



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

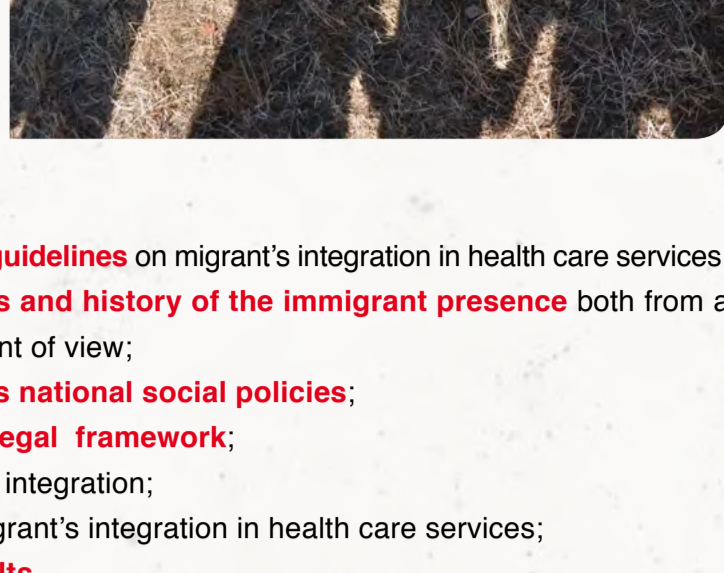
In this edition, you will find **information** about the project's evolution, **updates** about the third transnational project meeting in Valencia, the main outcomes of the project activities, interesting links and upcoming **workshops and initiatives**.

MEET (Meeting the health literacy needs of immigrant populations) is a **two-year LLP Grundtvig project** financed by the European Commission aiming at bringing together two important topics: **MIGRATION and HEALTH**.

Its core element is the **bridging role of the Community Health Educators** who are trained to **raise awareness** among migrants about different health issues and to participate in the **delivery of health promotion initiatives**. The partners involved are: Cardet (Cyprus), Istituto Superiore di Sanità and Oxfam Italia (Italy), Polibienestar (Spain), RITA (United Kingdom), Verein Multikulturell (Austria).

#### GENERAL NEED ANALYSIS

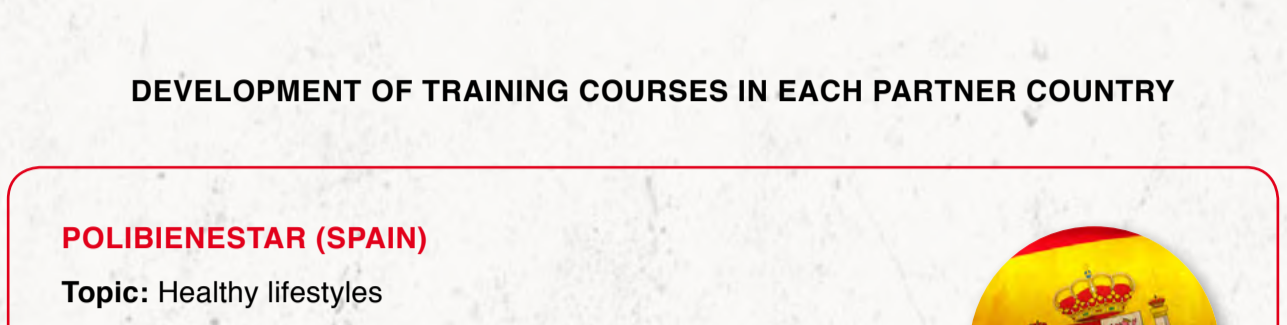
The aim of MEET General Need analysis – delivered in August 2014 – was to analyze the information collected through the different National need Analyses by all partners to **identify social and health care provision gaps** and the specific learning needs of all target groups in 4 of the involved countries (Austria, Cyprus, Italy, and Spain).



In this Analysis, you can find:

1. International **recommendations and guidelines** on migrant's integration in health care services;
2. An overall look of the **characteristics and history of the immigrant presence** both from a European and partners' countries point of view;
3. Background of migrants **integration's national social policies**;
4. An overview of **migration policies' legal framework**;
5. National **health policies** of migrant's integration;
6. Indicators and **good practices** of migrant's integration in health care services;
7. Need analysis' **methodology & results**.

In fact, thanks to the General Need Analysis, the national contexts are critically compared and used for training materials' content adaptation for the pilot training courses.



#### PILOT COURSES

The pilot courses will be developed in 4 different national contexts (Italy, Spain, Austria and Cyprus) and will be addressed to (1) target migrant communities, possible future CHEs and (2) health care professionals. The courses aim at testing the CHE curriculum in order to obtain feedbacks from the participants, to correct detected problems, implement improvements and validate the training tools for the final version of MEET project's handbooks.

#### DEVELOPMENT OF TRAINING COURSES IN EACH PARTNER COUNTRY

##### POLIBIENESTAR (SPAIN)

**Topic:** Healthy lifestyles

**Target Group:** Migrants from East Europe

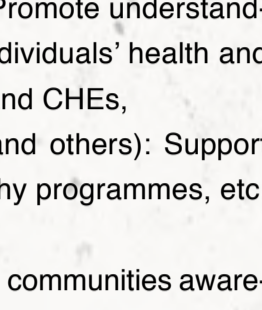
**Objective of intervention:** Healthy lifestyles in order to reduce consumption of alcohol and tobacco and to promote among them preventive programmes.

**Time Plan:** 18 months

**Training Programme:**

- Functional Health Literacy (core information on sexual health): Promote understanding of risk factors of alcohol and tobacco consumption (in the individuals' health and the family level). Method: workshops with health professionals and CHEs,
- Interactive Health Literacy (effective CHE/understanding self and others): Support them to attend to preventive programmes, to participate in healthy programmes, etc. Method: Interactive workshops.
- Critical Health Literacy (understanding the community): Promoting communities awareness of alcohol and tobacco consumption risks. Empower migrants in healthy habits. Change culture. Method: Workshop to show healthy lifestyles and other kinds of leisure.

If you are interested in the courses, please contact  
**Arantxa Grau from Research Group Safareig**  
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##### CARDET (CYPRUS)

In Cyprus, CARDET is working on developing two Units for the course, regarding the following topics:

**Constructing a Community Health Educators Training Programme** (Training CHEs).

The objectives of the CHE curriculum is to facilitate participants to:

1. Identify the characteristics of effective training.
2. Describe the general principles of the CHE training program.
3. Identify effective and poor learning objectives for health training.
4. Construct learning objectives based on particular learning needs related to health literacy.
5. Design and develop training specific to particular health literacy needs.
6. Employ assessment and evaluation methods for health promotion training programs.

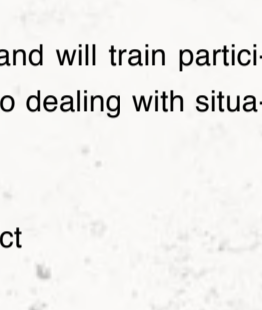
The particular Unit is planned to run in combination with all the other Units. Depending on the needs of the participants, the Unit is expected to take 18-22 hours for completion. The "Constructing a CHE Training Programme" Unit will introduce participants to the characteristics of effective training and the general principles that a training programme must follow. Participants will also learn how to design and implement successful health related training programmes.

**Pregnancy.** The objectives of the Pregnancy Unit in the CHE curriculum is to:

1. Support CHEs in helping to migrant pregnant women for dealing with pregnancy issues in a foreign country.
2. Facilitate CHEs to empower migrant pregnant women to deal with pregnancy issues.
3. Support CHEs in providing adequate services to migrant pregnant women.

This Unit is expected to be completed in approximately 25 hours and will train participants on issues related to pregnant women and provide solutions to dealing with situations related to those women.

If you are interested in the courses, please contact  
**Dr. Maria Solomou**  
maria.solomou@cardet.org

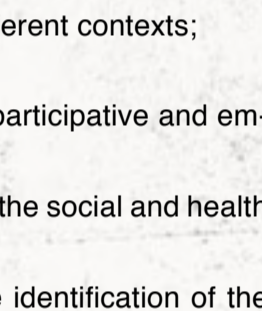


##### ISTITUTO SUPERIORE DI SANITÀ (ISS) E OXFAM (ITALY)

In Italy, Oxfam Italia and Istituto Superiore di Sanità (ISS) are organising the **Pilot Course for the CHE curriculum implementation**. A maximum of 25-30 participants are foreseen to attend the course. Trainees can be both representatives of migrant associations, linguistic and cultural mediators, community leaders as well as social and health professionals. By attending the training, the participants **will develop their competencies**, in particular in relation to how to prevent HIV/AIDS infection and Voluntary Interruption of Pregnancy (VIP). ISS will manage the training and Oxfam will help with an in-depth analysis of the VIP. Once the training is ended, the participants will be able to:

- Consolidate the CHE model in the HIV/AIDS, VIP and migration areas;
- Experiment a pilot course that can facilitate the HIV and VIP prevention activities in the territory;
- Understand the main problems related to HIV/AIDS and VIP in connection with migrant population;
- Recognize the various social, health and clinical-epidemiological elements related to HIV/AIDS and VIP;
- Identify the specific public health services for HIV and VIP in different contexts;
- Evaluate critical elements for health services access;
- Project and realize HIV and IVP prevention initiatives by using participative and empowerment methods;
- Acquire methods to create links with other associations and with the social and health territorial services;
- Learn the fundamental health literacy elements that enable the identification of the different possibilities in preventing HIV and VIP.

If you are interested in the courses, please contact  
**Dr. Stefania D'Amato**  
stefania.damato@iss.it



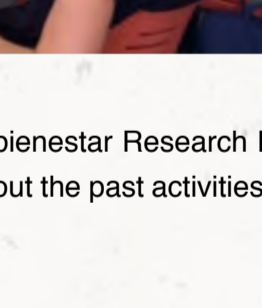
##### VEREIN MULTIKULTURELL (AUSTRIA)

In Austria, Verein Multikulturell will work with Community Health Educators (CHEs) and health professionals on the topic: **'Migration and psychological diseases in diaspora – with migrants with the psyche in the new homeland'**. The pilot phase will be from February to April 2015. One of the main target groups are migrants from Turkey and Bosnia/Croatia/Serbia.

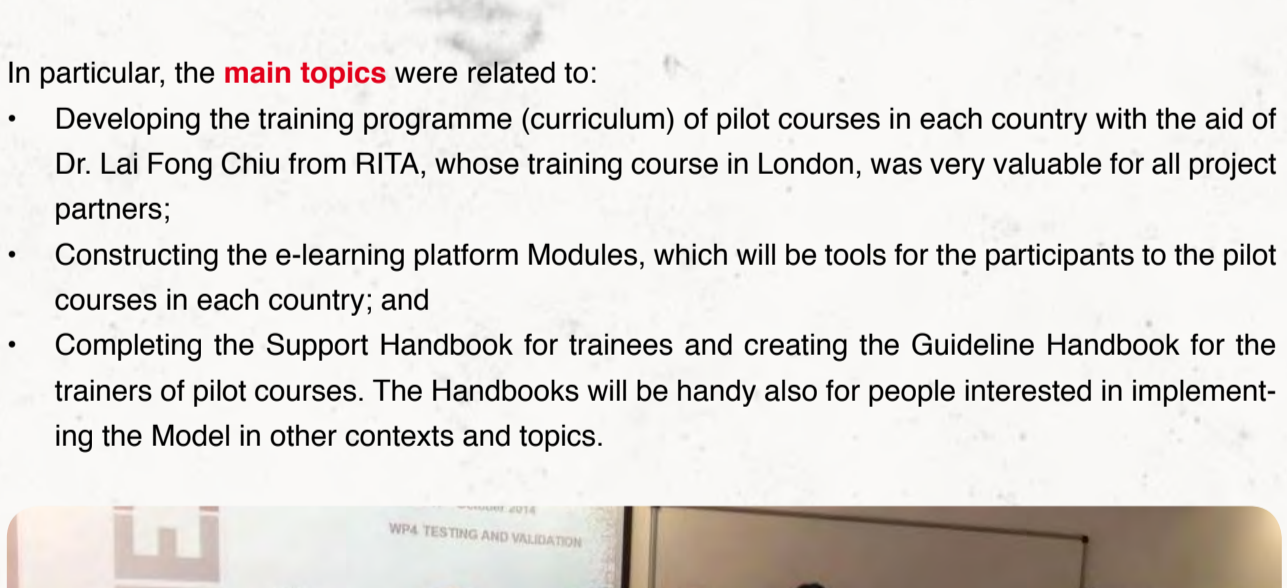
The courses will be held in different units and will include the following topics in about 32 hours for (CHEs) and health professionals – depending on the needs of the participants:

- Introduction to seminar objectives and CHE Model (Role of community health educator)
- Terminology, definitions of mental diseases
- How to promote mental health (an overview of Austrian Need Analysis Report - MEET Project)
- Information about mental health services and psychotherapy
- Working with disadvantaged groups
- Understanding of health beliefs in own community
- Oppression / Power / Self awareness
- Exploring self-image
- Adult learning
- Group work vs. one-to-one work
- Communication barriers / Listening
- Stress / time management
- Working with Health Professionals - Working with CHEs
- Inter-cultural communication / Language & interpretation
- Action plan between CHEs and HPs
- How to evaluate the work

If you are interested in the courses, please contact  
**Mag.a Kristina Breščanović**  
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#### TRANSNATIONAL PROJECT MEETING IN VALENCIA



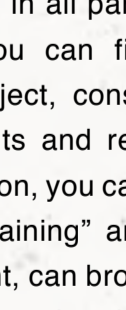
The **third two-day project meeting** was held in Valencia, Spain, in Polibienestar Institute on October 16th and 17th. During the Meeting partners discussed about the past activities and how to achieve the project goals for the next year.

In particular, the **main topics** were related to:

- Developing the training programme (curriculum) of pilot courses in each country with the aid of Dr. Lai Fong Chiu from RITA, whose training course in London, was very valuable for all project partners;
- Constructing the e-learning platform Modules, which will be tools for the participants to the pilot courses in each country; and
- Completing the Support Handbook for trainees and creating the Guideline Handbook for the trainers of pilot courses. The Handbooks will be handy also for people interested in implementing the Model in other contexts and topics.



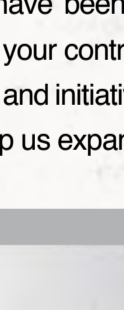
#### DISSEMINATION



##### MEET project website

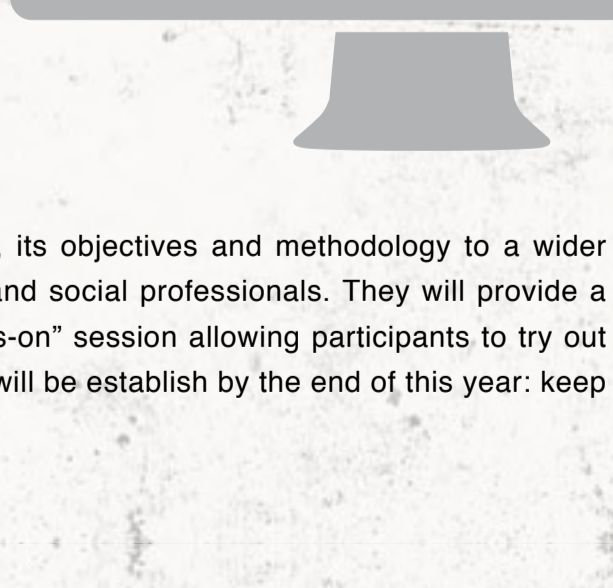
(migranthealth.eu) has been updated and translated in all partners' languages. Inside, you can find information about the project, consult and download documents and reports from the e-Library section, you can sign up to the reserved "E-training" area where you, as a participant, can browse and attend further modules related to MEET's topic.

Last but not least, you can enter a forum where you can ask questions, exchange knowledge and so on.



##### MEET Social Networks

Highly Interactive MEET Facebook and LinkedIn page have been set up. You can join us and give your contribution, be updated about events and initiatives, be part of our network and help us expanding it.



#### MULTI-STAKEHOLDER WORKSHOP

These workshops aim at promoting the project, its objectives and methodology to a wider public, namely direct beneficiaries, healthcare and social professionals. They will provide a **high level and active engagement** with "hands-on" session allowing participants to try out particular materials and approaches. The dates will be established by the end of this year: keep in touch through our social network!

#### NEXT STEPS:

- **Pilot courses:** February – April 2015
- **Next newsletter:** May 2015
- **Next leaflet:** June 2015
- **Next Project Meeting:** May 2015 in Cyprus
- **Guideline Handbook Draft Version:** December 2014 (trainers)
- **Multi-stakeholder workshops:** November 2014 – April 2015

#### NEWS AND EVENTS

##### Contributions from all partners

##### FROM SPAIN

Polibienestar Research Institute website  
University of Valencia website

##### FROM CYPRUS

1<sup>st</sup> newsletter  
MEET meeting in Valencia

##### FROM ITALY

About MEET  
Community Health Educator in Arezzo (Tuscany)  
Health and Migration

##### FROM AUSTRIA

More information on project website  
1<sup>st</sup> newsletter

[migranthealth.eu/index.php/en](http://migranthealth.eu/index.php/en)

