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GOOD PRACTICES	
Title of the project, programme	Winter and darkness – a hard path to cross
Duration	2012
Name of the organisation/service responsible for the intervention, with reference to country and location (specific)	Kylämaja community center in Espoo, Finland
Scope (local/regional/national/international)	Local
Area	Participatory Photography
History of the project how it was conceived, development and context strategies;	The aim of the project was to study immigrant women's concepts of health and to produce information of the needs of immigrant women and their families in order to develop the services of a community center for residents in a suburban area from immigrant women's point of view.
General description of project/programme <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>The project was addressed for immigrant women only. The participants took photos on the theme of health and wrote texts related to the photos. The photos were evaluated and discussed in 5 workshops. A photo exhibition was arranged in the community center.</p> <p>In the workshops the participants discussed the photos and divided the photo exhibition pictures to six different themes. The most important themes concerning health were: emotional health, mental health, food, health care, safety and physical exercise. The most important theme was the meaning of food for health and emotional health. The women also had a strong need for community, a need to take care of their children and a strong connection to nature. Libraries were an important part of mental health and multiculturalism.</p>



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Outcomes of the practices, relevant results, impact	Empowerment was shown in active participation in group work and in photo exhibitions. The project gave more strength for the immigrant women to develop their own coping methods to deal with loneliness and the long winter. They needed better and more effective health care services especially in cases of emergency. They wished that theme evenings would be arranged concerning emotional health and Finnish culture and friendship clubs.
Transferability	<p>This kind of project would be easy to repeat in many different places, also for different target groups. Coping with dark and cold winter is hard even for people born in Finland.</p> <p>The activity is also suitable for seniors. While the project targeted immigrant women, seniors—especially in colder, darker climates—also experience:</p> <ul style="list-style-type: none">- Seasonal affective challenges (loneliness, depression in winter).- Health concerns tied to aging (physical mobility, emotional resilience).- Need for community connection and sharing lived experiences. <p>Some ideas for adapting the activity to seniors:</p> <ul style="list-style-type: none">- Invite seniors to take photos representing their daily life, feelings, and coping mechanisms during the dark winter months.- Offer photo workshops with simple devices (digital cameras or tablets) and guided themes- Include writing or voice-recorded reflections on their photos.- Host weekly sessions to review and discuss photos
Sustainability	
Links and Sources	<p>https://www.facebook.com/naapuruustalomatinkyla/?locale=fi_FI</p> <p>https://www.theseus.fi/handle/10024/49594?show=full</p>