dott. Romeo Nesi
Dott.ssa Antonella Masullo**



Città di
Cava de' Tirreni



Project “Promotion of health and well-being in Cava de’ Tirreni” 4th edition

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The project was created with the aim of implementing actions/activities both on the topic of prevention and promotion of the health of the population. Education in compatible lifestyles starting with children, passing through the adult phase and reaching the elderly and vulnerable people in general. The primary objective is to intervene on indirect risk factors for the well-being of the city population, such as poverty, lack of social cohesion, living and working conditions, culture, disability, with a **screening** aimed at the quality of life of the citizens of the territory. It is **essential to spread the right indications** regarding also the topic of nutrition, physical activity, no smoking and alcohol abuse, basic rules for preventing serious and chronic diseases.

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Certainly, the care of one's body must also correspond to the care of one's psyche: the search for psychophysical balance is the basis of a vigorous state of health. Precisely for this reason, psychological support can similarly be used for unstable family situations and for all those who need to distance themselves from addiction to alcohol and/or drugs; it is also essential to educate about respect for others.



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The protection of the psychological status is of vital importance because the last three years have been characterized by historical events that have weakened consciences: the CoVid-19 pandemic and the worsening of the crisis between Russia and Ukraine, with a scenario close to a conflict worldwide, combined with conspiracy theories, have harmed individuals and have left consequences that are still visible today

That being said, this year, the Municipal Administration wants to raise awareness among citizens on the theme of: **"FAMILY AND COMMUNITY: PRIVILEGED PLACES FOR PREVENTION"**.



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The project actions/activities will be organized and coordinated with the participating partners, such as: Third Sector bodies, schools, ASL (local health authorities) ds63, freelancers, private companies, but above all it will involve many sectors of the Administration. The project, born in 2017 as an experimental project, has now reached its fourth edition; for six years it has been promoting positive actions in the area, such as screening for various pathologies and the dissemination of information.

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The organization of this fourth edition includes more events in the area:
n. 4 CONFERENCES PERIOD FEBRUARY-MAY 2024:

- 1) Conference on the theme of Disability
- 2) Conference on the theme of Fertility
- 3) Conference on the topic of alcohol abuse
- 4) Conference on the theme of the Family

Moving spaces will be set up in the city squares, with the active participation of sector experts.

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The objectives are set out below:

- deal with topics outside the strictly family context;
- highlight the institutional aspects, the international dimension;
- address multiple interlocutors: opinion leaders, scientific societies, institutional representatives;
- operate in the territory, with local media activities, to enhance both the individual Research Institutes and the Local Health Institutions, create a communication style of Territorial Alliance, coordinating all the initiatives, enhance and strengthen the projects already active, planning the communication initiatives of every single territory;
- maintain One-to-One relationships with journalists by establishing frequent and constant interaction with them over time in relation to the Alleanza Territoriale brand;
- need to strengthen the role of peer education with integration and interaction actions between school and informal contexts;
- valorization of the role of young people in initiatives aimed at them through the active involvement of school youth councils, local youth associations and organizations that actively deal with adolescents;
- need to strengthen and improve relationships and interactions between school and local listening desks, educational interventions/opportunities to encourage the involvement of young people and problem families;
- need to differentiate interventions with respect to the target and the context, providing for integrated collaboration in the planning phases.
- Implementation and monitoring of actions carried out with the support of young people;
- need to provide specific interventions for young people who do not attend school and students/workers aged 14 to 25 who, generally, are not recipients of interventions that require their active involvement.



Thank you for listening!

We thank the Social Services intern, Anna Oreste, for collaborating on the realization of this project

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