

September 2024

4

NEWSLETTER

TAMUS - Talking about it makes us stronger



TAMUS

TALKING ABOUT IT MAKES US STRONGER



MEETING AND FINAL CONFERENCE

Jugendförderverein Parchim/Lübz e.V. sponsored the last partnership meeting and conference for the TAMUS project on September 24–25, 2024, in Schwerin, Germany.

This occasion was a significant turning point for TAMUS, which has created several cutting-edge educational resources to support mental health across the generations and empower families.

The TAMUS Project offers resources for parents, children, and seniors. Parents receive interactive training modules to foster mental health, while children and youth learn through interactive resources. Seniors receive audiobooks on mental health in later life, addressing topics like understanding, combating loneliness, and promoting active ageing.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project No: 2022-1-DE02-KA220-ADU-00085693

THOUGHTS FROM OUR PARTNERS

Enoros

"The TAMUS project offers valuable resources for families and educators alike, including the In-Service Training for Adult Educators. The pilot implementation of this training demonstrated that it enhances educators' professional skills while also benefiting their own well-being. This means it is designed to be useful for everyone and can create a positive multiplier effect, fostering supportive environments for educators, families, and communities at all levels."

KMOP

"The TAMUS project is remarkable in its focus on promoting family mental health, offering parents the unique opportunity to act as facilitators in fostering open, intergenerational conversations about well-being which strengthens family bonds and supports mental resilience across generations."

Jugendförderverein Parchim/Lübz e.V.

The TAMUS project brought together experts from eight EU countries to create a powerful toolkit to help families dealing with mental health issues. The results have exceeded our expectations, and we want to thank our partners for a great collaboration.

"Storytelle applauds TAMUS for taking a novel approach to developing all-inclusive materials that empower families and support mental health in all age groups."

La Compagnie du Nouveau Monde

With our partners in the Tamus project, we have been involved in creating resources and activities to promote positive mental health, using spontaneous theatre to encourage expression of emotions, improve the communication and the well-being of all the members of the family.

Infodef

Interactive, dynamic, adapted to the different generations within families: these are the TAMUS resources created specifically to promote the well-being of all family members by making parents mentors of their loved ones. Educators can also find in TAMUS useful tools for their professionalism and personal well-being.

At every step of the way, TAMUS partners have felt fulfilled and satisfied with the goals achieved. We have all grown thanks to this wonderful partnership!

The Rural Hub

Participating in the TAMUS project has been a wonderful experience, empowering families and educators to engage in open, meaningful conversations about mental health and equipping them with the tools needed to support well-being across generations.

TARGET GROUP

The TAMUS project mainly addresses two target groups: - Adult education providers - Parents, grandparents, young adults, teenagers and children



The materials we've created will endure long after finishing the TAMUS project. Now useful resources are available for families, kids, elders, and teachers to promote mental health. We have faith that for many years to come, the TAMUS toolbox will enable communities to promote mental health.



Jugendförderverein Parchim/Lübz e.V.
Germany (Parchim)
www.jfv-pch.de



La compagnie du nouveau monde
France (Vernon)
www.compagniedunouveaumonde.fr



CO&SO - Consorzio Per
La Cooperazione E La Solidarieta
Italy (Firenze)
https://coeso.org/



KMOP - Education and
Innovation Hub
Greece (Kifisia)
www.kmop.gr



Enoros Consulting Limited
Cyprus (Nicosia)
www.enoros.com.cy



Storytelle
Portugal (Chameca da Caparica)
www.storytelle.pt



INFODEF
Spain (Valladolid)
www.infodef.es



The Rural Hub
Ireland (Carrickmacross)
www.theruralhub.ie

For more information about the project: <https://tamusproject.eu/> or contact the local partner



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project No: 2022-1-DE02-KA220-ADU-00085693