Project Title: **Promoting a society WITH All Ages**

**CAPACITY BUILDING**

The Project description

In 2012, **WITH THEM-SOCIAL AID OF HELLAS** implements the CAPACITY BUILDING Program for Ageing.

The Program started in September 2010 as philosophic and educational tool for empowering Senior Greek Citizens of the Region of Athens and the Suburbs. It was the time when the economic crisis in Greece was in its first steps of expansion.

Senior Greek Citizens had been helped to be organized as active Members of their local communities. They had been encouraged to develop Advocacy as active Citizens in their Municipalities. They had been instrumented to offer their help and support to other Senior sick Citizens. They had been educated and helped for becoming strong citizens apt to control the families of their children and their relatives during the serious financial situation of the country.

CAPACITY BUILDING has become a polar star and a compass for them and this inner strength they acquired they passed it as hope and solidarity to their co-Senior Citizens but most preponderantly to the families of their Unemployed Children.

The Trainers were educated Senior Citizens, Members of various NGOs, Volunteers and organized Citizens belonging in Organizations of several Municipalities AND Members of the Board of SOCIAL AID OF HELLAS and young women scientists in Sociology and Psychology and Health Care professionals. ALL who helped and participated in the Program Were VOLUNTEERS.

The Trainees are fellow-Senior Citizens organized in Groups of 15-20. Some of them are very frail and some of them have various problems of health and mobility. But they have remarkable zeal and life vitality

Why is it considered a good practice

**Because**: They keep Senior Citizens busy and alert through communication, good and accurate information and new knowledge desirable to them.

**Because**: They Keep them Healthy and Active

**Because**: CAPACITY BUILDING is a prerequisite for the maintenance of good mental health through AWARENESS AND ACTION

**Because**: CAPACITY BUILDING is the main way for a society for all ages to become able to reach to A Society FOR ALL

Timeline/duration of the project

April 2010-June 2013

Lessons learnt

1. 21st century Aged Persons are unique personalities with distinctive characteristics in a life-course approach and not at all homogenized.

2. The WITH process for ensuring a society of ALL contains three major steps:
   - A) Mentoring
   - B) Senior teaching togetherness
   - C) Innovative Intergenerational Solutions

Relevance for the UNECE region

Greece is a Member of UNECE and we are active Participants in the annual Working Groups for Ageing of UNECE.

We founded CAPACITY BUILDING on transmitting UNECE knowledge and information to our Trainees Seniors, who are listening to us with great interest, taking into serious consideration that SOCIAL AID OF HELLAS is a Member of UN/NGOs of Ageing with active collaboration with UNECE and the UN Platform of Social Development

Locations of the project

Headquarters are located in an office in the Center of Athens and the Gatherings take place in several Halls in Municipalities in the vicinity of Athens.