

This is the first issue of **MEET newsletter**.

In this edition, you will find information about the project, updates about the main outcomes from the project activities, interesting links and upcoming workshops and initiatives.



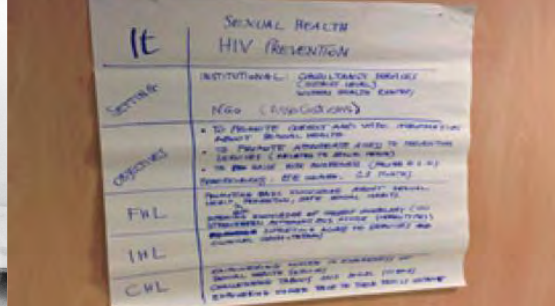
MEET is a **two-year LLP Grundtvig project** financed by the European Commission and relies on a strong and well-balanced **partnership with a great expertise** in health education, innovation and migration issues.

MEET brings together two important topics: **MIGRATION and HEALTH**. The core element of this project is the **bridging role of the Community Health Educators, trusted members of migrant and minority ethnic communities** that are trained to **raise awareness** among migrants about different health issues and to participate in the **delivery of health promotion initiatives**.

#### THE EFFECTS OF THE CHES ARE DOUBLE:

- On the one side, they will work to strengthen health literacy among **migrants**, raise their awareness and bring about behavioural changes;
- On the other side, they will enhance the cultural and interpersonal competences of **health and social service providers** to deliver a more effective service to migrant users.

This will result in improving the access to health services and decrease gap in health literacy that migrants face and, at the same time, will strengthen intercultural skills of health professionals.



#### MAJOR GOALS:



Develop the **“Community Health Educator”** curriculum aiming to create a shared and universal model that could be applied in different national contexts and according to different health issues to engage hard-to-reach communities such as immigrants;



Enhance the **cultural and interpersonal competences of health and social service providers** to develop health literacy skills;



Strengthen **health literacy skills among immigrant people** by promoting information, guidance and access to health care services.

#### HOW:

- National and general need analysis.** *Completed* - [Read more](#)
- Training for trainer session in London by Dr. Lai Fong Chiu (RITA).** *Completed* - [Read more](#)
- CHE Curriculum.** How to adapt the CHE model to other European and non-European contexts. *Winter 2014.*
- Support handbook.** How to tackle the different health issues for CHES and socio-health care providers. *2015.*
- Guideline handbook.** To be used by trainers with practical exercises. *2015.*
- E-Learning platform.** An interactive tool with learning material for trainers and trainees. *Winter 2014.*



#### UPDATES FROM PARTNERS NATIONAL NEED ANALYSIS RESULTS

**Mapping the needs of the different target groups involved in MEET project was the first essential step from which to start to adapt the CHE model to each national context.**

Through the need analysis carried out in Spain, Italy, Cyprus and Austria, we are collecting and analysing information and data of the different partner countries that will enable them to identify migrants and social healthcare providers' necessities to adapt the CHE model to each national contexts. In fact, detecting major critical and key value points, together with elements of satisfaction, gives us the possibility to identify the most appropriate tools to improve the access of migrants to the healthcare system.

**POLIBIENESTAR:** MEET Spanish partner organized two different Focus Groups involving **social and health care providers and migrants and linguistic mediators from Eastern Europe in order to identify their needs concerning health promotion and literacy.**

Results: 1 - the link between **diseases and work conditions**; 2- **alcohol consumption habit** as a cultural habit; 3 - **rejection and ignorance of prevention programs and health promotion.** **Language barriers** were highlighted as the main obstacle in the relationship professional-user. Migrants were very concerned with the new administrative processes due to the **legislative reform introduced by the Royal Decree 16/2012.** **High interest in the CHE role.**

**CARDET:** After carrying out its two Focus Groups, MEET Cypriot partner decided to center its Need Analysis on **mother and child health care.** Applying the CHE model to this health issue will benefit migrants by providing information to women about the importance of **prenatal care**, appropriate health behaviours during the time of **pregnancy and after birth**, different services available to them in this field, and **promote** understanding of appropriate responses to problems encountered during pregnancy and the neonatal period, based on the advice of healthcare professionals.

**ISTITUTO SUPERIORE DI SANITÀ (ISS) AND OXFAM:** In order to achieve the objectives of the Need Analysis, two different Focus groups were organised in Rome (ISS) and an additional one was carried out in Florence (OXFAM ITALIA).

The target groups involved were firstly social and health care workers in the field of prevention, diagnosis and care of **infectious diseases** and secondly migrants and linguistic-cultural mediators from East Europe. The topics of the resulting Need Analysis were: 1- factors that may impede and favor access to health and social services specialized in **HIV and Sexually Transmitted Infections**; 2- factors limiting and enhancing access to health care services for **Voluntary Interruption of Pregnancy**; 3- knowledge about **prevention programs** proposals to improve the access to health services by the migrant population.

The participants of the Focus Group held at ISS also provided **useful proposals to improve the access** of migrant population to socio-medical services.

**VEREIN MULTIKULTURELL:** The needs that emerged during the two Focus Groups among migrants and health care providers (also at a State Government level) showed the necessity of a further research on **mental disorders affecting migrant women** in Diaspora, highlighting psychological diseases linked to what happens when undergoing strong stress situations linked to the migration to new homelands.

#### TRAINING FOR TRAINERS SESSION

London, UK – Dr. Lai Fong Chiu



On the 14th and 15th of May Dr. Lai Fong Chiu held the “Training for Trainers Session” in London.

**Dr. Lai Fong Chiu** has a long academic and management experience in the field of health promotion and public health. She is the **originator (established 1990) and developer of the Community Health Educator Model in the U.K.** The model has since been widely adopted by public health and health promotion departments across the U.K. Dr. Chiu, is now the Director of **RITA (Research Innovation and Transformation)**, which is a small research, training, and consultancy company in the areas of public health and health promotion.

Dr. Lai Fong Chiu organised a two-day training programme in London for **implementing the CHE model** and support partner organisations in developing specific training programmes for testing the model in their target health topics and in their own countries.

The workshop content was designed to be implemented at two levels:

- The first level aims at **improving participants' understanding of the importance of the CHE model** to be implemented within a defined context arisen through the National Need Analysis; it also involves imparting evaluation (both conventional and participatory) knowledge and technique to partner organisations, so that they can assess the effectiveness of the CHE model in promoting health literacy;
- The second level intends to **help partner organisations to develop their own specific CHE training programme** and to develop their own learning metrics to evaluate its effectiveness. The success of this training is crucial for CHE project/service delivery and programme sustainability.

The methodology used during the training was based on experiential and group learning methods focusing on the experiences of the partner organisations as extremely valuable resources. Reflective methods (individual and collective) were introduced to facilitate knowledge creation.

#### NEWS AND EVENTS related to Health and Migration

**FROM SPAIN** Spanish version

MIH-SALUD

REDISIR

Ministry of health, Social Services and Equality

Occupational health of immigrant workers in Spain [ITSAL Project]

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