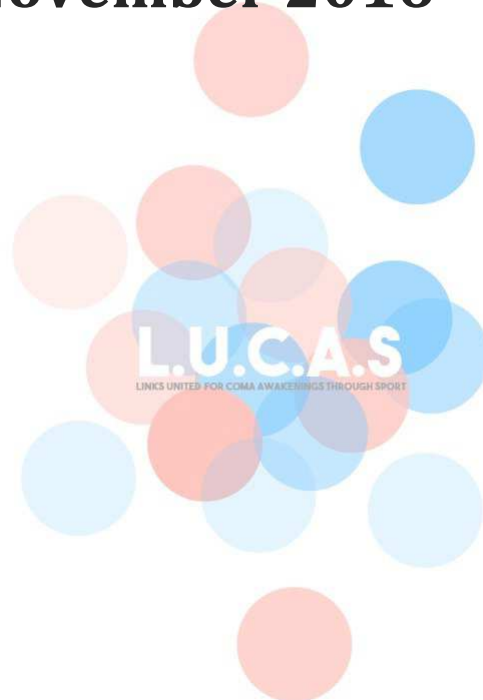




Newsletter LUCAS project

November 2016



Second European Day of Awakenings

On October 7th of 2016 was celebrated the second “European day of Awakenings”, that also this year received the patronage of the European Parliament. During this celebration day, each L.U.C.A.S project partner (with the involvement of Bulgaria and Greece, as partners of the previous LUCA project, financed by LLP Grundtvig Programme and aimed at disseminating the best practices related to coma and severe brain injury) provided a rich program of joint actions (conferences, theatre performances, marches, etc.) that putted the focus on the project social topics and on the issues of clinical research and therapeutic alliance between health professionals, family members and volunteers.

In **Italy** the European Day of Awakenings took place with initiatives from 1 to 10 October, reiterating the idea of strengthening the international alliance around people with coma or vegetative states from Italian model of House of Awakenings Luca De Nigris, an excellence recognized by the Council of Europe as a best practice to be disseminated, based on a care’s philosophy that enhances the role of family. The program opened on 1 October in San Pellegrino Terme with the renewal of "The Charter of San Pellegrino and the protection of vulnerable people", an initiative promoted by the NETWORK of Italian associations to seven years after its birth, in order to protect the dignity , freedom and rights of people in vegetative state and minimal consciousness state.

In Rimini on October 5th, in collaboration with the University of Bologna, it was held the conference *"The body and soul. The expressiveness and movement through experiences in the various marginalities"*. As the European Observatory on Health Systems and Policies cities, the conference had as its core theme the vast field of Quality of Life, as a complex element that considers the well-being based on "state of emotional, mental, physical, social and spiritual support that enables people to reach and maintain their personal potential in society".

On October 7th it was held the feast at the House of Awakenings Luca De Nigris in Bologna, organized by “Gli Amici di Luca” Association along with Futura and the CSI Italian Sport Centre, with the aim to emphasize the importance of sport as a factor for social reintegration and rehabilitation. Sport activities taken from typical games of LUCAS partner countries were conducted by CSI for children and teenagers, then people out of coma realized theater and musical performances. The launch of balloons with "messages for awakening" with the testimonial Alessandro Bergonzoni occurred simultaneously with other Italian cities under the slogan "It's worth it".



2nd European Day of Awakenings in Italy

On the evening of October 7th, at Duse Theatre in Bologna, “Gli Amici di Luca” and Teatro dell'Argine presented the national premiere "You are my breath," written and directed by Mimmo Sorrentino, the result of a permanent theater workshop conducted with people after

coma. Love, desire and sexuality have been faced with courage to tell how love often is limited by person with a disability.

Finally, on October 10th at the House of Awakening Luca De Nigris it was conducted the seminar "Between family and professionals: the responsibility to assist" . It was an opportunity to reflect on the alliance between professionals, family members and associations during rehabilitation of the outcomes of people with serious disabilities after acquired brain injury.

In **Belgium**, on 9 September 2016, the To Walk Again Post-rehabilitation action Center organized a 20m Eksosuit Run during the IAAF Diamond League AG Insurance Memorial Van Damme, wich was held in the King Baudouin Stadium in Brussels.

Previously one of the IAAF Golden League events, the AG Insurance Memorial Van Damme is now part of the IAAF Diamond League, attracting a number of world class athletes, Olympic medal winners and world champions. The event is attended by approximately 45000 spectators and receives attention from almost all national television channels and newspapers, thereby reaching 100s of 1000s of Belgians. Among the various track and field events that were organized, the 2016 meeting included for the second consecutive year a special race "20m Exo Suit". Three clients of the To Walk Again Post-Rehabilitation Center competed in a 20m robot assisted gait race using the Eksoskeletons, with the aim to promoting the Post-Rehabilitation Center, and increasing the awareness of post-rehabilitation opportunities for persons with lower extremity impairments.



2nd European Day of Awakenings in Belgium

The project referent of European Social Forum - **Cyprus**, Chrysis Michaelides, writes: "On the 8th of October we organize here in Cyprus – Lemesos our First March in order to sensitize the population of our city on the needs of the persons that are awakening after coma. Our march was composed of two parts, the wayfarers and the motorcycles, the first part implemented in the center of Lemesos and at the same time we circulate 1500 leaflets about our aim. The second part with the motorcycles was implemented in the country cite of Lemesos, we visited seven big villages were we circulate the same leaflet. At the same time we have the Mayor of Lemesos with us and he saluted the march, and also three other NGOs supported our activity. We had a very good dissemination through the T.Vs (by two big channels – STV and the CAPITAL TV) also a lot of radios and newspapers informed their customers about our activity at the beginning and after the end of it by our final prerelease."



2nd European Day of Awakenings in Cyprus

Following on from last years successful LUCAS awakening day held in Esbjerg, Denmark's 5th largest city – in 2016 the Awakenings day **Denmark** event was hosted in two locations in Aalborg, Denmark's 4th largest city. Aalborg University's waterfront downtown campus hosted under AD:MT and synchronously a LUCAS Awakenings Day event was hosted at the main campus outside of the city by Institute for Learning and Philosophy.



2nd European Day of Awakenings in Denmark

In **Lithuania**, on 7th October, second time in Europe there was mentioned people woke up after a coma day. To this initiative contributed and the Education Sciences and Social Welfare faculty (ESSWF) of Šiauliai University, with participating in ES project "Links United for Coma Awakenings through Sport (LUCAS)".



2nd European Day of Awakenings in Lithuania

At the 5, 6 and 7 October 2016 the social integration through sport of people with disability was celebrated in **Portugal** with the commemoration of the European Day of Awakenings and the Interregional Event INSPORT+. The organised activities took place in Oeiras and Cascais,

cities on the outskirts of the Portuguese capital Lisbon. During the 3 days, the participants had the chance to get to know in first hand the best Portuguese practices in the theme of adapted sport through a seminar and a series of study visits to centers of excellence in the field of inclusion of people with disability. At the 7th October, PODES together with Associação Novamente (www.novamente.pt) - Association that works with people with acquired disability - organised a dissemination event in Cascais, with a clarification session over the 2nd EU Day of Awakenings, distribution of balloons and flyers on the streets and with a balloon launch as a big finale.



2nd European Day of Awakenings in Portugal

In **Spain**, ADACEMA (Acquired Brain Injury Association of Malaga), the Seventh of October, celebrated the "Second European Day of Awakenings" with the slogan "WORTH IT!". To do this, they made a flash movie with the users as volunteers reflecting the importance of this day, awareness and recognition for people with acquired brain injury. This flash-movie was circulated through social networks. It was conducted the workshop "The practice of sport for people with acquired brain injury". With this workshop, it has been tried to support the bases that promote the sport with people with ABI, especially those coming out of the coma. Identify what resources are best appropriate for health professionals, sports technicians and the general public, to maximize the benefits of sport for improving health and quality of life of people with acquired brain injury (especially those who awaken from the coma).



2nd European Day of Awakenings in Spain

Project implementation

The first phase of the implementation of [L.U.C.A.S.](#) “**Links United for Coma Awakenings through Sport**” project (co-financed by Erasmus Plus Programme, Sport Measure, Collaborative Partnerships and led by *Futura Soc. Cons. r.l.* in cooperation with the Association *Gli amici di Luca onlus*) has been dedicated to the collection of “good practices” on sport activities addressed to patients with serious acquired brain injury (ABI) or spinal cord injury (SCI).

Both in Italy and in Europe, various projects dealing with sport for this kind of target group have emerged, all of them having in common the combination “**ADAPTED SPORTS AND DISABILITY**”, but all pursuing different objectives.

Download the final [report on the context analysis](#) and the [good practices' collection](#).

The second phase of the project, after three confrontation meetings in Italy (Bologna), Lithuania (Siaulai) and Belgium (Geel) where a common methodology has been elaborated, consisted in implementing the pilot actions.

In all the Partner Countries of the project (Italy, Belgium, Cyprus, Denmark, Lithuania, Portugal and Spain) **sport and motor activities were proposed to patients with serious acquired brain injury and spinal cord injury and their caregivers.**

The “**pilot actions**” took place in each partner Country with **different sports and activities** but all with the common target beneficiaries, the involvement of the families/caregivers and some shared features.

From 14th to 16th of September 2016, the third intermediate meeting of **L.U.C.A.S.** project took place in Lemesos (CY), under the organization of the project partners (the not for profit foundation *European Social Forum Cyprus*). The meeting aimed to assess **the state of the art of the project 3 months before its closure** and to plan the final steps of the activities. Specifically, the partners discussed the **implementation of the pilot actions** in the involved Countries (Italy, Belgium, Cyprus, Denmark, Spain, Lithuania, Portugal) in order to prepare a final methodological document to be publicly disseminated. This publication will concern a structured, multidisciplinary and integrated experimental methodology of rehabilitation through sport for people with acquired disability from traumatic brain injury and spinal cord injury (in particular resulting from a coma). This methodology has been applied during one of the main phases of the L.U.C.A.S. project and it will be completed by a series of case studies on the use of the methodology by each project partner. This publication will be produced in multilingual version within the end of December 2016.

December 13th and 14th project partners will be in **Lisbon, Portugal** for the final meeting, which will include a public event to disseminate project results and experiences, hosted by Podes - Associação para a Promoção do Desenvolvimento Sustentável, Portuguese partner.

www.lucasproject.eu

www.facebook.com/linksunitedcomaawakenings

Participating organisations

IT - Futura Soc. Cons. r. l. (lead partner)

IT - CSI - Centro Sportivo Italiano

BE - MOBILAB - Multidisciplinary Expertise Centre of the Thomas More University College

CY - European Social Forum Cyprus

DK - Aalborg University

ES - Spanish Society of Social and Health Care (SEAS)

ES - Dependencias - Asociación Estatal Para El Desarrollo De Servicios Y Recursos

LT - Siauliai University

PT - PODES - Associacao para a Promocao do Desenvolvimento Sustenta

In collaboration with:

IT - Associazione Gli Amici di Luca ONLUS

