



Newsletter - January 2021

Message from the President

First of all, I wish you a happy, successful and healthy New Year 2021.

I suppose that in general, the year of 2020 will remain in our memories as one of the most demanding for persons and organisations in decades. The Corona virus came into our lives unexpectedly. It pushed us towards change and made it very clear that the mental health organisations play an important role in these difficult times supporting individuals and families. The Coronavirus has had huge effects on families of people affected by mental ill health.

EUFAMI is very keen to understand more carefully the effects of Coronavirus on its members' activities and on families. Therefore, it has conducted COVID-10 survey on support provided to family carers and activities offered by EUFAMI member organisations during these difficult times. If your organization has not yet responded to the online survey, I strongly encourage you to do so by using the link below. We will organize webinars to communicate the results with you in due course.

EUFAMI as an international organization encountered many cancelations of postponements for events during the last year and it was decided to organize the continuation of EUFAMI operations partly on voluntary basis by members of the Board of Directors. An Executive Director will commence to work for EUFAMI in the first quarter of the year.

The EUFAMI annual general meeting was successfully modified to be able to take place online in June 2020. We were very happy to be able to cover all the necessary and important topics and provide a series of workshops.

The Prospect Project was also able to successfully modify to the new circumstances and organize all activities online instead of having face-to-face meetings. I am happy to inform you that EUFAMI and its Prospect project partners will be able to launch its updated and excellent Prospect program in next few months. Hopefully, we are able to provide it in digital format too as we have all learned that supporting projects digitally plays a more and more important role.

There have also been occasions where EUFAMI has been able to speak on behalf of families affected by their loved ones mental health in year 2020. One example is representing the family members role and the value of caring research results on many occasions such as an online meeting with the Commissioner Health and Food Safety Stella Kyriakides.

I would like to take this as an opportunity to thank EUFAMI's long term administrator Rita Geerts for the great work she did for EUFAMI for so many years. We will miss you and we wish all the best for your new commitments.

I wish you the best for the 2021 and I believe it is important to say that we all together have a very important role to support family carers affected by their loved ones mental health all over the Europe, especially during these times of continued pandemic. Mental health organizations have always played very important role to support well-being of individuals and families, and even more so now.

Sincerely,
Miia Männikkö
President EUFAMI (2016-2021)

EUFAMI projects

- **Prospect Plus**

EUFAMI's project Prospect Plus will be finalized in 2021. The project has brought together EUFAMI members who are active in providing the **Prospect Family and Friends Training Programme** in their national countries. The project members have all contributed to the updating of this training programme.

The project did need to adapt to the new circumstances of the Covid-19 pandemic. All meetings have taken place online. In 2020 there was one online Kick Off event over 3 days and 11 online partner meetings. For all project partners, it has been a surprise and a positive experience how we have been able to get to know each other, share experiences and make project progress in the virtual environment.

Essentially, Prospect is a training programme best suited for face to face. However, the need to adapt to a virtual platform has shown us that Prospect is far more versatile and flexible than we would have ever imagined.

The project partners are also discussing the next stages of the updating process. This would be to update the Prospect Training Programmes for Health and Social Care Professionals, for People with Self Experience and the Prospect Common Ground Module.

- **Covid19 Survey**

The COVID-19 survey is to collect information on how the Coronavirus disease pandemic has influenced and changed the activities and support provided by EUFAMI members for family carers. It is also to understand how member associations have dealt with the new working situation.

The purpose is to collect the answers and share any lessons learnt with all EUFAMI members in the future.

If you have not yet completed the survey, please do so using the following link.

<https://www.surveymonkey.com/r/KFV3FS7>

- **The Economic Case**

SAVE THE DATE!

The first of a series of webinars will be organized to communicate the final results of Value of Caring project to EUFAMI member organization on 2nd February 2021 at 16:15-17:15 (CET).

The research was conducted together with London School of Economics/Health Policy and Health Economics and Associate Professor David McDaid will be presenting the results in the webinar.

Please register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwkcuCvpzsqGtQ7gc6VCFvgtMDIHa89cnFD>

Membership Projects

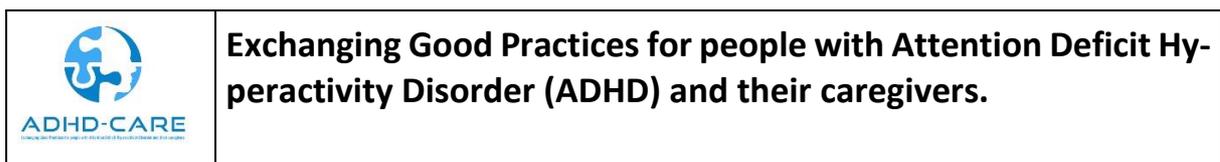
- **Greek Carers Network EPIONI**



The Erasmus+ Learn4Carers, for the support of informal caregiver, comes to an end.

The [Greek Carers Network EPIONI](#) in collaboration with the Panhellenic Association for Psychosocial Rehabilitation and Vocational Rehabilitation (PEPSAEE), Eurocarers, Care Alliance Ireland and La Compagnie des Aidants, has developed a good practice guide for supporting informal carers.

The guide is available at www.learn4carers.eu, in [Greek](#), [English](#) and [French](#). This marks the completion of the Erasmus + KA2 learn4carers project.



The main mission of the Erasmus+ KA2 "ADHD-CARE" project is to offer knowledge for the psychoeducation for people with ADHD and highlight the importance of increasing the support to carers of people with ADHD with the ultimate goal of improving the lives of adult Europeans living with a brain disorder, such as ADHD. We aim to facilitate also the exchange of good practices on successful ADHD Campaigns in Belgium, Cyprus, Greece, Serbia, Turkey and beyond.

The leading partner, "Serian Brain Council" will emphasize that the collaboration on education about ADHD is important not only between EU Member states (Belgium, Cyprus and Greece) but also by including emerging Associated countries and regions such as Serbia and Turkey. Our EUFAMI member from Greece EPIONI (www.epioni.gr) is a partner in this project.

For more information please visit: www.adhdcare.eu

**All members are welcome to contribute news items for the next newsletter!
If you wish to do this, please emails your contribution to:**

projects@eufami.org