

Good practices in HEPA

NAME OF THE ACTIVITY

School of Health

LEADING ORGANISATION

School of Health Association

COUNTRY

 Slovenia

HEPA-RELATED TOPIC

HEPA for active ageing including falls prevention, HEPA for NCD prevention, HEPA for mental health and wellbeing, socially disadvantaged groups' access to HEPA

TYPE OF ACTIVITY

Training, education

TARGET GROUP

Adults and the elderly

OBJECTIVES

The mission of the School of Health Association is to contribute to a healthy society by promoting regular exercise, good health for a long and independent life, increasing the active population, restoring the will to live among the lonely and elderly, strengthening the psychophysical condition of the elderly, preventing chronic diseases and contributing to reducing the risk of developing depression and anxiety disorders. Its initiatives have been recognised by the Slovenian Ministry of Health, which has supported the association since 2015.

ACTIVITIES

The School of Health Association is an NGO that brings people together with the aim of carrying out morning outdoor exercise in all seasons. Through its regular sessions of "1000 movements", it strengthens the body and spirit, expands circles of acquaintances, helps people make new friends and get involved in local events through the association. The association takes care of the physical and mental health of the individual as well as encouraging socialising, which is an important factor in maintaining quality of life. At the same time, it strives for cross-border cooperation and new groups are already being established on the border with Croatia, Italy and Austria.



RESULTS / EVALUATION

The School of Health Association currently has 246 groups operating in 91 municipalities in all Slovenian regions. It currently has 4756 members. With the support of public funds obtained through tenders, our group, in addition to qualified volunteers, is also led by professional staff.

TIPS & TRICKS

Personal contact is the most important aspect, especially for the elderly. The trainer must be liked by the target group and have good social skills. The trainer, as a leader, attracts or repels participants, there is no middle ground. This also involves reaching out to people in the community to recruit them for the activities. The main reason for many of the participants who go to the training is "that someone personally brought them or spoke to them". Ensure visibility by sharing information about activities with local media. Consider also branding your activities by designing t-shirts and jerseys for your participants. Aim for a gender balance among the groups, and when you don't know what or how to do something, ask them for their opinion.

WEBSITE

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