

International Forum against Loneliness

STRATEGIES & SOLUTIONS FOR YOUNG PEOPLE'S HEALTH

WELCOME



KORALE 2024-28

Date:

Tuesday, December 3rd, 2024

Time:

9:00 AM - 3:30 PM

Location:

Wiener Rathaus /
City Hall,
Wappensaal,
Lichtenfelsgasse 2,
1010 Vienna



social city
WIEN



PLATFORM AGAINST
LONELINESS

Interreg
Europe



Co-funded by
the European Union

KORALE



WIENER PROGRAMM
FÜR FRAUENGESUNDHEIT



Stadt
Wien

Strategische
Gesundheitsversorgung



Bundesministerium
Soziales, Gesundheit, Pflege
und Konsumentenschutz

Moderation: Johannes Gorbach



GET THE PROGRAM



WELCOME

Christan Deutsch | Member of Federal State Parliament

Ao. Univ.-Prof.in Dr.in **Karin Gutiérrez-Lobos** | Specialist in Psychiatry and Neurology & Initiator of Platform against Loneliness in Austria

Mag. **Richard Gauss** | SR, Head of the Social Affairs, Health and Sport Division, Head of the Strategic Healthcare Department of the City of Vienna, Managing Director of the Vienna Health Fund

Emil Diaconu | CEO Social City Vienna

TALK: Platform against Loneliness in Austria

Raising Awareness & Prevention of Loneliness in Young People

Katrin Weber (Project Manager) &
Karin Gutiérrez-Lobos
(Project Initiator, Specialist in Psychiatry and Neurology)

PRESENTATIONS:

International initiatives

HUSRUM | Central Region Denmark/Denmark

OverKophius | Aalst/Belgium

A Avó veio Trabalhar (Grandma came to work) | Lisbon/Portugal

Pelo Direito ao Vento nos Cabelos (For the right to the wind in your hair) | Lisbon/Portugal

Strategy to face Loneliness: HARIAK | Gipuzkoa/Basque Country

PRESENTATIONS:

International initiatives

HUSRUM | Central Region Denmark/Denmark

Lise Arnth & Marie Nygaard

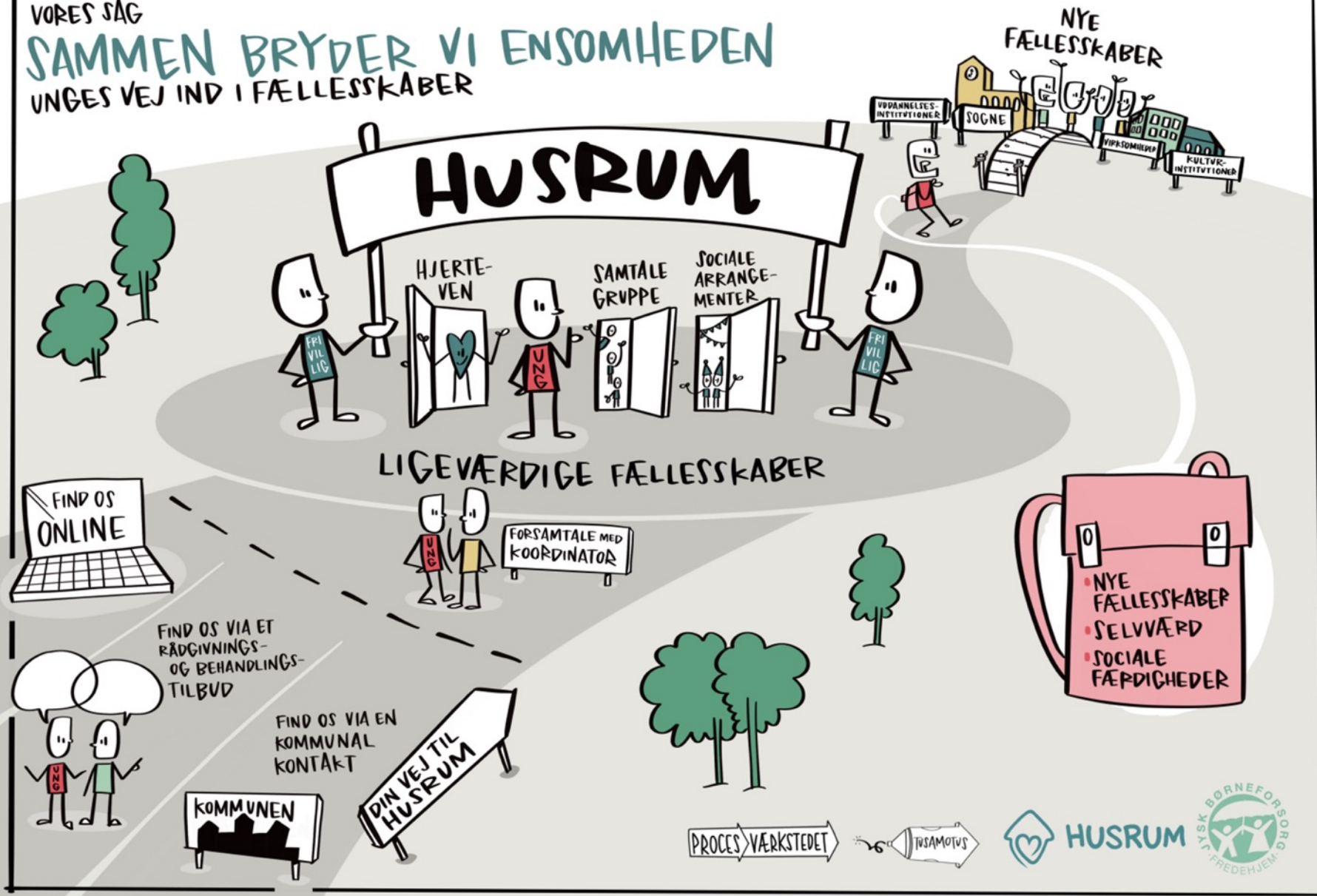


HUSRUM

Denmark



VORES SAG
SAMMEN BRYDER VI ENSOMHEDEN
UNGES VEJ IND I FÆLLESSKABER



+600

young people

16-30

age

125

volunteers

7

cities

PARTICIPANTS

71% have one or more psychiatric diagnosis

40% have had suicidal thoughts

32% are not in employment or education

“I just want to meet other young people who can accept that I’m not very good at being social. I need to practice.”





“The absolute strength of HUSRUM lies in the fact that it is a collaboration between Jysk Børneforsorg, the local folk church, and the municipality. Together, we can achieve something that none of us could accomplish alone.”

-Ingelise Knudsen Strandgaard,
Dean at Randers Nordre Provsti

THANK YOU



Marie Nyegaard
kontakt@husrum.dk
+45 40543378



@Husrum Danmark

PRESENTATIONS:

International initiatives

OverKophius | Aalst/Belgium

Therese de Bodt & Yana De Saedeleer

**OVER
TOP**



Mental Health & Wellbeing of Young People in Flanders

What does 'OverKop' mean?



What is OverKop? What are OverKop-houses?

- **OverKop-houses**

- = safe spaces, safe places for young people (12 – 25 years old)

- = place to meet each other, to have fun, to chill, ... (-> social cohesion)

- = a place where you can find a listening ear, support in a broad sense - focus on mental wellbeing

- = 'presence' -> caring, empathy and connection: qualities required to connect and build trust

- = low threshold, accessible (free, anonymous, no labelling, no obligations, ...)

- = for everyone - special attention for vulnerable young people / disadvantaged backgrounds



What is OverKop? What are OverKop-houses?

- **3 principles**

- Individual conversations with a staff member
- Free activities organized with, by, and for the youth. These are based on two principles: a focus on leisure time and a focus on mental well-being.
- Open house: Several times a week, our doors are open, allowing young people to drop in easily.



What is OverKop? What are OverKop-houses?

- **OverKop-houses**

- = participation, 'ownership' by youngsters – 'taking it in their own hands'

- = peer-to-peer support, tools -> care for yourself, care for each other

- = 'mental health is for everyone' - public mental health approach

- = positive identity development, improving resilience

- = destigmatisation, normalising mental health issues, 'it's okay not to be okay'

- = prevention and early intervention -> identifying and/or treating risk factors for, or early symptoms of, emotional and behavioral disturbance that may lead to mental illness in childhood or adolescence



What is OverKop? What are OverKop-houses?

OverKop-networks

= **integrated collaboration by organisations in different policy fields/different expertises on a (supra)local level**

- Youth work organisations (variety of out-of-school activities for the promotion of leisure, sports, culture and creativity)
- Welfare organisations (General Welfare Centres)
- Mental health care organisations (Mental Health Care centres, Psychiatry, primary care psychologists, ...)
- Education (schools, Student Guidance Centres, ...)
- 1 Family, 1 Plan (youth care organisations, ...)
- Local Government



61 OverKop-houses



Why does the government invest in OverKop-houses?

- In 2024, the Flemish government is investing a total of €1.8 million to expand the OverKop-huizen initiative, which provides youth-friendly spaces for mental health support and social activities. The funding is allocated based on the location of the OverKop-houses within specific zones, with each receiving €50,000 to €100,000 depending on their needs and circumstances (There are 60 zones).



Why does the government invest in OverKop-houses?

- General need of attention for mental health issues among young people - importance of prevention and early intervention
- “75% of the major psychopathology begins before the age of 18 years” (Kessler e.a. 2005, Arch. Gen. Psychiatry; Auerbach e.a. 2018, J. Abn. Psychol).



Why does the government invest in OverKop-houses?

COVID-19 pandemic -> rise in mental health problems, particularly among youth population

- Increased demand for hospitalisation in child and adolescent psychiatry
- Young people more likely to report symptoms of **depression or anxiety**, higher levels of **loneliness** reported
- Closures of **educational institutions at all levels have contributed to weakening of protective factors**









overkoppeer
Aagnetencollege Peer



Gefällt **overkopplommel** und weiteren Personen

overkoppeer Onze eerste promodag op het @agnetencollegepeer is een feit, in samenwe... mehr

16. September · Übersetzung anzeigen

overkoppeer





OVER ZOP

Overkopberingen
Overkop Beringen

Questions? Suggestions?

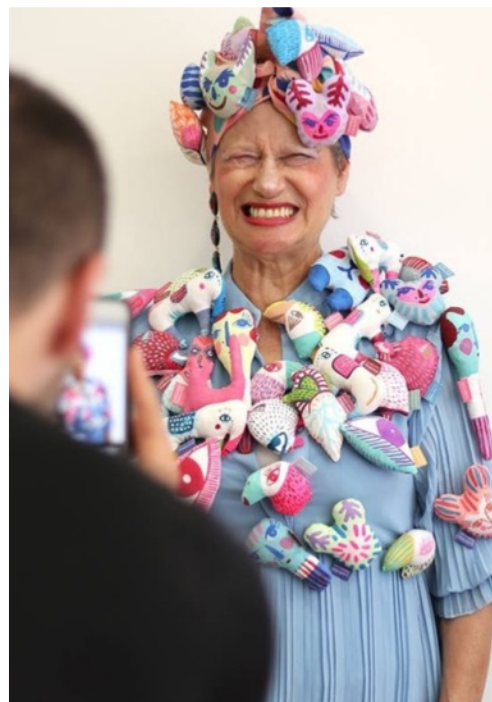


PRESENTATIONS:

International initiatives

A Avó veio Trabalhar (Grandma came to work)
| Lisbon/Portugal

Susana António



2014

12 elders

2 times week
workshops

2024

+180 elders (more 5 different nationalities)

3 creative hubs spaces
(Lisbon, Cascais, Azores)

Lisbon Creative Hub
Sustainable business model

Cascais and Azores (Municipality partners)

More than +500 clients

Informal Casting Agency for 60+

Part of Social Innovation Initiative Good Practices

Award Best Idea of the Year Time Out 2015

Part of 50 World Future Makers Time Out 2021

An active 60+ community that represents
positive aging

(conferences, intergenerational workshops,
community events, International creative and
design events, creative residencies)



3. First 2 good practices



1.

Using **CREATIVITY** and **sense of purpose** to tackle loneliness and social isolation of elders

2.

A model focused on **freedom** and **individuality** of each elder and what he needs to unravel his full potential and a **future plan for his life**

Thank you!



www.interregeurope.eu/KORALE

Obrigado
Danke
Bedankt
Tak
Gracias
Eskerrik asko

PRESENTATIONS:

International initiatives

Pelo Direito ao Vento nos Cabelos (For the right to the wind in your hair) | Lisbon/Portugal

Margarida Quinhones



MARGARIDA QUINHONES
EXECUTIVE DIRECTOR

december, 2024



Loneliness and ageing in Portugal



1st

JAPAN



2nd

ITALY



3rd

GREECE



4th

FINLAND



5st

PORTUGAL



Loneliness and ageing in Portugal



1º

JAPÃO



2º

ITÁLIA



3º

GRÉCIA



4º

FILÂNDIA



5th

PORTUGAL

Portugal is the 5th oldest country in the world (OECD) and almost 1/5 million people over 65 + live alone in Portugal.

(Senior Census operation, 2021)



CONTEXT



Aging Index in Portugal *

3rd oldest country in Europe

25% of the population over 65 years old



Senior people living alone **

The number of people living alone in Portugal reached the highest value ever: **1/5 million**



Lack of social responses to support seniors in the community



Society little aware for aging issue

* Pordata

**Census 2021



CYCLING WITHOUT AGE

2012
in Copenhagen

+50
countries

More
35 mil
volunteers

More
1/5
million
beneficiaries





WHAT?

Non-profit movement, comprised of volunteers (pilots) dedicated to supporting seniors and/or people with mobility challenges in their communities.



MAIN GOAL?

Tackling unwanted **loneliness and social isolation.**



HOW?

Regular 45-60 minute rides on adapted bicycles (**trishaws**).



THE PILARS

CYCLING WITHOUT AGE



Pedalar Sem Idade integrates 4 SDGs into its mission, which it converts into 5 fundamental pillars of action.



Generosity



Slowness



Storytelling



Relationships



Without Age

WE CHANGE LIVES ACROSS THE GLOBE

FOR THE RIGHT TO FEELING THE WIND IN YOUR HAIR
AND THE RIGHT TO BELONG

More than **3 million** trishaw rides, close to
1/5 million passengers across the globe.

For the **right of feeling the wind in your hair** is the motto
of this movement that seeks to overcome the hurdles of
social isolation and unwanted loneliness.

On board a trishaw, people can experience their city's
neighbourhood life once more, listen to life stories and
create new relationships.



PEDALAR SEM IDADE

PORTUGUESE CHAPTER

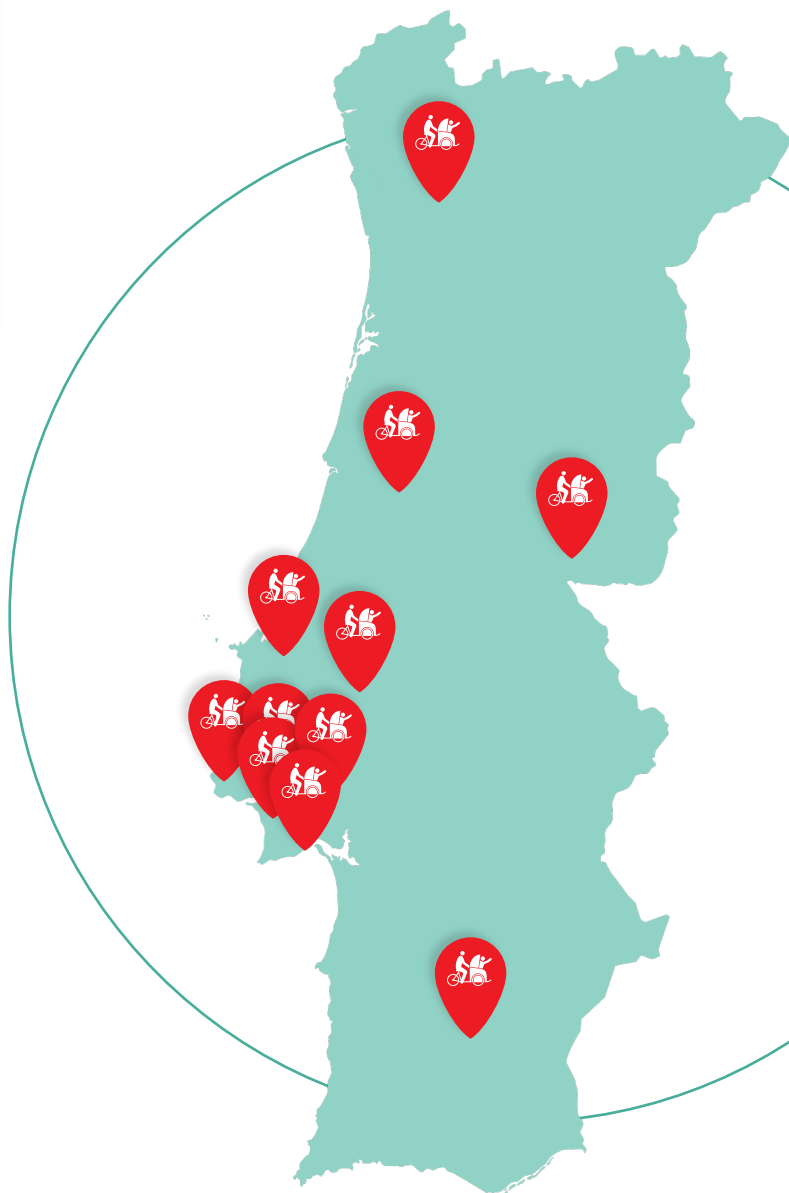


In Lisbon since
2018

PSI Portugal since
2021

present in:

Almada
Cascais
Castelo Branco
Castro Verde
Coimbra
Guimarães
Lisboa
Mafra
Sintra
Torres Vedras
Vila Franca de Xira



18
TRISHAWS

350
volunteers

1784
rides per year
(2023 data)

72
Partner institutions
(assisted living facilities, adult day care centres, home support associations, etc.)

IMPACT



By taking the rides, we **reduce loneliness and unwanted social isolation, and their negative effects**, namely the incidence of mental health and physical health problems.



It promotes the opportunity to **meet new people and interact with members of your community**. Trishaw rides allow these people to **stay active and healthy, contributing to improved well-being**.

THE MOVEMENT IN PORTUGAL



Enable seniors, or people with reduced mobility, to live their neighbourhoods once again.



Improve their lives by making them feel valued and integrated.



Promote social inclusion, citizenship and the development of solidarity bonds between people, institutions and companies.



Volunteering opportunity with an immediate return, leading to a healthy life style and friendly relationships.





Who would have thought that at 80 years old, I'd ride a bike for the first time?

THANK YOU



Margarida Guedes de Quinhones

Executive Director

margarida@pedalarsemidadeportugal.pt

www.pedalarsemidadeportugal.pt

PRESENTATIONS:

International initiatives

Strategy to face Loneliness: HARIAK |
Gipuzkoa/Basque Country

Rakel San Sebastian

ADIN BERRI

ESTRATEGIA PARA
EL ENVEJECIMIENTO
SALUDABLE



GIPUZKOA
ETORKIZUNA ORAIN
Es futuro

ADIN
BERRI |  Hariak

THE GIPUZKOA STRATEGY AGAINST LONELINESS



Hariak

A journey from loneliness to
relationships and community

Why? The challenge of loneliness

5,5 % of Gipuzcoans over **55** years say they
often feel alone (delaree loneliness)

29,5 %

(indirect or private)

--- Negative impact on people's well-being, **health** and life
quality . Those in solitude have a higher prevalence of certain
diseases:

Depression : **39,3 %** / 6,9 %

Chronic anxiety: **37,8 %** / 7 %

Loneliness costs a total of **EUR 14 million,**

1,17 % of GPD

- "Loneliness research. " Matia Institute.

Adinberri Grant Program (2019)

- "The cost of unwanted loneliness in Spain".

State Observatory on Unwanted Loneliness

(2023)

- The key to a **healthy old age** is **SOCIAL RELATIONS:**
promoting physical, cognitive, emotional and longevity
health.

- The most important factor of **happiness** is
RELATIONSHIPS, GOOD/SIGNIFICANT relationships.

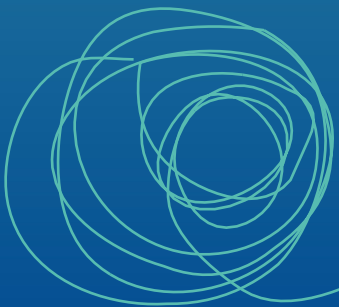
- The **LIFE** of people in solitude **IS LESS HOPE.**

- Longitudinal research at Harvard University (from 1938)
to study happiness. The current director of the
investigation, Robert Waldinger.

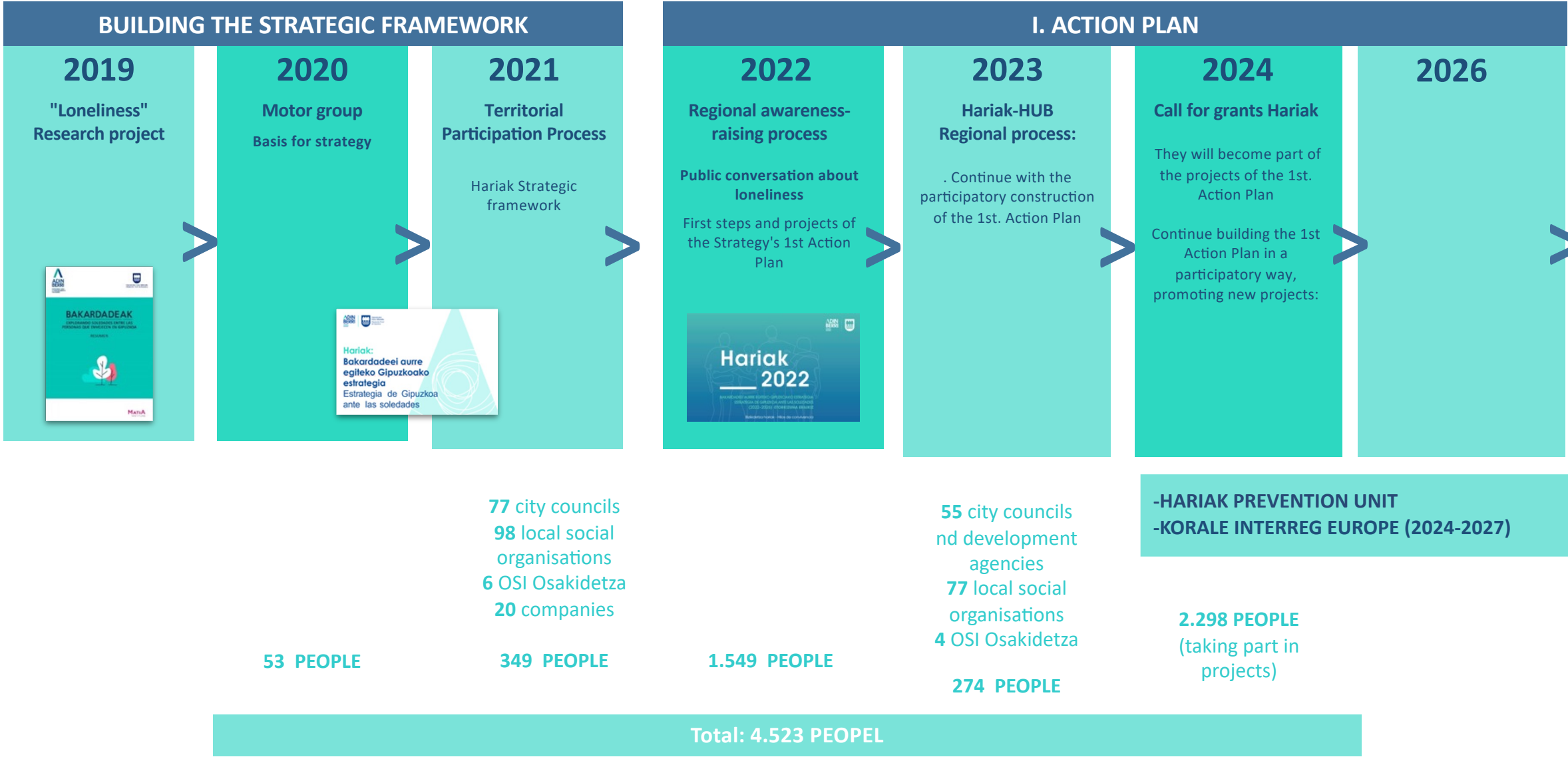


Hariak

The Gipuzkoa strategy against loneliness



Coexistence threads



1st. Action Plan (2022-2026)

Levels of prevention and types of action in the face of loneliness



Technical assistance

Financial support

Call for grants
ADINBERRI HARIAK. 800.000 €



PRIMARY OR UNIVERSAL PREVENTION relational inclusion situations	1. Actions to structure or transform the physical space that people inhabit, travel through and use (housing and urban planning).	
	2. Communication, awareness-raising or mobilisation actions that change people's values, beliefs, attitudes, ideas and behaviours.	
	3. Actions to provide leisure activities	
	4. Actions to promote volunteering and associations	
SECONDARY OR SELECTIVE PREVENTION Situations of risk of loneliness	5. Actions aimed at generating dynamics of community coexistence and collaboration.	
	6. Actions to revitalise neighbourhood communities (in gates, estates or similar).	
	7. Accompanying actions for the planning of the life project, transitions and people's future.	
	8. Actions to prevent and bridge the digital divide and to promote and facilitate the use of technologies for communication, relationships and social networks.	
TERTIARY OR INDICATED PREVENTION Loneliness situations	9. Upgrades to promote, facilitate or support cohabitation (preferably intergenerational) in the same dwelling or housing solution between different people.	
	10. Actions to promote the de-institutionalisation of people using residential services and the implementation of person-centred services in these centres.	
	11. Actions for the development of skills and relationships for the prevention or individual approach to one's own loneliness situation of loneliness.	
	12. Companionship actions that compensate, alleviate or mitigate people's loneliness situations.	



City Councils, Development Agencies, Associations of Municipalities, Third Social Sector Entities, Osakidetza.
Third Sector Agents, companies, Vocational Training, University, Clusters, Research Centres.

Strategic Areas

Network and governance	Public dialogue
<p>Establishment of local or regional forums, tables and other dialogue spaces to promote coordination and joint work at the territorial and municipal levels</p>	<p>Develop intervention manuals, good practice guides and other outreach materials in the field of loneliness in general, depending on specific groups or specific situations of greater risk of loneliness.</p>
<p>Develop local or regional strategies against loneliness to establish common goals and priorities and enable the articulation of all actors</p>	<p>Design and develop training activities for professionals involved in the community environment to improve their ability to perceive and intervene in loneliness</p>
Innovation and expansion	Evaluation and knowledge
<p>Develop intergenerational programmes in the field of culture, leisure and recreation, health, education and social services, to increase links and relationships and reduce intergenerational distance</p>	<p>Include in the studies and diagnoses that are carried out items that measure the impact of loneliness by type (social, emotional, physical chronic), in order to go more deeply factors and situations related to different types of loneliness.</p>
<p>Develop and reinforce training workshops to enable people to change their social, emotional, self-management and behavioral skills for situations of risk of loneliness in the areas of health, education and social services.</p>	<p>Conducting studies on specific groups of people facing loneliness</p>

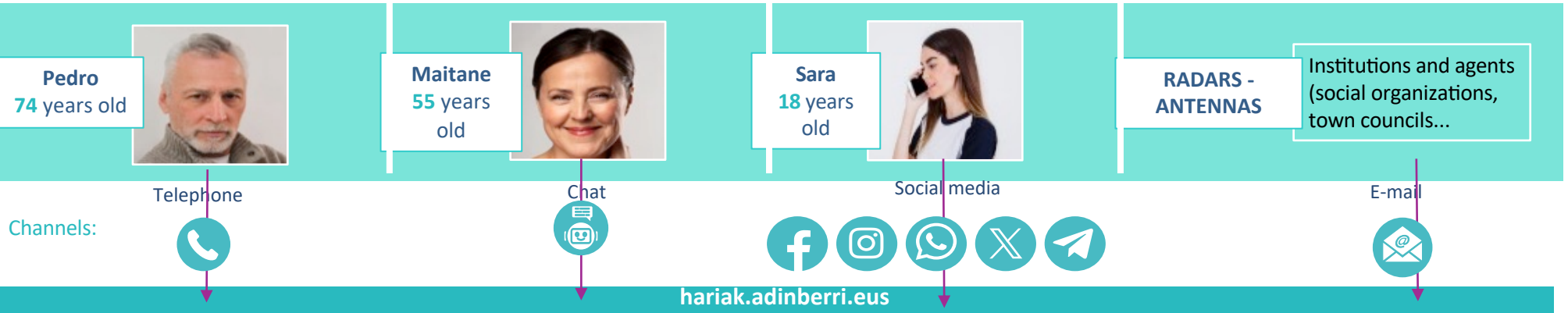
HARIAK Prevention Unit

Unit for the prevention and support of people in situations of unwanted loneliness

Tractor project:

People in a situation of involuntary loneliness who are **NOT** users of resources.

For whom:



How:

- Attention + Active listening
- Direct information (activities agenda, social organizations)
- Referral to resources (according to referral protocol)



- Reporting
- Connecting with other organizations...

Hº, case manager, traceability

Support:



Predictive Tele-Assistance

Innovative technological solutions and effective collection of user information.

Advanced Analytics tools, **Artificial Intelligence**, and **Big Data**

New risk prediction models

Integration into the BetiOn service portfolio

Loneliness

Service users identified as individuals at risk of loneliness

Service users not identified as individuals at risk of loneliness

Solutions based on language analysis

Self-administered questionnaires and tablet devices

1. Sometimes loneliness is chosen, other times it is not. Sometimes loneliness is chosen, other times it is not. I understand and respect it.

2. Support and empathy. Every person who is lonely matters to me. Loneliness also shows the moral health of our society.

3. Loneliness is an emotion. We all feel loneliness. I build my life project in awareness of it. I have tools to cope with it.

4. We need one other. I create, strengthen and care for relationships. We need each other. I choose interdependence over individualism.

5. We care for each other, we support each other. Family, community and care: essential to overcome loneliness.

6. I'm a neighbour, we are neighbours, we belong to the same community. We are part of a community. I promote social bonds of affection, recognition and belonging.

7. On a day-to-day basis, I foster relationships and ties. I facilitate relationships based on warmth and mutual support, on a daily basis.

8. I participate, I am a citizen and I show my commitment. We are part of the same community. I am committed and I participate.

9. I don't want anyone to be left behind. Dignity, ethics and humanity. Focal points of an inclusive society where we all belong.

10. I agree: I too weave threads of coexistence. Because life is an encounter with others, I agree to weave threads of coexistence in the face of loneliness.

ADIN BERRI

ESTRATEGIA PARA
EL ENVEJECIMIENTO
SALUDABLE



GIPUZKOA
ETORKIZUNA ORAIN
Es futuro

ADIN
BERRI  Hariak

THE GIPUZKOA STRATEGY AGAINST LONELINESS

Thank you very much!

Gipuzkoa, a territory of relations



NETWORKING MARKET

boJA BUNDESWEITES NETZWERK OFFENE
JUGENDARBEIT, Community Nursing Dornbirn,
gemeinSAMradln, gesundausderkrise, Hobby
Lobby, IRINA, joinfloat, ROOMING INN Living Lab,
Walk & Talk Wiener Hilfswerk, WIENXTRA
Jugendinfo & WienZimmer

Moderation: Wolfgang Renner

PRESENTATIONS:

Local initiatives

Impact Measurement & Prevention | Hobby Lobby

Neighborhood Initiative | WienZimmer

Mental Health Study & Participation | Youth Empowerment Participation (YEP)

Third Places | ROOMING INN Living Lab

PRESENTATIONS: Local initiatives

Impact Measurement & Prevention | Hobby Lobby

Raphaela Friedl



HOBBY LOBBY

IMPACT MEASUREMENT AND LONELINESS PREVENTION



“

I MADE MORE FRIENDS IN ONE DAY IN THE HOBBY LOBBY THAN I DID IN SCHOOL.

Anja, 12

HOBBY LOBBY

informal education activities



VISION

Our vision is a world, in which education takes place at any given time and place. Every child has equal opportunities to discover and realize his or her potential.



MISSION

Meaningful leisure time activities must not remain a privilege in our society. That is why we offer free and low-threshold leisure activities - with a focus on physical and mental health.





Our journey so far

108.769

childcare hours

8.547

participations

4.981

children

631

courses

351

volunteers

80

youth leaders

86

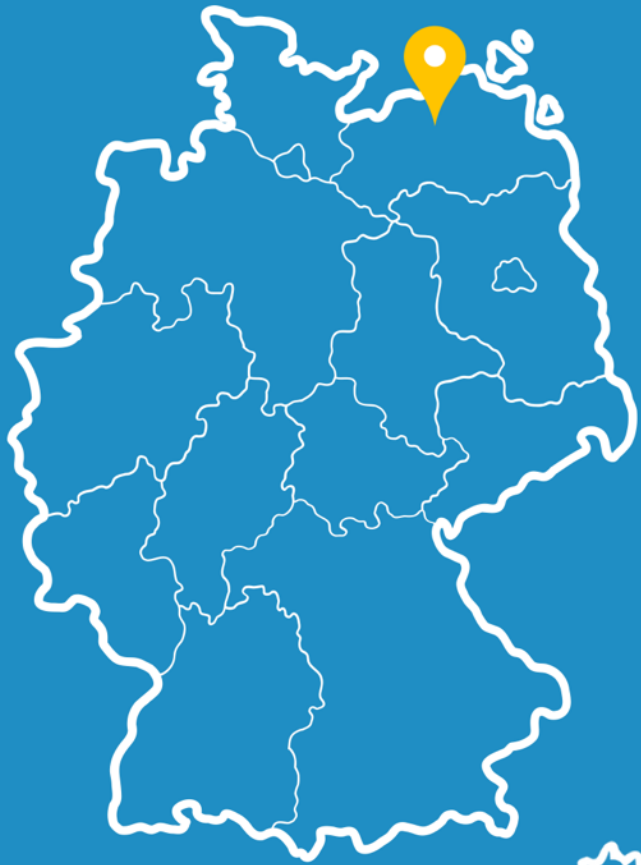
areas of interest

13

sites



Standorte



Deutschland: Rostock

Rumänien: Timișoara

11x Österreich: 5x Wien, Salzburg, Mödling,
Wr. Neustadt, Innsbruck, Graz, Linz



Our areas of impact

social
skills

leadership
skills

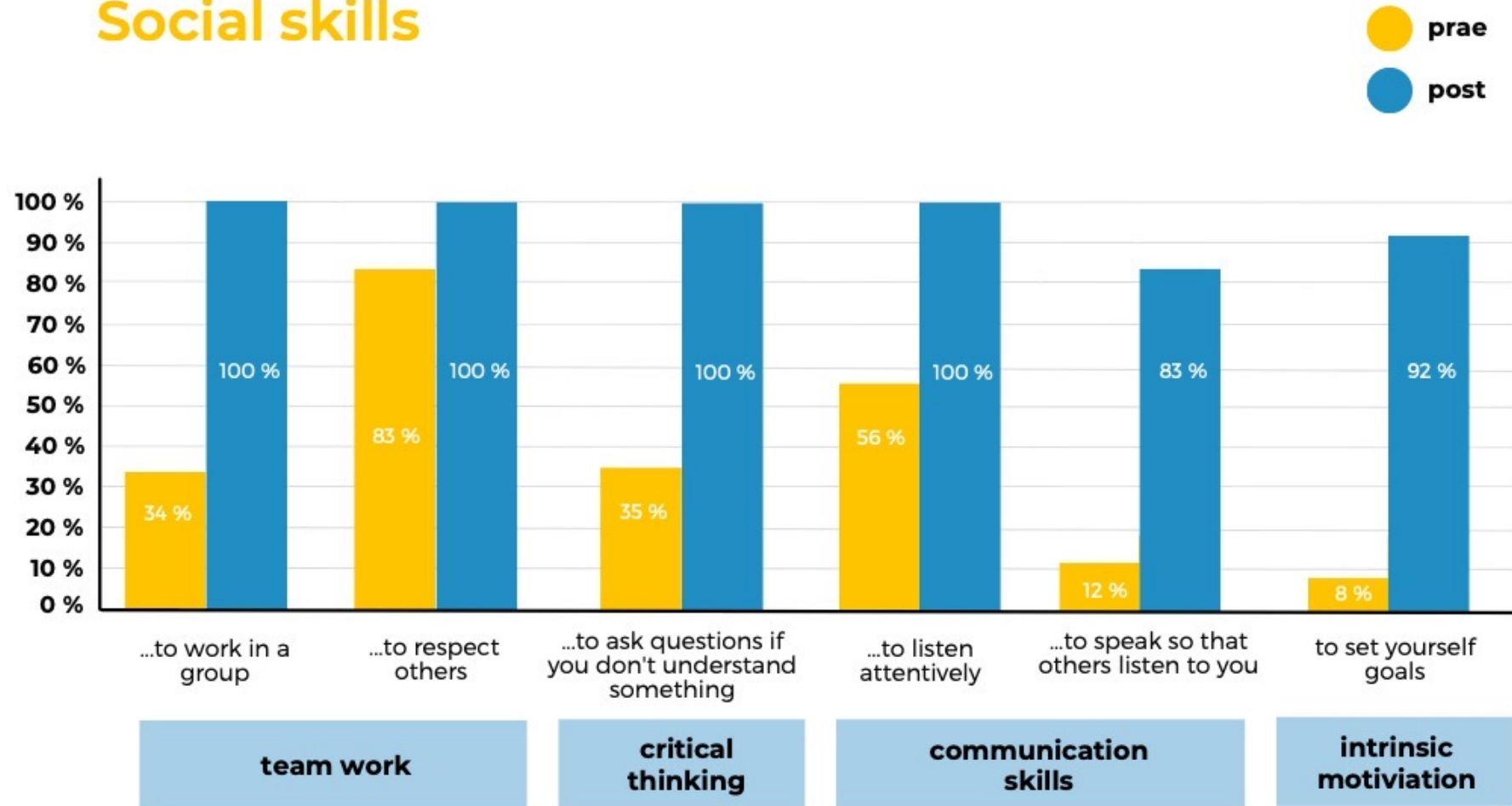
network
function

psychosocial
support

Proof of efficacy

- self-assessment of the participants
- observations and qualitative assessments of reference persons
- control groups
- long-term impact measurement
- SROI analysis with WU

Self-assessment of youth leaders Social skills



KEY RESULTS

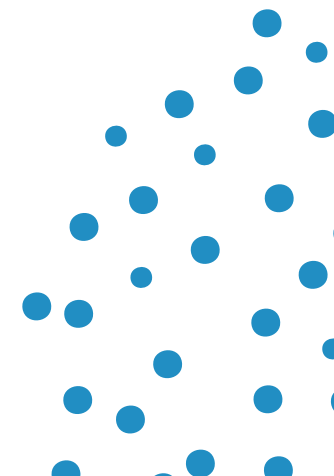
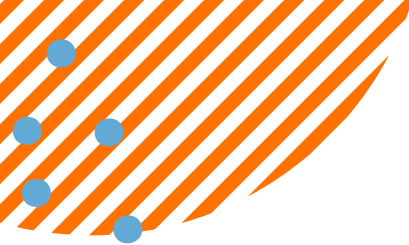
- Improvement in all competency areas
- **98%** have fun at Hobby Lobby
- **93%** of Youth Leaders and **73%** of participants made new friends
- **89%** of participants feel more satisfied since joining Hobby Lobby courses.
- **80%** understand their strengths better

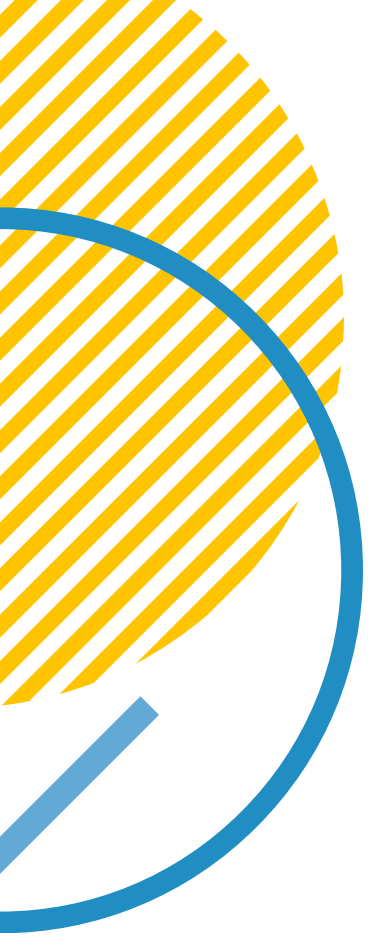
1 € = 21.27 €



**LET'S MAKE LONELINESS PREVENTION A CORNERSTONE OF
HOW WE SUPPORT THE NEXT GENERATION**

HOBBY
LOBBY





LET'S CONNECT



CONTACT PERSON //

Raphaela Friedl
+43 6601880817
raphaela.friedl@viennahobbylobby.com



FACEBOOK //

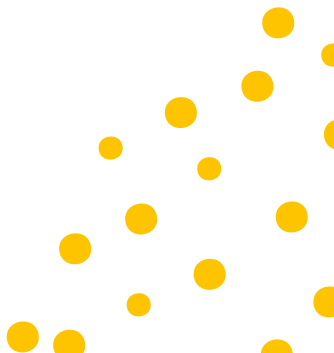
Hobby Lobby - Kein Bock auf Couch



INSTAGRAM //

hobbylobby.official

WWW.HOBBYLOBBY.CO.AT



PRESENTATIONS:

Local initiatives

Neighborhood Initiative | WienZimmer

Nikola Otto

WienZimmer Gartenstadt...

... a transgenerational Community Center and Social Hub
in Wien Floridsdorf, operated by Fonds Soziales Wien (FSW)

The idea of creating a Social Hub at a Social Hotspot in one of Vienna's outskirts



Fotocredit: Fonds Soziales Wien

The idea to create a new Social Hub, initiated by the Fonds Soziales Wien (the supporting organization of the city of Vienna, for all social agendas) first came up in 2015, when new approaches for community building were implemented into the cities strategy.

With this strategy the city of Vienna aimed to improve the life of the citizens, especially in their residential areas.

Diversity and Social Interaction

in a neighborhood full of contrasts



WienZimmer Gartenstadt is a pilot project for a new kind of social hub in the city of Vienna, aiming for easily accessible social support on a low threshold level, for all citizens within their direct neighborhood (Grätzl).

The community center aims to enforce diversity, acceptance and social interaction within the different groups, living in this residential area.

The Location: Karl-Seitz-Hof, 1210 Wien (Floridsdorf) in an almost 100 year old Social Residential Complex



Fotocredit: Manfred Seidel

WienZimmer Gartenstadt is located in the 21st district (Floridsdorf) in one of Vienna's historical Buildings for Social Housing, built between 1926 and 1931. It is a protected monument.

Today there are about 3.000 people living in 1.131 apartments in this block.

As the building has beautiful green courtyards, the area used to be called "Gartenstadt" (city of gardens).

Who was Karl Seitz?

Austrian Politician, Party Leader and Mayor of Vienna



Fotocredit: Ferdinand Schmutzer, 1925

Karl-Seitz was one of the most central personalities that formed the social democracy in Austria, as we know it today.

Thanks to him all newborns are - up to this day - provided with fresh clothes right after birth, children get lunch at school and women have equal rights as men and are allowed to vote.

Remodeling the Location

Monument protection meets modern standards



Fotocredit: Nikola Otto

The location was originally built as a celebration hall for the Housing block. It was then first used as a café, then for many decades as a dancing school but finally was vacant for almost 10 years, after the dancing school left.

Before the opening of the WienZimmer, the location had to be restored completely, dealing with all different kinds of preservation orders, because of its historic value.

Premises of the WienZimmer Gartenstadt

ballroom / shared living room, workroom, seminar room, terrace



WienZimmer now has an area of around 700 m², where we provide all different kinds of social services as well as room for our guests, social initiatives as well as a variety of different social cooperations.



We have a ballroom including a gallery (180 m²), a workspace (a seminar room (47 m²), a terrace (60 m²) and 2025 we will also have a community kitchen (45 m²).

The Social Services of Fonds Soziales Wien implemented at the WienZimmer Gartenstadt



Services by Fonds Soziales Wien that we include in our programm are:

- + general consultation (all social topics)
- + Community Nurses (health topics)
- + Debt counselling
- + financial education
- + “finance license” (for schoolkids)
- + assistance with housing issues
- + Peer- Counseling (homelessness)



Working with Cooperating Partners

to bring the best possible range of supply the city can offer to the district



Fotocredit: Nikola Otto

Our most important partners

Vienna Hobby Lobby
Rettet das Kind Österreich
zoom mobil (Kindermuseum/MQ)
Wiener Kinderfreunde Bezirk 21
Wohnpartner Gebiet 21
FEM - Frauengesundheitszentrum
Jugend am Werk
benachbarte Schulen & Kindergärten
Teach for Austria
Stadtkino
Klimateam
Social City
Diakonie - s'Plaudertischerl
Obdach Forum
Angewandte: Klasse für alle
so-wie-so!
Science Center Netzwerk
Pensionistenklub
Mieterbeiräte

What the WienZimmer Team offers

information, conversations, support, advice, social integration, network, help



Fotocredit: Nikola Otto

For our cooperations we provide room, hardware and support with logistics to reach and activate our communities. We are in constant exchange with the other social stakeholders in the neighborhood and aim to train multipliers, within our communities.

Self initiated projects by WienZimmer

- + Elterncafe (weekly café for parents)
- + help with homework
- + improving reading skills
- + support with learning German
- + different kinds of feasts and parties
- + sport (Fitness, Yoga)
- + dance events
- + community gardening / cooking

Activation and Participation

How we support our guests to put their own ideas into action



Fotocredit: Nikola Otto

We encourage our guests to conquer the space and make it theirs and provide help with realising and organising their own projects and social activities. We also provide certain activities that help us to get to know our community better, to build up trust and intimacy.

WienZimmer Gartenstadt is a Safe Space for all our visitors.

Preventive Work

with the younger generations / across generations



The main focus of WienZimmer is in preventive work. To inform and make sure the communities know all social support the city of Vienna provides. We also recognize problems and offer support, before things get critical. We raise awareness for all different kinds of social topics, help people to find different perspectives and support them so they can solve their problems and help others with their learnings.

**Thank you very much
for your attention!**

**Q&A: Feel free to ask me anything
about the WienZimmer Gartenstadt!**

PRESENTATIONS:

Local initiatives

Mental Health Study & Participation |
YEP Youth Empowerment Participation

Rebekka Dober



A Social Enterprise to empower the youth
and bridge generations through
impactful youth participation



**Young people grow
up in a world...**

**... amidst a climate /
economy crisis & war**

**... facing constant
instability and fear of
the future**

**... feeling powerless and
alone**



~~future?~~
powerlessness.

56%

of all youth in Austria
show symptoms of
depression

16%

regular suicidal
thoughts



Source: representative study of Donau-Uni Krems, 2021

85%

of children and young people feel
psychologically distressed

~~powerlessness~~

active participation

YEP YOUTH
EMPOWERMENT
PARTICIPATION



If it's about them don't do it without them!

Our Why

YEP YOUTH
EMPOWERMENT
PARTICIPATION

"If you don't have a seat at the table, you're probably on the menu."

Those who do not have a say are not taken into account. However, participation is often seen as a privilege. We believe that all young people should have the opportunity to make their voices heard and use their talents and potential. Inclusive opportunities for participation are keys to more equal opportunities.

Democracy & participation are processes that you can only be understood by experiencing them.

"I can make a difference!" Self-efficacy is crucial for the educational success of young people and a strong civil society. If you want active, responsible citizens, you have to start letting young people help shape things at an early age.

Young people are the future.

Young people are full of innovative ideas, and think outside the box. They are the society, the consumers, employees and voters of tomorrow.

We are creating
moments of self-efficacy.
Young people experience:
„My voice and actions
matter.“



350 impact-oriented participation processes

35.000

Young people in Austria

140

Workshops

120+

Young Changemakers worldwide

35.000+

Self-efficacy - moments

YEP YOUTH
EMPOWERMENT
PARTICIPATION

inclusive

authentic

**radically
participatory**

impact-orientated

MENTAL HEALTH

Der Jugend zuhören!

What we want to know

- What do young people in Austria and Germany **need to stay mentally strong?**
- What **changes** are necessary to help them feel heard and understood?
- How should **support services** be designed so that young people can truly benefit from them?

Our Goal

YEP YOUTH
EMPOWERMENT
PARTICIPATION

**Develop concrete solutions created by the
target group, for the target group**

Young people are the experts of their own reality.



**through the YEP Youth Report on Mental Health, their needs,
suggestions, and ideas are made visible.**

Guiding Questions

Knowledge and Perception of Mental Health

To what extent are young people informed about mental health, and what role do their sources of knowledge play?

Support Needs and Available Assistance

What support and assistance do young people need for mental health challenges, and how effective are existing resources in meeting their needs?

School Well-Being and Stressors

How do school-related stressors affect the well-being of young people, and how can schools reduce the psychological burden on students?



<https://ivlv.me/DmpGt>

MentAl
HEALTH



**Join us now and
help change the
system!**





Rebekka Dober
r.dober@yep-austria.org



<https://www.yep-austria.org/mental-health/>

PRESENTATIONS:

Local initiatives

Third Places | ROOMING INN Living Lab

Verena Huber

ROOMING INN

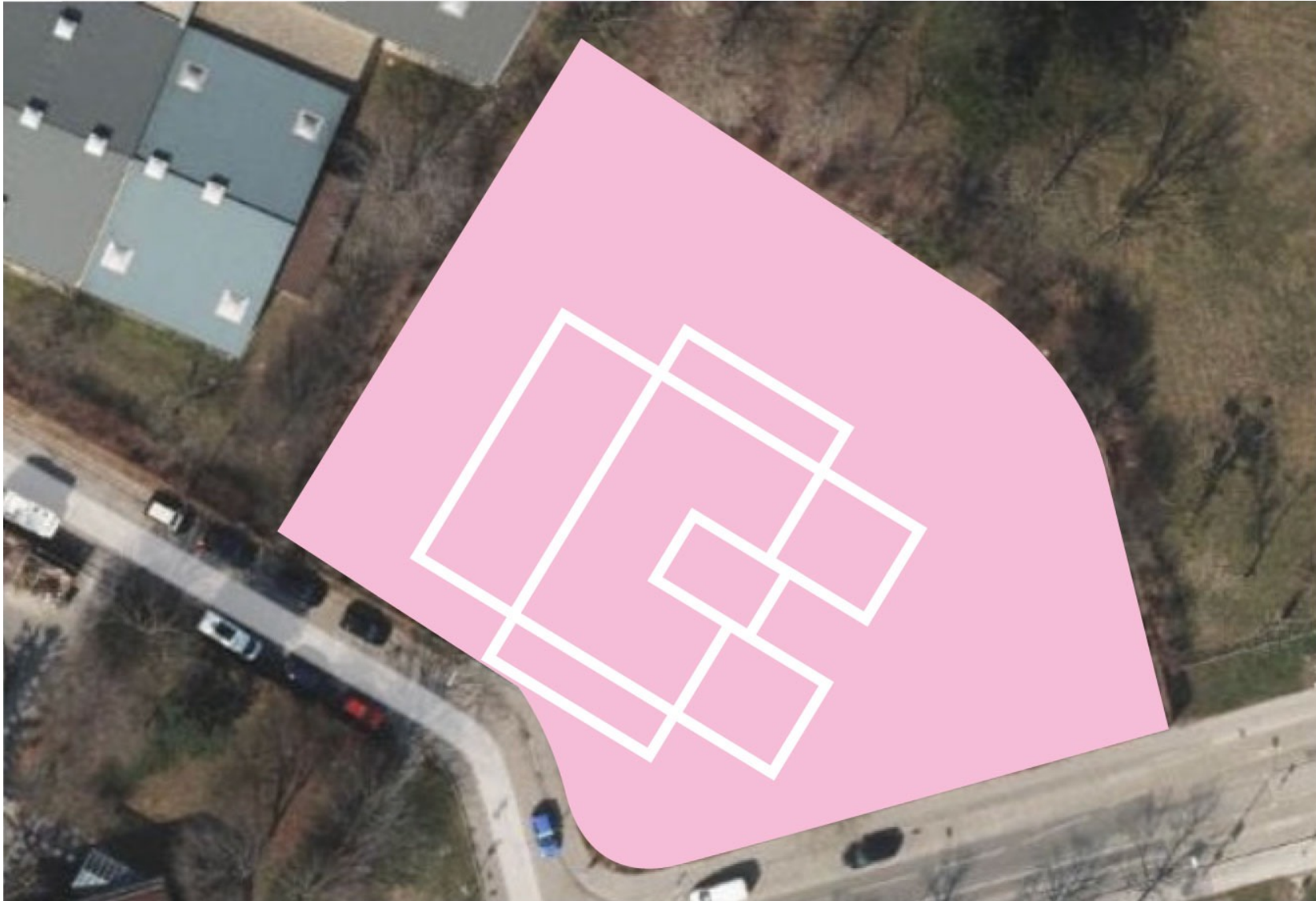
Living Lab

Verena Huber
post@roominginn.at

www.roominginn.at
Instagram @rooming_inn
TikTok @roominginn







LIVING LAB
Quadenstraße 13
1220 Wien
2024 - 2029

Errichtet aus den Mitteln der
G E M E I N D E W I E N

im Jahre 1954

unter dem Bürgermeister

F R A N Z J O N A S

den amtsführenden Stadträten

K A R L H O N A Y für Wohlfahrtswesen

J O H A N N R E S C H für Finanzwesen

L E O P O L D T H A L L E R für Bauangelegenheiten

Planverfassung und Bauleitung

Wiener Stadtbauamt







Alles Liebe
Liebe Verena,
ich bin von 1957 bis
1960 in den Kindergarten
Hirschstetten gegangen.
Grüße Silvia Gutelmayr

„Dear
Verena, I
went to the
Kindergarten
Hirschstetten
from 1957
until 1960.
Greetings
Silvia”

































Fill this place with your expertise
and your ideas

Living Lab

Verena Huber
+43 66488510794
post@roominginn.at

www.roominginn.at
Instagram @rooming_inn
TikTok @roominginn

ROOMING
INN

PANEL DISCUSSION

Let's identify Strategies against Loneliness in Young People

Mag.^a **Kristina Hametner** | Head of the Office for Women's Health and Health Goals at MA24 - Strategic Health Care

Catharina Göksun | bOJA NATIONWIDE NETWORK FOR OPEN YOUTH WORK

Mag.^a **Elfriede Hufnagl** | Vienna Health Promotion - WIG, Head of Department, Healthy City - Healthy Regions Division

Primaria Dr.ⁱⁿ **Doris Koubek** | Head of Child and Adolescent Psychiatric Outpatient Clinic, Psychosocial Services

Ao. Univ.-Prof.in Dr.ⁱⁿ **Karin Gutiérrez-Lobos** | Project Initiator, Specialist in Psychiatry and Neurology

Moderation: Alexandra Münch-Beurle

social city
WIEN



**PLATFORM AGAINST
LONELINESS**

**Interreg
Europe**

 Co-funded by
the European Union

KORALE

PREISVERLEIHUNG

Österreichischer
GEMEINSCHAFTSPREIS 2024
Wettbewerb für Projekte gegen Einsamkeit



Moderation:
Johannes Gorbach



PLATTFORM GEGEN
EINSAMKEIT

oeticket ✨



Shortlist

- **Community Nursing Dornbirn**
 - **gemeinSAMradln**
- **IRINA - Impulse und Räume für Inklusion in der Nachbarschaft**
- **KLEINSTADTBIOTOP Vöcklabruck**
 - **neunerhaus Café**
 - **Queer Base Café**



PLATTFORM GEGEN
EINSAMKEIT

oeticket ✨

Community Nursing Dornbirn

Stadt Dornbirn

Start
2022



- **Ziele:** Ungedeckten Bedarf in Pflege, Gesundheitsvorsorge und –förderung schließen
- **Zielgruppe:** Ältere Menschen, pflegende Angehörige und Migrant:innen
- **Angebot:** Regelmäßige Präsenz, Sprechstunden, Workshops und Veranstaltungen
- Bindeglied zwischen Verwaltung, sozialen Einrichtungen und Bürger:innen

gemeinSAMradln „Rikscha Projekt“

Arbeiter-Samariter-Bund Österreichs, Landesverband Wien

Start
2021



- **Ziele:** Soziale Teilhabe, Mobilität und Lebensqualität fördern & physische und mentale Gesundheit der Teilnehmenden stärken
- **Zielgruppe:** Mobilitätseingeschränkte Menschen
- **Angebot:** Kostenlose Fahrradausfahrten mit E-Rikschas, von ehrenamtlichen Pilot:innen gelenkt
- Verbindet Generationen und soziale Gruppen & setzt auf Nachhaltigkeit und Förderung des Ehrenamts

IRINA Impulse und Räume für Inklusion in der Nachbarschaft

Caritas der Erzdiözese Wien, Missing Link



- **Ziele:** Sozialen Zusammenhalt rund um Caritas-Einrichtungen in vier Wiener Bezirken stärken & Inklusion fördern, Vorurteile abbauen und das Gemeinschaftsgefühl stärken
- **Zielgruppe:** Klient:innen der Caritas und Anwohner:innen
- **Angebot:** gemeinschaftliche Aktivitäten wie Nachbarschaftsfeste, Begegnungscafés oder Grätzl-Spaziergänge

KLEINSTADTBIOTOP Vöcklabruck

Verein Kleinstadtbiotop

Start
2023



- **Ziele:** Beleben des Stadtzentrums
- **Zielgruppe:** Familien, Menschen mit Beeinträchtigungen und von Einsamkeit Betroffene
- **Angebot:** Inklusiver, nachhaltiger und multifunktionaler Begegnungsort und Marktplatz auf 1300 m² für Handel und Gastronomie sowie konsumfreier Treffpunkt mit Spielmöglichkeiten, Kursflächen und Veranstaltungen

neunerhaus Café

neunerhaus Hilfe für obdachlose Menschen



n
eu
ner
haus



- **Ziele:** Gesellschaftliche Teilhabe und Gesundheitsförderung
- **Zielgruppe:** Obdach-, wohnungslose und armutsbetroffene Menschen
- **Angebot:** Offener Treffpunkt im 5. Wiener Gemeindebezirk; niederschwellige Unterstützung mit inklusivem Ansatz, gesunden Mahlzeiten auf Spendenbasis und soziale Kontakte im einladenden Umfeld; Beratung und Unterstützung durch Sozialarbeiter:innen und Peer-Mitarbeitende; soziale Teilhabe durch Aktivitäten wie Kochworkshops

Queer Base Café

Welcome and Support for LGBTIQ Refugees



- **Ziele:** Isolation und Stigma zu überwinden, Teilhabe ermöglichen und Selbstbewusstsein queerer Geflüchteter stärken; Raum schaffen für Austausch, Unterstützung und Gemeinschaft – unabhängig vom Asylstatus
- **Zielgruppe:** LGBTIQ-Geflüchtete und ihre Freund:innen in Wien
- **Angebot:** Wöchentlicher, sicheren Treffpunkt mit Snacks und Gesellschaftsspielen; monatliches FLINTA Café; größere Events wie Queer Iftar



Österreichischer

GEMEINSCHAFTSPREIS 2024

Wettbewerb für Projekte gegen Einsamkeit

HERZLICHEN GLÜCKWUNSCH

Community Nursing Dornbirn
Stadt Dornbirn

International Forum against Loneliness

STRATEGIES & SOLUTIONS FOR YOUNG PEOPLE'S HEALTH



Date:
Tuesday, December 3rd, 2024

Time:
9:00 AM - 3:30 PM

Location:
Wiener Rathaus /
City Hall,
Wappensaal,
Lichtenfelsgasse 2,
1010 Vienna



Big THANK
YOU to our
partners

