It's worth it!

EUROPEAN DAY OF AWAKENINGS
OCTOBER 7TH 2016

COMA AND ITS OUTCOMES

With the support of the Lifelong Learning and the Erasmus+ Programme of the European Union

Under the patronage of:
- European Parliament
- President of the Italian Republic
The “National Day of Awakenings on Coma Researches - It’s worth it”, promoted by the voluntary association “Gli amici di Luca onlus”, has reached the goal of his 18th edition this year and celebrates the second European Day of Awakenings.

The “National Day of Awakenings” was born as an initiative of “CASA DEI RISVEGLI LUCA DE NIGRIS” (House of Awakenings Luca De Nigris), a Health Authority innovative public centre for researches and rehabilitation, unique in its kind in Europe, located in the area of Bellaria Hospital in Bologna. This structure reinforces a new philosophy of the cure and emphasizes the central role of the family, wishing for the expansion of similar structures in a network of suitable services for patients with coma and vegetative state.

This important achievement is the reward for project design skills and capacity that stem from a territorial sensitivity which has been able to match the emerging needs of a voluntary association with those of institutions committed to the common goal of social and health innovation.

The 18th edition will be the second EUROPEAN DAY OF AWAKENINGS, a goal shared by the EUROPEAN PROJECT LUCA - “Links United for Coma Awakenings” (for the spread of good practices related to coma and severe acquired brain damages, in partnership with: Spain, Belgium, Bulgaria and Greece), co-financed by the LLP - Grundtvig Programme and closed last year, and by the project LUCAS - “Links United for Coma Awakenings through Sport” (partners: Denmark, Spain, Belgium, Cyprus, Lithuania and Portugal) headed by the Italian training and educational authority Futura in cooperation with CSI - Italian Sports Centre and Gli amici di Luca Association, in the framework of the Programme Erasmus + Sport - Collaborative Partnerships.

This last project has been selected among 406 proposals on a European level and is co-funded by the European Commission.

The second “European Day of Awakenings”, like last year, will be carried out through the partners’ joint actions and acquires particular relevance by highlighting the project of Casa dei Risvegli Luca De Nigris through social themes as well as clinical research issues and the topic of therapeutic alliance between health professionals, non-health operators, families and volunteers.

More specifically, these issues will be discussed: the relation between “body and soul”, tackling the overall approach to well-being and healthy life-styles for a global rehabilitation and a full social inclusion of people with disabilities, in a dedicated conference in Rimini in collaboration with the University of Bologna. Another important appointment is the new performance of the theatre company Gli amici di Luca and Teatro dell’Argine, dealing with “love and desire”, entitled “Tu è il mio respiro” (“You is my breath”) directed by Mimmo Sorrentino in national première at Teatro Duse in Bologna, on the 7th of October. Young people who got out of coma, who are now attending the permanent theatre labs in Casa dei Risvegli Luca De Nigris, will be on stage.

The Association Gli amici di Luca is also effective member of the National Observatory on the Condition of People with Disabilities and contributed to the draft of the biennial action plan on disability recently presented in Florence during the 5th “National conference on disability policies”, organized by the Ministry of Labour and Welfare.

The launched debate on the subject of coma has arisen relevant interest at European level; therefore, the idea of a European Day of Awakenings acquires a high value both for the Associations for family members protection and the Health and Research world.

**EVENT PROGRAM**

**Bologna | Friday 7th of October 2016 - 9.00 a.m. / 12.30 p.m.**

**Casa dei Risvegli Luca De Nigris - Ospedale Bellaria - Via Giulio Gaist, 6 - Bologna**

**SECOND EUROPEAN DAY OF AWAKENINGS**

**OPEN DAY**

in collaboration with

CSI Italian Sports Centre Committee of Bologna

Traditionally, since many years now, the “National Day of Awakenings” is an occasion to meet the citizenship and renew the necessity of looking at diversity, expressing solidarity and celebrating together in a treatment centre that has a strong connection with the city and that, together with patients, families, operators and volunteers, wants to underline its normality.

**Programme**

- Recreational and motor activities for young people by operators of CSI Italian Sports Centre
- Performance by the theatre company “Dopo...di Nuovo - Gli amici di Luca” composed by people who got out of coma
- Welcome by the authorities
- Launch of the “Messages for an Awakening” attached to balloons; with the participation of Alessandro Bergonzoni, testimonial of Casa dei Risvegli Luca De Nigris

As last year, other Italian and European cities will join from different places and via web

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www.lucaproject.eu - www.lucasproject.eu
In 2009, during a conference in San Pellegrino Terme, the associations for family members under the national coordinations La RETE – United Associations for Cranial Trauma and severe acquired brain damage and FNATC – National Federation of Associations for Cranial Trauma, working in the former “Permanent seminary on vegetative states” of the Health Ministry, drafted the “Charter of San Pellegrino” with the aim of protecting dignity, freedom and rights of people in vegetative state or minimally conscious state, resuming in 10 points the most important provisions for the protection and dignity of these people. Seven years after, this new conference takes stock of the situation about this document, its modernity, the measures it envisaged and the necessity to update them according to the current situation.

In Bologna, on Friday 7th of October 2016 - 9.00 p.m.
Teatro Duse - Via Cartoleria, 42 - Bologna

GLI AMICI DI LUCA AND TEATRO DELL’ARGINE
PRESENT
TU È IL MIO RESPIRO (YOU IS MY BREATH)
written and directed by Mimmo Sorrentino
national première

This performance is the result of the permanent theatre lab run by Nicola Bonazzi of Teatro dell’Argine, with people who got out of coma in Casa dei Risvegli Luca De Nigris.
The topic treated is love told through four stories that, as may be read in the director’s notes, “go beyond the physical and psychic condition of the person who is interpreting them. They are love stories. Love is a You and this You is one’s own breath”.
This is a complex but heartfelt issue, as very often love faces a limit in a person with disability, due to his/her inability of expressing it. The public has appreciated the work and courage of this company, who treated the topic with sensitivity in a touching performance. The young-sters with coma experiences (Luigi, Riccardo, Davide, Simone, Marco, Juri, Daniela) interpret four different stories in a choral form, revolving around Valentina who represents the woman, the different women, the different relations between a man and a woman. Four love stories: a love that does not care about disabilities and social conventions, ethnic, personal, gender differences; a love that overcomes prisons, that doesn’t care of distances, that cannot be caught and transcends us.

Info: +39 051 6494570
pre-sales now open, tel: +39 051 231836 www.teatrodusebologna.it

In San Pellegrino Terme, on Saturday 1st of October 2016 - 9.00 a.m./1.30 p.m.
Hotel Bigio - Centro Congressi - Via Giacomo Matteotti, 2 - San Pellegrino Terme - Bergamo

THE SAN PELLEGRINO CHARTER AND THE PROTECTION OF FRAGILE PERSONS
promoted by RETE of Associations
in collaboration with the association “Genesis”

LA CARTA DI SAN PELLEGRINO

Le associazioni dei familiari riunite nei coordinamenti nazionali:
La RETE (Associazioni filiali per il trauma cronico e le lesioni cerebrovascolari acquisite) e la FNATC (Federazione Nazionale Associazioni Trauma Cronico), operanti nel “Seminario permanente di confronto sugli stati vegetativi e di massimo consapevolez” del Ministero della Salute, al fine di tutelare la dignità, la libertà e i diritti delle persone in stato vegetativo e minimo cosciente, le condizioni di grave disabilità acquisita, in sintonia con gli operatori sanitari in un percorso di alleanze tempestive, concordano nell’approvazione e l’utilizzo dell’ “Euramerican” (Il 5 aprile 2009 i seguenti punti):

1. Nessuna discriminazione deve essere ottenuta in base alle condizioni di età, salute fisica o mentale.
2. Le persone che non hanno la capacità di decidere devono essere tutelate e protette.
4. Lo stato di salute del paziente deve prevedere la cura e l’aiuto.
5. L’alimentazione e la idratazione sono obbligatorie.
6. Il giudice amministrativo ha diritto alle verità come nella relativa al diritto individuale.
7. Il giudice clinico è scientifico agli stati vegetativi e di minimo cosciente deve essere promosso e sostenuto.
8. Lo famiglia ha diritto ad uno statuto associativo come organizzazione, comprendibile e completo, e deve avere libero accesso all’archivio del postumi.
9. Lo famiglia ha il diritto di essere istituzionalmente, nel caso dei pazienti cronicamente dallo stato di coma e di disabilità.
10. Le associazioni debbono essere riconosciute a sostegno e in rappresentanza delle famiglie come risorsa qualificata, durante tutto il percorso.

San Pellegrino Terme, 5 aprile 2009

Infoline: +39 0345 25145 segreteriasan@clinicaquarenghi.it
BODY AND SOUL
EXPRESSION AND MOVEMENT THROUGH EXPERIENCES
IN DIFFERENT DISADVANTAGED CONDITIONS

The event provides for 4 ECM Credits for the following professional profiles: doctors, surgeons, healthcare assistants, physiotherapists, speech therapists, psychologists

PROGRAMME

Welcome by the Authorities
introduction:
Maria Vaccari president of the association Gli amici di Luca Onlus
Giovanni Matteucci director of the Department for Quality Life Studies - Alma Mater Studiorum University of Bologna - Campus of Rimini - Department for Quality Life Studies: Body and Soul of the University in Rimini

Interventions:
Art frequences and other animated dimension (il cantico dei quantici) (Song of Solomon) Alessandro Bergonzoni testimonial of Casa dei Risvegli Luca De Nigris

From coma to consciousness
Roberto Piperno director of Rehabilitation Medicine and Neurorehabilitation Department, UOC Ospedale Maggiore, director of Casa dei Risvegli Luca De Nigris

Stem cells and the reality of regenerative medicine: “how to use them without transplanting them” Carlo Ventura professor of Molecular Biology, Faculty of Medicine of the University of Bologna. Director of SWITH (Stem Wave Institute for Tissue Healing) / Ettore Sansavini Health Science Foundation Onlus

Feeding the brain Silvana Hrelia professor of Biochemistry, Faculty of Pharmacy, Biotechnologies and Motor Science, Alma Mater Studiorum University of Bologna-Campus of Rimini

Feeling oneself dancing: thresholds, crosswalks, achievements in community dance Franca Zagatti Artistic Director of Centro Mousiké, Bologna

Life Space: a bridge to life in a balance between body and mind For young people with spinal cord injury and spina bifida Giovanna Oliva president of coop. Spazio Vita Niguarda Onlus

Elisa Buratti psychologist at coop. Spazio Vita Niguarda Onlus

Theatre of awakenings: the experience of Casa dei Risvegli Luca De Nigris Nicola Bonazzi ltc Teatro dell’Argine

Enrico Castellani Babilonia Teatri

Mimmo Sorrentino theatre director

conclusions
Fulvio De Nigris irector of the Centro Studi per la Ricerca sul Coma Gli amici di Luca

Giovanni Matteucci director of the Department for Quality Life Studies

the registration form is downloadable on the website www.amicidiluca.it

for information: +39 051 649 4570 patriziab@amicidiluca.it

With the patronage of Fondazione Alta Mane Italia
Bologna | Monday 10th of October 2016 - 2.30 p.m.
Casa dei Risvegli Luca De Nigris - Ospedale Bellaria - Sala del Durante
Via Giulio Gaist, 6 - Bologna

BETWEEN FAMILY MEMBERS AND PROFESSIONALS:
THE RESPONSIBILITY IN ASSISTING

interventions, among others:
Roberto Piperno director of Casa dei Risvegli Luca De Nigris
Maria Vaccari president of Gli amici di Luca Onlus
Ezio Torrella civil lawyer

moderator
Monica Minelli Azienda Usl di Bologna
Interventions of the associations representing family members

For full programme: www.amicidiluca.it

EVENT

Bologna | Sunday 9th of October 2016 - 11.30 a.m.
Coop perLuca - Via Dossetti 8/A - Bologna

In the framework of the first Biennale of Cooperative Economy
INAUGURATION
HEADQUARTER COOPERATIVA SOCIALE PERLUCA

PROGRAMME

Welcome and tape-cutting celebration
Daniele Ara president of Navile Neighbourhood
Rita Ghedini president of Legacoop
Marcella De Blasi president of coop perLuca
Guido Bosi president of coop Dozza
Maria Vaccari president of Gli amici di Luca Onlus association
Fulvio De Nigris director of Centro Studi per la Ricerca su Coma, Gli amici di Luca Onlus
Luca Ultori Store Sustainability Specialist - IKEA Italia Retail Srl

Brief presentation of the activity carried out by the cooperative and the projects to be activated in the space Oasi perLuca.
Performance of the band “Dopo…di nuovo – Gli amici di Luca”
A buffet will follow

Bologna | Sunday 9th of October 2016 - 6.00 p.m.
Cinema Lumière - Via Azzo Gardino, 65 - Bologna

WOLFANGO
UNA LUNGA FEDELTÀ (A LONG FIDELITY)
Preview of the Documentary
written and directed by Teo De Luigi

Contribution to scriptwriting Eugenio Riccomini
Film shooting Fabio and Michele Barone
Music Luca Bergia
Editing Michele Barone

in the presence of the film director, interventions by:
Gian Luca Farinelli
director of the Cineteca of Bologna
Eugenio Riccòmini
art historian
Fulvio De Nigris
Association Gli amici di Luca Onlus

“A long fidelity” by Teo De Luigi is a film-journey through the art of Wolfango (Peretti Poggi), who committed his life to the achievement of the highest quality in painting, without letting various contemporary artistic trends influence him. “If I wouldn’t do so, it would be like betraying Earth, because painting enters inside and speaks to the world; indeed, it speaks the world”. His whole work is based on this philosophical presumption and the film becomes a passionate choir of those who have known and appreciated him the last 30 years.

Today, some of his works are acknowledged as true pieces of cultural heritage of the city of Bologna.
Program
The Memorial Van Damme is an annual athletics event at the King Baudouin Stadium in Brussels, Belgium that yearly takes place in early September. Previously one of the IAAF Golden League events, it is now part of the IAAF Diamond League, attracting a number of world class athletes, Olympic medal winners and world champions such as Daphne Schippers and many more.

Among the various track and field events that will be organized, the 2016 meeting includes an event for junior athletes with an impairment (100m wheelchair racing). In addition, and similar to last year’s event, a special race “20m Exo Suit” will be organized. Two clients of the To Walk Again Postrehabilitation Center will compete in a 20m robot assisted gait race using the Ekso skeletons, to promote the Postrehabilitation Center, and increase the awareness of postrehabilitation opportunities for persons with lower extremity impairments.
Spain | Thursday 6th of October 2016 - 6.00 p.m.
Alicante - Dependentias - C/Murilo, 5 03802 - Alcoy
Initiative promoted by:
Dependentias - Asociación Estatal Para el Desarrollo de Servicios y Recursos, Alcoy
in collaboration with Kveloce I+D+i
WORKSHOP: “SPORTS PRACTICES FOR PEOPLE WITH ACQUIRED BRAIN INJURY: RESOURCES AND SUCCESS STORIES”
The aim of this workshop is to present success stories and existing options to encourage the implementation of sports interventions for people with acquired brain injury. It is addressed to the general public, social services, interested associations and professionals on the field.

Spain | Friday 7th of October 2016 - 6.00 p.m.
Málaga - ADACEMA. Calle Generación, Nº 7 Barriada El Tarajal - 29004 - Málaga
Initiative promoted by:
Sociedad Española de Asistencia Sociosanitaria (SEAS), Valencia
Dependentias - Asociación Estatal Para el Desarrollo de Servicios y Recursos, Alcoy
in collaboration with Kveloce I+D+i
FLASH MOVIE EUROPEAN DAY OF AWAKENING
The Brain Injury Association of Malaga (ADACEMA) will join the celebration of the European Day of Awakening by performing a flash movie with users as well as volunteers reflecting the importance of this day and recognition for people with acquired brain injury. The projection will end with the release of balloons. Social networks will be also focused on the topic.

Spain | Tuesday 11th of October 2016 - 11.00 a.m.
Valencia - Aula Magna. La Nau, Centro Cultural de la Universidad de Valencia - Valencia
Initiative promoted by:
Sociedad Española de Asistencia Sociosanitaria (SEAS), Valencia
SPORT INTERVENTION AND RESOURCES FOR PEOPLE WITH ACQUIRED BRAIN INJURY AND THEIR FAMILIES
11.00 a.m. Round table
The aim of this round table is make known people with acquired brain injury and their families, with special emphasis on sport as an activity for improving the quality of life of these, both users and caregivers. It is addressed at the general public, specially public administrations, social services and associations acquired brain injury.
Activity coordinated in collaboration with Kveloce I+D+i.
1.30 p.m. V Research Award “Francisco Garcés Roca”
The aim of this event is to recognize work of European associations who work in the area of awakening from coma, especially those that focus on the importance of sport in the rehabilitation process.
Activity coordinated in collaboration with Instituto Polibienestar and Senior Europa, SL.

Portugal | Wednesday 5th of October 2016 - 9.00 a.m.
Lisbon - Auditorium of the Municipal Library of Oeiras
Initiatives promoted by:
PODES - Associação para a Promoção do Desenvolvimento Sustentável, Lisbon
Program:
9.00 a.m. Seminar on How to Increase Life Quality of People with Disability Through Sport
Presentation of Portuguese Good Practices and LUCAS Project
Presentation of 2nd European Day of Awakenings
12.30 a.m. Testimonials of People with Disability that practice Sports
3.00 p.m. Workshop on Mentoring (one on one work) in Sport for People with Disability

Portugal | Thursday 6th of October 2016 - 10.00 a.m.
Lisbon - Laje Cultural House, Oeiras
Program:
10.00 a.m. Demonstration of sport practice by people with disability:
• Adapted Horseback Riding
• Adapted Judo
• Sailing
3.00 p.m. Practice of Inclusive Sports between people with and without disability:
• Seated Volleyball
• Boccia

Portugal | Friday 7th of October 2016 - 3.00 p.m.
Lisbon - Oeiras Seaside
Program:
3.00 p.m. POP-UP Intervention for city mobilization with dance presentation by the participants of the LUCAS project
4.00 p.m. Balloon Launch with “awakening messages”

Greece | Friday 7th of October 2016 - 12.00 a.m.
Atene - National Technical University of Athens (NTUA)
Initiative promoted by:
National Technical University of Athens (NTUA)
Intelligent Systems, Content and Interaction Laboratory (ISCI), Athens
Awareness-raising activities on the themes of coma, severe brain injury and new technologies in rehabilitation programs.
12.00 a.m. Balloon Launch with “awakening messages”
**Lithuania | Thursday 6th of October 2016 - 1.00 p.m.**

**Siauliai** - Università di Siauliai, Višinskio str. 25, Siauliai (room 204)

Initiative promoted by:
Siaulia University, Siauliai

**HYPPOTHERAPY, PHYSICAL ACTIVITIES: REABILITATION FOR INCLUSION AFTER COMA**

Program and speakers:
1.00 p.m. Welcome speech:
- **Remigijus Bubnys** Vice-rector of Siauliai University
- **Dalia Miniauskienė** Head of Department of National Health Insurance Fond of Siauliai Municipality
- **Rimvydas Tamulaitis** Head of Kurtuvenai Regional Park

**Agenda of the Meeting:**
- Celebration of 2nd European Coma Awakening Day (presenting ideas, activities and participants of the project)
- Rehabilitation of coma awakenings through sport activity

**Daiva Mockeviciene** Assoc. prof., Head of Hypotherapy, Sports and Wellness Centre of Siauliai University

Changes in Family Relationships through Sport Activites

**Genovaiete Kreiviene** Mother of young man participating in the project

**Ilona Dobrovolskyte** Ph. Student

Development of Communication skills as a Mean of Social Inclusion of People who are out of Coma

**Liuda Radzeviciene** Prof. - **Lina Miliuniene** Master of Social science

Social challenges living with person awakening after coma
(Parents Meeting and discussions with specialists)

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**Bulgaria | Friday 7th of October 2016**

**Harmanli**

Initiative promoted by:
NGO My World / Sdrujenie “Moyat Svyat” - Harmanli

**L.U.C.A. PROJECT AND THE EUROPEAN DAY OF AWAKENINGS**

Program:
- EU Day of Awakenings and L.U.C.A. project: objectives, partners, results;
- European experience curing people after coma and Bulgarian experience
- Video films and dissemination of project materials

Speakers:
- **Georgi Yakaliev**
- **Yordanka Petrova**
- **Izca Derijan**
- **Natalia Kantselevich**

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**Denmark | Friday 7th of October 2016 - 9.00 a.m.**

**Esbjerg** - Rendsburggade 14, foyer, 9000 Aalborg, Denmark - Auditorium 2.449

Initiative promoted by:
Aalborg University, Aalborg

**Program:**
9.00 a.m. Opening - Professors Eva Brooks & Tony Brooks, LUCAS project partners, Aalborg University
9.15 a.m. Introduction of European Awakenings Day: DENMARK
Presentation of LUCAS, an international collaboration project:
Goals, challenges and progress
10.00 a.m. Break (coffee, tea)
10.30 a.m. Brain, Senses, Perception and Cognition
11.30 a.m. Lunch (Cantine)
1.00 p.m. Perspectives on performance-oriented interdisciplinary inquiries
3.00 p.m. Closing - Professors Eva Brooks & Tony Brooks, LUCAS project partners, Aalborg University

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**Cyprus | Saturday 8th of October 2016 - 9.00 a.m.**

**Lemesos**

Initiative promoted by:
European Social Forum Cyprus, Lemesos

Program:
9.00 a.m. meeting at the central square of Lemesos “Grigori Afxentiou”
9.15 a.m. Speeches
- Chrysis Michaelides
- Onisiforos Chazionisiforou
- The representative of the motorcycles club

Organisations involved:
- Club of the rights of motorcycles Cyprus
- The social clubs of St John High School & Sent Antonius

11.00 a.m. Start of the marches with hikers who will arrive at the Castle Square
2.00 p.m. Motorcycles march, visit of ten big villages of Lemesos district:
- Lemesos - Episkopi - Pachna - Omodos - Platres - Pelentri
- Kyperounta - Arakapas - Pasreklisia - Yermasogia