

Mindful Ageing

The Mindful Ageing Bootcamp (IO2) Inova Comparative Report



Co-funded by the
Erasmus+ Programme
of the European Union

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Executive summary

Population ageing is one of the biggest social and economic challenges that European societies face in the 21st century. The growing share of the elderly population will lead to higher expenditures in public finances, i.e. higher expenditures for pensions, long-term care, health care, education.

As population ageing tendencies increase each decade, present models of health service delivery will be challenged to cope with the new realities and demands. Support services would need to be further developed, and quality should be improved. Particular attention should be paid to both public (i.e. formal health services and long-term care) and informal care (i.e. family and friends). Staff should be trained, and tailored support programmes should be developed, home care should be further supported and expanded.

As older people in Europe live longer, it is important to provide them with enough options to make the most of their retirement. This is where the concept of active ageing comes in. It means "enabling" older adults to remain healthy and productive long after their retirement and thus be able to take advantage of their longer lives. Studies confirm that older people are more likely to maintain their physical and mental health by remaining active and preserving their social contacts. This may also improve their chances of a happier retirement with higher levels of life satisfaction.

As part of its active ageing policy, the European Union provides support for public and private organisations to help older people stay in charge of their own lives for as long as possible as they age and, where possible, to contribute to the economy and society. A healthy lifestyle is a key to active ageing, and therefore techniques such as mindfulness, positive ageing and active lifestyle can benefit older adults both cognitively and physically. Mindfulness has been proven to reduce depression, reduce stress, anxiety, and drug addiction treatment. There are several mindfulness practices, such as meditation, breathing exercises, yoga, tai-chi, healthy living and eating, etc. Practicing mindfulness techniques reduces stress, worry, and loneliness; decreases systemic inflammation; and improves mental health, sleep, awareness, self-efficacy, cognitive functioning, and psychological well-being.

The Mindful Ageing project is an initiative aimed at empowering individuals aged 50 and above to cultivate a healthy and positive mindset while embracing an active approach to ageing. Through techniques such as mindfulness, the project seeks to enhance the overall well-being of older adults and address the issue of loneliness.

As part of the project, the three-day "Bootcamp" on mind and body wellness activities were developed and delivered in Bulgaria, Finland, France, Greece, and the United Kingdom. The bootcamp aimed to support older individuals in maintaining positive mental well-being, preventing isolation, and mitigating potential mental and physical health issues in the future. Participants were educated on positive psychology interventions and mindfulness techniques, fostering an understanding of active ageing and mindfulness.

The comparative assessment of the project's pilot implementations across these diverse geographical locations has provided valuable insights into its effectiveness. Participants in all participating countries demonstrated a positive response to incorporating mindfulness into their everyday lives, with an increase of almost 1.2-2 percent before and after the bootcamp. The findings from this comparative report will inform future iterations of the project, allowing for further refinement and enhancement of implementation strategies. By maximizing its impact in different cultural contexts, the project can continue to empower individuals aged 50+ in embracing a positive mindset and maintaining a healthy body and mind as they age.

1.0 Introduction

The Mindful Ageing project is dedicated to empowering individuals aged 50+ with tools and resources to cultivate a healthy and positive mindset while embracing an active approach to ageing. By utilizing techniques like mindfulness, clinical hypnosis, and neuro-linguistic programming (NLP), the program aims to enhance the overall well-being of older adults and address the issue of loneliness. The project introduces innovative components including Mindful Ageing Bootcamps, Mindful Ageing Support Groups, and an accessible online eLearning Platform, allowing participants to explore and benefit from these offerings.

As part of the Mindful Ageing project, a three-day "Bootcamp" on mind and body wellness was developed and delivered to support individuals aged 50+ in maintaining a positive mental well-being and preventing isolation, as well as potential mental and physical health problems in the future, in each participating country. Inspired by the concept of fitness bootcamps, this program aimed to cultivate a positive attitude towards ageing and educate participants on various positive psychology interventions and mindfulness techniques to promote a healthy body and mind in later life.

Through the bootcamp, participants gained an understanding of the principles and benefits of "Active Ageing" and "Ageing Mindfully." They learned how maintaining a healthy body and mind can contribute to preventing future ill health. The program aimed to empower participants to take proactive measures in caring for their mental and physical well-being, thereby reducing the risks of loneliness, social isolation, and potential health complications in their later years.

This comparative report evaluates the efficacy of the initial and subsequent pilot implementations of the Mindful Ageing project, which were conducted in Bulgaria, Finland, France, Greece, and the United Kingdom. The purpose of this assessment is to assess and compare the effectiveness of the project's implementation in these diverse geographical locations.

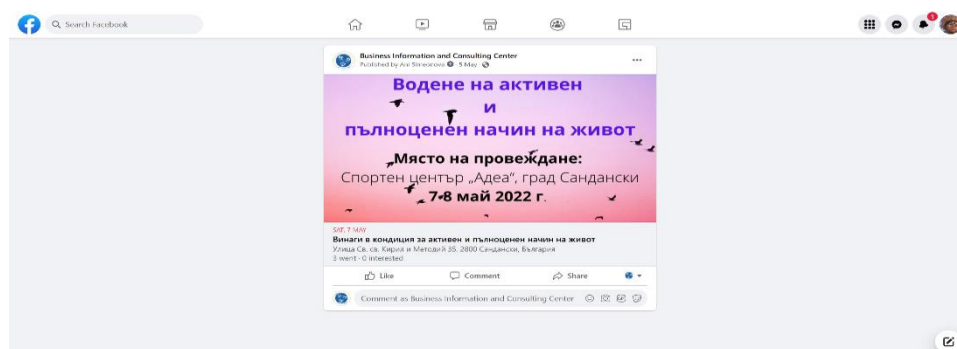
2.0 RECRUITMENT

2.1 Pilot 1

2.1.1 Bulgaria

Bulgaria used social media to recruit participants, as one of the most widespread and effective approaches for dissemination in Bulgaria. For the first pilot implementation of IO2 Mindful Aging Bootcamps, the collaborating organization gathered a total of 13 individuals over the age of 50, following the program's criteria, which took place in Bulgaria.

Example of recruitment material



Search Facebook

Sport centre ADEA
20 April

Благослови!!! 07-08 май (всик и петък)
Ще имате възможност да се запознаете с проф. Александър Илиев който след няколко месеца ще проведе семинар на ЦИФУИ.
Организатор: Сдружение Бизнес и Информационен и Консултантски център Сандански

Двудневен семинар
07-08 май

Водене на активен и пълноценен начин на живот

Място на провеждане:
Спортен център „Адеа“, град Сандански
7-8 май 2022 г.

Лектор: проф. д-р Александър Илиев
www.alexiliev.com

№	Тема
13:00 - 14:00	Резюме на лекцията
14:00 - 14:30	Проф. д-р Александър Илиев: Как да водим активен и пълноценен начин на живот?
14:30 - 14:45	Обяд
14:45 - 15:00	Съобщения
15:00 - 15:30	Съобщения
15:30 - 16:00	Съобщения
16:00 - 16:30	Съобщения
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59:30 - 60:00	Съобщения

ормация:

лева – 0887 102 673

ехайова – 0896 825 894

806 477

Ant Simeonova and 7 others 4 shares

Like Comment Share

Search Facebook

Business Information and Consulting Center
Published by Ant Simeonova 20 April

Семинарът е организирен и разположен на територията на "Пълноценен начин на живот" и финансиран от проект "Глобал" на Европейския съюз.

ИВМА ТАКСА ЗА УЧАСТИЕ!

Нашите цели - ваши резултати!

- Проприете свиства да се грижите за себе си!
- Получете как да поддържате позитивно и здравословно настрани!
- Загубите се с методи за пълноценно образование на настоящото, клиентна митоза, напредните, невро-лингвистично програмично (NLP).
- Проприете ползите от правилното хранене и физическата активност!

За допълнителна информация, програма на семинара и записване:
Диана Ксаянова 0896 825 894 Спортен център АДЕА
Ант Симеонова 0899 806 477 БИИЦ Сандански

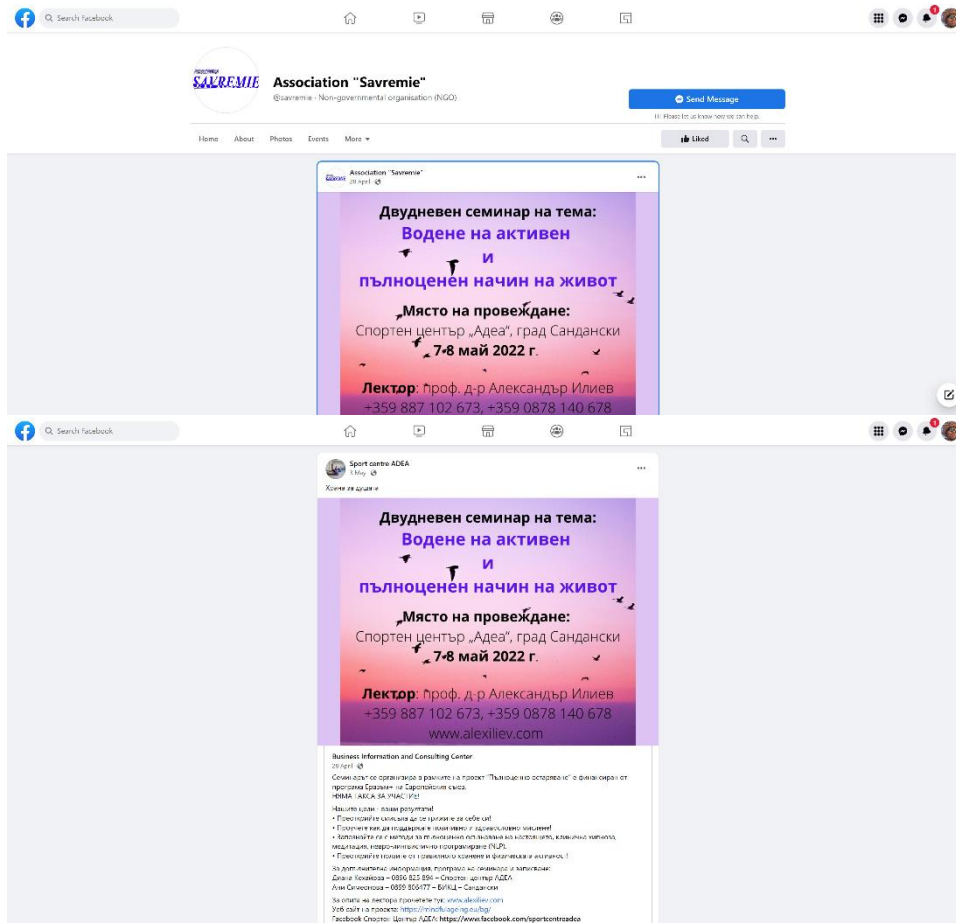
За свиства на лектора прочетете: www.alexiliev.com
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Facebook: Сдружение ЦИФУИ <https://www.facebook.com/sportcentradea>

Двудневен семинар на тема:
Водене на активен
и
пълноценен начин на живот

Място на провеждане:
Спортен център „Адеа“, град Сандански
7-8 май 2022 г.

Лектор: проф. д-р Александър Илиев
+359 887 102 673, +359 0878 140 678
www.alexiliev.com

1 comment 12 shares



2.1.2 Finland

Finland promoted material related to the first pilot implementation via email, initially sending the information to 42 individuals (31 policy makers, 11 support groups) in the autumn of 2021, and to an additional 33 individuals (25 policy makers, 8 support groups) and 24 retirement associations in February 2022. Ultimately, there were 14 participants on both days.

2.1.3 France

France utilized its existing network through the E-Seniors platform to establish contact with elderly individuals. Specifically, they promoted a newsletter to its contact list, providing information about the Mindful Ageing Bootcamp to 1200 contacts. On the first day, 14 individuals participated, while on the second day, 12 individuals participated.

Example of recruitment material

Recruitment brochure

This leaflet was designed to be delivered to promote the bootcamp online and offline.



This leaflet was also shared in social media, in the newsletter and in direct emails to seniors:



The leaflet was also distributed during an event called: “Le printemps des Seniors” (Seniors’ Spring) organized by the City Hall of Paris’ 13th district on March 22nd.



It was also distributed in several ICT classes that E-Seniors gave all over Paris.

Newsletter

The newsletter was forwarded to 1200 contacts and can be accessed here: <https://www.e-seniors.asso.fr/newsletter78.html>

Email

In addition to the newsletter, E-seniors contacted seniors directly by email as we see below



2.1.4 Greece

Greece conducted an open call to gather participants, which was published on various social media sites, websites, and platforms. Interested individuals that completed a form and participated in the pilot application. As the term “Bootcamp” is not widely used in the country, they used a different title which was "WELL-BEING OF THIRD AGE PEOPLE TO PREVENT SOCIAL EXCLUSION". A total of 129 interested individuals were collected. Finally, 48 individuals participated.

Example of recruitment material

The screenshot shows a recruitment page on the ENTRE-GR website. The page title is "Mindful Ageing Σεμινάριο: Ευεξία Ατόμων Τρίτης Ηλικίας για την Πρόληψη της Κοινωνικής Απομόνωσης". The location is listed as "Online". The dates are "4 - 5 Μαΐου 2022". There is a button labeled "ΕΓΓΡΑΦΕΙΤΕ". The page also features logos for the European Union, the Ministry of Economic Development, and the ERDF (ΕΣΠΑ).

The poster features the following text and graphics:

- Mindful Ageing**
Διαδικτυακό Σεμινάριο
- 4 & 5**
ΜΑΪΟΥ 2021
13:00 - 16:00
- ΕΥΕΞΙΑ ΑΤΟΜΩΝ**
ΤΡΙΤΗΣ ΗΛΙΚΙΑΣ
ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ
ΤΗΣ ΚΟΙΝΩΝΙΚΗΣ
ΑΠΟΜΟΝΩΣΗΣ
- Logos for the Ministry of Economic Development, ERDF (ΕΣΠΑ), and the Institute of Entrepreneurship Development (iED).
- Logo for Mindful Ageing.
- Logo for the Erasmus+ Programme of the European Union.
- A circular image of an elderly man and woman laughing together.

Bellow can be found links to the publications that have been posted for the Bootcamp.

1. <https://www.facebook.com/groups/561018110633808/posts/4906093496126226/>
2. <https://www.facebook.com/groups/176806535808114/posts/2387143184774427/>
3. <https://www.facebook.com/groups/seminaria/posts/10161768146559447/>
4. <https://www.facebook.com/groups/1428068133957900/posts/4837725756325437/>
5. <https://www.facebook.com/groups/1708330649380149/posts/3342872355925962/>
6. <https://www.facebook.com/events/642045406888682>
7. <https://entre.gr/ekdiloseis/mindful-ageing-seminario-evexia-atomon-tritis-ilikias-gia-tin-prolipsi-tis-koinonikis-apomonosis/>
8. <https://www.larissanet.gr/2022/04/27/dorean-diadiktyako-seminario-evexia-atomon-tritis-ilikias-gia-tin-prolipsi-tis-koinonikis-apomonosis/>

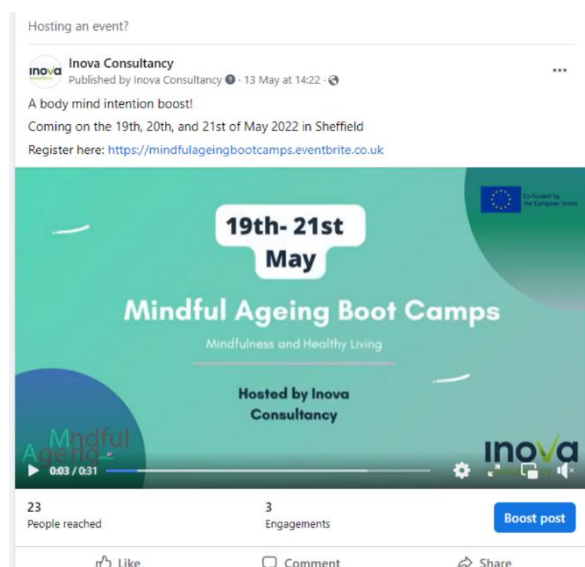
2.1.5 United Kingdom

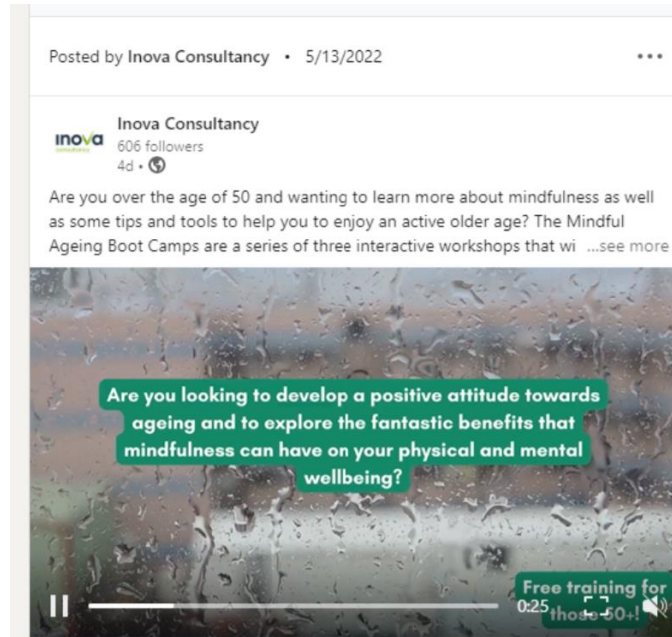
UK utilized various platforms and methods to reach as many people as possible. Social media campaigns were created, with posts being uploaded between the 25th and 1st of May for the intergenerational week and then between the 3rd and the 10th of May for the benefits of mindfulness. Different hashtags and tags were used, and the Facebook post finally reached 1,392 people. Leaflets were created and distributed to multiple locations, including charity shops, churches, community, halls, gyms, libraries, galleries and cafes. The flyers had a clear design and explained the aims and the content of the Boot Camps. A total of 30 people registered for the event through Eventbrite.

Example of recruitment material

Facebook post

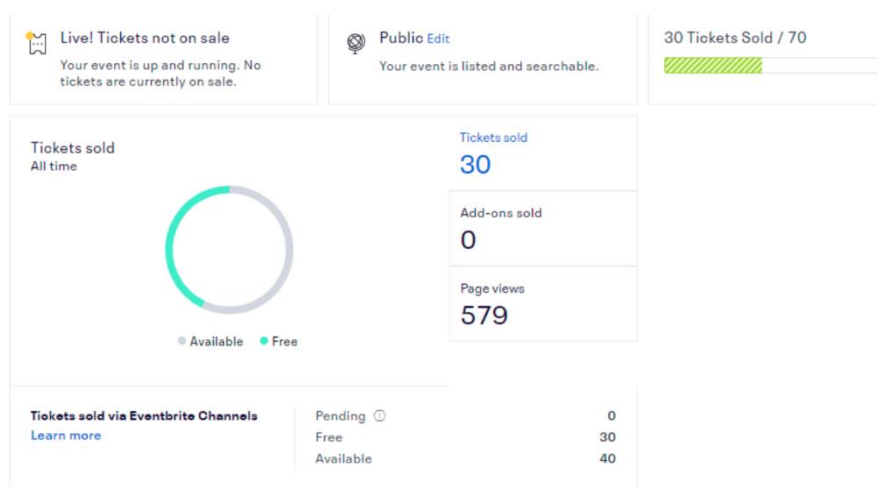
Posts talking about the Mindful Ageing Boot Camps with videos.





Tickets

Tickets advertised on Eventbrite and a total of 30 people registered.



Leaflet

Leaflets were distributed to the British Heart Foundation on the Moor, Scope on Division House, Christ Church Central Sheffield, St Marie's Roman Catholic Cathedral, Central Library, Millennium Gallery, Couch Café, three of the Age UK's shops, charity shops, churches, community halls, gyms, libraries, galleries and cafes.



Wellness BOOST Camp

Are you over the age of 50 and looking for a boost of confidence, energy and positivity? Join us for a three day mindfulness experience!

Join us for a three day training programme designed to improve mental wellbeing, build resilience and develop a positive attitude towards life. Take part in activities such as tai-chi, yoga, mindfulness exercises, clinical hypnosis, zumba, salsa and more!

FREE to attend
TIME: 10:00 - 15:00
 (including an hour lunch break)
 Location: Channing Hall, 45 Surrey St, Sheffield, S1 2LG

“An excellent workshop for the over fifties. Great balance of physical activities and theory. Good combination of materials used. A valuable use of my time.”

“The experience has just been awesome, whatever I say will not be enough! The whole itinerary has been well researched, prepared, organised and delivered.”

“A really refreshing approach to mindfulness”

“It has been very useful and informative and I am sure it would be beneficial to many others.”

Scan to register





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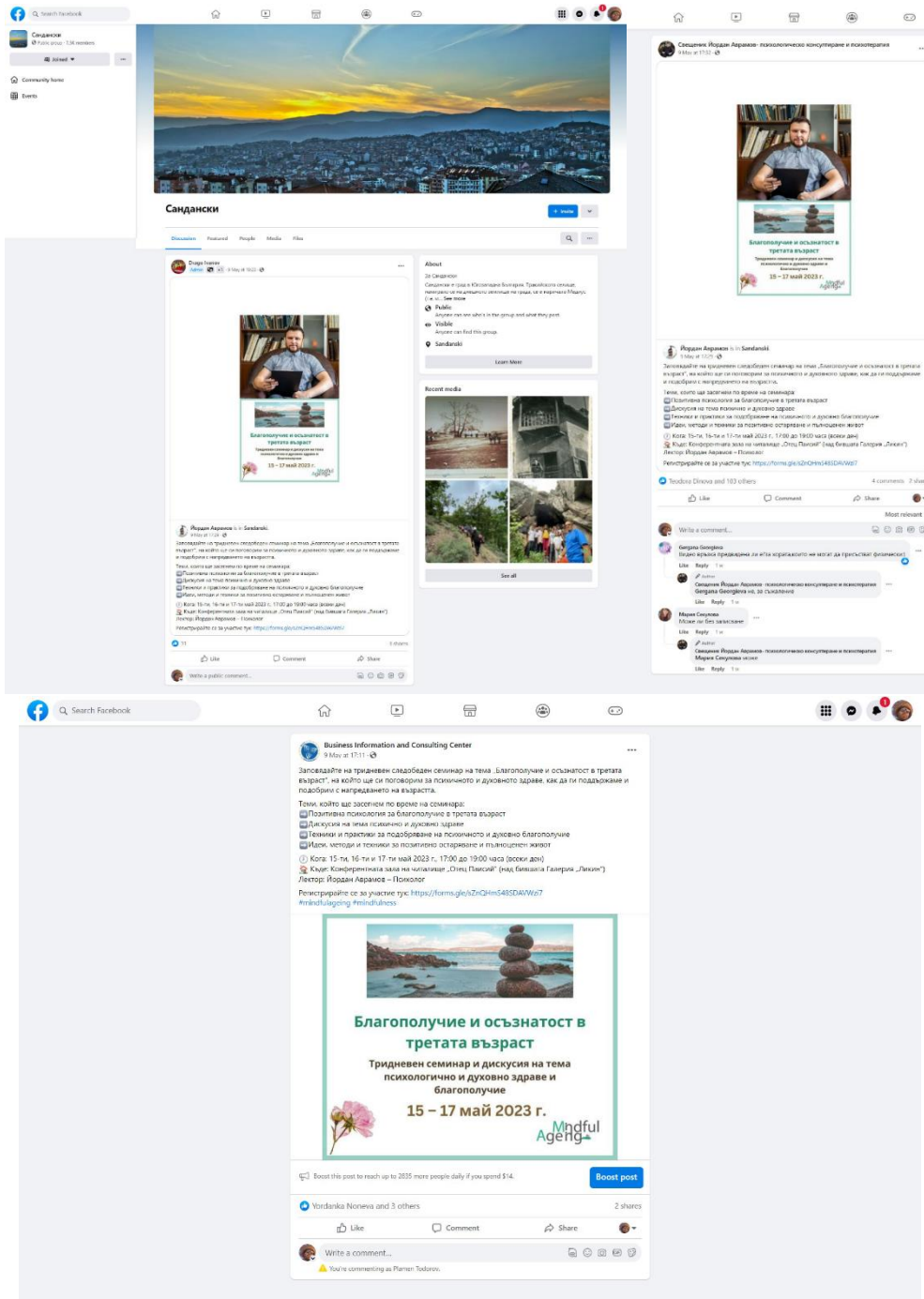
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2.2 Pilot 2

2.2.1 Bulgaria

The hiring process was conducted using social media (i.e. Facebook), as it is currently the most effective and widely used channel for spreading information in Bulgaria. Additionally, they utilized the chosen Facilitator’s social network to promote the event.

Example of recruitment material



2.2.2 Finland

Participants were recruited by:

- Facebook publication in VAMK Facebook at 22nd September 2022
- Email sent to 24 retirement associations on September 19, 2022
- Advertisement in Vaasa newspaper on September 20, 2022
- Distribution of leaflets on notice boards in the library, civic college, and two supermarkets in September 2022
- Phone calls made to the chairpersons of the retirement associations on October 3 and October 24, 2022

Recruitment faced challenges due to the COVID-19 situation in Vaasa and the darkness of autumn. Some participants found it difficult to participate 3 consecutive days in the event, leading to a few dropouts. The Bootcamp had to be postponed twice due to recruitment issues. Ultimately, 15 people signed up, but three missed it due to personal reasons and illness, while others missed certain days due to illness.

Example of recruitment material



2.2.3 France

Participants for bootcamp were selected mainly through organization network and they were invited directly through email. Also, leaflets were created to promote the bootcamp online and offline.

Example of recruitment material

Mndful Ageing

Deux jours de pleine conscience intense pour se sentir bien et actif

Mardi 25 et mercredi 26 octobre 2022
de 10h à 16h
10 rue du Cambodge 75020 Paris
Pauses café et collations du midi offertes !
L'atelier est entièrement gratuit !

DÉCOUVREZ TOUT L'UNIVERS DU
VIEILLEMENT EN PLEINE
CONSCIENCE SUR NOTRE SITE WEB :
<https://www.mndfulageing.eu/>

inscrivez-vous auprès d'Agathe ou de Romane
avant le **vendredi 21 octobre** /
agathe.larmor.eseniors@gmail.com
romanesee.seniors@gmail.com

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Mndful Ageing

Ce programme, destiné aux **50 ans et plus**, vous aide à adopter une **attitude positive** à l'égard du vieillissement et à **développer votre connaissance** des techniques de pleine conscience qui peuvent vous aider à **conserver un corps et un esprit sains**.

Maintenir et développer un bien-être mental positif permet de prévenir certains problèmes de santé future !

AU PROGRAMME :

Dialogue ouvert sur le vieillissement en pleine conscience, les impacts du vieillissement, la santé mentale, le soutien, le sommeil et le repos, de la méditation, des exercices de respiration profonde ... Et d'autres surprises !

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Association E-Seniors
14 October 2022 · 🌐

Vous avez plus de 50 ans et les thématiques du bien-être et du bien vieillir vous intéressent ? Rejoignez-nous les 25 et 26 octobre pour deux journées de pleine conscience pour se sentir bien et actif ! 🧘

👉 L'atelier est entièrement gratuit et les repas du midi sont offerts !

Inscrivez-vous auprès d'Agathe et de Romane avant le mardi 18 octobre :

- 💎 agathe.larmor.eseniors@gmail.com
- 💎 romanesee.seniors@gmail.com

See translation

Mndful Ageing

Deux jours de pleine conscience intense pour se sentir bien et actif

Mardi 25 et mercredi 26 octobre 2022
de 10h à 16h
10 rue du Cambodge 75020 Paris
Pauses café et collations du midi offertes !
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VIEILLEMENT EN PLEINE
CONSCIENCE SUR NOTRE SITE WEB :
<https://www.mndfulageing.eu/>

inscrivez-vous auprès d'Agathe ou de Romane
avant le **mardi 18 octobre** /
agathe.larmor.eseniors@gmail.com
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Mndful Ageing

Ce programme, destiné aux **50 ans et plus**, vous aide à adopter une **attitude positive** à l'égard du vieillissement et à **développer votre connaissance** des techniques de pleine conscience qui peuvent vous aider à **conserver un corps et un esprit sains**.

Maintenir et développer un bien-être mental positif permet de prévenir certains problèmes de santé future !

AU PROGRAMME :

Dialogue ouvert sur le vieillissement en pleine conscience, les impacts du vieillissement, la santé mentale, le soutien, le sommeil et le repos, de la méditation, des exercices de respiration profonde ... Et d'autres surprises !

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The leaflet was also shared during an event called “La Semaine Bleue des Seniors” (Seniors’ Blue Week) organised by the Association E-Seniors in the 15th district of Paris on October 4th:



2.2.4 Greece

Recruitment for the Bootcamp involved sending emails and making phone calls to retirement associations as well as utilizing other connections within the organization.

2.2.5 United Kingdom

Recruitment planning was undertaken for the event, utilizing diverse platforms and methods to attract a wide audience. Social media campaigns featuring testimonials from the previous pilot were created for Facebook and Instagram. Inova Consultancy sent an email to their mailing list of 1,116 recipients, resulting in 327 opens, indicating its effectiveness as a recruitment method. Local groups and charities, including AgeUK Sheffield and Darnall Wellbeing, also shared the event with their mailing lists and social media. A registration link on Eventbrite garnered 660 views and 39 registrations.

Example of recruitment material

ino Inova Consultancy
Published by Inova Consultancy • 26 August

Are you over the age of 50 and looking for a boost of confidence, energy and positivity? Join us in October for a three day mindfulness experience!
<https://wellnessboostcamp.eventbrite.co.uk/>
Here's what a previous participant had to say:

"The mindful ageing Boot Camp has just been awesome. Whatever I say will not be enough! The whole Boot Camp itinerary has been well researched, prepared, organised and delivered by Marina and her team. Kudos to Marina."

ino Inova Consultancy
Published by Inova Consultancy • 23 August

Are you over the age of 50 and looking for a boost of confidence, energy and positivity? Join us for a three day mindfulness experience!
Register here: <https://wellnessboostcamp.eventbrite.co.uk>

Mindful Ageing
Wellness Boost Camp
Coming this October

Co-funded by the Erasmus+ Programme of the European Union

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Wellness BOOST Camp @ Channing Hall
Thu, 13 Oct 2022 10:00
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Tickets Sold: **39/40**
0 paid • 39 free

Page Views: **660**
258 from Eventbrite
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Recommended
[Learn how to make the most of Eventbrite](#)
[Read our quick start guide](#)

Share
Event URL: <https://wellnessboostcamp.eventbrite.co.uk>









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Sales by ticket type

Ticket type	Price	Sold
General Admission	free	36/50
General Admission	free	3/45

Go to all ticket sales

Other Attendee Actions
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-  Campaigns
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-  Audience
-  Automations
-  Website
-  Content
-  Integrations
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Mindful Boost Camp

Switch report ▾

Overview Activity ▾ Click Performance Content Optimizer Social E-commerce ▾ Inbox Analytics360

1,116 Recipients

Audience: Events Delivered: Wed, Aug 24, 2022 9:00 am
 Subject: Register now: Mindful Ageing BOOST Camps View email · Download · Print · Share

327 Opened	23 Clicked	6 Bounced	1 Unsubscribed
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Successful deliveries	1,110	99.5%	Clicks per unique opens	2.0%
Total opens	480		Total clicks	42
Last opened	10/19/22 11:48AM		Last clicked	10/10/22 11:31AM
Forwarded	0		Abuse reports	1

0	£0.00	£0.00
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3.0 OVERVIEW OF PARTICIPANTS

3.1 Pilot 1

3.1.1 Bulgaria

The first pilot in Bulgaria of the IO2 Mindful Ageing Bootcamps involved a minimum of 13 participants who were adults aged 50+.

Participant	Background Information
Participant 1	52 years old female, still active and working in the field of healthy living

Participant 2	57 years old female, working in the field of wood processing and planning for retirement
Participant 3	51 years old female, working in the public sector, practising healthy living
Participant 4	58 years old female, working in the field of accounting with no experience in healthy living, practising some healthy eating habits
Participant 5	51 years old female, working in the public sector, regularly practising Zumba and other active ageing techniques
Participant 6	51 years old female, working with organic food and owning an organic food shop, organising regularly healthy eating events
Participant 7	56 years old accountant with a background in sports
Participant 8	51 years old female, real estate agent, practising mindful ageing techniques
Participant 9	51 years old female, personal trainer and owner of a sports centre for yoga, Zumba, tai-chi, etc.
Participant 10	51 years old female entrepreneur
Participant 11	50 years old female, a personal trainer in yoga
Participant 12	51 years old female selling organic products with no experience in active ageing
Participant 13	54 years old female, public servant, no experience in active ageing or mindfulness

3.1.2 Finland

In the bootcamp there was a total of 15 registered participants, with 14 participants attending each day. All participants were women ranging in the age from 51 to 90 years. The bootcamp took place in Vaasa at Vaasa University of Applied Sciences (VAMK), where a spacious classroom was provided without charge.

Participant	Background Information
Participant 1	Päivi (first day)
Participant 2	Tatjana
Participant 3	Suvi
Participant 4	Ulla
Participant 5	Synnöve
Participant 6	Vuokko

Participant 7	Liisa
Participant 8	Seija-Liisa (second day)
Participant 9	Sari
Participant 10	Marita
Participant 11	Merja
Participant 12	Ann-Helen
Participant 13	Seija
Participant 14	Terttu
Participant 15	Marita

3.1.3 France

In the pilot that took place in France, there were a total of 14 participants, with an average age of over 70 years old.

Participant	Background Information
Participant 1	76 years old, Retired
Participant 2	69 years old, Retired
Participant 3	77 years old, Retired
Participant 4	65 years old, Retired
Participant 5	75 years old, Retired
Participant 6	75 years old, Retired
Participant 7	71 years old, Retired
Participant 8	68 years old, Retired
Participant 9	78 years old, Retired
Participant 10	85 years old, Retired
Participant 11	68 years old, Retired
Participant 12	76 years old, Retired
Participant 13	Age not given, Retired
Participant 14	Age not given, Retired

3.1.4 Greece

In the pilot of the Mindful Ageing Bootcamps in Greece, the Partner Organisation gathered a group of 41 participants who were adults aged 50+.

Participant	Background Information
Participant 1	Female – 66 years old
Participant 2	Female – 67 years old
Participant 3	Female – 51 years old
Participant 4	Female – 50 years old
Participant 5	Female – 64 years old
Participant 6	Female – 68 years old
Participant 7	Female – 68 years old
Participant 8	Male – 65 years old
Participant 9	Female – 57 years old
Participant 10	Male – 63 years old
Participant 11	Female – 68 years old
Participant 12	Female – 60 years old
Participant 13	Female – 63 years old
Participant 14	Male – 61 years old
Participant 15	Male – 51 years old
Participant 16	Male – 54 years old
Participant 17	Female – 64 years old
Participant 18	Male – 65 years old
Participant 19	Male – 58 years old
Participant 20	Female – 54 years old
Participant 21	Female – 57 years old
Participant 22	Female – 50 years old

Participant 23	Male – 55 years old
Participant 24	Female – 73 years old
Participant 25	Female – 68 years old
Participant 26	Female – 50 years old
Participant 27	Male – 60 years old
Participant 28	Female – 50 years old
Participant 29	Female – 65 years old
Participant 30	Female – 63 years old
Participant 31	Male – 58 years old
Participant 32	Female – 63 years old
Participant 33	Male – 55 years old
Participant 34	Female – 51 years old
Participant 35	Female – 50 years old
Participant 36	Female – 50 years old
Participant 37	Male – 51 years old
Participant 38	Male – 61 years old
Participant 39	Female – 62 years old
Participant 40	Female – 50 years old
Participant 41	Male – 53 years old

3.1.5 United Kingdom

In the pilot program that took place in the UK, a total of 10 participants confirmed and attended the event out of the initial 30 registered participants. The event spanned three days.

Participant	Background Information
Participant 1	A 50+ woman from a BME background who became interested in the course via her networks in the voluntary sector
Participant 2	A 50+ non-native woman to the UK looking to build connections.
Participant 3	A 50+ woman from a BME background who was trying to get a better

	understanding of how to manage their stress levels.
Participant 4	A 50+ women from a BME background interested in mindfulness and meditation
Participant 5	A 50+ a retired man from a BME background interested in mindfulness and meditation.
Participant 6	A 50+ retired individual who heard about the course via her Zumba classes.
Participant 7	A 50+ retired individual
Participant 8	50+ Retired individual
Participant 9	50+ A retired individual looking for ways to manage the change that comes with retirement.
Participant 10	A 50+ working in the health sector interested in mindfulness. She was interested in taking some of the lessons she learnt to the communities she works with.

3.2 Pilot 2

3.2.1 Bulgaria

The second pilot of the IO2 Mindful Ageing Bootcamp received huge interest by the local community. Here's a breakdown of the number of participants for each day of the workshop:

- Day 1: 39 individuals from the target group (people aged 50+) signed the attendance list.
- Day 2: 35 individuals from the target group (people aged 50+) signed the attendance list.
- Day 3: 33 individuals from the target group (people aged 50+) signed the attendance list.

It is worth noting that not all event attendees who participated signed the participant list. On average, the Bootcamp was attended by approximately 35 participants from the target group.

3.2.2 Finland

In the pilot that took place in Finland, 12 participants attended the Bootcamp, with some absences due to illness and personal reasons. On the first and the second day there were 10 participants in each day and on the optional day, 8 participants. Despite not everyone attending every day, Bootcamp material was provided to all participants. One participant was male while the rest were female, and their ages varied from 63 to 75 years. The Bootcamp was held at Vaasa University of Applied Sciences (VAMK) in Vaasa, Finland, with a suitable and spacious classroom equipped with wheeled desks for easy arrangement during Mindfulness exercises.

Participant	Background Information
Participant 1	Sirpa

Participant 2	Hannele
Participant 3	Eija
Participant 4	Marja
Participant 5	Maria
Participant 6	Marit
Participant 7	Kari
Participant 8	Catharina
Participant 9	Kaarina
Participant 10	Päivi
Participant 11	Eila
Participant 12	Tiina
Participant 13	Outi (signed up, but prevented from coming)
Participant 14	Carita (signed up, but prevented from coming)
Participant 15	Salla (signed up, but prevented from coming)

3.2.3 France

In total, 16 participants attended the bootcamp, but on some days there were occasional absences due to illnesses and personal reasons.

On the first day, 15 participants attended the bootcamp, on the second day 12 participants (among them a participant that didn't attend the first day), and on the third optional day 13 participants attended the bootcamp. Below is an overview of the participants involved in the pilot which took place in France. The participants had an average age of over 67 years old.

The participants varied a little between different days. Despite the fact that not everyone was able to participate in every day, they were provided with Bootcamp material.

Participant	Background Information
Participant 1	75 years old, Retired

Participant 2	64 years old, Teacher
Participant 3	56 years old, Public servant
Participant 4	76 years old, Retired
Participant 5	74 years old, Retired
Participant 6	67 years old, Retired
Participant 7	62 years old, Employee
Participant 8	66 years old, Retired
Participant 9	60 years old, Employee
Participant 10	67 years old, Retired
Participant 11	71 years old, Retired
Participant 12	Unknown, Yoga teacher
Participant 13	Unknown, Retired
Participant 14	Unknown, Retired
Participant 15	Unknown, Retired
Participant 16	Unknown, Retired

3.2.4 Greece

The second pilot of the Bootcamps, in Greece, was attended by 18 participants. Below is an overview of the participants.

Participant	Background Information
Participant 1	Male – 76 years old
Participant 2	Male – 67 years old
Participant 3	Female – 54 years old
Participant 4	Male – 58 years old
Participant 5	Female – 69 years old
Participant 6	Male – 68 years old
Participant 7	Female – 70 years old
Participant 8	Male – 75 years old
Participant 9	Female – 57 years old
Participant 10	Male – 63 years old
Participant 11	Male – 68 years old
Participant 12	Female – 60 years old
Participant 13	Male – 64 years old
Participant 14	Male – 61 years old
Participant 15	Female – 62 years old
Participant 16	Female – 53 years old
Participant 17	Male – 76 years old
Participant 18	Male – 53 years old

3.2.5 United Kingdom

Of the 39 registered participants, a total of 19 confirmed and attended the event over the 3 days. There was a diverse range of participants recruited from a range of different groups and platforms including Darnall Wellbeing, Together Women, AgeUK, Inova Consultancy, and word of mouth.

4.0 THE FORMAT AND THE PROCESSES

4.1 Pilot 1

4.1.1 Bulgaria

The first bootcamp that took place in Bulgaria had 13 participants and was held at the Sports Centre "Adea". The facilitator was Mr. Alexander Iliev, a renowned Bulgarian mime, physical theatre director, anthropologist, and professor. If you need more information about him, you will find it [here](#) and [here](#).

Session Number	Date	Number of Participants	Tools Used/Comments
1	07.05.2022	13	Ice breaking activity Mindful Audit Background to Mindful Ageing Group dialogue 5 Mental health Warning signs of poor mental health Group discussion Spiritual health Positive ageing – planning and tips for ageing positively Impacts of ageing Nutrition, sleep and rest Open dialogue
2	08.05.2022 (Sunday)	13	Ice-breaking activity - World café Meditation and mindfulness Deep breathing

			Body scan Mind mapping Journaling Mood tracking Interactive mental games Neuro-linguistic programming
3	09 – 12.05.2022	13	Self-preparation and selflearning activities and further readings

Additional information

The event took place over two days at Sports Center "Adea" in Sandanski. It started in the early afternoon to accommodate participants' comfort and availability. On the first day, the training focused on explaining the concept of mindful aging and encouraging participants to share their attitudes and plans regarding getting older, retirement, and healthy living. The facilitator, Mr. Alexander Iliev, provided an overview of the event and collected participants' skills assessment forms. The mindful aging concept was presented, followed by group discussions and examples of engaging in mindful aging techniques. Mental health and spiritual health were also discussed, along with the importance of positive aging. Breathing, stretching, and focusing exercises were practiced, followed by a summary and introduction to the second day.

On the second day, participants discussed the topic of "Time for Myself" and shared how they spend time alone for relaxation. Breathing exercises were repeated, and the facilitator introduced the concepts of meditation, mindfulness, and neuroplasticity. A movie on mindfulness was shown, and the group discussed body scans and activities to improve memory and mental health. The facilitator provided ideas for utilizing the skills and knowledge gained during the bootcamp, recommended reading materials, and online resources. Participants expressed satisfaction with the event and had the opportunity to network with Mr. Iliev. They received certificates of attendance and filled out evaluation forms.

4.1.2 Finland

The Bootcamp program was implemented in accordance with a framework developed together by the partner countries. There were 14 participants on both days (one person was sick on each day).

	Session 1	Session 2
Name of the session	Bootcamp Mindful Ageing - Day 1	Bootcamp Mindful Ageing - Day 2

Date	28 April 2022	2 May 2022
Number of participants	14	14
Topics/Activities covered	<ul style="list-style-type: none"> ● The Mindful Ageing course and description of the Bootcamp ● Ice breaking activities ● Group dialogue about mindfulness ● Breathing exercise ● Mental health and wellness ● Spiritual health ● Positive ageing ● Attitudes towards ageing ● Living with the changes brought by ageing (maintaining muscle strength, maintaining balance, maintaining mobility, a well-balanced diet, water and fiber, taking care of ● adequate sleep and rest, taking care of well-being of the mind, relationships) ● Mindfulness workout 	<ul style="list-style-type: none"> ● Mindfulness exercise at the beginning ● Ice breaking activity - World café ● Meditation and mindfulness ● Deep breathing + exercise ● Body scan + exercise ● Mind mapping + exercise ● Journaling ● Mood tracking + exercise ● Mindful eating + exercise ● Neuro-linguistic programming ● Mindfulness exercise at the end

Photographs from the bootcamp



4.1.3 France

The bootcamp was structured according to the presentation developed by the partners with minor changes made in order to make it all fit in the two days. The sessions were facilitated by Agathe Larmor and Noémie Govindin, project managers for E-Seniors in charge of Mindful Ageing. 14 participants were present and participating during the two days of the bootcamp. E-Seniors offered lunch and coffee breaks with snacks to all participants according to their food preferences. Both sessions took place in a space rented for the occasion, with a main set up of tables and chairs gathered in the middle, allowing the participants to take notes, and facing the presentation screen.

	Session 1	Session 2
Name of the session	Bootcamp Mindful Ageing - Day 1	Bootcamp Mindful Ageing - Day 2
Date	30th of May 2022	31st of May 2022
Number of participants	14	12
Topics/Activities covered	<ul style="list-style-type: none"> ● Icebreaker activity ● Mindfulness Audit ● Context of mindfulness ageing ● Group Dialogue ● Mental Health ● Warning signs of poor mental health ● Group discussion ● Spiritual health ● Positive ageing - planning and tips for positive ageing ● Impacts of ageing ● Nutrition, sleep and rest 	<ul style="list-style-type: none"> ● World café ● Meditation and mindfulness ● Deep breathing ● Body scan ● Journaling ● Mood tracking ● Interactive mental games ● Neuro-linguistic programming
Details of any external speakers/Other information	No external speaker	No external speaker

Day 1:

On the first day of the bootcamp, we welcomed 14 participants who arrived between 9h30 and 10h and got to know each other in an informal way around the coffee and snacks provided by E-Seniors. The session started at 10h with the ice-breaking activity, the audit and the presentation of the project Mindful Ageing. We then started the activities related to the subject with the group discussion. This introductory talk led to all participants to know each other better and feel comfortable before the coffee break when they were to discuss freely.

We then introduced the topics of mental health, spiritual health before ending the first part of the day with the subject of positive ageing.

Lunch was offered by E-Seniors and taken in a nearby park for all to enjoy the nice sunny weather and little walk.

After lunch, we resumed the session by talking about muscle strength and mobility when ageing. We then moved to the subject of nutrition and intuitive eating with the exercise of the raisin which was enjoyed by all participants and sparked very interesting comments from them. Finally we ended day 1's discussions by discussing sleep, rest and relationships.

All our participants were active, enjoyed the discussions and shared their thoughts on those subjects. For many of them, the subjects were not usually discussed in their daily life, but the bootcamp created this safe environment where they were surrounded by new people and allowed them to compare and share their life experiences in a relaxed way. All participants took many notes on the content discussed and asked to have the presentation sent to them in order to keep track of the tips and habits discussed together.

Day 2:

Day 2 started in the same casual way as day 1 but with more exchanges and participants being visibly more comfortable with each other.

To start the day, we did a guided breathing exercise that had a great impact on participants and allowed us to start the day in mindfulness.

We then put in place the main activity of the morning: the world café. To do so, we moved tables in order to create three different spaces and placed one facilitator per table with colour pens and a big sheet of paper in the centre. The participants split in three groups and navigated between the tables and discussed in smaller groups about topics.

After the world café and a break, we continued speaking about meditation and the benefits of mindfulness for older people. We ended the first half of the day by trying a body scan activity thanks to a short video found on Youtube.

We had lunch together just like the day before and resumed day 2 after lunch with discussions about journaling and mood tracking. Then we talked about interactive games and ways to improve memory before introducing the participants to the Neuro-Linguistic Programming theories, ending the day on the positive note of the reframing exercise!

At the end of day 2, we made our participants answer the audit questions again and fill in the final evaluation form.

All participants were very happy about the two days and each took the time to thank us for our work as facilitators. They expressed a general interest about the project and asked for the presentation to be sent to them. Moreover, they all seemed to gain some positivity about ageing and knowledge about mindfulness. The participants seemed to keep in mind at least one or two tips and/or habits discussed and expressed their will to include those in their life.

Photographs from Sessions



4.1.4 Greece

In the first pilot that took place in Greece there was 48 participants that participated online. A member from the IED team, Evangelia Karathanasi facilitated the sessions, and her role was crucial for the development of the bootcamp material. She was trained in order to conduct the seminars the seminars successfully.

	Session 1	Session 2
Name of the session	Bootcamp Mindful Ageing - Day 1	Bootcamp Mindful Ageing - Day 2
Date	4 May 2022	5 May 2022
Place	MS Teams	MS Teams
Number of participants	48	36
Topics/Activities covered	<ul style="list-style-type: none"> ● Ice breaking activity ● Mindful Audit ● Background to Mindful Ageing 	<ul style="list-style-type: none"> ● Ice breaking activity - World café ● Meditation and mindfulness

	<ul style="list-style-type: none"> ● Group dialogue ● Mental health ● Warning signs of poor mental health ● Group discussion ● Spiritual health ● Positive ageing – planning and tips for ageing positively ● Impacts of ageing ● Nutrition, sleep and rest ● Open dialogue 	<ul style="list-style-type: none"> ● Deep breathing ● Body scan ● Mind mapping ● Journaling ● Mood tracking ● Interactive mental games ● Neuro-linguistic programming
Details of any external speakers/Other information	No external speaker	No external speaker

Additional information

The seminar was conducted in 2 different days, on the 4th and 5th of May, with 48 participants taking part to the 2 sessions in total. There were ice-breaking activities at the beginning of each session and a 5-minute meditation exercise. The material that was created was then presented and discussed with active participation from most participants, although a few were more passive. The sessions lasted about 3 hours with two short breaks. Communication between participants and the facilitator primarily took place through email, ensuring prompt responses to any inquiries or issues. Screenshots from the sessions are shared bellow, with the participants having their cameras closed in order to follow the GDPR guidelines.



4.1.5 United Kingdom

The programme was delivered in an interesting and varied way, to ensure that the participants were able to experience a wide range of activities and learn about many different topics within the three days. A total of 15 participants took part in the sessions. The delivery methods employed involved the facilitation of Inova Consultancy, who led the overall program, and encouraged participants to engage in discussions and share their knowledge with one another.

	Session 1	Session 2	Session 3
Name of the session	Mindful Ageing Boot Camps	Mindful Ageing Boot Camps	Mindful Ageing Boot Camps
Date	19/05/22	20/05/22	21/05/22
Topics/Activities covered	Introduction to the project, mindfulness, positive psychology, zumba, importance of exercise, nutrition and sleep, wellness wheel	Morning journals, ta chi demonstration, mindfulness exercises, mindful colouring, spiritual health, meditation	Recap of previous days, yoga session, guided meditation, wrapping up and reflecting on programme
Details of any external speakers/Other information	A Zumba and salsa teacher delivered a taster salsa session.	A Tai-Chi teacher, specialising in mindfulness Tai-Chi, delivered a taster session of mindfulness Tai-Chi	Carolyn (a manager, coach and trainer at Inova) delivered a Yoga session as she is also a qualified Yoga teacher.

Day 1

On day one, participants arrived, registered, and were warmly welcomed by the facilitators. The Inova Consultancy team members, Marina, Carolyn, and Rachel introduced themselves and provided an overview of both Inova and the specific program. They shared insights about the three-day agenda and engaged in discussions with participants, encouraging them to share their understanding of mindfulness and the broader themes addressed in the program.

To foster a sense of inclusion and comfort, an icebreaker activity was conducted at the beginning. Following this, the first main session commenced with Zumba as the primary activity. However, mindful colouring and simple chair stretches were also offered as alternative options to cater to everyone's preferences and comfort levels. After the Zumba session, participants were educated about the significance of exercise, nutrition, and sleep. PowerPoint slides accompanied the facilitators' explanations, providing key information on the screen.

The concept of reframing and perceiving things from different perspectives was introduced, along with an exploration of the reticular activating system. Following a lunch break, various exercises

focused on values, lifestyle, and the wellness wheel were conducted. Participants were encouraged to reflect on their current lifestyles and how they balance physical, social, environmental, intellectual, and occupational aspects. An exercise involved creating a plan to start, stop, or continue certain activities based on the wellness wheel and what they had learned so far.

Towards the end of the day, a group discussion was held to reflect on the participants' experiences, what they enjoyed and learned, and to address any questions they had. The facilitators then provided a summary of the upcoming day's content to maintain engagement and interest among the participants.

Day 2

On the second day of the programme, there was an introduction to the content that would be covered but also a reflection on the previous day. To further enhance participants' familiarity and comfort, another icebreaker activity was conducted. The morning journals activity, which allowed participants to apply mindfulness in practice and follow a guided example, was reintroduced.

There was then a Tai Chi demonstration, which highlighted the benefits of regular movement, even if only a very light physical activity. This was conducted by David Lipka. After this, meditation and mindfulness were discussed in detail. The idea of reconnecting with our bodies and minds and becoming in touch and in control was presented to the participants, before a summary video was shown. The benefits of mindfulness were explored, including the easing of feelings of stress and anxiety, prior to indicating that such benefits can be even more prominent in older people.

In the afternoon, a mindful colouring session was conducted to provide participants with a relaxing experience and demonstrate a practical example of mindfulness activities that can easily be incorporated into their daily lives. Subsequently, a presentation and discussion on spiritual health took place, exploring how to nurture this aspect in our lives. Participants were encouraged to contemplate gratitude and create a list of things they are grateful for. They were also prompted to write a positive letter to themselves, acknowledging their values, strengths, and personal journey. The last activity of the second day was meditation, which the participants were guided through for a relaxing session. Finally, a group discussion was held to reflect on the day and think about how to apply what they had learned into their regular routines.

Day 3

On the final day of the Boot Camp, a comprehensive review of the previous two days took place, accompanied by an engaging quiz to maintain participants' involvement. Carolyn Usher led a gentle and beginner-friendly Iyengar Yoga session, highlighting the physical and mental benefits associated with this practice.

Carolyn's teaching method incorporated the use of props, enabling participants of all ages, including those with mobility or health concerns, to engage in the poses comfortably and according to their individual abilities. Additionally, a session was conducted to introduce Neuro Linguistic Programming (NLP) and its four fundamental principles. Various psychological models and approaches were explained, discussed, and explored in relation to mindfulness.

To conclude the day, another guided meditation session was conducted, creating a tranquil and soothing atmosphere. Prior to wrapping up, participants were encouraged to complete evaluation forms, share testimonials, and engage in a group discussion about their learning experiences,

moments of enjoyment, and strategies for implementing mindfulness in their everyday lives beyond the program's duration.



4.2 Pilot 2

4.2.1 Bulgaria

The second pilot of the Bootcamp in Bulgaria was held at the Cultural Centre "Otets Paisiy" in Sandanski. Mr. Yordan Avramov, a certified psychologist with expertise in positive psychology, mental and spiritual health, wellness, and mindfulness, served as the facilitator in Bulgaria.

Session Number	Date	Number of Participants	Tools Used/Comments
1	15.05.2023 (Monday)	39	<p>Topic of the day "Mental Health"</p> <ul style="list-style-type: none"> ● Introduction into the project and the objectives of the bootcamp ● Icebreaking ● Audit of participants (entry) ● Introduction into mental health ● Warning signs ● Tips and tricks for mental health and wellness. ● Discussion and key take aways
2	16.05.2023 (Tuesday)	35	<p>Topic of the day "Spiritual health and wellbeing"</p> <ul style="list-style-type: none"> ● Icebreaking ● Spirit, soul – definitions and main differences ● Spiritual health ● Ageing – attitudes to ageing ● Positive ageing – what is it? Tips and tricks. Share your receipt? ● Healthy diet ● Discussion "Spirituality and ageing"

3	17.05.2023 (Wednesday)	33	<p>Topic of the day "In practice - Achieving wellness and prosperity – examples, methods and techniques"</p> <ul style="list-style-type: none"> ● Icebreaking and a group exercise ● Mindfulness and benefits of it ● Mindful eating ● Grounding exercise ● Reframing – definition + exercise ● Johari window exercise ● Deep breathing – definition, discussion + exercise ● Body scan – definition, discussion + exercise ● Mood tracking ● Book and further reading recommendations by the lecturer ● Summary and introduction into the support groups ● Presentation of the Mindful Ageing Platform ● Group photo
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Additional information

The three-day event took place at the event hall of Cultural House "Otets Paisiy" in Sandanski. Afternoon hours were chosen to accommodate participants' preferences. The first day focused on mental health, including an introduction, icebreaker activity, and self-assessment using the "Mindfulness Audit." The panel discussed mental health, wellness, and tips for improving mental well-being. Participants shared their experiences and challenges related to mental health. The second day centered on wellness and spiritual health, with icebreakers, discussions on spirituality, positive aging, and healthy diet. The Johari window exercise helped participants understand themselves and others. The concept of mindfulness and its benefits were explored, followed by practical exercises and reflections. Further readings and evaluation forms were provided. The third day began with an exercise on the Johari window, tailored to mental health and aging. The panel discussed mindfulness and participants practiced grounding techniques, deep breathing, and more. Recommendations for further readings were given, and participants filled out evaluation forms. Support groups for continuing the Bootcamp were introduced, with several participants expressing interest in further meetings.





4.2.2 Finland

The Bootcamp program was implemented in accordance with a framework developed together by the partner countries. The Bootcamp was in Vaasa at Vaasa University of Applied Sciences (VAMK). The Bootcamp was allowed to be at VAMK without payment. The place where Bootcamp was organized was a suitable spacious classroom. Some of the exercises were done on soft surfaces on the floor.

	Session 1	Session 2	Session 3
Name of the session	Bootcamp, Pilot 2. Day 1.	Bootcamp, Pilot 2, Day 2.	Bootcamp, Pilot 2, Day 3. (optional)
Date	27.10.2022	10.11.2022	17.11.2022
Number of participants	10	10	8

Topics/Activities covered	See bellow	See bellow	See bellow
Details of any external speakers/Other information	No external speakers	Senior lecturer, psychotherapist, mindfulness instructor Ahti Nyman	Yoga instructor Marita Laaksonen

Day 1

- The Mindful Ageing course and description of the Bootcamp
- Ice breaking activities
- Group dialogue about mindfulness
- Breathing exercise
- Mental health and wellness
- Mindfulness exercise
- Spiritual health
- Positive ageing
- Attitudes towards ageing
- Living with the changes brought by ageing (maintaining muscle strength, maintaining balance, maintaining mobility, a well-balanced diet, water and fiber, taking care of adequate sleep and rest)
- Mindfulness exercise

Day 2

- Living with the changes brought by ageing continues (taking care of adequate sleep and rest, relationships)
- Mindfulness exercise
- Introduction to mindfulness (mindfulness instructor Ahti Nyman)
- Mindfulness, the benefits
- Deep breathing + exercise
- Body scan + exercise
- Positive Ageing

Day 3 (optional)

- Mindfulness exercise
- Mind mapping + exercise
- Morning journal
- Yoga session (Yoga instructor Marita Laaksonen)
- Mood tracking + exercise
- Mindful eating + exercise
- Neuro-linguistic programming

- Reframing + exercise
- Mindfulness exercise at the end

4.2.3 France

The bootcamp was structured according to the presentation developed by the partners with minor changes made in order to make it all fit in the two days. The sessions were facilitated by Agathe Larmor and Romane Seas, project managers for E-Seniors in charge of Mindful Ageing. E-Seniors offered lunch and coffee breaks with snacks to all participants according to their food preferences. Both sessions took place in a space rented for the occasion, with a main set up of tables and chairs gathered in the middle, allowing the participants to take notes, and facing the presentation screen. The third day took place on Google France premises, who invited us to take part in the yoga activities they organised specifically for the occasion.

	Session 1	Session 2	Session 3
Name of the session	Bootcamp Mindful Ageing - Day 1	Bootcamp Mindful Ageing - Day 2	Bootcamp Mindful Ageing - Day 3
Date	25.10.2022	26.11.2022	02.12.2022
Number of participants	15	12	13
Topics/Activities covered	<ul style="list-style-type: none"> ● Presentation of the Mindful Ageing project and the bootcamp program ● Ice-breaking activity: 2 truths and 1 lie ● Introduction to mindfulness and short discussion ● Breathing exercise ● Mental health and wellness ● Discussion about prevention 	<ul style="list-style-type: none"> ● Ice-breaking activity: the pirate ship ● Deep breathing exercise ● Healthy ageing and healthy behaviours ● Advantages of mindfulness ● Body scanning activity ● Lunch break ● Presentation of physical and psychological changes of ageing ● Chair yoga ● Daily routine 	<ul style="list-style-type: none"> ● <u>Location:</u> Google France premises with the support of Google France Team ● Ice-breaking activity: a World café ● Yoga session ● Group discussions focused in well-being, healthy nutrition, mental health ● Lunch

	<p>and solutions for mental health problems.</p> <ul style="list-style-type: none"> ● Introduction in yoga and spirituality ● Positive ageing and well being ● Launch break ● Nutrition and sleep ● Discussion about interpersonal relationships ● Guided meditation exercise ● Presentation of support groups ● Evaluation of activities 	<ul style="list-style-type: none"> ● Neurolinguistic programming ● Reminder for supporting groups ● Evaluation of activities 	
Details of any external speakers/Other information			Yoga session delivered from a Googler with a diploma in Yoga

Day 1

The first day started with a presentation of the Mindful Ageing project and the bootcamp program. Participants also presented themselves during an ice-breaking activity : 2 truths and 1 lie.

Participants were asked what mindfulness is for them. Concepts such as self-care, focus, being present in the moment, yoga and zen attitude arose. This discussion was a first opportunity to share participants' experience and to put into practice active learning techniques.

The group then proceeded to do a first breathing exercise. After a short coffee break, participants explored together the concepts of mental health and wellness with a practical activity based on the wellness wheel. Moderators insisted on the factors that influence mental health and on the signs to recognize a poor mental health situation. Participants benefited from advice on things they can do to

maintain a positive mindset: physical exercise, cognitive games, volunteering, having a hobby, taking care of a pet, socialising.

The second group discussion focused on the prevention and solutions for mental health problems. Participants underlined the problems of loneliness and social isolation after retirements and at an old age when physical limitations disturb a person's routine and mobility.

The third group discussion focused on spirituality. One participant who

is a yoga teacher explained notions of hinduism and the famous book "Bhagavad-Gita" or the "the blessed man song", the notion of pranayama (controlled breathing) and guided meditation.

The group then focused on the attitudes towards ageing and positive ageing. They all recognized that a person's attitude is central to their well-being : intergenerational contacts, intellectual curiosity, being with family and friends were underlined as crucial aspects.

After the lunch break, the theme of nutrition arose and moderators quickly presented the nutrition pyramid that all the participants knew. Many participants have diminished their intake of animal protein and were happy to have advice on vegetal and non-animal sources. They consume dairy, fruits and vegetables in great quantities. Some eat less when they eat alone and some skip meals. All participants appreciated the advice on mindful eating and exploring all senses during a meal. Some mentioned that with ageing senses get disturbed. The practical activity consisted in mindfully eating a raisin : observing the colour, smell and texture, taking small bites, and eating slowly. E-Seniors took the opportunity to present their workshops on group cooking healthy meals called "Good Food Good Mood".

The theme of sleep was also addressed. For some the quality of sleep has deteriorated but not for others. Many participants take herbal teas and limit their use of screens before sleeping.

The day ended with a last discussion on interpersonal relations, a guided meditation exercise, a presentation of the support groups and the evaluation of activities.

Day 2

The second day started with an ice-breaking activity: the pirate ship. Participants had to identify their role in the ship and connect it to main aspects of their behaviour and personality. It continued with deep breathing exercises which present great benefits.

The first group discussion focused on healthy ageing and healthy behaviours. What is healthy ageing for participants? They mentioned: cultural activities, intellectual activities, adaptability, being conscious of our own resources, self-care, not being hyperactive, taking care of others, knowledge transmission, sharing with others, giving ourselves time, indulging ourselves, physical activity, cognitive exercises, acceptance, not putting up barriers... For them, being mindful is knowing how to react to stress, how to manage emotions, how to live in the present moment, avoiding dwelling on thought, taking a break, taking time, being positive, making sense of our lives, broaden our horizons, actions and abilities, listening to our bodies and the world around us, breathing. After a short break, participants explored the broad concept and the advantages of mindfulness and full awareness and their benefits and did a practical activity on body scanning by following a YouTube video specialised on this subject.

After the lunch break, there was a presentation on the physical and psychological changes that occurred with age : muscular, strength, mobility. The practical activity that followed was chair yoga

(adapted to persons with low mobility). Participants then learned how to keep a daily journal to plan their day, be active and positive.

The journal was organised with colour codes to identify different emotions and moods. Participants proceeded to play some games such as memory and sudoku. The day ended with a reflection on neuro linguistic programming, a reminder on the support groups and an evaluation of activities.

Day 3 (optional)

The optional bootcamp of the third day took place in the Google France premises, and with the help of members of the Google France team.

This day focused on practical activities, especially a yoga session, and group discussions on how to improve one's well-being.

After being welcomed by "Googlers", the members of Google who accompanied us through the day, and who specialised in well-being, mindfulness and physical activities dedicated to well-being, we began by an ice-breaking activity: a World café, where all partners presented personal information about them, and discussed them with the whole group.

Following the World café, the participants took part in the yoga session, organised by a Googler with a diploma in yoga. This section was 2-hours long, with short breaks including stretching activities, and dedicated physical exercises.

Finally, the Facilitators organised group discussions in small groups of participants, on several subjects such as well-being during retirement, healthy nutrition and mental health.

The day finished by a late lunch, served to all participants.

Photographs from Bootcamp Sessions



4.2.4 Greece

The Mindful Ageing Bootcamps have been developed as a 3 day programme designed as a preventative course, helping those aged 50+ who are approaching retirement and older age to build their knowledge and awareness of tools which can help them prevent physical and mental health problems, including loneliness and social isolation, occurring in later life. As a result of the programme participants will understand the principles and benefits of 'Active Ageing' and 'Ageing Mindfully' and how a healthy body and mind can prevent future ill health.

	Session 1	Session 2	Session 3
	Bootcamp Mindful Ageing - Day 1	Bootcamp Mindful Ageing - Day 2	Bootcamp Mindful Ageing - Day 3
Date	13 January 2023	9 February 2023	10 February 2023
Number of participants	17	18	15
Topics/Activities covered	<ul style="list-style-type: none"> ● Ice breaking activity ● Mindful Audit 	<ul style="list-style-type: none"> ● Ice breaking activity - World café 	<ul style="list-style-type: none"> ● Testing the platform's tools and games

	<ul style="list-style-type: none"> ● Background to Mindful Ageing ● Group dialogue ● Mental health ● Warning signs of poor mental health ● Group discussion ● Spiritual health ● Impacts of ageing ● Nutrition, sleep and rest ● Open dialogue 	<ul style="list-style-type: none"> ● Meditation and mindfulness ● Deep breathing ● Body scan ● Mind mapping ● Journaling ● Mood tracking ● Neuro-linguistic programming 	<ul style="list-style-type: none"> ● Interactive mental games ● Positive ageing – planning and tips for ageing positively
Details of any external speakers/Other information	No external speaker	No external speaker	No external speaker

Photographs from Bootcamp Sessions



Additional information

As part of the bootcamp, three sessions were conducted in January and February, with a total of 18 participants. The sessions began with ice-breaking activities and a 5-minute meditation exercise. The material developed by all partners was presented and discussed with the participants. Most participants actively engaged and shared their experiences, while a few preferred to listen. Each session lasted approximately 3 hours with two short breaks. Communication between participants and the facilitator primarily occurred through phone calls, allowing participants to ask questions and receive immediate assistance.

4.2.5 United Kingdom

The programme was delivered in an interesting and varied way, to ensure that the participants were able to experience a wide range of activities and learn about many different topics within the three days. A total of 19 participants attended the sessions. The delivery methods employed involved the Inova Consultancy team leading the overall program and creating opportunities for participants to interact with one another and share knowledge.

	Session 1	Session 2	Session 3
Name of the session	Mindful Ageing Boot Camps	Mindful Ageing Boot Camps	Mindful Ageing Boot Camps
Date	13/10/22	14/10/22	15/10/22
Number of participants	19	18	18
Topics/Activities covered	Introduction to the project, mindfulness, positive psychology, zumba, Tai-Chi, importance of exercise, nutrition and sleep, wellness wheel.	Morning journals, Aromatherapy talk, mindfulness exercises, mindful colouring, spiritual health, meditation	Recap of previous days, yoga session, guided meditation, wrapping up and reflecting on programme
Details of any external speakers/Other information	A Zumba and salsa teacher delivered a taster salsa session. A Tai-Chi teacher, specialising in mindfulness Tai-Chi, delivered a taster session of mindfulness Tai-Chi	An aromatherapist gave a presentation and demonstration about aromatherapy and its benefits	Carolyn (a manager, coach and trainer at Inova) delivered a Yoga session as she is also a qualified Yoga teacher. A Tai-Chi teacher, specialising in mindfulness Tai-Chi, delivered a taster session of mindfulness Tai-Chi.

Day 1

On the first day participants arrived and completed the registration process, warmly greeted by the facilitators. The Inova Consultancy team members, Marina, Carolyn, and Rachel introduced themselves and provided an overview of Inova and the specific program. They communicated a summary of the three-day agenda, fostering participant engagement and allowing them to share their understanding of mindfulness and the broader themes addressed.

To foster engagement and comfort, an icebreaker activity was conducted initially. The main session of the day involved Zumba, but alternative options such as mindful colouring and simple chair stretches were provided to accommodate individual preferences and comfort levels. Following the Zumba activity, participants received instruction on the importance of exercise, nutrition, and sleep. PowerPoint slides were utilized to present key information while the facilitators provided guidance.

The concept of reframing and adopting different perspectives was introduced, along with an explanation of the reticular activating system. After a lunch break, various exercises focusing on values, lifestyle, and the wellness wheel were conducted. Participants were encouraged to reflect on

their current lifestyle and how they balance physical, social, environmental, intellectual, and occupational aspects. They engaged in an exercise where they created a plan of activities to start, stop, or continue, drawing from the wellness wheel and what they had learned thus far.

The day concluded with a group discussion, allowing participants to share their experiences, what they enjoyed and learned, and an opportunity to ask questions. The facilitators provided a summary of the topics to be covered the following day, ensuring continued engagement and interest among the participants.

Day 2

On the second day of the programme, there was an introduction to the content that would be covered but also a reflection on the previous day. There was another icebreaker to further familiarise the participants and make them feel comfortable again. The morning journal activity was also re-introduced, allowing participants to put mindfulness into practice and be guided through an example. There was then a Tai Chi demonstration, which highlighted the benefits of regular movement, even if only a very light physical activity. This was conducted by David Lipka. After this, meditation and mindfulness were discussed in detail. The idea of reconnecting with our bodies and minds and becoming in touch and in control was presented to the participants, before a summary video was shown. The benefits of mindfulness were explored, including the easing of feelings of stress and anxiety, prior to indicating that such benefits can be even more prominent in older people.

In the afternoon there was a mindful colouring session, allowing participants to relax and actively experience an example of mindfulness to give an idea of what sort of activities they could easily implement into their everyday life. There was then a presentation and discussion about spiritual health and how we look after this in our lives, and the participants were encouraged to think about gratitude and list things they are grateful for. They then had to write a positive letter to themselves to validate their values, strengths and journey. The last activity of the second day was meditation, which the participants were guided through for a relaxing session. Finally, a group discussion was held to reflect on the day and think about how to apply what they had learned into their regular routines.

Day 3

On the final day of the Boot Camp, there was a recap of the two previous days and a quiz to keep the participants engaged. A gentle and basic Iyengar Yoga session was run by Carolyn Usher, which introduced the physical and mental benefits of this practice. The particular method taught by Carolyn uses props to make the poses accessible so is particularly suited to older people or those with mobility or health problems, so everyone was able to participate to their own ability and within their comfort level.

There was also a session introducing Neuro Linguistic Programming and its four pillars. Different models and approaches to psychology were explained, discussed and reflected upon in relation to mindfulness.

There was then another guided meditation session to relax the participants and end on a calming note. Before they finished, people were encouraged to fill in evaluation forms and provide testimonies, and have a group discussion about what they learned, enjoyed and how to implement mindfulness into their everyday lives once the programme had finished.



5.0 IMPACT OF THE MINDFUL AGEING BOOTCAMPS

5.1 Pilot 1

5.1.1 Bulgaria

In order to ensure a thorough assessment of the impact of the Bootcamps, two evaluation exercises were undertaken by the participants:

- Session and final Evaluation Forms: participants completed one form at the end of each session and a final evaluation form at the end of the last session.
- Audit Form: participants evaluated themselves at the beginning and end of the training.
- Testimonials: participants were asked to provide testimonials about the sessions they attended.




These forms and feedback will provide the basis for the analysis of the impact of the training programme below.

Session Evaluation forms

A Session Evaluation Form was completed by participants at the end of Bootcamp, as the project partner decided that this is better way to approach evaluation. Therefore, only one final evaluation form was completed by participants. Their feedback is provided below. This included asking the participants about their expectations, the methodology and what they found most useful about the session.

Audit Form

Final evaluation form:

			
Do you have a good understanding of the importance of mindfulness?	xxxxxxx xx	xx	0
Will you be incorporating mindfulness tips into your life after the Bootcamp?	xxxxxxx x	xxxx	x
How useful and helpful do you find these sessions for your life?	xxxxxxx xx	xxxx	0
How easy do you think it is to implement these mindfulness practices?	xxxxxxx xx	xxxx	0
How likely are you to spread this information to those around you?	xxxxxxx xxx x	xx	0
How likely are you to attend support groups for mindfulness after the Bootcamp?	xxxxxx	xxxxxxx x	0
How satisfied are you with the way the Bootcamp was conducted?	xxxxxxx xxx	xxx	0
How satisfied are you with the way the facilitator communicated?	xxxxxxx xxx xxx	0	0

What are the main three things you have learnt from taking part in the Bootcamp?

1. Mindfulness is already a part of my daily routine
2. I like to engage with other people and network
3. Life begins after 50 😊😊
4. I need to learn new things every day
5. Objectives as opportunities in life are limitless

What would you like to change in the Bootcamp process?

1. More practice and exercises than theory
2. More practical exercises and group discussions, less theory

What will you take away or implement from the sessions?

1. Healthy lifestyle
2. More water in my daily routine
3. Engage in a yoga class
4. Visit a tai-chi workshop
5. Read a book on tai chi

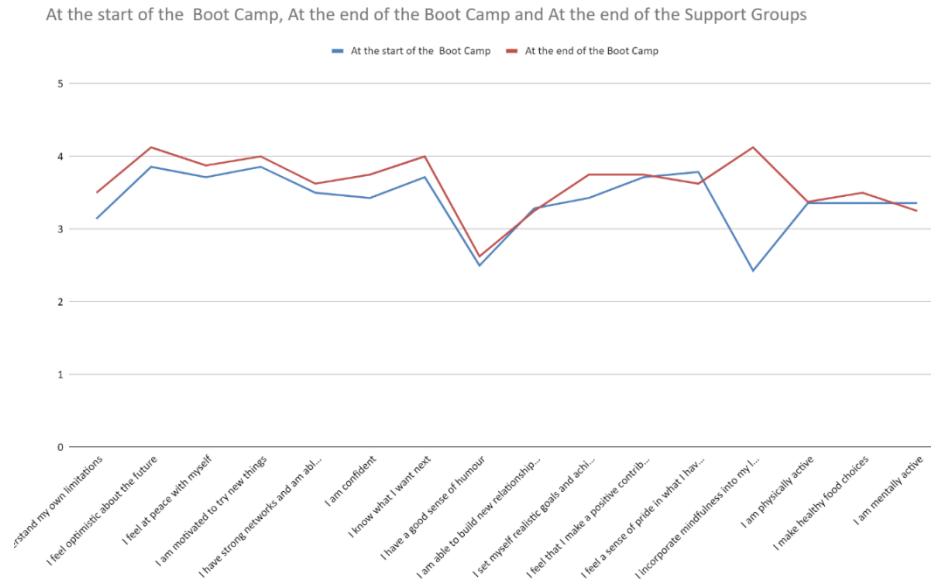
Any further comments?

6. Great event, great Facilitator
7. Everything was well organised and more than I expected.

Participants were asked to fill in an audit form to assess certain skills and attitudes before and after the event. The results are provided in the subsequent chapter.

Mindfulness Audit

As part of the training, participants completed a 'Mindfulness Audit' which helped them to self-assess related to mindful living and active ageing. Participants evaluated themselves at the beginning and the end of the Bootcamp period. A summary of the participants' results in Bulgaria are shown below. The audit form was converted to a Google form which was sent to each participant before and after the event to complete. With some of the participants we completed the form during the event.



Testimonials

Overall, the Bootcamp received very positive feedback.

Facilitator comments and Recommendations for improvement

Process and methodology: The training methodology, contents and materials were generally very efficient and interesting. After small additions and examples from his personal experience, the Facilitator included some extra information. In general, we need more practice than theory. In the ideal case, we have practical exercises followed by a group discussion. The time for the Bootcamp (i.e. two days/ afternoons) is not enough to cover all content provided. A comment we received from our Facilitator: “You need to give more time to participants to talk a share their personal experiences this is what is valuable, and this is what creates a stronger bond between the group. If possible, this should be done mostly during the first day of the event”.

Recommendations:

- Continue the approach with an external facilitator, but only for a certain part of the Camp, i.e. yoga session, tai-chi lesson etc.
- For the Second pilot, we will use an internal Facilitator with a guest trainer in yoga or tai – chi.
- Energisers in/between sessions
- Give a list of further readings, i.e. books, videos, events, etc. to participants to encourage their follow-up.
- Outdoor setting if possible.
- Present the opportunity for the support groups and the online platform.

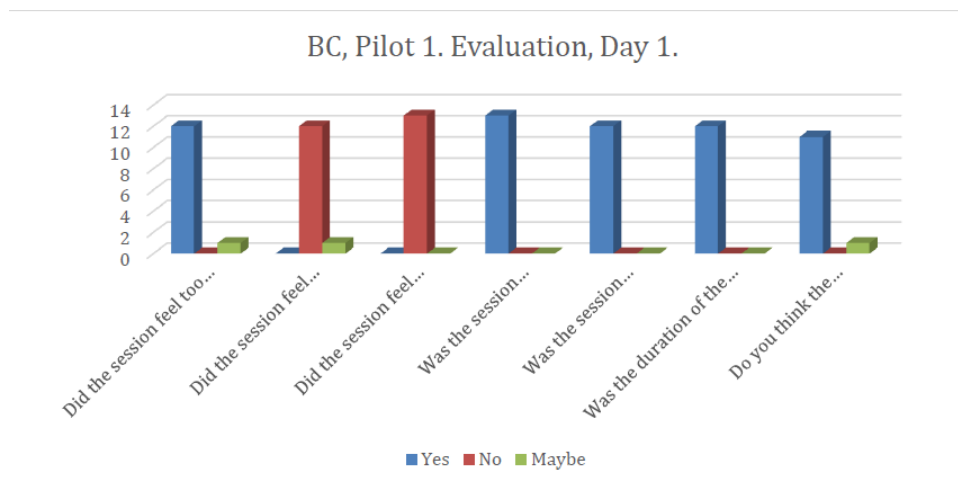
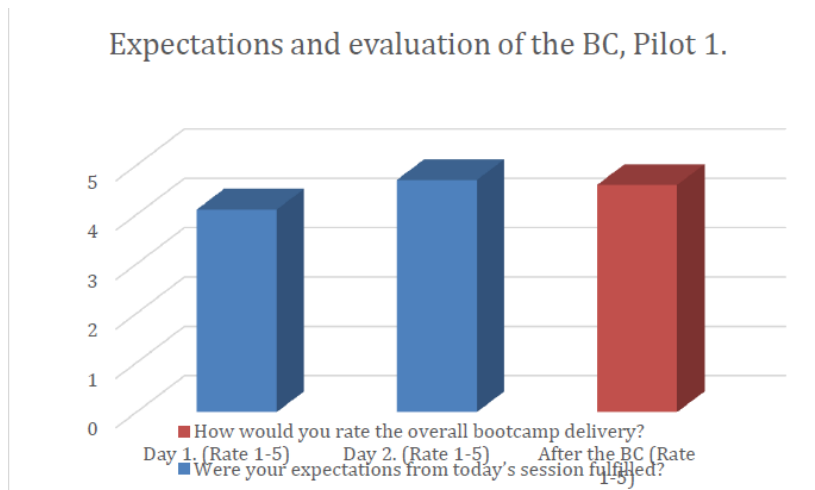
5.1.2 Finland

Session Evaluation Forms

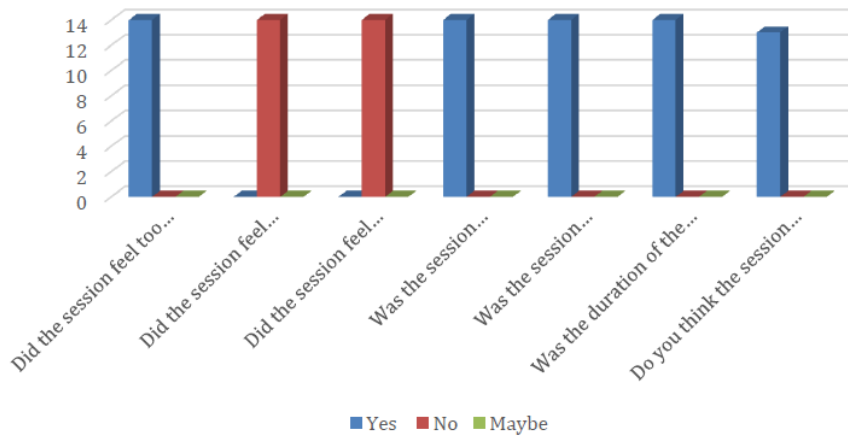
In order to assess the Bootcamp programme, session evaluation forms were completed by all participants at the end of each session. These forms enabled the facilitators to analyse the

participants' opinions about the training and ensure that future sessions met their needs. Participants were asked how worthwhile the training was, what they would change and to evaluate the content of the session. These forms will provide the basis for the analysis of the impact of the training programme below. An additional final session evaluation was completed after the last session.

In the following charts you can see the participants' evaluation of the first pilot training.



BC, Pilot 1. Evaluation, Day 2.



What are your expectations for session 2? What would you like to improve?

1. Group discussions
2. Exercises
3. Continuation in the same style
4. As good as today
5. Short exercises suitable for everyday life
6. Good ideas
7. New exercises

Any further comments of feedback? (DAY 1)

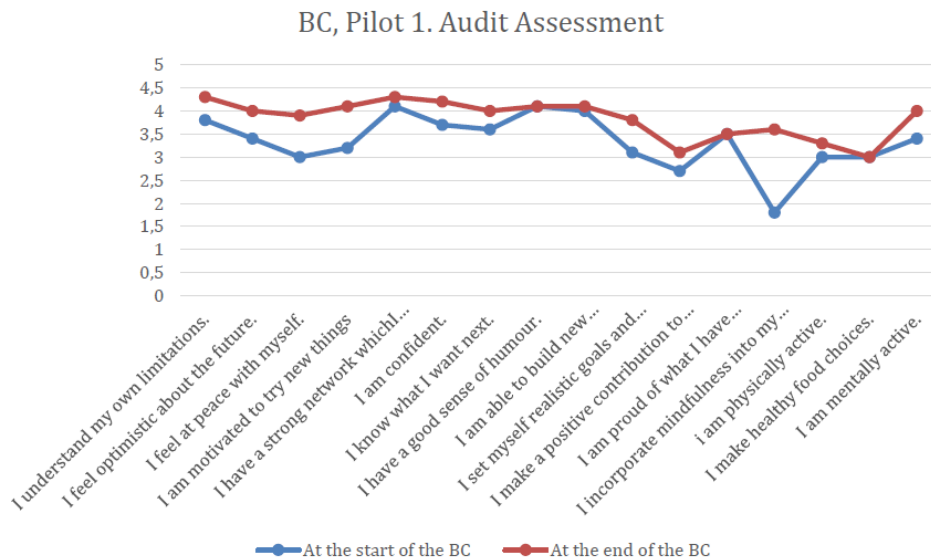
1. The small group discussions were fruitful, many thanks from the participants

Any further comments of feedback? (DAY 2)

1. More sessions where we can take part and discuss about these things.
2. Thank you to the facilitators, it was a pleasure to listen to them.
3. Interesting and instructive. Very suitable facilitators.
4. Thank you. Lovely calm, encouraging and positive instructors.
5. I liked the days, confirm my own thoughts.
6. Thank you in particular for the exercises and the concrete touch with the soul and body.
7. Thanks to the easy-going leaders. Slightly cold room even though the atmosphere was warm.

8. Good whole, good teachers.
9. Thank you to the facilitators for a good introduction. Constructive atmosphere, nice conversation. The event left me feeling calm and well.

Mindfulness Audit



Testimonials

See description of the Bootcamp at VAMK’s facebook page on 18.5.2022.

Facilitator comments and Recommendations for improvement

5.1.3 France

In order to assess the Bootcamp programme, session evaluation forms were completed by all participants at the end of each session. These forms enabled the facilitators to analyse the participants’ opinions about the training and ensure that future sessions met their needs. Participants were asked how worthwhile the training was, what they would change and to evaluate the content of the session. These forms will provide the basis for the analysis of the impact of the training programme below. An additional final session evaluation was completed after the last session.

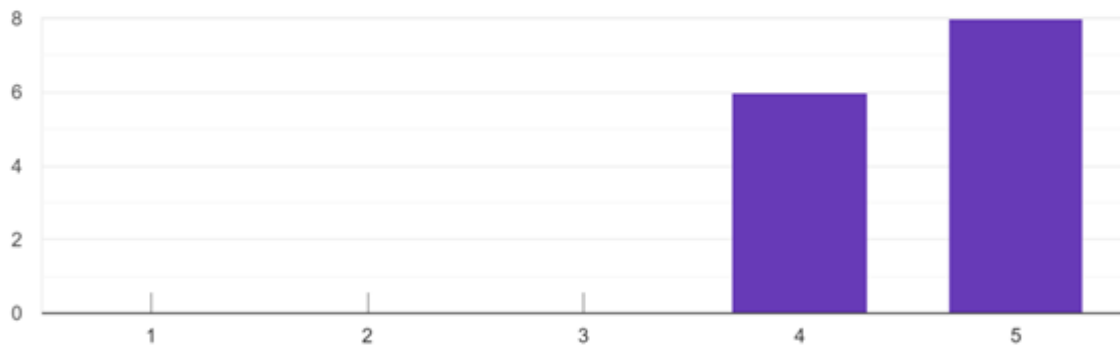
Session Evaluation Forms

In the following charts you can see the participants’ evaluation of the first pilot training.

Evaluation form:

From the evaluation form, the content and delivery of the sessions have met the expectations of the participants as seen in the graphic below.

Vos attentes concernant la session d'aujourd'hui ont-elles été satisfaites ? Notez de 1 à 5
14 réponses

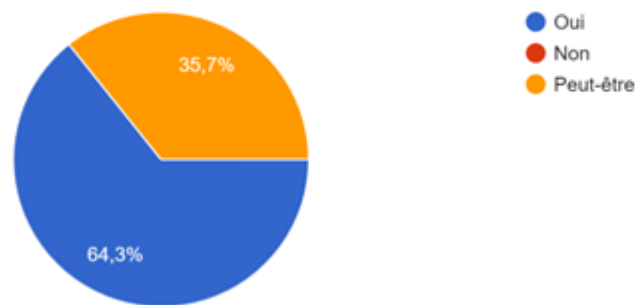


The participants also answered “no” at 100% when asked if the sessions felt “too distant”, “too monotone” or “automated”.

In contrast, 100% of participants answered “yes” when asked if the sessions felt “interactive enough”, “friendly enough” or if the sessions were “satisfactory for them”.

When asked if the sessions were easily applicable to their life, most of the participants (64,3%) said yes when 35,7% of participants said maybe.

Pensez-vous que la session est facilement applicable à votre vie ?
14 réponses



Participants didn't have many recommendations for the next session or points of improvement. Further remarks noted by participants were words of encouragement and of appreciation of the sessions.

Audit Form

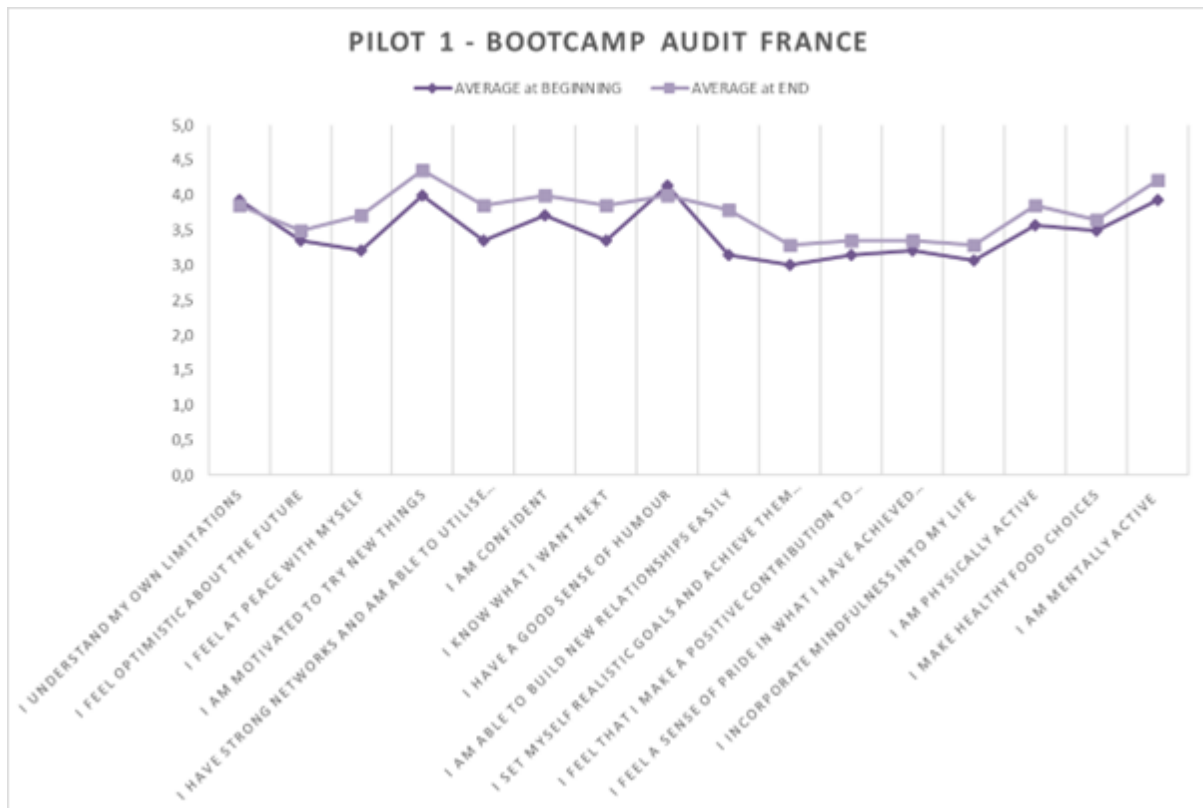
You can find below the answers of all 14 participants to the final evaluation:

Do you have a good understanding of the importance of mindfulness?	+++++++ +++++	++	
Will you be incorporating mindfulness tips into your life after the Bootcamp?	+++++++ +++++	+	+
How useful and helpful do you find these sessions for your life?	+++++++ +++	+++	+
How easy do you think it is to implement these mindfulness practices?	+++++++	+++++++ ++	
How likely are you to spread this information to those around you?	+++++++	+++++	+++
How likely are you to attend support groups for mindfulness after the Bootcamp?	+++++++ +++	+++	+
How satisfied are you with the way the Bootcamp was conducted?	+++++++ +++++++	+	
How satisfied are you with the way the facilitator communicated?	+++++++ +++++++	+	

In conclusion, the purpose of the bootcamp was achieved. During these two days, participants were introduced to new concepts that helped them become more aware of the importance of mental well-being, and at taking measures to help prevent mental and/or physical health problems. According to the evaluation and feedback received, participants were very satisfied by this program, having enjoyed the many group discussions and safe atmosphere to share their feelings and life experiences. Many participants showed interest in following the Mindful Ageing project's results and asked to be contacted again when new activities will take place.

Mindfulness Audit

The audit form shows a general improvement on the participants' self-perception and confidence in their ability to have a healthy and positive ageing. As shown in the graphic below, only two affirmations were in average rated lower at the end of the bootcamp compared to the at the beginning: "I understand my own limitations" and "I have a good sense of humour". Otherwise, all affirmations have been rated on average higher at the end of the bootcamp. We can note a big positive increase for some affirmations with the highest progression for the following, "I am able to build new relationships easily", that gain almost one point. The other remarkable progression is with the affirmations "I feel at peace with myself", "I have strong networks and I am able to utilise these when I need support", "I know what I want next".



Globally participants were positive about the results of the bootcamp: they learnt many things and particularly enjoyed the explanations on NLP and reframing. They gained a better perspective on retirement and interpersonal relationships, also thanks to the good settings of the bootcamps. They enjoyed the small group discussions and the work to better understand their emotions and those of others. Some tips and advice were greatly appreciated: journaling, nutrition tips, positive attitude toward ageing, body scan, mood tracking.

Testimonials

We received many positive oral feedback from participants throughout the sessions and at the end of the bootcamp with participants congratulating us for the content and the delivery of the two sessions. Below are the testimonials collected by writing through the evaluation forms:

- “It is very friendly and interesting this meeting”
- “Many thanks to the people who have been involved”
- “The exchanges are very enriching and constructive. We worked in small groups and it was very enriching. Clear, comprehensive work. Two very intense days, in a good atmosphere”
- “Keep up

Facilitator comments and Recommendations for improvement

Thanks to the guide documents developed by the partners, the facilitator guide and the training, it was a great experience. All went smoothly and we were quite happy and proud of completing this

bootcamp with such positive feedback. A good recommendation includes, at least one activity/exercise led by an external speaker and/or trainer, such as yoga.

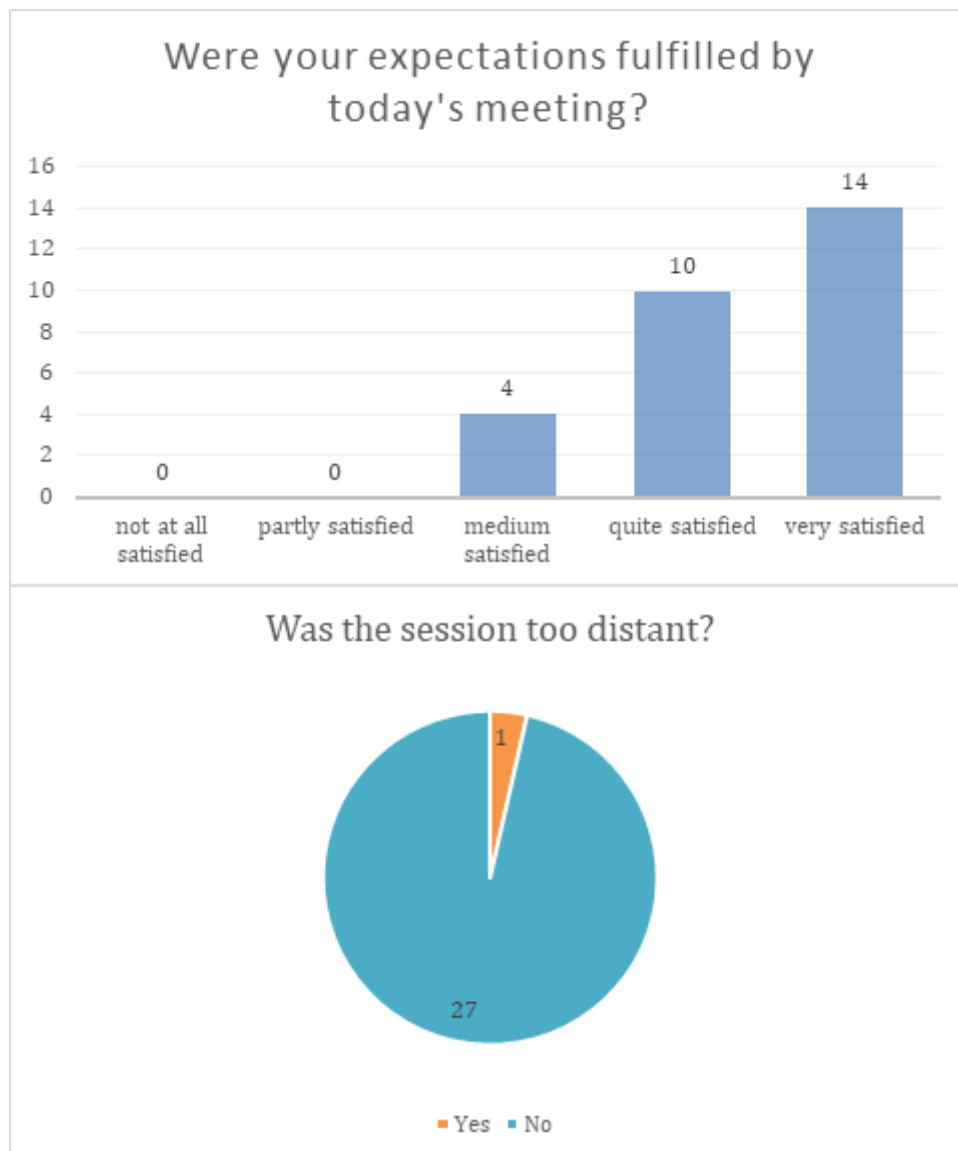
5.1.4 Greece

The impact of the first pilot of the bootcamp in Greece was assessed through various evaluation exercises. Participants completed the Session and the Final Evaluation Forms after each session, as well as an Audit Form at the beginning and end of the training. Participants were also asked to provide testimonials about the sessions that they attended. These forms and feedback will provide the basis for the analysis of the impact of the training programme below.

The Session Evaluation Forms asked participants about their expectations, the methodology used, and what they found most useful about each session.

Session Evaluation Forms

Day 1 – 28 responses

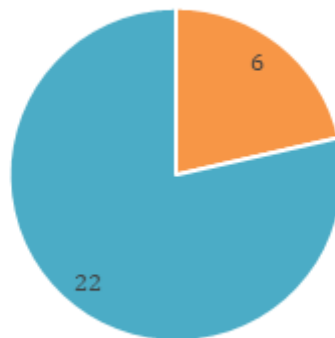


Was the session monotonous?



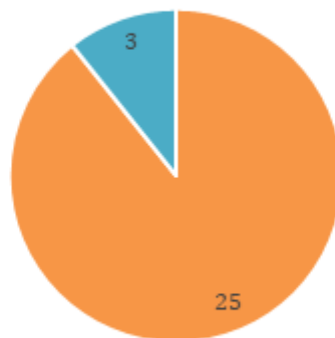
■ Yes ■ No

Was the session automated?



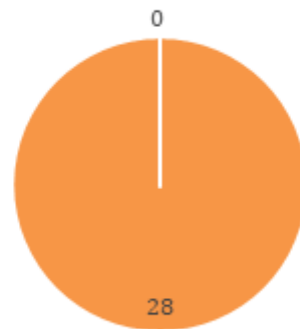
■ Yes ■ No

Was the session interactive enough?



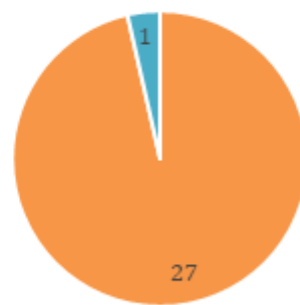
■ Yes ■ No

Was the session environment friendly enough for you?



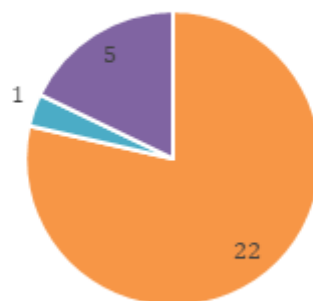
■ Yes ■ No

Was the duration of the session satisfactory for you?



■ Yes ■ No

Do you think the session is easily applicable to your life?



■ Yes ■ No ■ Maybe

What are your expectations for session/day 2? What would you like to improve?

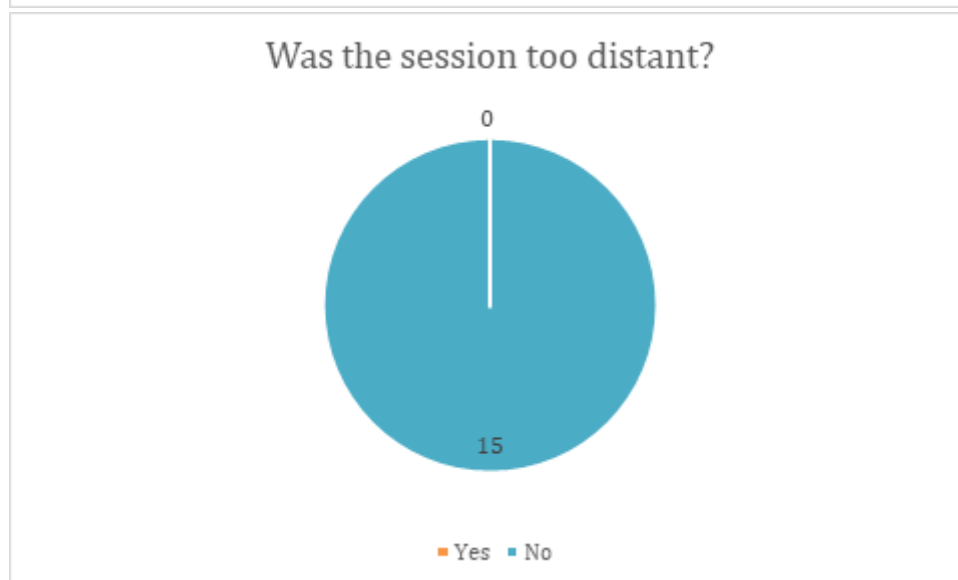
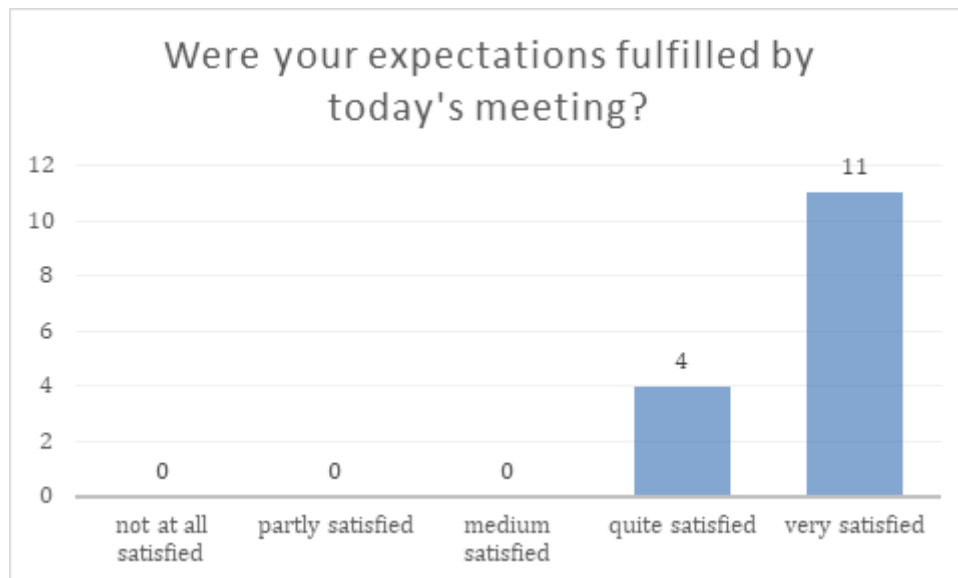
8. Absolutely nothing
9. Nothing
10. My existing knowledge on the subject.
11. I was satisfied. At the same pace and organization, the second one will be fine.
12. N/A
13. Pleasant like today's
14. Experiential activities
15. I would like more practical topics on breathing and meditation
16. Ways of stimulating activities for older people
17. I would also like to see videos of practices and activities for the Third Age. And of course I expect to learn more things.
18. It was amazing.
19. I can't wait
20. The first session was very satisfactory. In the second, I expect an immediate follow-up, with even more specific strategies on this issue.
21. My physical state
22. nothing, it was too good.
23. Nothing
24. N/A
25. Possibly references to neuropsychology on the subject.
26. knowledge acquisition
27. Perhaps more examples
28. I had a problem with the connection. But I believe we will see a constructive continuation
29. No opinion
30. Everything good
31. Reference to more good practices
32. Nothing
33. I would like to improve my mental health and physical health
34. N/A
35. Difficult to answer

Any further comments?

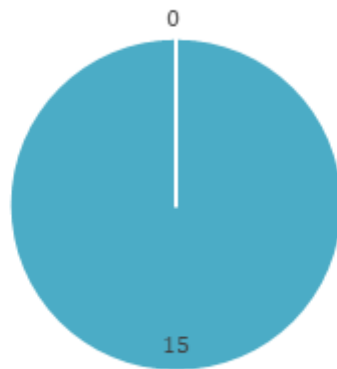
1. Thank you
2. Congratulations
3. We look forward to the next meeting tomorrow.
4. All very good
5. No

6. N/A
7. N/A
8. Good talk. Thank you
9. Thank you very much
10. I have nothing to add or comment. Everything was perfect ♥
11. No. Thank you!
12. The facilitator is friendly and fully prepared. We thank her.
13. The facilitator was very friendly, the atmosphere was good and the ideas were realistic. Thank you very much!!!!
14. Very good presentation
15. Excellent subject and presentation
16. perhaps some practical applications for the elderly
17. N/A
18. Congratulations your work is obvious.
19. It was a perfect meeting.
20. No further comments
21. A burning issue. I am sure that with persistence and effort more scientists will become interested.
22. I am waiting for the second day for a complete picture.
23. It's all good.
24. To be repeated
25. Perhaps some practices for older people
26. It was very nice conferences to continue to have many such sessions because through them we improve and learn more things.
27. more research in geriatrics
28. No

Day 2 – 15 responses



Was the session monotonous?



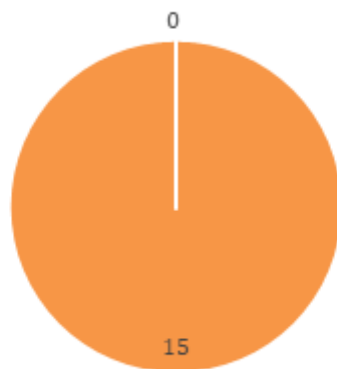
■ Yes ■ No

Was the session automated?



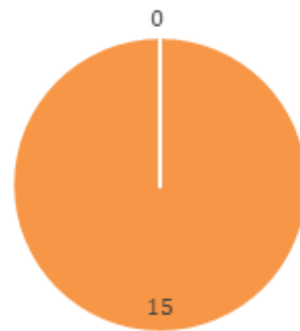
■ Yes ■ No

Was the session interactive enough?



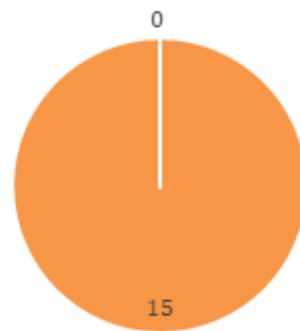
■ Yes ■ No

Was the session environment friendly enough for you?



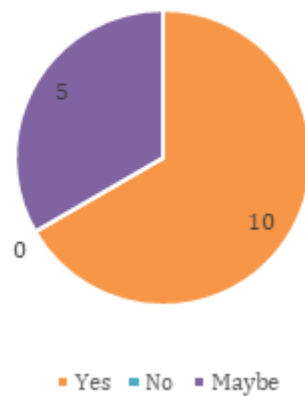
■ Yes ■ No

Was the duration of the session satisfactory for you?

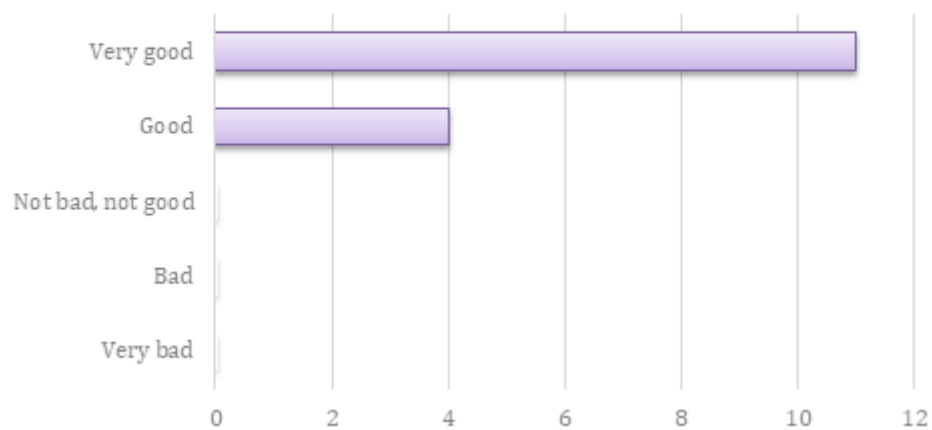


■ Yes ■ No

Do you think the session is easily applicable to your life?



How would you rate the overall delivery of the seminar?






Any further comments?

1. N/A
2. To be repeated
3. No
4. Encouraging messages
5. Good seminar
6. No other comments. Everything is perfect.
7. Everything good
8. "Due to my profession, I believe the description of the breathing exercises needs more analysis. Evangelia thank you very much for your time and your research. I would participate again with great pleasure."
9. It was very satisfying!!! Thank you very much!!! Keep up the good work!!!!

10. Thank you! everything was very informative
11. None
12. N/A
13. Everything excellent!
14. No comment
15. The lecturer was very good and explanatory, and the environment was very friendly.
Congratulations!

Audit Form

A Final Evaluation Form was completed by participants at the end of the final session. This included asking the participants the usefulness of the session and how the sessions have helped them to incorporate mindful living into their daily routines and set themselves goals to support active ageing.

			
Do you have a good understanding of the importance of mindfulness?	11	2	0
Will you be incorporating mindfulness tips into your life after the Bootcamp?	11	2	0
How useful and helpful do you find these sessions for your life?	13	0	0
How easy do you think it is to implement these mindfulness practices?	6	7	0
How likely are you to spread this information to those around you?	12	1	0

How likely are you to attend support groups for mindfulness after the Bootcamp?	8	5	0
How satisfied are you with the way the Bootcamp was conducted?	11	2	0
How satisfied are you with the way the facilitator communicated?	12	1	0

What are the main three things you have learnt from taking part in the Bootcamp?

1. Encouragement, composure good mental health
2. Knowledge, mind games
3. Breath control, Mindfulness
4. Age is a relative value. At any age we can do a lot of worthwhile things. Old age is a decisive factor in the robustness of a society.
5. Calm, listen, taste
6. Positive thinking/activity, Participation in activities, Involvement
7. mindful eating, bobyscan and breathing
8. To be honest, I apply mindfulness in my work so I didn't learn anything new, but the references to the latest research were interesting.
9. That we can cultivate and strengthen through training and practice the focus of attention, observation with curiosity (without criticism), patience, acceptance, detachment and effortless effort.
10. That I will now pay attention to everything that happens in my life and try not to do things mechanically.
11. I really liked the idea of "Reframing". To "remind" me to be optimistic. To hope that I will manage to age beautifully!!!
12. Useful practices/techniques, Mindfulness, The benefits of meditation
13. Mindfulness, Mindful Eating, Body Scanning

What would you like to change in the Bootcamp process?

1. More examples
2. Nothing
3. No
4. More polls

5. To start later
6. Have more questions – exercises
7. More practice
8. Nothing, the presenter was excellent and congratulations on your choice.
9. Everything was perfect.
10. In the process nothing, just more techniques for work at home
11. Nothing!
12. Nothing everything was perfect!
13. Nothing

What will you take away or implement from the sessions?

1. Practical exercises and calendar of tasks
2. Optimism
3. Mindfulness
4. Good practices for the mental and physical stimulation of elderly people
5. Peace
6. I knew enough already, but you always learn something new, so from this two-day seminar I enriched my knowledge on some topics.
7. Bobyscann
8. I apply mindfulness in my work so I didn't learn anything new, but the references to the latest research were interesting.
9. The exercises to activate the mind.
10. I mentioned above and I will put in my life games for brain food.
11. "Reframing", as a new term and as a comforting practice, but also all the other ideas as an important reminder in everyday life.
12. Everything was very useful! When I take my time to study them, I believe I will apply all of them (practices/games/meditation).
13. I gained a lot of knowledge about mindfulness that I didn't know before

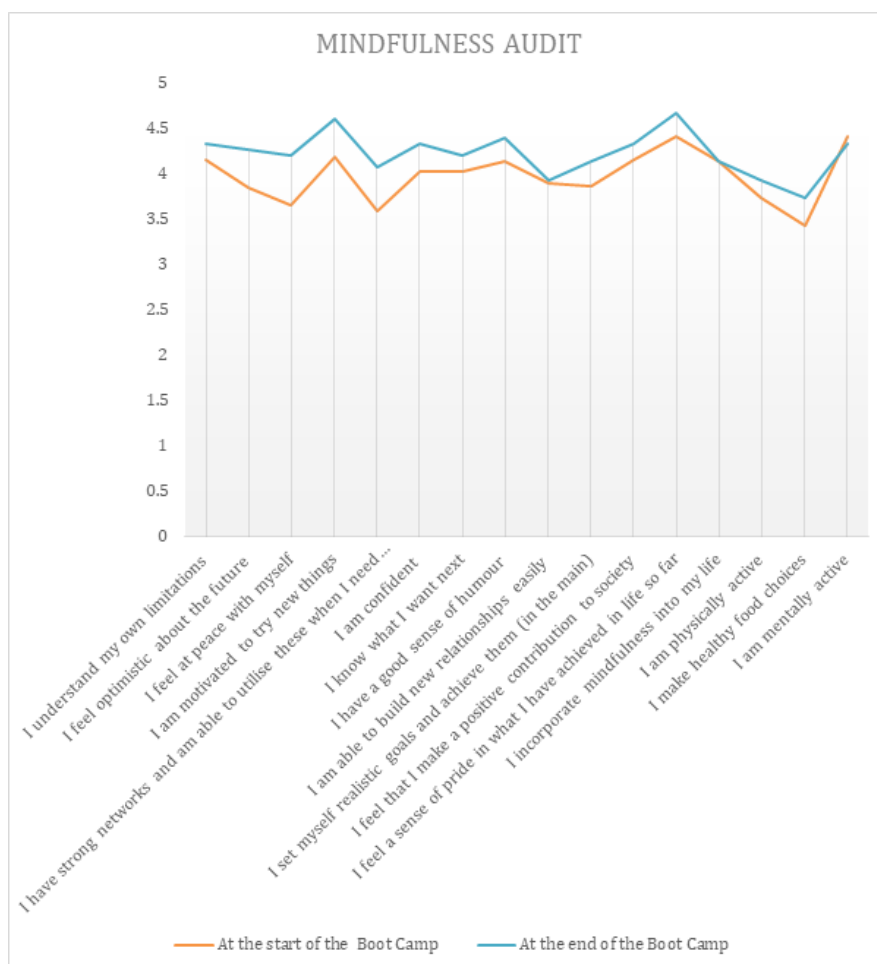
Any further comments?

1. No
2. No
3. Thanks a lot
4. No. Congratulations to the organisers, presenters and audience
5. No
6. Continue with this type of seminars.

- 7. No
- 8. We are looking forward to future sessions with this particular contribution. I wish to be informed electronically. Thank you very much!
- 9. No
- 10. No
- 11. Thank you!!!
- 12. No
- 13. No

Mindfulness Audit

As part of the training, participants completed a ‘Mindfulness Audit’ which helped them to self-assess related to mindful living and active ageing. Participants evaluated themselves at the beginning and the end of the Bootcamp period. A summary of the participants’ results in Greece are shown below. 37 people answered the Audit form before Bootcamp and 15 people answered the Audit form after Bootcamp.



This graph shows how the participants felt at the beginning and end of the bootcamp
 In particular, participants felt like they:

- Understand their own limitations
- Optimistic about the future
- At peace with their selves
- Motivated to try new things
- Have strong networks and they are able to utilise these when they need..
- They are confident
- Know what they want next
- They know what they want next
- Have a good sense of humour
- Are able to build new relationships easily
- Set realistic goals and achieve them
- Make a positive contribution to society
- A sense of pride in what they have achieved in life so far
- Incorporate mindfulness into their life
- Are physically active
- Make healthy food choices
- Are mentally active

Testimonials

I didn't collect any testimonials, only positive feedback from the participants.

Facilitator comments and Recommendations for improvement

The pilot was successful, with active participation from the majority of the participants, which shows that the methodology and materials developed were useful for them. By the feedback that was received, the material was well-structured although some participants expressed a desire for more interactive exercises.

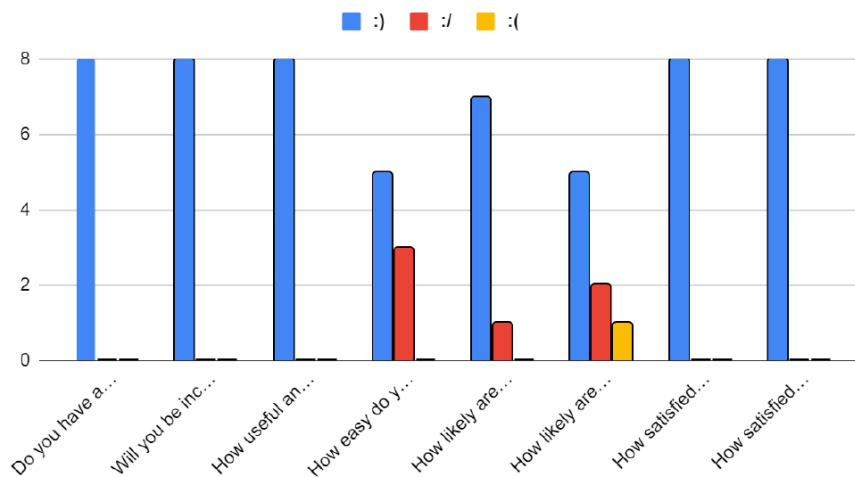
5.1.5 United Kingdom

In order to assess the Boot Camp programme, session evaluation forms were completed by all participants at the end of each session. These forms enabled the facilitators to analyse the participants' opinions about the training and ensure that future sessions met their needs. Participants were asked how worthwhile the training was, what they would change and to evaluate the content of the session. These forms will provide the basis for the analysis of the impact of the training programme below. An additional final session evaluation was completed after the last session.

Session Evaluation Forms

In the following chart you can see the participants' evaluation of the first pilot training.

Boot Camp Evaluation



What are the main three things you have learnt from taking part in the Boot Camp?

- "I have been drifting, lacking direction due to sudden retirement/ pandemic. I can take steps to change this and choose my path. I have some tools to help me."
- "To say no more often to things I don't want to do. It is very manageable to incorporate mindful practices into my life. To very often open differently to others and listen more."
- "Mind/ body link. How easy it is to incorporate mindfulness into your day. Depictions v generalisations reframing 'language'."
- "Positivity is key to good health. Taking time out - self-care are very important. We have more control over our lives than we think."
- "Grounding. Need to relax and not collapse. Be more self-aware of my needs."
- "Living in the moment, knowing and accepting any limitations - appreciating myself as a person. Adjusting to new lifestyle while ageing to enjoy life fully."

What would you like to change in the Boot Camp process?

- "I really enjoyed the entirety of the process. Sometimes I felt we could do with a little more time but everything was great."
- "Nothing I think the Boot Camp was well balanced in all areas and was a good lead into areas that you might want to become more involved."
- "A bit more info beforehand on what will be covered."
- "Nothing in particular - maybe more time."
- "Ageing process is different for each individual. I would have added some info to become more aware of how it could effect each person (generally) in different phases emotionally."

What will you take away or implement from the sessions?

- "I am going to resume tai chi or take up yoga, and incorporate practice into my daily life - start a new habit. I will take time to reassess and be mindful, change my approach or goal if it isn't working".
- "I'm definitely going to take more me time (by that I mean me on my own - I don't do that currently - I do lots of group activities so me time would be good.)"
- "Sitting and standing properly, mindfully drinking a cup of tea, not saying should do - look at what I choose to do."

- “I will try and practise more mindfulness. I will be more aware of how thoughts can distort reality. I will do more yoga and tai chi.”
- “Look up tai chi near me. Have two nights a week to relax.”
- “I would need time to digest all the practices we did (zumba, tai chi, yoga) were all new to me, and the programme was very full.”

Any further comments?

- “I wish something like this was available to me during my working life.”
- “No just that I thoroughly enjoyed my 3 days - would definitely recommend to others.”
- “Excellent workshop.”
- “Really good sessions with a nice group of people.”
- “Excellent sessions. I am proactive in my health and wellbeing but still felt I still learnt lots. The quality and approach of the facilitators was a big factor. I would highly recommend it to all. Not too much was aimed at the older people/ elderly, which was good. Did not make me feel old. Was relevant to all ages.”

Testimonials

At the end of the Boot Camps, some participants volunteered to provide a testimonial about their experience participating in the programme. Below are some of the testimonials we received.





Facilitator comments and Recommendations for improvement

Overall, the delivery of this program was exceptional. Participants actively engaged in the daily sessions and willingly stepped outside their comfort zones to try various activities. The program's flexibility allowed participants to explore new concepts and reflect on their experiences, sparking ideas for future endeavours. Discussions on aging and the future were positive, with participants

demonstrating a strong desire for a healthy and active lifestyle in their retirement years. Adjustments were made to accommodate guest activity leaders, and participant feedback indicated their appreciation for the mix of practical, active activities, theory, and meditation exercises each day. Taichi garnered great interest and could potentially be extended in future sessions. The range of activities and the supportive PowerPoint slides provided by partners were well-received. However, the Facilitators Pack could benefit from further development to provide a comprehensive overview of tools and activities, allowing trainers to tailor the sessions to their group's needs. A more interactive Learners Pack, incorporating learning diaries and sections for future activity ideas, would enhance participant engagement. These improvements should be considered for the upcoming pilot. The combination of physical activities and theory proved effective in keeping participants engaged, active, and motivated.

5.2 Pilot 2

5.2.1 Bulgaria




In order to ensure a thorough assessment of the impact of the Bootcamps, two evaluation exercises were undertaken by the participants:

- Session and final Evaluation Forms: participants completed one form at the end of each session and a final evaluation form at the end of the last session.
- Audit Form: participants evaluated themselves at the beginning and end of the training.
- Testimonials: participants were asked to provide testimonials about the sessions they attended.

These forms and feedback will provide the basis for the analysis of the impact of the training programme below.

Audit form

Participants completed a Session Evaluation Form at the conclusion of the Bootcamp, as per the project partner's preferred evaluation approach. Consequently, only a single final evaluation form was filled out by participants. Their feedback, which encompassed their expectations, perceptions of the methodology, and what they found most valuable about the session, is presented below.

			
Do you have a good understanding of the importance of mindfulness?	xxxxxxx xxx xxxxxxx	xxx	0
Will you be incorporating mindfulness tips into your life after	xxxxxxx	x	0

the Bootcamp?	xxx xxxx		
How useful and helpful do you find these sessions for your life?	xxxxxxx xxx xxxxxxx	xx	0
How easy do you think it is to implement these mindfulness practices?	xxxxxxx xxx xxxxxxx	xxx	0
How likely are you to spread this information to those around you?	xxxxxxx xxx xxxx	xxx	0
How likely are you to attend support groups for mindfulness after the Bootcamp?	xxxxxxx xxx xxxxxxx	xx	0
How satisfied are you with the way the Bootcamp was conducted?	xxxxxxx xxx xxxxxxx	xxx	0
How satisfied are you with the way the facilitator communicated?	xxxxxxx xxx xxxxxxx xxx	xx	0

What are the main three things you have learnt from taking part in the Bootcamp?

- Mindfulness and benefits of practicing it in almost all aspects of your life
- Different techniques for mindfulness, improving mental and spiritual health
- Ageing is not that bad 😊
- Ageing is not a barrier but an opportunity
- Improving my breathing techniques
- Mental and spiritual health definitions and examples on how to improve
- How to handle stress
- How to read the signs that my body sends
- Unhappiness = opportunity
- How to handle change

- The sense of being together in a group of likeminded individuals
- Positive thinking and psychology

What would you like to change in the Bootcamp process?

- Nothing
- No major changes are needed

What will you take away or implement from the sessions?

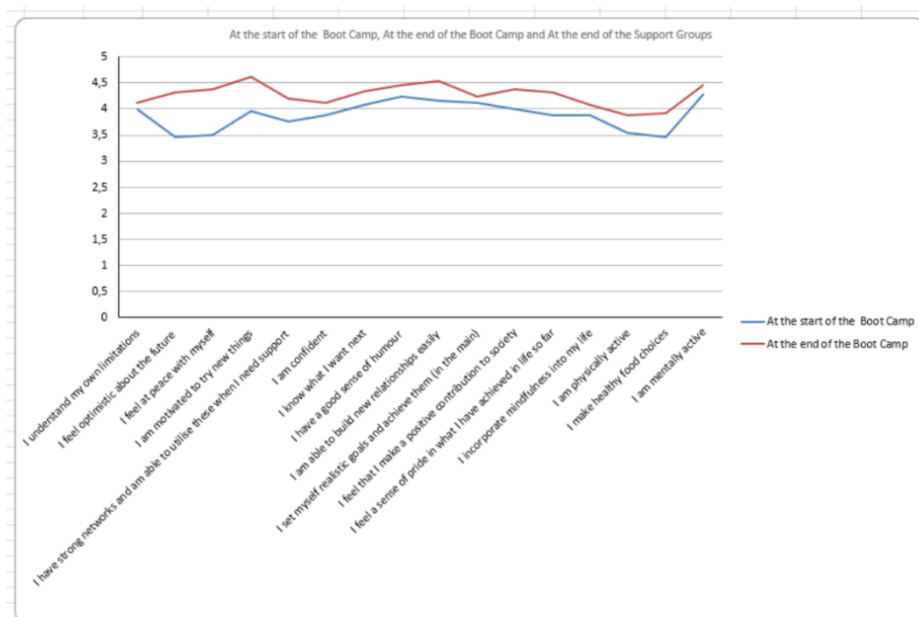
- The techniques and methods provided in Day 3
- Earthing (grounding) technique
- Deep breathing
- Body scan

Any further comments?

- None major suggestions for improvement, apart from people wanting to meet more and talk about these topics more frequently.

Mindfulness audit

As part of the training, participants completed a 'Mindfulness Audit' which helped them to self-assess related to mindful living and active ageing. Participants evaluated themselves at the beginning and the end of the Bootcamp period. A summary of the participants' results in Bulgaria are shown below. The audit form was provided to participants in the beginning of Day 1 of the event and at the end of Day 3 of the event. The audit form was translated, printed and handed over to each participants, along with the relevant materials and handouts for each day.



Testimonials

Overall, the Bootcamp received very positive feedback. Here are some testimonials from participants:

- The topic is excellent and very trendy right now. Congratulations for this wonderful and full-of-meaning event. It was a great experience and long waited one.
- It turns out that getting old is not that bad really. I found amazing people from my community that share the same challenges and fears that I have. I feel much more relaxed now.
- Age is not a barrier – it is definitely and opportunity. Thank you for reminding us about this!
- I learned that I need to forgive, be patient and accept ageing not as a burden but as an opportunity to find meaning in many things that await!

Facilitator's Comments and Recommendations for Improvement

The overall process and methodology of the training were highly effective and engaging. The Facilitator made valuable additions and shared personal experiences to enhance the content. The integration of theory and practice was successful, taking into account the feedback from the first pilot to incorporate more practical exercises and discussions. Participants actively shared their experiences and recommendations, creating a relaxed and interactive atmosphere. The breadth and depth of topics covered in each day's agenda, focusing on mental and spiritual health, could easily warrant individual events due to their comprehensive and multidimensional nature. As a result of feedback, a recommended further readings section was included in the materials.

Recommendations:

- The setting should be outdoors or at a retreat if possible.
- The number of participants should be limited to 10 participants and they should come with specific problems and challenges in advance so we can solve them. However, this could be addressed in the Support Groups.
- The Bootcamp has great potential to be offered as a separate activity as part of an annual initiative related to mental health and wellness support for people over 50+.
- Similar bootcamp could be provided for younger people as we have received numerous requests for such an event, once we advertised the Bootcamp.
- The Facilitator should be local and well-known in the community as people feel much more relaxed to share such sensitive issues and challenges (as the ones related to mental health) with a person that they know and trust.

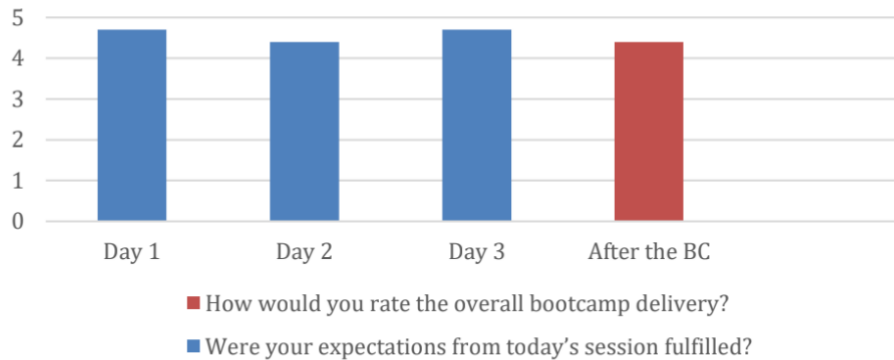
5.2.2 Finland

To evaluate the Bootcamp programme, participants filled out session evaluation forms at the end of each session. These forms allowed the facilitators to gather participants' feedback and ensure that future sessions catered to their needs. The evaluation forms asked participants to assess the value of the training, suggest changes, and evaluate the session content. These forms will serve as the foundation for analysing the impact of the training programme. Additionally, a final session evaluation was conducted after the last session to gather comprehensive feedback.

Session Evaluation Forms

In the following charts you can see the participants' evaluation of the second pilot training.

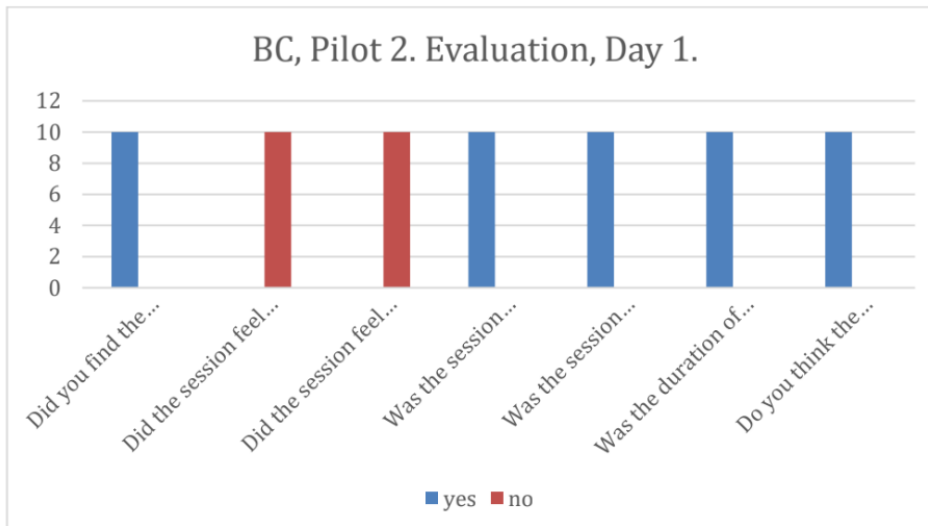
Expectations and evaluation of the BC, Pilot 2.



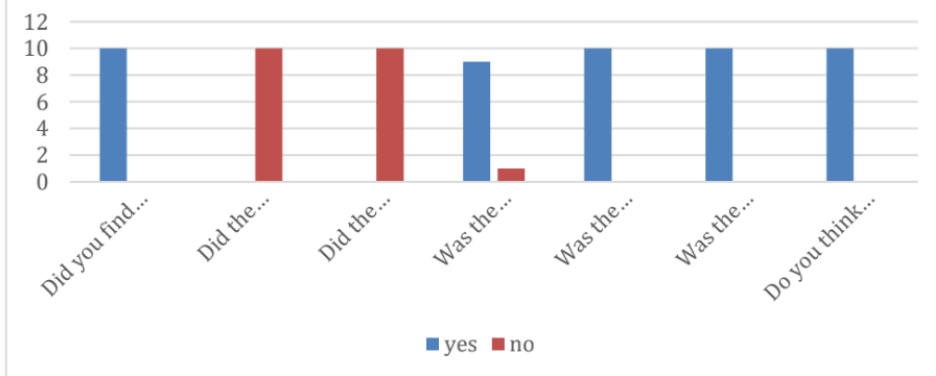
Questions:

- Did you find the day's program suitable for you?
- Did the session feel monotone?
- Did the session feel automated?
- Was the session interactive enough?
- Was the session environment friendly enough for you?
- Was the duration of the session satisfactory for you?
- Do you think the session is easily applicable to your life?

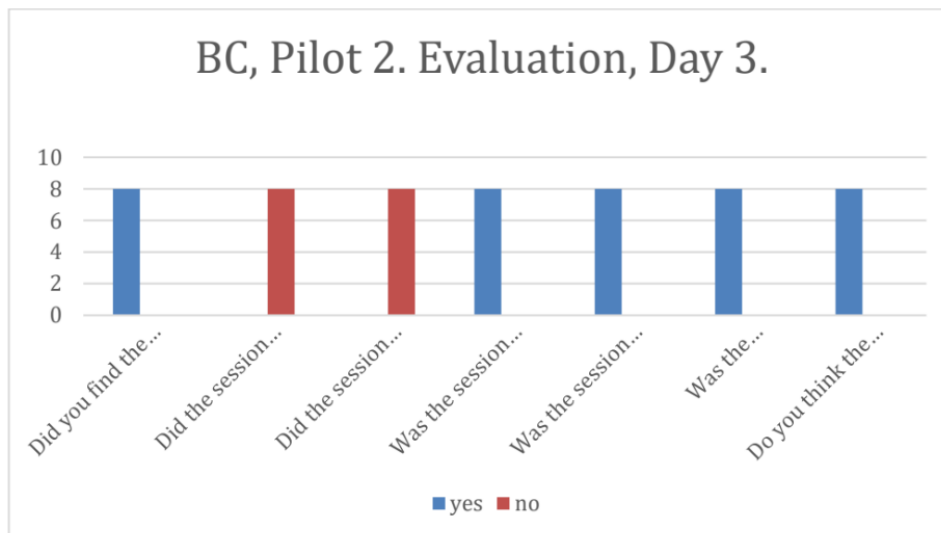
BC, Pilot 2. Evaluation, Day 1.



BC, Pilot 2. Evaluation, Day 2.



BC, Pilot 2. Evaluation, Day 3.



Day 1

Question: What do you expect from another day? What would you like to improve?

- "Tips for sleep problems"
- "A deeper use of mindfulness"
- "More information"
- "The meaning of sleep and aids for falling asleep"

Question: What other feedback would you like to give?

- "Instructors have a good way of doing things"
- "Everything ok"
- "The issues of the day were familiar, but talking about them (often with the help of examples) gives you more attitude to put things into practice for yourself and the people around you"

Day 2

Question: What other feedback would you like to give?

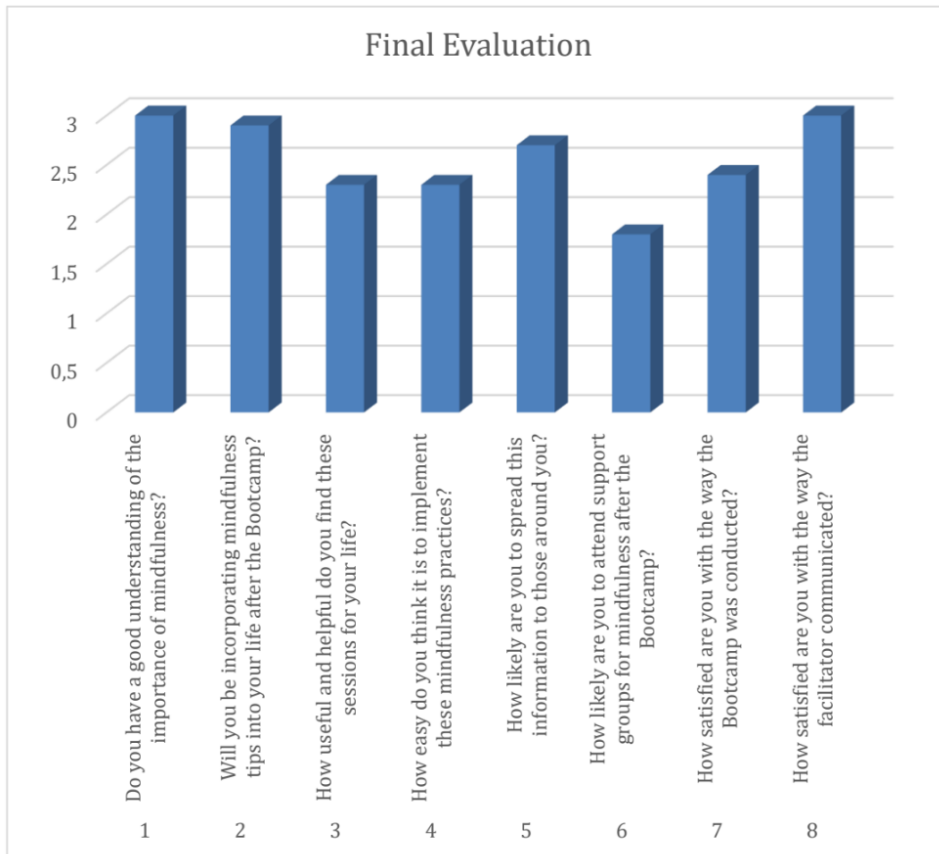
- "I would have listened Ahti Nyman even longer"

- "Good exercises and discussions. Ahti Nyman's contribution could have taken us further."
- "A very rewarding day"



Day 3

Question: What other feedback would you like to give?

- "The exercises were useful and applicable. The yoga practice was good and aroused interest in yoga."



Audit Form

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Do you have a good understanding of the importance of mindfulness?	8	0	0
Will you be incorporating mindfulness tips into your life after the Bootcamp?	7	1	0
How useful and helpful do you find these sessions for your life?	4	4	0
How easy do you think it is to implement these mindfulness practices?	3	5	0
How likely are you to spread this information to those around you?	7	0	1
How likely are you to attend support groups for mindfulness after the Bootcamp?	3	3	2
How satisfied are you with the way the Bootcamp was conducted?	6	2	0
How satisfied are you with the way the facilitator communicated?	8	0	0

What are the main three things you have learnt from taking part in the Bootcamp?

- Different exercises. Good tips for well-being exercises from information sessions. Taking care of yourself and your own well-being.
- Small goals that can be implemented. Activity, NLP, yoga.
- Important to think that I can influence my well-being by steering and planning my own behaviour and thoughts
- It's good to be around people sometimes. Relaxation techniques. The Importance of the group leaders.
- I can't put things in order. I was left with the feeling that a conscious accepting presence is good and important, but still far away for me.
- Appreciate yourself. Do not rush. Take care of yourself.
- Breathing.

What would you like to change in the Bootcamp process?

- More group exercises.
- The place could be somewhere else, so that there are more parking spaces and it would be easier to come.
- At the beginning, a clearer introduction to the Mindfulness principle.
- It is good this way.

- The event dates would be every week so that things are not forgotten. Deepening the role of the mindfulness coach.
- Maybe even more teamwork, with fun group tasks.
- Nothing.

What will you take away or implement from the sessions?

- I'm going to invest in the well-being of the mind
- Healthy lifestyle, exercise, be kind to yourself
- I am now trying to find the best practices for myself.
- I'll do almost all the exercises or at least try them at home.
- I'll start to think that how I can promote my well-being.
- I'll implement mindfulness.

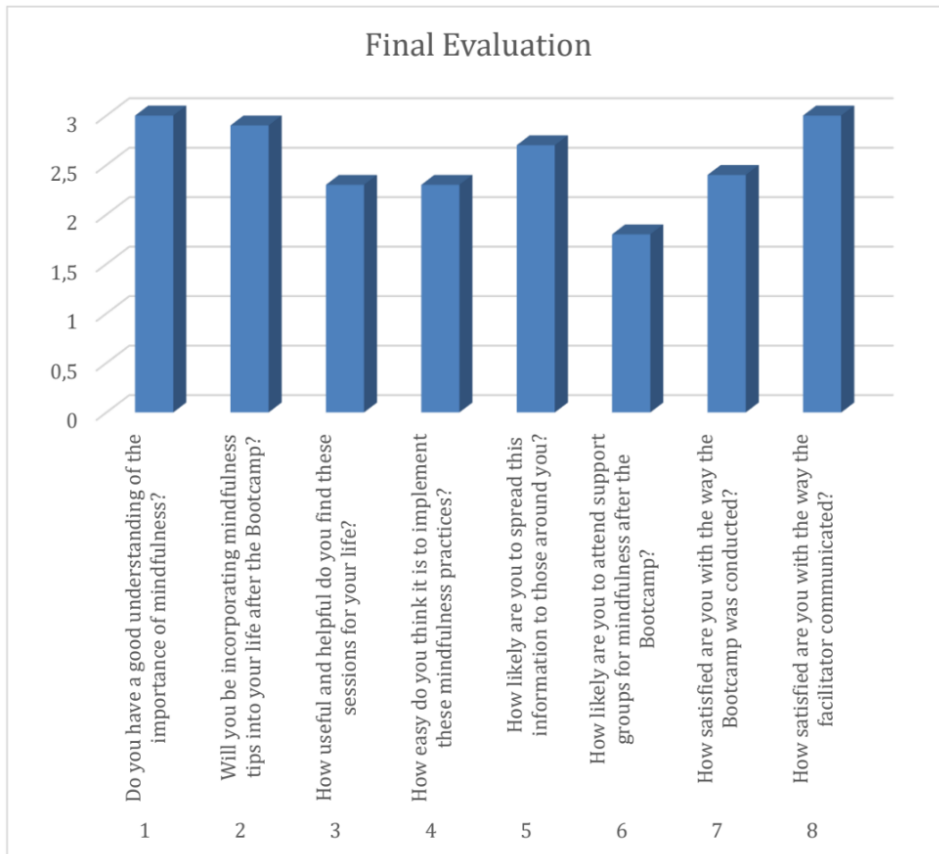
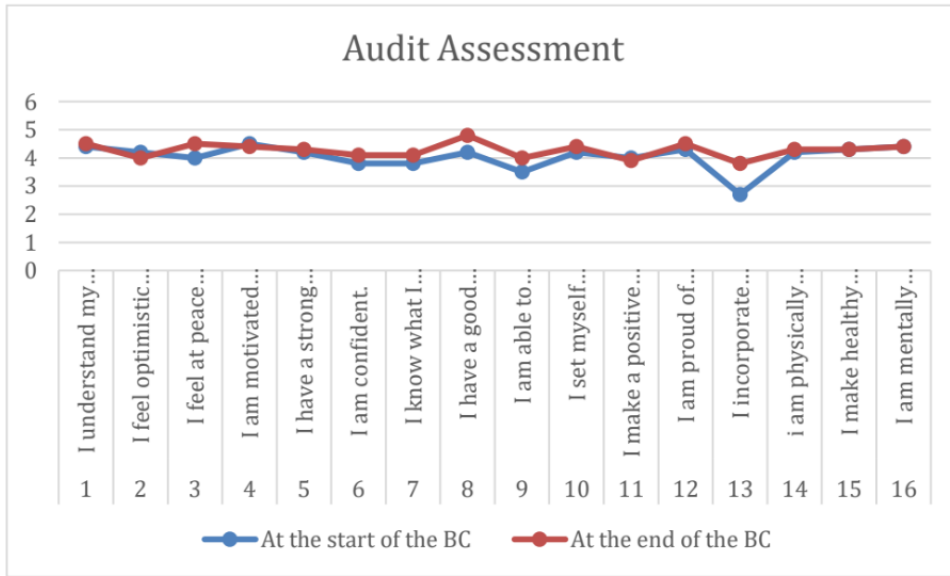
Any further comments?

- Interesting to take part, thank you. Good course leaders.
- Thank you.

Mindfulness Audit

Questions:

1. I understand my own limitations.
2. I feel optimistic about the future.
3. I feel at peace with myself.
4. I am motivated to try new things.
5. I have a strong network which I am able to utilise when I need support.
6. I am confident.
7. I know what I want next.
8. I have a good sense of humour.
9. I am able to build new relationships easily.
10. I set myself realistic goals and achieve them.
11. I make a positive contribution to society.
12. I am proud of what I have achieved in my life so far.
13. I incorporate mindfulness into my life.
14. I am physically active.
15. I make healthy food choices.
16. I am mentally active.



Testimonials

Facilitator comments and recommendations for improvement

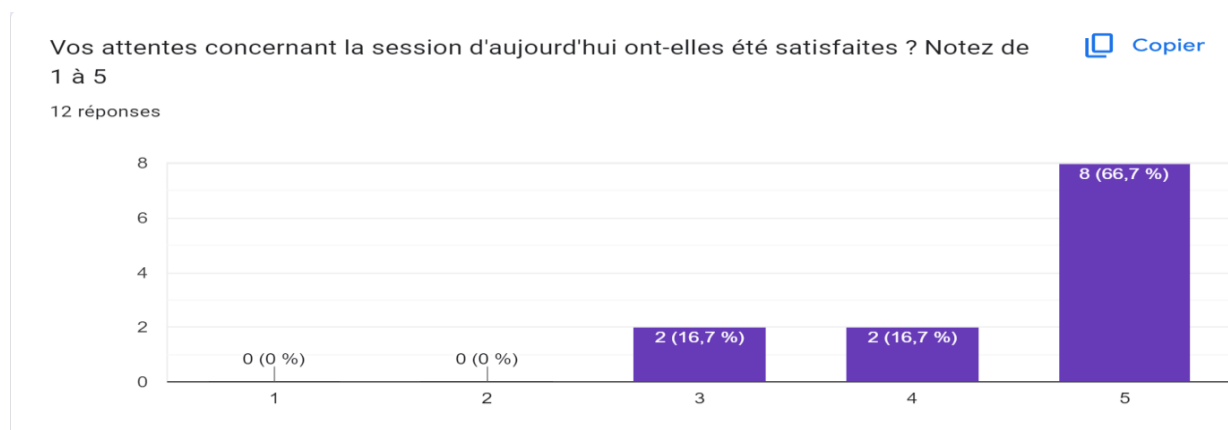
5.2.3 France

In order to assess the Bootcamp programme, session evaluation forms were completed by all participants at the end of each session. These forms enabled the facilitators to analyse the participants' opinions about the training and ensure that future sessions met their needs. Participants were asked how worthwhile the training was, what they would change and to evaluate the content of the session. These forms will provide the basis for the analysis of the impact of the training programme. An additional final session evaluation was completed after the last session.

Session Evaluation Form

In the following charts you can see the participants' evaluation of the second pilot training.

Question: Have your expectations of today's session been met? Rate from 1 to 5.



The participants answered “no” at 100% when asked if the sessions felt “too distant”, “no” at 83,3% when asked if the sessions felt “too monotone”, and “no” at 91,7% when asked if the sessions felt “automated”.

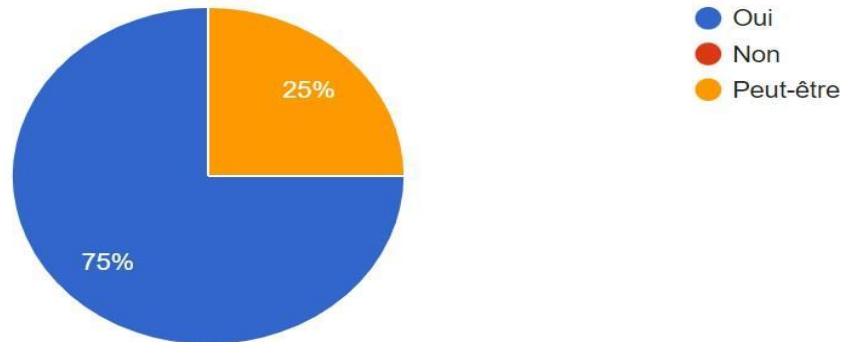
In contrast, 100% of participants answered “yes” when asked if the sessions felt “interactive enough”, “friendly enough” or “yes” at 91,7% when asked if the duration of the sessions were “satisfactory for them”.

When asked if the sessions were easily applicable to their life, most of the participants (64,3%) said yes when 35,7% of participants said maybe.

Final questions: What would you like to improve for another session?

Pensez-vous que la session est facilement applicable à votre vie ?

12 réponses



- “More practical exercises would be welcome.”
- A little more information on how to apply mindfulness in practice
- “Learn even more things.”
- “Working in the same atmosphere, seeing that everyone has the same kind of problems/feelings.”
- “More concrete information.”

Question: What other feedback would you like to give?

- It's calm, it's given me peace and quiet because you can see that everyone's the same.”
- “Too theoretical overall.”
- “Speak a little slower and articulate better.”
- “I was happy to be there and to meet other people, and to see other people's lives.”
- “To be repeated!”

Audit Form

Generally, participants were positive about the results of the bootcamp: they learnt many new things, and particularly enjoyed the explanations on NLP, journaling, and deep breathing, and the practical exercises of meditation and yoga on chair. They all said they gained a better perspective on retirement and interpersonal relationships, also thanks to the good settings of the bootcamps: they enjoyed the small group discussions and the work to better understand their emotions and those of others.

Some tips and advice were greatly appreciated: nutrition tips, positive attitude toward ageing and retirement, mood tracking, meditation techniques, and access to resources for mindfulness. Indeed, all our participants understood that many mindfulness exercises are available online.

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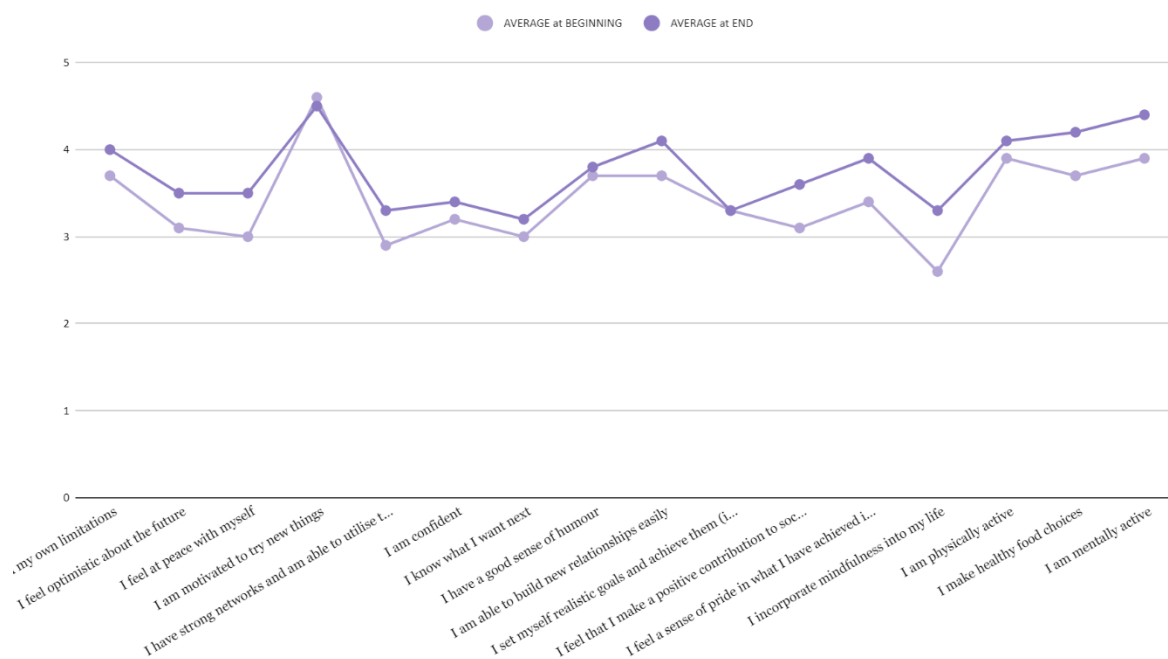
Do you have a good understanding of the importance of mindfulness?	+++++++	+	++
Will you be incorporating mindfulness tips into your life after the Bootcamp?	+++++++		
How useful and helpful do you find these sessions for your life?	+++++	++	+
How easy do you think it is to implement these mindfulness practices?	+++++	++++	+
How likely are you to spread this information to those around you?	+++++++	++	
How likely are you to attend support groups for mindfulness after the Bootcamp?	+++++	++++	
How satisfied are you with the way the Bootcamp was conducted?	+++++++		
How satisfied are you with the way the facilitator communicated?	+++++++		

Mindfulness Audit

Questions:

1. I understand my own limitations.
2. I feel optimistic about the future.
3. I feel at peace with myself.
4. I am motivated to try new things.
5. I am confident.
6. I know what I want next.
7. I have a good sense of humour.
8. I am able to build new relationships easily.
9. I set myself realistic goals and achieve them.
10. I make a positive contribution to society.
11. I am proud of what I have achieved in my life so far.
12. I incorporate mindfulness into my life.
13. I am physically active.
14. I make healthy food choices.
15. I am mentally active.

Pilot 2 - Bootcamp Audit France



Testimonials

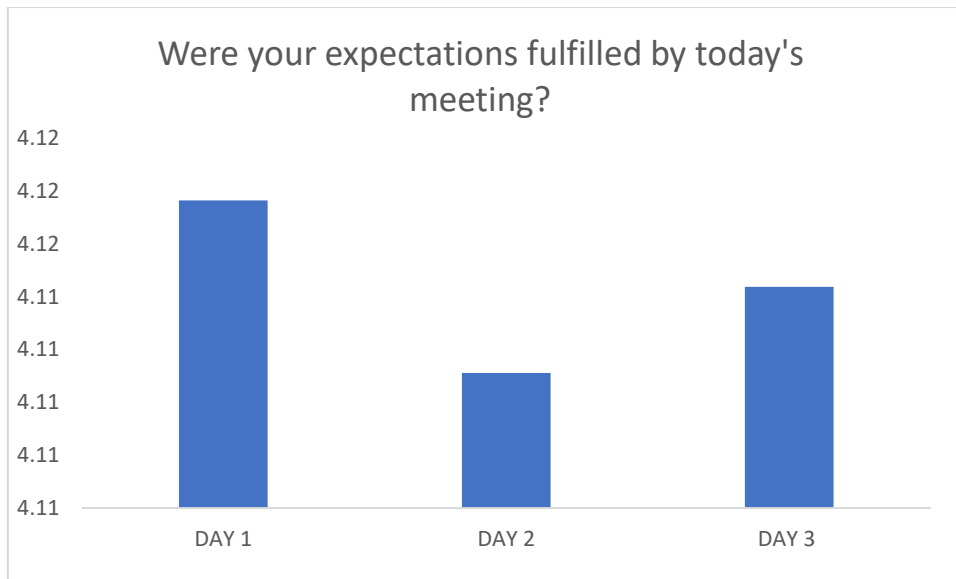
The program received oral positive feedback during sessions, and by the end of the last session participants gave congratulations to facilitators. Below are the testimonials that were written in the evaluation forms in the section any further comments” of the Final report:

- “Nothing more to say, everything was perfect.”
- “I will always remember this phrase from the bootcamp: "People are different in what they show and similar in what they hide".
- “I really enjoyed talking to the participants and the facilitators.”
- “Congratulations! Many thanks”
- “Very well organised, good moderation by the facilitators and a good group.”
- “I'd really like to continue this type of exchange between people.”
- A moment of mindful sharing, a new way of looking at ageing.

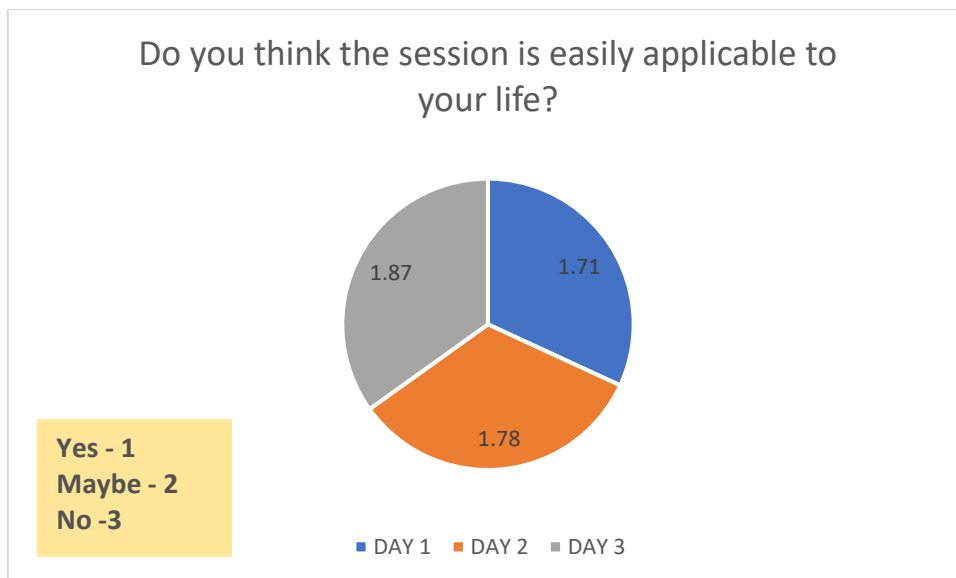
5.2.4 Greece

Session Evaluation

In the following charts you can see the participants’ evaluation of the second pilot training.



Participants were asked to evaluate each day of bootcamp, if their expectations were met. Using a scale 1-5, with an average 4,11, they answer that the bootcamp met their expectations.



Participants answer that they maybe would apply for the activities and the suggestions in the bootcamp sessions, in their everyday life.

Audit Form

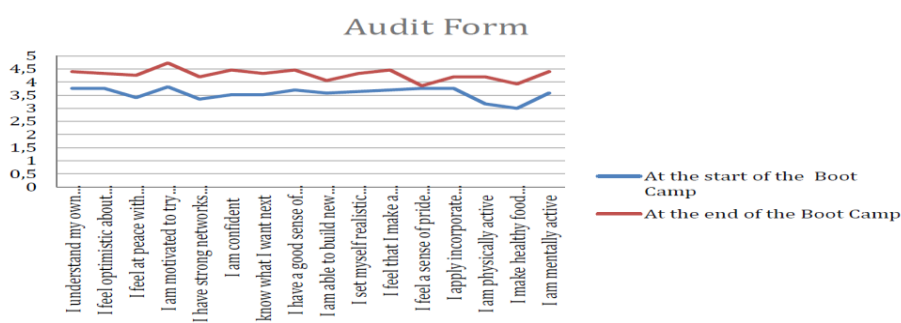
A Final Evaluation Form was completed by participants at the end of the final session. This included asking the participants the usefulness of the session and how the sessions have helped them to incorporate mindful living into their daily routines and set themselves goals to support active ageing.

Do you have a good understanding of the importance of mindfulness?	12	3	0
Will you be incorporating mindfulness tips into your life after the Bootcamp?	10	5	0
How useful and helpful do you find these sessions for your life?	18	2	0
How easy do you think it is to implement these mindfulness practices?	7	7	1
How likely are you to spread this information to those around you?	12	3	0
How likely are you to attend support groups for mindfulness after the Bootcamp?	9	6	0
How satisfied are you with the way the Bootcamp was conducted?	14	1	0
How satisfied are you with the way the facilitator communicated?	15	0	0

Mindfulness audit

As part of the training, participants completed a 'Mindfulness Audit' which helped them to self-assess related to mindful living and active ageing. Participants evaluated themselves at the beginning and the end of the Bootcamp period. A summary of the participants' results in Greece are shown below.

17 people answered the Audit form before Bootcamp and 15 people answered the Audit form after Bootcamp.



Testimonials

No testimonial collected, only positive feedback from the participants.

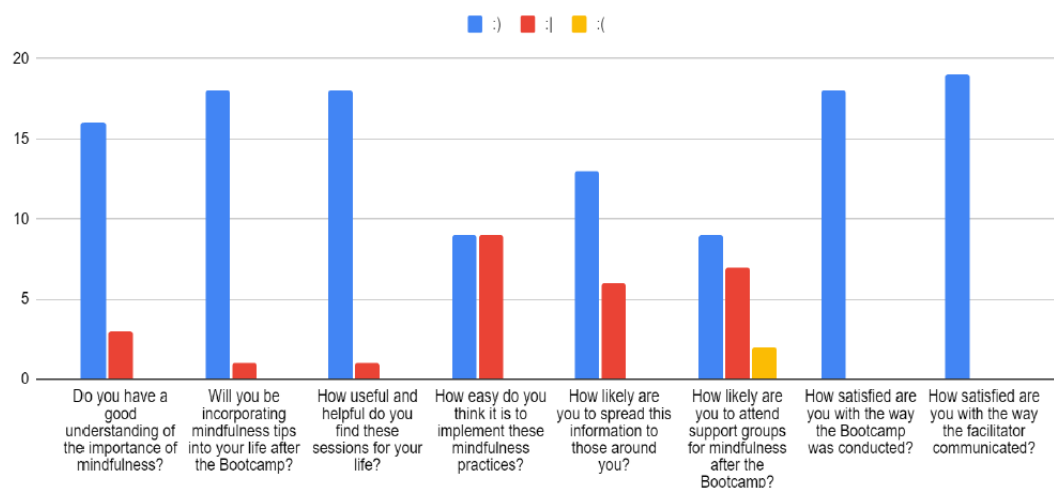
Facilitator's Comments and Recommendations for Improvement

The process was really good and most of the participants were very active in this pilot, which shows that the methodology and materials developed were useful for them. According to the feedback we received, the material was well structured, but some of them asked for more interactive exercises.

5.2.5 United Kingdom

Session Evaluation

To assess the Boot Camp programme, session evaluation forms were completed by all participants at the end of the session. These forms enabled the facilitators to analyse the participants' opinions about the training and ensure that future sessions met their needs. Participants were asked how worthwhile the training was, what they would change and to evaluate the content of the session. These forms will provide the basis for the analysis of the impact of the training programme below.



Overall, the feedback was very positive with almost all aspects being rated ':)' indicating that participants were very satisfied with the programme. One individual specified that they were unhappy with the safety measures put in place regarding COVID-19. In the UK there are no legal requirements relating to COVID-19 safety measures, and we were therefore unable to enforce mask wearing or maintaining a 2 metre distance. We did, however, have the following measures in place:

- There was hand sanitizer available on each table
- The room was ventilated with at least 1 window open at all times
- Participants were informed that if they felt ill or were displaying any COVID-19 symptoms not to attend
- Participants were also advised to test beforehand (although this could not be enforced).

*Some participants struggled to give a rating for some questions. Instead, some wrote a comment or left a question mark in the box. The comments are written in the table above.

What are the main three things you have learnt from taking part in the Boot Camp?

- “Look after myself- mental health. Be proactive- yoga, walks, journal.”
- “Give me confidence to try new things. Good information on mindfulness. Loved the taster sessions on exercise. Now I’m more confident to challenge back problems.”
- “Positivity. Minimise lack of self-talk.”
- “Repetition of thought can feed negativity, benefits of Tai Chi, the reframing of words we use.”
- “Keep looking for opportunities, you’re not the only one with challenges, anti-stress ideas- is it worth it?”
- “The appreciation of mindfulness, I like Tai Chi, there are people just like me.”
- “I did not take mindful ageing seriously.”
- “Self talk, importance of mindfulness, looking at the body as a whole.”
- “To be mindful about myself and to learn more about how to react in different ways.”
- “Importance of maintaining this knowledge. Many things are available/ possible to improve wellbeing. Being grateful.”
- “The link between physical fitness and mental health. To put things into a positive light and think positively. Assessing my values and how they change.”
- “Challenge, feed the right wolf, mind and body are in partnership.”
- “It is easier to look after myself when in a supportive group or joining with others. The values I currently put energy into are not the ones I would usually have chosen- I was surprised! That nobody cares about COVID- I felt quite lonely and excluded at times.”
- “Positive psychology, simple tips for everyday mindfulness, simple procedures and evidence.”
- “Salsa, tai chi, mindfulness.”
- “RAS, mindfulness, cause of unhappiness is not a situation though (very important for me to work on.)

What would you like to change in the Boot Camp process?

- “Provide a booklet to take home and a reading list.”
- “Taking this new found confidence to try new things to help with my wellbeing.”
- “Nothing.”
- “For me it would be best in the week, not on the weekend.”
- “Nothing.”
- “Nothing.”
- “Nothing.”
- “I enjoyed it very much, cannot think of anything else to include.”
- “Maybe think a bit more of minorities?”
- “More days, more frequent throughout the year.”
- “More yoga.”
- “Temperature of the room/ noise. Sun keeps distracting a few people. Maybe more grapes or fruit than muffins please :). Sun interfered with the screen, maybe consider that.”

What will you take away or implement from the sessions?

- “Yoga, write in a journal, do things out of my comfort zone. BE BRAVE!”
- “Changing priorities.”
- “Being mindful, taking a step back when agitated, exercise being so important.”
- “Take more care over how I frame how I speak to others. Also not to feed my thoughts in a negative way.”
- “Take a little time for myself.”
- “Yoga.”
- “Self-awareness/ mindfulness/ yoga. In my groups/ mindfulness.”

- “To do more things for myself and make time for myself instead of everyone else.”
- “Taking time to help myself, reflecting on life, and looking after challenges.”
- “To maintain/increase my levels of physical activity. To make time to do the things that are important to me.”
- “Tai Chi and yoga.”
- “Mindful gratitude- feeling that more often now.”
- “V small steps to get back into mindfulness. Ready to seek counselling/therapy again for the next stage in life. Prioritise 1 step what really want to work further on e.g. weight/ mental health/ increase exercise.”
- “Look for a yoga class, mindful drinking and eating.”
- “Start a routine diary. Moving/ gratitude looking for opportunities again. Positive thinking that causes unhappiness is not a situation but thought.”

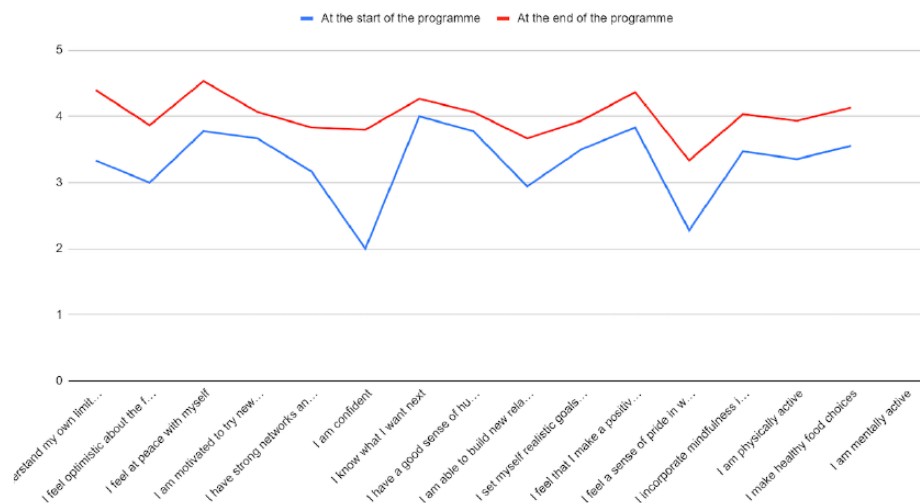
Any further comments?

- “Thank you- good opportunity to engage with people I would not come into contact with.”
- “Absolutely loved it. Wonderful environment to learn in. Fun, friendship and excellent information.”
- “The days were really well planned, a great mix of activities. Presentation was so good, inclusive and friendly. Felt able to take part even in activities that felt challenging as you felt safe.”
- “Thank you for a super informative 3 days, so much to take away and use! :)”
- “I would like more of these sessions.”
- “Amazing that these sessions are free. So well planned, packed with information and content. Sorry I couldn’t do all 3 sessions. Had to work on Thursday :(“.
- “Mindfulness and ageing should be in all our lives. I have really enjoyed it and got a lot out of it.”
- “I have thoroughly enjoyed this time. All the speakers were excellent. Many thanks.”
- “Venue was lovely, as were all the participants. A very friendly and informative 3 days and lovely people.”
- “One thing that’s become clear to me in the group discussions: older women need emotional support- many of us are used to providing it but often don’t get enough for ourselves!”
- “It has been fantastic/ life changing and the re-set I needed at the exact right time all things coming together at once.”
- “I enjoyed it very much.”
- “Bingo was a great way of getting to know each other. All activities were interesting. There was not a single minute you could fall asleep because it was interesting and interactive.”

Mindfulness Audit

Participants were also asked to complete a mindfulness audit at the start and end of the event. This was a self-assessment list where participants rated themselves from 1-5 in response to various statements. The chart shows that, on average, participants rated themselves higher across all areas following the event, indicating a high level of success.

Overall Average Mindful Ageing Self-Assessment



Testimonials

At the end of the Boot Camps, some participants volunteered to provide a testimonial about their experience participating in the programme. Below are some of the testimonials we received.

- “I enjoyed very much, excellently, and physical activity. Perfect wellness boost.”
- “The course was well structured, excellently facilitated and had a perfect balance of physical activity and taught theory. Life changing- a perfect wellness boost at exactly the right time. Well done Inova and well done Jo.”
- “Amazing couple of days full of content. Will be using techniques and resources learnt in my daily life, but also in my work with older people.” -Tracey MacDonald
- “I am so glad I came for the course. I was nervous about coming but I needn’t be. The course was full of useful techniques and I met up with lovely people. I will use it in my daily life and try to do something everyday.” -Sandra Lee
- “I am glad I attended, at first I was going to attend 1 session but I changed my mind because I also gained learning about aromatic oils, doing yoga and having a massage.”
- “It’s been a really informative and enjoyable course. I hope to implement the tools I have learnt in my daily life. I also feel more confident. Thank you so much.”
- “The mindful ageing short course was very interesting and enjoyable. The topics and information given was relevant and provided a lot of food for thought. I feel that I have gained useful tips about health and wellbeing, which was presented in a helpful way. Thank you to all the contributors. My favourite and most grateful things were aromatherapy and yoga!!!” - Corrine Moss
- “Good variety of physical and thinking exercises. Not often you get aromatherapy, zumba, tai chi, yoga, mindfulness and cakes in the same three day course. Very accessible with a lovely diverse group of women. I’d come again!” -Susan
- “The event was useful in different ways. Helped me think about my wellbeing and ways I can improve/ to manage to switch off, think positively, learn new skills/ techniques to help me cope and rewrite myself.”
- “I am grateful that I managed to attend this 3 day workshop despite struggling to get out of my bed. It has given me to think differently, think positively and look for opportunities. The content and the way you Marina presented it made us all connected, interactive and nobody can even fall asleep or distract.” -Salimah Jiwari

Facilitator comments and recommendations for improvement

Overall, there was very positive feedback, and the course was successful in many ways. There were a wide range of activities and topics covered, in which the participants learned a lot and many commented that their eyes had been opened to different aspects of mindfulness and how to implement it into their everyday lives. Participants appreciated the wide variety of physical and mental exercises and felt less alone knowing that there are other people experiencing similar challenges.

One recommendation would be to provide a booklet for participants to refer to when they are at home, or for a list of further reading materials to continue their learning. A couple of comments were also made regarding the venue including the distraction of sunlight and concerns over COVID safety. These concerns should be considered for future piloting events to ensure everyone is as comfortable as possible.

However, the programme was successful overall with lots of positive feedback. Most said they would recommend the event to their friends and intend to implement some of what they have learnt into their daily lives.

6.0 CONCLUSION

The three-day "Bootcamp" on mind and body wellness has proven to be an effective intervention in supporting more than 100 older individuals to maintain positive mental well-being, prevent isolation, and mitigate potential mental and physical health issues in the future. By fostering an understanding of the principles and benefits of "Active Ageing" and "Ageing Mindfully," participants have been empowered to take proactive measures in caring for their overall well-being.

The comparative assessment of the project's pilot implementations in Bulgaria, Finland, France, Greece, and the United Kingdom has provided valuable insights into the effectiveness of the program across diverse geographical locations. This evaluation has allowed for a comprehensive understanding of the project's impact and effectiveness in different cultural contexts. It is worth mentioning that in every country, participants were positive to incorporate mindfulness in their everyday life, with a raise of almost 1,2-2 percent, before and after the bootcamp. In addition, there was a raise up to 0,7 percent that participants feel more optimistic about their future. According to facilitators' comments and recommendations for improvements, during sessions implementation and oral communication with participants, they suggest more interactive activities. Finally, most of participants were positive to participate in supporting groups in future.

Overall, the Mindful Ageing project has showcased its commitment to promoting positive ageing experiences and supporting older individuals in maintaining a healthy body and mind. The project's efforts to combat loneliness, social isolation, and potential health complications have made a significant contribution to the well-being of older adults. The findings from this comparative report will inform future iterations of the project, enabling further refinement and enhancement of its implementation strategies to maximize its impact on individuals aged 50+ in various locations.