

**PROJECT LeoShape**

Overweight is becoming a significant problem of the modern European society - e.g. the worldwide obesity has doubled since 1980 (WHO Fact Sheet No 311) and since it is preventable, WHO also published the Global Strategy on Diet, Physical Activity and Health (http://www.who.int/dietphysicalactivity/en/index.html).

According to estimates of the WHO by 2020 depression will reach 2nd place of the ranking of DALYs (Disability-adjusted life year) for all ages and both sexes. Today, depression os already the 2nd cause of DALYs in the age category 15-44 for both sexes. According to press releases of Mental Health Europe the global recession has caused a three-times-higher yearly usage rate of antidepressants. Subsequently we can conclude that the situation in the European Union in the field of mental health issues is alarming.

If we add to the above mentioned facts that people with disabilities due to mental health illness are even more at risk for obesity because of the nature of their illnesses and the side-effects of the medication they are taking, it is the only rational consequence that care workers working with people with mental health disorders get additional educations and acquaint new skills which will enable them to act as a kind of a personal trainer to people with mental health disorders. This educational programme will include specialised knowledge about: the most common mental health disorders (their background, clinical appearance), healthy lifestyle and healthy nutrition, different types of workout (individual, group, fitness, pilates etc.), physiotherapy and skills a personal trainer must have (e.g. motivation). LeoShape therefore addresses: the marginalised group of people with mental health disorders, lifelong learning and increased competitiveness in the labour market. In this new approach we are combining the concept of a personal trainer with the work of a care worker in the field of mental health.

The partnership of five excellent partners will provide high quality educational modules for care workers who work with people with mental health disorders. Physical activity is the more important for the target group of people with mental health disorders, since due to their illness they are at high risk of overweight and obesity. The partners are committed to improving the qualification of care workers in each participating country and to make the qualifications in partner countries more transparent and comparable (also a draft for ECVET credits).

Care workers working in different institutions and organisation with people with mental health problems are more vulnerable than the 'general' population. Therefore, it is especially important to provide these care workers with additional knowledge in order to respond to the requirements of their working place. However, it is well known that care workers specialised skills and knowledge to work with people with mental health disorders. All partners are leading capacities in their field nationally with international reputation, which guarantees excellent project results.

**OZARA Slovenija** Nacionalno združenje za kakovost življenja is the coordinator of the project.   
Ozara Slovenija Nacionalno združenje za kakovost življenja, is a non-governmental (NGO) humanitarian organization, working in the field of social and health care. It offers different forms of psychosocial rehabilitation and support to people with mental health problems. With individual approach and joint planning we enable them to re-include in the social and working environment and also empower them for independent and better quality life. One of the main concerns of OZARA Slovenija is also supporting programmes and self-help and advocacy programmes for people with mental health problems and their relatives. Together with all these programmes, OZARA Slovenija also implements preventive activities, is active in publishing, education and the promotion of mental health. One of the main goals of the organisation is also to provide sufficient and ongoing education of carers and expert staff workers and 'lay persons' employed. Especially in the last five years we also concentrate on preventive activities trying to provide a solid starting point to assure better mental health of the general population. At the moment we employ a total number of 90 employees (at 21 locations all over the country) and have an own financial department with experts dealing with the financial and accounting issues. Due to the fact that the majority of the funding comes from the government and other public institutions we are subject to continuous revision and controlling.

Enjoying undisputable status of professional authority amongst the private non-profit non-governmental mental health institutions in Slovenia, OZARA brings crucial resources to the consortium by transferring its knowledge with regard to mental health rehabilitation and the needs identified in the field. It will act as the coordinating partner of the partnership, will participate in the development of the educational modules and in testing the results of the partnership. Due to the overall organisational and management capacities of the organisation the project coordination is in good hands with Ozara Slovenija. The organisation is a member of Mental Health Europe, GAMIAN and EUFAMI..

**Športno društvo Bodifit** (Slovenia) was established in 1998. Their fields of activity are: sports, recreation, group workout, fitness, prevention, rehabilitation, counselling about healthy nutrition and healthy lifestyle, diagnostic and sport testing, as also educations and seminars about all above themes. The association also owns the trademark BODIFIT PROGRAM® which represents a sloid core od professionalism in the field of sport and recreation. Bodifit has more than 3000 members, 42 expert members and 12 freelancers.

The two main fields of their wok are fitness and group workout. Within this framework they are running two fitness centers in Maribor and different workout programmes in 5 locations in Maribor and Ljubljana.

Bodifit is the organizer or part of the organising committee for the following events: Bodifit Convention (event with national and intrnational reknown presenters and lecturers for experts in the field of fitness, workout, health, prevention etc.), Bodifit Marathons (free-of-charge event for members, recreational sportsmen and experts), Bodifit Camp (5-day- event in Portorož with daily programme and internationally reknown presenters - meant for experts, members and others), Bodifit Seminars (vocational training for individuals working in the field of workout, fitness etc.), FZS Congresses (active participants at the yearly Congress of the Slovenian Fitness Asociation.

All the above reference qualify the association as an undisputable partner for the proposed partnership, since they bring in a lot of professional knowledge, expertise and experience in the field of healthy nutrition, personal training and workout.

**INTRAS** (Spain), standing for Research and Treatment in Mental Health and Social Services, is a non-profit organisation founded in August 1994 and dedicated to high quality research and intervention in the mental health field. The organisation nowadays consists of 8 centres in 3 different provinces in Spain with over 80 psychiatrists, psychologists and professionals in socio-health and economic fields carrying out research, education and vocational training, clinical practice and psychosocial and labour rehabilitation programmes. The main target group of INTRAS consists of people suffering from mental disorders, whereby the organisation also performs activities and offers services to the disabled, the elderly and people at risk of social exclusion in general. Years of professional work have brought INTRAS solid experience and excellent referential background both in the field of European projects and in development of new technologies, programmes and applications for cognitive rehabilitation, intervention and mental health treatment. The institution represented the Spanish Focal Point for the network Mental Health Europe (MHE) during 2010-2011 and is active member of the European Platform for Rehabilitation (EPR).

Fundación INTRAS is one of the entities in the region of Castilla y León that deliver the Initial Vocational Training Programme. This programme is addressed to young people between 16 and 21 years old with any kind of mental health problems, behaviour disorders and/or learning difficulties that are not able to follow conventional training. This training lasts for two years and prepares the pupils to become Administrative Services Assistant or Accommodation Assistant. It is structured in several modules about technical knowledge but also general knowledge and continuous reinforcement of some basic social skills that will allow them to better adapt to our society. Within this training, we also try to teach them healthy habits (i.e. every week we prepare the "healthy breakfast") and promote sports and outdoor activities (i.e. they go to the swimming pool regularly) to improve their fitness while they improve their competences. One example of this commitment with healthy activities and its positive effect on the target group, is the INTRAS' football team, the CD Duero, consisting of eleven people suffering from severe and prolongued mental illness. They play in several leagues at national but also international level..

**Instituto Politécnico de Setúbal** (Portugal) - As a higher education institution, Instituto Politécnico de Setúbal (IPS) - Polytechnic Institute of Setubal- seeks, in cooperation with its social partners, to contribute permanently to the improvement and development of society as a whole, and in the Setubal region in particular, through the provision of higher education, research and services that contribute to the creation, development, dissemination and transfer of knowledge and to the promotion of science and culture.

Escola Superior de Saúde – Instituto Politécnico de Setúbal (ESS/IPS), is one of the five Schools of IPS, offering 1st and 2nd cycles (Bologna) degrees in Physiotherapy, Speech Therapy and Nursing and a wide variety of post graduate courses (short and long term) in different areas, namely Mental Health Nursing, Addictive Behaviour, Infection Control and Health, Physiotherapy and Sports, Chronic Pain and Health Promoting Schools.

With a staff highly specialized in the different domains of activity, ESS has a large range of protocols with different institution in the community that allows regular collaboration and applied research on health related subjects.

In terms of research the school is involved in different projects within the specific areas and has developed two online journals (nursing and physiotherapy) to better disseminate results.

ESS has established six values: Humanism, Quality and Innovation, and Distinction, Professionalism and Excellence, which are the basis of the culture that the school aims to develop among its teachers, students and other staff.

ESS is very committed to the internationalization of their activities, which is reflected in the involvement in several Intensive Programs and Leonardo Partnerships funded by the EU, in addition to the mobility of students and teachers under the Erasmus program..

**Premier Pilates** (Hungary) is the organization overlooking and maintaining the standards and operations of the Premier Pilates studios network in Hungary. It is a rapidly growing, and expanding studio chain which provides, but not limited the following activities: recreation, group workout, fitness, prevention, rehabilitation, counselling about healthy nutrition and healthy lifestyle, diagnostic and sport testing, as serves as a host for many educational and learning event about all above themes. All the studios have been designed and are catered from professional athletes to disabled (mentally and physically) persons, injured and operated people and give them a full benefit of proper body workout/rehabilitation etc.

The chain currently consists of 10 studios and over 20 expert physiotherapists.

A lot of the staff has been involved before in organizing various size of educational/recreational events, seminars, lectures to provide valuable information to the public about healthy living with several years of national and international experience.

All the above reference qualify Premier Pilates as an undisputable partner for the proposed partnership, since they bring in a lot of professional knowledge, expertise and experience in the field of healthy nutrition, personal training and workout.

The chosen partners for this project are a guarantee for high quality results of the LeoShape project. They all bring a lot of expertise and experience in the field of mental health, healthy nutrition, personal mentoring and training.

For additional information, please, callMateja Kramberger, 0038641 689 868.