

## **Skills for social and working life for the middle-aged men with past addiction problems (MUCH MORE)**



Programme Priority: P4 Skilled and socially inclusive region

Programme Specific Objective: 4.1. More people benefiting from stronger Central Baltic communities

Sub-programme: Central Baltic

Duration: 01.09.2017 - 31.08.2019

Total funding: 271.286 EUR

ERDF funding: 207.984 EUR ERDF

Project Summary:

The overall objective of the MUCH MORE project is to contribute to improved social inclusion and health of middle-aged men with a past addiction problem, who want to stay away from alcohol. While in general the health of men is worse than women, the middle-aged men, after heavy alcohol use, experience several vulnerabilities, as their social and working life ties have suffered. The public services face challenges in providing a complex life guidance for this difficult-to-reach target group. There is lack of low-threshold, attractive and empowering activities for men that focus on manual work or trips to nature and at the same time provide health and life advice.

The project will develop an intervention model, which combines do-it-yourself and nature-based activities with social and working life counselling in peer-groups. Furthermore, the training concept and project experience will be spread among health and social professionals. As a result, men should be better prepared to reunite with the society and their families.

## **Map of Partners**

## **Partners**

Lead Partner

## **Turun Kaupunki**

**Country:** FI

[www.turku.fi](http://www.turku.fi) [1]

**Partner budget:** 28.075 EUR

**Amount of ERDF funding:** 21.057 EUR ERDF

Project Partners

## **Itämeren alueen Terveet Kaupungit ry**

**Country:** FI

[www.marebalticum.org](http://www.marebalticum.org) [2]

**Partner budget:** 58.895 EUR

**Amount of ERDF funding:** 44.171 EUR ERDF

## **Sininen nauha ry**

**Country:** FI

<https://vssininauha.wordpress.com/> [3]

**Partner budget:** 68.560 EUR

**Amount of ERDF funding:** 51.420 EUR ERDF

## **R?gas domes Labkl?j?bas departaments**

**Country:** LV

[www.ld.riga.lv](http://www.ld.riga.lv) [4]

**Partner budget:** 45.198 EUR

**Amount of ERDF funding:** 38.419 EUR ERDF

## **Stickan, En krismottagning för män**

**Country:** SE

[www.stickan.se](http://www.stickan.se) [5]

**Partner budget:** 70.558 EUR

**Amount of ERDF funding:** 52.919 EUR ERDF

## Results

### Expected results

### Achieved results

Project result in category - Improved community

### **Much more contributed to social inclusion of the middle-aged men with addiction problems in their past**

The *Much more* project contributed to better social inclusion of the middle-aged men who have had addiction problems in their past. The project objective was to provide social support for men and thus empower them to reunite with their families and the society. Over 120 men were reached through peer-group activities in Sweden, Latvia and Finland.

The project partners from Gävle, Riga and Turku developed and tested an intervention model on how to involve target group men in planning and taking part in peer group activities. Based on the peer-group participants' interest, the men tried different things from art therapy, cooking, hiking, and peer-group discussions in non-judgemental atmosphere. The methods used in different cities varied, but they all focused on participatory and easily accessible peer-group activities. Over half of the men kept coming back to the meetings and found them beneficial to them, so the project goals were reached.

Furthermore, the project also contributed to the capacity of health and social care professionals working with the target group that is difficult to reach. The partners organised several trainings for professionals who wish to try new methods to work with their clients. In total, over 50 professionals were reached in the project trainings.

The project compiled their most relevant learnings from trainings as [a toolbox](#) [6] to be further utilised by other professionals. In addition, pros and cons of different participatory methods tested in the peer-groups were presented in [the SWOT analysis](#) [7].

Project website: [projectmuchmore.weebly.com](http://projectmuchmore.weebly.com) [8]

[Project video](#) [9]

Project page in database

[Skills for social and working life for the middle-aged men with past addiction problems](#) [10]

At a glance

- The project objective was to provide social support for men and thus empower them to reunite with their families and the society.
- Over 120 men were reached through peer-group activities in Sweden, Latvia and Finland.

Tags

[health and social services](#) [11]

[Social inclusion and equal opportunities](#) [12]

## **Project Visibility**

### **Social media links**

[Website](#) [13]

[Facebook](#) [14]

### **Project videos**

[https://www.youtube.com/watch?v=lt06\\_ZJxdw0](https://www.youtube.com/watch?v=lt06_ZJxdw0)

**Source URL:**<https://database.centralbaltic.eu/printview/68>

### Links

[1] <http://www.turku.fi> [2] <http://www.marebalticum.org> [3] <https://vssininauha.wordpress.com/> [4] <http://www.ld.riga.lv> [5] <http://www.stickan.se> [6] <http://projectmuchmore.weebly.com/news/toolbox-lessons-learned-from-trainings-for-professionals> [7] <http://projectmuchmore.weebly.com/news/may-21st-2019> [8] <http://projectmuchmore.weebly.com> [9] [https://www.dropbox.com/s/o1vyoj5kwi6xz5e/2019\\_05\\_20\\_MuchMore\\_HiRes.mov?dl=0](https://www.dropbox.com/s/o1vyoj5kwi6xz5e/2019_05_20_MuchMore_HiRes.mov?dl=0) [10] <https://database.centralbaltic.eu/project/68> [11] <https://database.centralbaltic.eu/tags/health-and-social-services> [12] <https://database.centralbaltic.eu/tags/social-inclusion-and-equal-opportunities> [13] <http://projectmuchmore.weebly.com/> [14] <https://www.facebook.com/ProjectMUCHMORE/>