



Mindful Ageing

NEWSLETTER

JULY 2021, ISSUE 1

WELCOME TO THE MINDFUL AGEING PROJECT!

The promotion of a healthy and mindful approach to ageing is crucial as the world's population gets older. According to the **World Health Organisation (2017)**, "Between 2015 and 2050, the proportion of the world's population aged over 60 years will nearly double from **12% to 22%**".

Six organisations across Europe have come together to develop a programme that promotes the benefits of ageing mindfully. The Mindful Ageing Erasmus+ project supports adults **aged 50+** to develop positive attitudes to ageing and good mental wellbeing to prevent potential physical and mental wellbeing challenges.

The project promotes the importance of looking after yourself and how to maintain positive and healthy mindsets through funded training and support groups.



DO YOU WANT TO FIND OUT MORE? VISIT THE PROJECT WEBSITE AT:
[HTTPS://MINDFULAGEING.EU/](https://mindfulageing.eu/)

THE MINDFUL AGEING POLICY FRAMEWORK REPORT

Launched in September 2020, it is supported by the Erasmus + Programme of the European Commission (EC) and it is implemented by six partner organisations from Bulgaria, Finland, France, Greece, Ireland and the UK. In June 2021, project partners completed the first significant milestone of the project, i.e. the Mindful Ageing Policy Framework Report.

The insights and findings of the report provide comprehensive background information on the existing policies and support programmes in the field of active ageing and mental wellbeing of older adults (aged 50+) who are particularly at risk of isolation across Europe. It also provides an overview of first-hand experiences with the current attitudes and awareness of older adults on active ageing, Mindfulness techniques and similar tools to maintain positive mindsets and solid mental wellbeing.



A full version of the Mindful Ageing Policy Framework Report is available on the project website here and executive summaries are available in all partner languages: <https://mindfulageing.eu/outcome-1>

COMING IN 2022!

The Mindful Ageing Bootcamp is a **three** day training programme where participants will have the opportunity to explore the importance of wellbeing for the mind and body. Participants will learn new skills and explore key techniques and tools to build a more positive approach to ageing, including Mindfulness, self-hypnosis, nutrition and more. You will also have an opportunity to build new networks.

The Bootcamps will be delivered in the **UK, Bulgaria, Finland, France and Greece** and will bring together like-minded people to:

- Understand how a healthy body and mind can prevent future ill health.
- Gain practical knowledge of key 'positive psychology' and 'mindfulness' tools which can help prevent future problems arising.
- Build their resilience and a positive approach to ageing.
- Develop networks of support via peer mentoring to keep up motivation and develop effective goal setting techniques.

To find out more and register your interest visit: <https://forms.gle/JWtJSxchbEzMr8ey5>

PARTNERS

