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GOOD PRACTICES	
Title of the project, programme	Radio VALO
Duration	2010-2018 Radio activity was integrated to media workshop organized by Lyhty ry in 2018 onwards
Name of the organisation/service responsible for the intervention, with reference to country and location (specific)	Lyhty ry is a non-profit association founded in 1993. The ethical purpose of Lyhty ry is to promote the well-being of people with intellectual disabilities, their families and society as a whole. Lyhty's values are individuality, responsibility, continuity, flexibility and aesthetics.
Scope (local/regional/national/international)	Local/regional/national
Area	Podcast/radio
History of the project how it was conceived, development and context strategies;	<p>Radio Valo was a national project, which produced and published programmes by people with intellectual disabilities, people with disabilities and other people in need of support. Radio Valo's aim was to support the well-being of people with intellectual disabilities and their independent and supported media production, organise training, support the interaction of creators and provide visibility for the programmes produced.</p> <p>Radio Valo created a network of more than thirty Finnish partner organisations and six foreign partners in countries such as Taiwan, Norway, Denmark, Malta, the UK and Tanzania. Through their international news media project, the participants were able to make programmes and make friends around the world.</p> <p>Radio Valo was supported by the Funding Centre for Social Welfare and Health Organisations (STEA).</p>



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<p>General description of project/programme</p> <p><i>Objectives, actions, main actors and challenges, organisations involved, beneficiaries and n° of beneficiaries involved, partners and stakeholders, budget available, implementation period and other relevant information useful to understand its nature and results);</i></p>	<p>Currently, the media workshop provides inclusive daytime activities for 22 adults with intellectual disabilities. The small groups are run by a multi-professional team of social, health and media professionals. The workshop's wellbeing-promoting activities and the principles of individual responsibility are reflected in everyday actions and activities. Client work emphasises the resources, strengths and skills of the individual.</p> <p>The everyday life of a media workshop is diverse and varied: we attend current events to do stories, edit programmes and publish them for others to listen and watch. You'll get help from media professionals and learn about media production in a variety of ways. Everyday life in a media workshop also includes a variety of excursions and daily outdoor activities.</p>
<p>Outcomes of the practices, relevant results, impact</p>	<p>The aim of the workshop is to provide support and opportunities for clients, increase inclusion, and maintain and develop skills in workshop activities of the client's choice. The service aims to bring out the potential of the individual and provide experiences and experiences, develop social skills, increase inclusion and promote social participation and a healthy lifestyle. Lyhty ry offers workshops both in Finnish and Swedish (second official language in Finland).</p>
<p>Transferability</p>	<p>Seniors could similarly benefit from sharing their life stories, experiences, and interests through audio content. This can foster a sense of identity, dignity, and purpose. As with the original Radio Valo concept, activities for older adults should be tailored to individual needs and capacities. A flexible and inclusive environment, supported by a multi-professional team (including social workers, health professionals, and media experts), ensures maximum participation and benefit. Learning the basics of media production, interviewing, and storytelling can serve as cognitive stimulation for seniors. Such activities can support memory, attention, and creativity, which are vital for mental health in aging populations.</p>
<p>Sustainability</p>	
<p>Links and Sources</p>	<p>www.lyhty.fi www.radiovalo.fi https://www.mixcloud.com/kiviradio/</p>