Metric	3.3	Health outreach programmes					
Indicator A/A	3.3.2 Level	Deliver outreach programmes and projects in local communities (brief description of target group/ aim)		nclude student volunteering programmes) to improve or promote   Disadvantaged people (brief description of target group/ aim)	health and well-being includin Link (if available)	g hygiene, nutrition, family planning, s Refugee/immigrant communities (brief description of target group/ aim)	oorts, exercise, aging Link (if available)
1		RESPECT project: Call to participate in National Survey of Childbirth experience and the quality of maternity care services, followed by series of Participatory Action Research activities with all stakeholders to develop national strategy and take action to promote best practices, tools and quality standards based on the principles and criteria for "Respectful Maternity Care", set by the WHO and the White Ribbon Alliance Charter of Rights	https://www.cut.ac.cv/news/art icle/?contentid=532130	"Curo, ergo sum - Diversity and Equality in Health": public outreach event in the context of the European Public Health Week 2023. under the auspices of the Ministry of Social Welfare and the Office of the Commissioner for Gender Equality to raise awareness on gender-based violence and inequality, covering topics such femicle, FGM, intra-partner violence and many more. In memoniam of Prof Christiana Kouta, Community Nursing.	https://www.cut.ac.cy/new s/article/?contentid=51847 0	The Department of Nursing at the Cyprus University of Technology (CUT) launched a two-year European program entitled: "END FGM E- CAMPUS: E-Learning Portal for Professionals to End FGM in Europe". One of the main aims of the programme is to develop, in partmeship with a european network of collaborators, a digital training platform for frontline professionals on female genital mutilation.	https://www.cut.ac. cy/news/article/7co ntentId=514830
2		rECORD (partnership Enidemiological. Community study of Rheumatic Diseases). Joining forces with National League of People with Rheumatic Diseases on a Public. Awareness Campaign of the burden of RND, along with settine-up a day clinic in a rural. community to offer free screening for RMD to the local residents, with the voluntary participation of nursing students, accompanied by team of Rheumatology. Specialists,	http://www.cut.ac.cv/news/art icle/7contentid=533820	Conference and workshop on "Shared decision-making between mental health professionals and people with neurocognitive/neurobiological (mental) disorders", organized in the framework of the European Mental Health Week (22-29 May) and World Nurses Day (12 May), bringing together all stakeholders to break silos and give voice to people with lived experience of mental health challenges, who are commonly not represented in policy decisions	https://www.cut.ac.cv/new s/article/contentId=51877 0		
3		Dynamic participation with series of diverse events in the European-wide Public Health Week, Including public avareness campaign on mental health challenges and associated stigma, designed by the MSC Mental Health Nursing students, a participatory workshop with all stakeholders on re-designing school health services, and a webinar series on Familiar Hypercholesterolemia	https://www.cut.ac.cv/news/art icle/?contentid=519060	European project @Erasmus-SAVE – SCREENING OF ABUSE VICTIMS AMONG EDLRY (https://www.projectsave.eu/): the programme aims to develop and adopt screening tools to detect elder abuse in health and social care settings, providing training and support to professional Sfor their effective implementation. The SAVE project co-created and offered the first online training program in Greek on elder abuse, which was attainted by health and social care professional Sfor and students in chinal programes. (In Greek: https://www.projectsave.eu/training/login/index.php)	https://www.cut.ac.cv/new s/article/?contentId=50958 0		
4		Project e-CREDENTIAL on Education, Awareness, and Empowerment of Women with Familial Hypercholesterolemia. Included the co-creation of relevant material for public and health professionals. As part of the activities, a seminar on Familial Hypercholesterolemia was organized in partnership with the Cyprus Atheroscierosis Society The primary goal of the seminar was to empower individuals suffering from Familial Hypercholesterolemia (FI) while also educating the medical community, as well as related healthcare professionals about the needs of people wth FH.	https://www.fhcyprus.org/	The Cypriot Children's Health and Environment Observatory is an initiative supported by the Ministry of Education, Sports and Youth and coordinated by the Cyprus International Institute for Environmental and Public Health of the Cyprus University of Technology in collaboration with the Center of Excellence for Biobanking and Biomedical Research of the University of Cyprus.	https://web.cut.ac.cy/childr enfirstcy/en/		
5		2nd Conference on FH management and treatment for patients and health professionals	https://paideia-news.com/tepak b/2023/10/05/tepak-2i-imerida- enimerosis-kai-evaisthitopoilisi- gia-tin-okogeni- yperxolisterolaimia/	SeniorVlog project aims at improving the lives of elderly people, by better preparing them to fully use the possibilities of Internet and become more visible in social media. Creating the innovative SeniorVlog Training and Mentoring Program will offer a structured approach to equipping senior adult learners and at the same time Internet users with key digital competences and skills allowing them to become Vloggers visible in the Internet community just as senior citizens are more and more visible in our "real world" sociaties	SeniorVlog – Inspiring and Empowering Seniors to become Vloggers and conquer the Internet		

6			The psychological and social dimensions of cancer care. Invited	https://www.uicc.org/event s/master-course-supportive-		
			webinar for Union for International Cancer Control (UICC) Master course: Supportive care - a catalyst for integrated people-centred	care-catalyst-integrated-		
			cancer care (virtual) (Angelos Kassianos)	people-centred-cancer-care		
	Compass Erasmus + project aims to equipping					
	care managers with skills to better respond to					
	actual labour market needs, specifically by					
	improving their skills to lead the change					
	towards PCC approaches in their working					
	contexts and providing guidance to European care managers on how to					
	practically implement person-centered					
	leadership in their everyday work. Based on					
	an					
	analysis of the actual activities and projects both in the European context and at national					
	level, it appears that the current					
	proposal of training is inadequate in relation					
	to the demand for these professionals which,					
	as also highlighted by the outcomes of a research conducted in the					
	Erasmus+ Tenderness4Life project, expressed					
	a need to be better equipped to	https://www.cut.ac.cy/news/art				
	play a leadership role in their workplaces	icle/?contentId=518440				
7	The IENE 11 PROVAC Erasmus + project aims		The Value of Health-Related Quality of Life in Caring for Cancer	https://rw2023.rsu.lv/confe		
	to support healthcare professionals to promote vaccination, tackle with vaccine		Patients: The Psycho-Oncological Perspective. Invited keynote speech at Riga Stradinš University Research Week and 9th	rences/society-health- welfare /		
	hesitancy and improving vaccine confidence.		International Multidisciplinary Research Conference (topic	https://rw2023.rsu.lv/keyno		
	Training Curriculum & Educational Material,		Society, Health, Welfare), Riga, Latvia (Angelos Kassianos)	te-speakers		
	and a 6 weeks MOOC					
8	Quality of life in individuals with blood	https://www.antileukemia-	Cypriot NGO "Antifon" Observatory Organization for Mental	https://www.cut.ac.cy/new		
	cancer. Invited presentation at Antileukemic	zoe.org.cy/el/ekdilosi-	Health issues (memorantum agreement). The main aspects of this			
	Association 'ZOH' Pancyprian conference,	details/%CE%BC%CE%B7%CE%B	collaboration include: a) joint research projects, b) co-organization	<u>o</u>		
	Nicosia, Cyprus September 2023 (Angelos Kassianos)	D%CE%B1%CF%83- %CE%BB%CE%B5%CF%85%CF%	of scientific and social events aimed at raising public awareness on mental health issues, including students and healthcare			
	Kassianos)	87%CE%B1%CE%B9%CE%BC%CE	professionals, c) collaboration in students' education for			
		%B9%CE%B1%CF%83-	enhancing empathy on mental health problems.			
		%CE%B7%CE%BC%CE%B5%CF%				
		81%CE%AF%CE%B4%CE%B1- %CE%BC%CE%B5-				
		%CE%BC%CE%AD%CE%BC%CE%				
		B1-%CF%84%CE%B9%CF%82-				
		%CE%B1%CE%B9%CE%BC%CE%				
		B1%CF%84%CE%BF%CE%BB%CE				
		%BF%CE%B3%CE%B9%CE%BA% CE%AD%CF%82-				
		%CF%80%CE%B1%CE%B8%CE%				
		AE%CF%83%CE%B5%CE%B9%CF				
		<u>%82</u>				
9	Podcast interview, NewTv_Cy Social Words			https://www.cut.ac.cy/news/	article/?contentId=531640	
1	(episode 5) (Angelos Kassianos) on the value		As part of World Alzheimer's Month, the Department of Nursing			
	of research and behavioural science in improving public health		at CUT and the Community Nursing Sector of PASYNN organized a multidisciplinary seminar titled: "I May Forget, But You Remember			
			Me" The aim of the seminar was to raise awareness and inform			
	1		nurses about dementia and the ways in which they can assist and	1		1
			support individuals suffering from the disease, as well as their families and caregivers.			

10		https://www.cut.ac.cy/news/art				
		icle/?contentId=534270				
		https://www.facebook.com/sha				
		re/p/KYBsXQWyYQt8ytzo/				
	Raising mental health awareness in primary					
	school students. On October 10th 2023, as	https://www.youtube.com/shor				
	part of the celebrations for World Mental	ts/uGM0mIU6TZA				
	Health Day, students from the Master's					
	program in "Advanced Nursing & Mental					
	Health Care, Nursing Departments' and the					
	Associate Professor of the Nursing					
	department Dr Maria Karanikola- Mental		As part of the paneuropean activities at the 2023 European Public			
	Health Nurse, visited the primary school of		Health Week, the School of Health Sciences in partnership with			
	Pahna in Paphos region. The aim of the visit		the Cyprus Society of Epidemiology and Public Health, organised			
	was to raise awareness among the senior		an outreach event with national reach, addressing the academic,			
	students on mental health issues through		clinical and wider community, entitled "CURO, ERGO SUM:			
	experiential exercises focused on depression,		Diversity and Equality in Health". The event was dedicated to the			
	anxiety, and anorexia nervosa. The exercises		memory of CUT Professor Christiana Kouta who dedicated her life			
1 1	centered on social stereotypes regarding		in the fight of health and social inequality and eliminating gender-			
		1				
1	individuals facing mental health challenges, as	1	based violence. The event featured invited speakers who were			
1	well as when and from whom to seek help.		collaborators of the late professor, who discussed her research			
1 1	The students, as well as the school's teachers,		work and contributions, both nationally and internationally, on			
1	had the opportunity to ask questions and		issues of eliminating discrimination and inequalities in health,			
1	discuss topics related to mental health. A		protecting rights, and combating gender-based violence. This			
1	video was also developed by the master's		event had national reach, raining awareness on these issues and			
1	students to raise awareness on the early		was placed under the auspices of the Deputy Ministry of Social			
1	access to mental health services			https://www.cut.ac.cy/news/	article/?contentId=518470	
11	Raising mental health awareness in the	https://www.cut.ac.cy/digitalAs				
	academic community and general population.	sets/533/533580_100CUT_1861				
	As part of the celebrations for World Mental	INV psixikis igeias dayfilm.pd				
	Health Day on 10th of October 2023, the	_INV_pSixikis_igelas_uayiiiii.pu				
		T				
	Nursing Department and the Library of CUT at					
	the Limassol Municipal University Library	https://www.cut.ac.cy/news/art				
	organized the screening of the film "Arab	icle/?contentId=5351800				
	Blues". The film's protagonist, a					
	psychoanalyst-psychologist, is confronted not					
	only with stereotypes about the role of health					
	professionals but also about individuals with					
	mental health problems. The film was					
	introduced by postgraduate students of the					
	Master's program in "Advanced Nursing &					
	Mental Health Care," Ms. Anna El Riz and Ms.					
	Patoul Dachtal. The students highlighted the					
	impact on public mental health when state					
	mental health services are inadequate, and					
	when the stigma surrounding mental illness					
1	prevents people from seeking timely help					
1	from professionals. The screening was					
1	attended by students, administrative staff,					
1						
	and others. After the screening, a discussion					
1	followed, with participants offering					
	interesting views on the social stigma of					
1	mental illness, the gaps in existing mental					
	health services, and the challenges faced by					
12	Graduate students from the Master's program	https://www.cut.ac.cy/news/art				
1	in "Advanced Nursing & Mental Health Care"	icle/?contentId=534270				
1	at the Cyprus University of Technology visited					
1	the Primary School in the community of					
1 1						
1 1	Pachna. The goal of the visit was to raise					
	awareness among the students in the final					
1 1	grades about mental health issues through					
	experiential exercises focusing on depression,					
1 1	anxiety, and psychogenic anorexia. The					
1 1	exercises centered on social stereotypes					
1 1	regarding individuals facing mental health					
	challenges, as well as when one should seek					
	help and from whom.					
1						
1 1						

13	The Endocrinology Society of Cyprus and th	e https://www.cut.ac.cy/news/art	
	International Institute of Cyprus for	icle/?contentId=512070	
	Environmental and Public Health at the		
	Department of Rehabilitation Sciences of t	ne la	
	Cyprus University of Technology (CUT)		
	organized an open event on the occasion of	f	
	World Obesity Day (March 4). The event w	as	
	held under the auspices of the Municipality	/ of	
	Strovolos.		
1			