

HANDMADE WELLBEING

The research evidence shows that creative activities, including handicrafts, support the overall wellbeing of people. It is important to offer the possibility for all to participate in professionally guided creative activities, regardless of age and living surroundings, also in care settings. The **aim** of the Handmade Wellbeing project is to enhance and expand professional competences of arts and crafts professionals to design and carry out craft activities in elderly care.

The **targets** of the project are:

- to expand professional competences of arts and crafts specialists to work in the elderly care sector
- to co-create a novel educational model for working creatively with older people
- to research the pedagogy suitable for working with older people
- to support the wellbeing of older people through arts and crafts activities.

The project is carried out by **four European partners**:

University of Helsinki/Finland

UniT, KUNSTLABOR Graz/Austria

Superact, NGO/UK

Viljandi Culture Academy of University of Tartu/Estonia.

During the project (1 September 2015–31 August 2017), participants from all the partner countries have worked collaboratively to build an **educational model** for working creatively with older people. The construction of the educational model has benefited from the broad expertise that the four different partners have brought to the table. The results will be published in an **online handbook** on the project website in September 2017.



Read more about the project:

www.craftwellbeing.eu



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