

## ★ FORUM Health and welfare « Take care of oneself »

France

CCAS Montbéliard

Date de démarrage : 01/03/2007

### Context

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The CCAS created in march 2007 a service to propose prevention actions in the field of health which one of the aim was to organize prevention actions and promotion of health. It's in this framework that was launched the first Forum on Health and Welfare "Take care of oneself", 16 and 17 may 2009

By organizing such event, the CCAS would like to be present in the field of prevention on heath and concretizes contacts and partnerships created at the creation of the service Health prevention.

### Description

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The aim of this forum was inform persons from all ages and with economical and social different situations on behaviours and existing tools to give them a will to take care of themselves in order to accede to a personal fulfilment through health and welfare.

More concretely, it aimed at :

- ♦ To aware the participants on the idea of care of oneself through the physical, psychological and environmental aspects,
- ♦ To create an connexion between the target group and the speakers by providing special spaces of time to speak and to meet,
- ♦ To discover new ideas and perceptions during the workshops on health and welfare,
- ♦ To give keys to find resources centres.

The message during the Forum was aimed at discover or rediscover Health and welfare with enjoyment. The proposed activities were putting emphasis on interaction and playful aspect

Visitors were able to attend workshops "discovering" of yoga, Qi-Qong and relaxation, and attend short conferences of 45 minutes, and demonstration.

The organisation of many information points, of a nursery on Saturday, and also the possibility for the participants to have lunch on place, improved the exchanges and conviviality.

Additionally, two event contributed during the forum :

- ♦ A conference with debates on "Healthy...you well ?", with a psychologist as moderator on Friday evening at 20.00 pm
- ♦ An exhibition of theatre improvisation based on thematic developed during the Forum and choices proposed by the participants.

Students of the city were invited to the forum on Friday, and they were essentially coming from primary schools

### Means

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#### **Human resources :**

- ♦ A steering committee gathering different services from the city and a representative of the CPAM (insurance for health organization).
- ♦ Technical services employees for the logistical aspects
- ♦ A nurse from the service health-prevention

#### **Budget :**

14 000 euros and 12 500 euros self-contribution and 1 500 euros from other sources

## Assessment

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An important participation is to mentioned and a reason of its success. In fact, during two days the forum has welcomed 1.100 visitors. The result of an evaluation questionnaire is really positive. In general, it was observed that children who came with their teachers, came back the day after with their relatives. People were able to get information, to discover the existence of services and organizations, they exchanged on nutrition, sleep and other thematic on a playful basis. They discovered also the first emergency care and were able to ask question to a cardiologist. The workshops on relaxation, yoga and qi qong were also a discovering. A special time was dedicated to leisure activities such as music, sports, family games, which are part of taking care of oneself.

The CCAS was satisfied by the participating association but regretted the low involvement of sanitary establishments : 13 on 45 came. The CCAS wish to improve its communication on the evt for the next time.

## Estimation CCAS

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It was the first event on this model in Montbelliard. Health is a topic that is of an important interest but with too many information on health prevention it can sometimes troubled the participants.

The CCAS' wish was to provide simple and accessible information, without giving the participants guilty feelings, and that the solution proposed should help to "take care of oneself" on a daily basis and without a lot of financial need.

The organisation of this event on health was both appreciate by the public but also by the professionals who attended.

The choice of the thematic make it possible to gather speakers from various sectors in the welfare and health area, which gave a positive approach on Health and prevention and not a blaming one.

It is necessary to underlined the immediate involvement of partners working in the Health sector or education to health, doctors, psychologists without whom the event will not have been so successful.

For those professionals, the event gave an opportunity to the participants to better know their practices, to inform them in daily behaviors to get a better health.

## Target Group

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Children  
All the inhabitants of the municipality

## CONTACT

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