



forget me not

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Erasmus+

COLLABORATION MEETING IN SOFIA

On April 27 and 28, 2023, project partners gathered in Bulgaria for the third transnational project meeting organized by the non-governmental organization SHALOM. The main objective was to assess the progress made in implementing the project and to plan the next steps. At the opening session, Julia Dandolova, SHALOM's Managing Director, welcomed participants and introduced the host organization. The partners also learned about the fascinating history of the Jewish community in Bulgaria, its roots, its survival during the Holocaust and its prospects for the future.

During this productive meeting, the partners updated the training material and content of the Forget Me Not platform. Being together in one place enabled the partnership to plan the next steps and make any necessary adjustments. The next stages of the project are as follows:

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- Finalization and translation of training material.
- Technical integration of each tool produced on the project website.
- Testing and experimentation in the professional context of each partner.

The meeting was followed by a cultural visit to Sofia's city center, where the places of worship of four religions are located near the so-called Square of Tolerance. The next face-to-face meeting will be held in Aarhus, Denmark, on December 11 and 12, 2023, to implement the last scheduled activities, prepare the results phase of the project and study the modalities of impact at its end.

TEST NEW PLATFORM FUNCTIONALITIES

With updates to the FMN platform now fully operational, users will be able to test the following new features:

- **SHARING MEMORIES** : It is now possible not only to collaborate on a memory within a profile, but also to share memories from one profile to another simply by entering the recipient's e-mail address. The recipient can then choose whether or not to add the memory to his or her profile. The recipient user can also modify the souvenir to make it their own.
- **MULTILINGUAL ACCESS** : In addition to the five original languages (English, French, German, Greek and Polish), the platform is now available in Bulgarian, Czech, Danish and Spanish. The consortium would welcome any new partners wishing to translate the platform into a new language (free of charge).
- **THEMATIC MEMORY LIBRARY** : The partners have worked hard to create thematic memories in each language to present a collection of memories that can be used directly, without modification, in a reminiscence session. They bring to life common memories from recent decades in each national context. You can import from the library into your profile memories such as "the Tour de France" in French, or "Queen Elizabeth II" in English.



www.udaf16.org



www.ededucation.com



www.unizar.es



www.frodizo.gr



www.shalom.bg



www.sosuo.dk

• IMPLEMENTATION TOOLBOX

The French team presented the implementation strategy, which includes three toolboxes:

- **Communication to promote the platform and the methodology to be used.**
- **Project Management to facilitate the deployment of FMN within institutions and to set up an evaluative approach.**

A new type of profile has been created for organizations wishing to create distinct sub-profiles for their service users.

With a pedagogical approach to raise awareness among new personal professionals or family carers who are unfamiliar with dementia and reminiscence in particular.

- **Then the repository of all available project tools**

• MATCHING TOOL AND ACTIVITY PLANS

A simple but effective tool has been developed to assess a person's communication skills, followed by advice on how to adapt reminiscence sessions to avoid situations of failure. The activity plans are there to guide and inspire users who are not yet confident enough in using the FMN methodology.

• SMALLER TUTORIALS AND COMPUTER SKILLS TUTORIALS

To help those who aren't confident in their computer skills, or who need extra help, Forget Me Not offers regular tutorials, as well as integrated videos to help users navigate the platform.



JOIN THE FMN COMMUNITY OF PRACTICE

This community of practice operates in the field of non-drug interventions for people with cognitive difficulties. It integrates the use of reminiscence as part of its support for the interests of the people it accompanies, as well as for the professionals who intervene and the caregivers.

The project responds to the need for the exchange of best practices, mutual support and professional development of people accompanying people with neuro-evolutionary diseases, with the aim of improving the well-being of patients.

FMNCoP focuses on using reminiscence (not only) through a digital memory box (www.forgetmenotdigital.com) and coordinating learning and innovation around it.

Member organizations can access a knowledge base, contribute to it and provide valuable feedback to improve it. They are free to use the FMN platform for professional purposes, and benefit from support when they have opted for initial training courses.

Membership of this community of practice is open to any public or private entity active in the field of support, in particular using reminiscence as a non-drug intervention. Individual professionals may also join the Community of Practice, even if they are not officially part of an established entity.

We invite you to join the Forget Me Not Community of Practice by completing an application form. For more information, please email fmn.2.eu@gmail.com.

FOR MORE INFO

www.forgetmenotdigital.com