

## **1. Name of the action / entity in charge**

Action: “Λέσχες Φιλίας” (Friendship Clubs)

Entity: Municipality of Athens

Website: <https://www.cityofathens.gr/node/405>

## **2.Objective**

The aim of Friendship Clubs is to familiarize older people with the problems of old age, to help them adapt to new living conditions, to co-exist smoothly with younger people and to provide a supportive environment, especially for people who do not have the financial means or family to care for them. Friendship Clubs mainly target the physical, mental and social health of older people.

## **3. Origin**

Old age is an equally creative, productive and dynamic period in people's lives. It is precisely in this spirit that the Municipality of Athens provides for older people, structures and actions of support, care, empowerment and strengthening of self-confidence, as well as strengthening the sense of independence, self-sufficiency, contribution and social participation.

So these are the people our fellow citizens are the priority of the Municipality of Athens' programme for the elderly and with this in mind, both the Friendship Clubs, which function as antidotes to loneliness, and the "Help at Home" programmes, which serve elderly and disabled people, mostly lonely and without a supportive environment, who face serious health problems, have been strengthened and reinforced and continue to be strengthened.

The institution of Friendship Clubs has been operating in the Municipality of Athens since 1985 and today there are 25 Friendship Clubs, spread throughout the Municipality. The aim is to serve elderly people and to give them the opportunity to use their time creatively.

## **4. Methodology**

Friendship Clubs operate at the neighborhood and district level to provide services to older people. They are places where older Athenians can seek human warmth, social support, contact with their peers, information and entertainment.

## **5. Characteristics**

The programme of the Friendship Clubs includes creative activities, visits to cultural sites, artistic activities, day trips and walks. In the Friendship Clubs, fitness, self-defence, nursing care and physiotherapy programmes are implemented.

The elderly citizens have the opportunity to participate in cultural events of the Friendship Clubs, but also to visit museums and cultural sites and attend mass catering and entertainment events.

They also have the opportunity to learn about issues related to their needs and interests through special programmes, such as memory strengthening groups, talks by lung doctors - spirometry, talks on sun protection, talks by doctors of various specialities, parenting schools, etc.

### **Physical health level:**

Nursing program: A nurse, a permanent employee of the Municipality of Athens, visits and performs pressure and blood sugar measurements at the Friendship Clubs.

Physiotherapy program: The Friendship Clubs are equipped with physiotherapy equipment and physiotherapy sessions are provided to members who have referrals from a doctor.

Physical exercise (gym) program: Physical exercise adapted to the elderly, once a week.

Self defence program: Training in self-defence techniques adapted to the Third Age.

### **Mental health level:**

Psychologist program: Providing counselling to elderly people (individual and group).

**Social health level:**

Theatre group program: Drama groups in which older people can participate operate in the friendship clubs with a special trainer who coordinates theatre groups.

Laboratory of Aesthetics - Chromatology/Fashion Design: The course aims to develop the aesthetic criterion of the trainees, to get to know the Aesthetic Theories, the concept of beauty and its study, the general principles and techniques of composition (perspective, grid, movement, etc.), methods of imprinting and the theories of colour (harmony, contrasts and the spiritual and psychosomatic effect of colours). Through teaching, examples from books, magazines, visits to museums, galleries, films, etc., participants will broaden their aesthetic perception, understand the value of form and colour in composition, in order to to experiment with their personal compositions on paper and fabric.

**6. Recommendations (relevant as on KAPIs - Friendship Clubs are in a way the updated version of the KAPIs)**

- **Recommendations for policy makers**
- **Recommendations for practitioners**