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# PROJECT

**BLENDEND NATIONAL TRAININGS**



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# Social Initiatives Through Volunteering

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# Project Summary

Visiting lonely seniors; Direct beneficiaries: lonely seniors;  
Indirect beneficiaries: municipality; social workers; volunteers. Time period: spring

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# Context and Identified Problems/Needs

Statistic shows that in Latvia there are 141,600 one-person households and most of them are persons of retirement age.

These seniors are at risk of loneliness

There are not enough social workers who can take proper care of lonely seniors. But there are volunteers who visit the lonely seniors, talk to them and help them with simple household chores.

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# Target groups

Target group: lonely seniors;  
Direct beneficiaries: lonely seniors;  
Indirect beneficiaries: municipality; social workers;  
volunteers that doing this grow empathy, improve  
communication skills, spend useful free time

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# Objectives of The project

General Objective: uniting people of different generations; help elderlies;

SMART – contact local social services, visit, help with chores and spend some time together with at least 20 lonely seniors in local municipality by the end of spring (team of 8 – everyone needs to go to at least 1 to 2 elderlies)

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# Partners of the project

Describe the partner and their role in the project.

<b>PARTNER</b>	<b>BRIEF DESCRIPTION</b>	<b>ROLE IN THE PROJECT</b>
Municipality social services		recommends seniors which need help
Local bussinesses		Ask for support by donations
local newspaper		helps to reach out to other volunteers

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# Activities

1. in cooperation with the social service, identify households that need to be visited;
  2. reach out to local businesses asking for support;
  3. place an advert in the local newspaper and on social networks inviting other volunteers to join;
  4. visit seniors, do some chores, find out further needs;
  5. write an article for the local newspaper about the work done promoting the community initiative
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	Q1			Q2			Q3			Q4		
	March	April	MAY	LOR	IPS	DOL	LOR	IPS	DOL	LOR	IPS	DOL
1.	██████████											
2.	██████████											
3.	██████████											
4.		██████████										
5.			██████████									

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# Expected results & Impact of the project

Volunteers have developed greater empathy for the older generation, a more socially responsible society, assistance is provided to seniors, the attention of the municipality, wider society and possibly the state has been drawn to the specific problem

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# Promotion and Dissemination

Announcements will be made before the event on social networks, in the local newspaper, and after the event, a press release will be prepared and will be distributed to the local media.

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# Budget of the project

we will try to attract donations from local businesses to buy food, medicine and other necessary things