

Union of the Baltic Cities

## Inclusive and Healthy Cities Commission

### Report on study visits and discussion points

Espoo, Finland, 26-28 October 2016

#### Wednesday, October 26<sup>th</sup> 2016

- The participants visited the photography exhibition “[22 cases of homelessness](#)” by photographer Lauri Eriksson, at Espoo Cultural Centre.
- The participants visited the exhibition “[A thousand stories about Espoo](#)” at Espoo City Museum.

#### Thursday, October 27<sup>th</sup> 2016

##### Study visit to Iso Omena Service Centre

- The participants participated in a mall walk for seniors. The aim of the mall walks is to alleviate loneliness and support senior residents’ wellbeing, health and ability to function.

The participants heard the following presentations by the City of Espoo:

- **Sports Planning Officer Esa Yletyinen:** [68+ Sports Pass](#). The Pass offers senior residents free entrance to sports facilities and exercise groups. The aim is to support the wellbeing of and fellowship among elderly.

The participants discussed the challenges in measuring the effects of preventive services. How to monitor whether investments in preventive sports services for elderly actually reduce the costs of social and health care services?

- **Pedagogical Information Specialist Pudi Kettunen presented the [Iso Omena Service Centre](#)** through a walking tour. Iso Omena Service Centre is a new concept aiming at making it easier for residents to use everyday services. The centre includes a library, youth services, a wide range of social and health services, a citizen service office as well as a meeting place for art and culture.
- **Project Manager Sampo Anttila:** [Get me! operating model](#). The operating model facilitates collaboration between professionals from different fields who work with children and young people. It helps in finding solutions suited to each child’s or young person’s situation in life.

The participants discussed the challenges of multi-professional collaboration, such as the

leadership of the support process. The Get me! model also requires a new way of thinking, where social, youth and education professionals need to share their concerns, which they previously solved by themselves. The set-up of the model is different also because the youngsters are the ones deciding who helps them, not the adults.

- **Project Manager Pekka Räsänen: One-Stop-Guidance-Center service model for young people.** The project pilots and creates a low-threshold service model for young people under the age of 30. The aim is to better serve young people according to their individual needs by integrating multidisciplinary expertise.
- **Leading Youth Worker Lasse Raivio: [Espoo Youth Services](#) at Iso Omena Service Centre.** The youth services consist of a combination of youth work in different public places, youth information and counselling as well as online youth work.

### Discussion point

- **Business Developer Ann-Karin Bohl, Karlstad: Asylum seekers – how to combat violence?**  
Ann-Karin highlighted the problems of violence within some asylum seeker groups. Three types of violence have been detected: domestic violence, honor related violence and xxx. Karlstad has worked on the problems through methods of primary prevention, early intervention and directed interventions. Ann-Karin expressed Karlstad's interest in learning how other cities combat similar challenges.
- **Deputy Director Jaroslaw Jozefczyk, Gdynia: Current projects in Gdynia.** Jaroslaw presented four current projects in Gdynia: Expert by experience, innovations for human measure: incubators for social innovations, Erasmus+ as a tool to finance adult education for social inclusion and the Utrecht plan: flats instead of shelters for homeless persons. Those interested in the topics are welcome to contact Jaroslaw for exchanges of ideas. Jaroslaw also welcomed the participants to a project seminar in Gdynia in 2017 regarding the Erasmus+ project.

Friday, October 28<sup>th</sup> 2016

### Study visit to Kauklahti Life and Living Centre

- **Instructor of Recreational Activities Jaana Vehkasalo: [Kauklahti Life and Living Centre](#).** Kauklahti Life and Living Centre provide long-term care housing for senior citizens who require round-the-clock care.

### Appendixes:

- [Link to the presentations \(available until xx\)](#)
- [Video of the Iso Omena Service Centre](#).
- List of participants