



NEWSLETTER

We are very pleased to provide an update on the progress of our **Care4You4Others-Resilience training for the new generation of caregivers project** to all interested parties. Since our project launch in September 2023, we have worked with great enthusiasm and commitment to improve the well-being of caregivers in the future with our project. We would like to take this opportunity to present the milestones and events we have achieved since then.

Project launch and partnership

We officially launched the Care4You4Others project in September 2023. The project partnership consists of three partners - bit Bildungswelten (AT), Acufade (ESP) and Eclectica+ (IT). Together we aim to provide formal and informal carers with tools to strengthen their resilience and offer them the support they deserve.

Activity 1 - Analysis and survey

Our first activity consisted of analysing existing research in the field of resilience, conducting interviews with resilience experts and a survey of formal and informal carers. This phase was successfully completed and the corresponding **report is available for download on our website** in English, German, Spanish and Italian. The insights we have gained are invaluable and will serve as a basis for our future activities.

Next steps - curriculum, learning materials, one-minute wonder setcards and pilot testing

Next, we will focus on finalising the curriculum for our online learning course and developing the learning materials and associated One-Minute Wonder Setcards. Once the learning materials are ready, there will also be a pilot testing where carers can run the course to test the effectiveness of our programme and ensure it meets the needs of carers. If you would like to take part in the pilot yourself, or know someone who would be interested, we would be delighted to receive **applications via <https://www.care4you4others.eu/contact>**

We would like to thank all our partners, supporters and contributors for their valuable support. Together we can make a positive contribution to the wellbeing of carers.

For more information and updates, please visit our website at **www.care4you4others.eu**.