

Metric	3.3 Health outreach programmes						
Indicator	3.3.2	Deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health and well-being including hygiene, nutrition, family planning, sports, exercise, aging					
A/A	Level	Local communities (brief description of target group/ aim)	Link (if available)	Disadvantaged people (brief description of target group/ aim)	Link (if available)	Refugee/immigrant communities (brief description of target group/ aim)	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.cy/news/article/?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 as femicide, FGM, intra-partner violence and many more. In memoriam of Prof Christiana Kouta, Community Nursing.	https://www.cut.ac.cy/news/article/?contentid=518470	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 partnership with a European network of collaborators, a digital training platform for frontline professionals on female genital mutilation.	https://www.cut.ac.cy/news/article/?contentid=514830
2		rECORD (partnership Epidemiological Community study of Rheumatic Diseases). Joining forces with National League of People with Rheumatic Diseases on a Public Awareness Campaign of the burden of RMD, along with setting-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.	https://www.cut.ac.cy/news/article/?contentid=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.cy/news/article/?contentid=518770		
3		Dynamic participation with series of diverse events in the European-wide Public Health Week , including public awareness 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 Familial Hypercholesterolemia	https://www.cut.ac.cy/news/article/?contentid=519060	European project @Erasmus+ SAVE – SCREENING OF ABUSE VICTIMS AMONG ELDERLY (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 professionals for 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 professionals and students in clinical programmes. (in Greek: https://www.projectsave.eu/training/login/index.php)	https://www.cut.ac.cy/news/article/?contentid=509580		
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 Atherosclerosis Society. The primary goal of the seminar was to empower individuals suffering from Familial Hypercholesterolemia (FH) while also educating the medical community, as well as related healthcare professionals about the needs of people with FH.	https://www.thcyprus.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/childrentstcye/		
5		2nd Conference on FH management and treatment for patients and health professionals	https://paldeia-news.com/tepak-b/2023/10/05/tepak-2-imerida-enimerosis-kai-evaisthtopoisis-gia-tin-olkogeni-iperxolisterolaimia/	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" societies	SeniorVlog – Inspiring and Empowering Seniors to become Vloggers and conquer the Internet		

10	<p>Raising mental health awareness in primary school students. On October 10th 2023, as part of the celebrations for World Mental 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 Health Nurse, visited the primary school of Pafos in Paphos region. The aim of the visit was to raise awareness among the senior students on mental health issues through experiential exercises focused on depression, anxiety, and anorexia nervosa. The exercises centered on social stereotypes regarding individuals facing mental health challenges, as well as when and from whom to seek help. The students, as well as the school's teachers, had the opportunity to ask questions and discuss topics related to mental health. A video was also developed by the master's students to raise awareness on the early access to mental health services</p>	<p>https://www.cut.ac.cy/news/article/?contentid=534270</p> <p>https://www.facebook.com/sharpe/KYBxQWYyQt8Ytzo/</p> <p>https://www.youtube.com/shorts/uGM0mlUG7ZA</p>	<p>As part of the paneuropean activities at the 2023 European Public Health Week, the School of Health Sciences in partnership with the Cyprus Society of Epidemiology and Public Health, organised an outreach event with national reach, addressing the academic, clinical and wider community, entitled "CURO, ERGO SUM: Diversity and Equality in Health". The event was dedicated to the memory of CUT Professor Christiana Kouta who dedicated her life in the fight of health and social inequality and eliminating gender-based violence. The event featured invited speakers who were collaborators of the late professor, who discussed her research work and contributions, both nationally and internationally, on issues of eliminating discrimination and inequalities in health, protecting rights, and combating gender-based violence. This event had national reach, raising awareness on these issues and was placed under the auspices of the Deputy Ministry of Social Welfare and the Office of the Commissioner for Gender Equality.</p>		<p>https://www.cut.ac.cy/news/article/?contentid=518470</p>	
11	<p>Raising mental health awareness in the academic community and general population. As part of the celebrations for World Mental Health Day on 10th of October 2023, the Nursing Department and the Library of CUT at the Limassol Municipal University Library organized the screening of the film "Arab 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 prevents people from seeking timely help from professionals. The screening was attended by students, administrative staff, and others. After the screening, a discussion followed, with participants offering interesting views on the social stigma of mental illness, the gaps in existing mental health services, and the challenges faced by</p>	<p>https://www.cut.ac.cy/digitalAssets/533/533580_100CUT_1861_INV_psiixikis_igeias_dayfilm.pdf</p> <p>https://www.cut.ac.cy/news/article/?contentid=5351800</p>				
12	<p>Graduate students from the Master's program in "Advanced Nursing & Mental Health Care" at the Cyprus University of Technology visited the Primary School in the community of Pachna. The goal of the visit was to raise awareness among the students in the final grades about mental health issues through experiential exercises focusing on depression, anxiety, and psychogenic anorexia. The exercises centered on social stereotypes regarding individuals facing mental health challenges, as well as when one should seek help and from whom.</p>	<p>https://www.cut.ac.cy/news/article/?contentid=534270</p>				

13	The Endocrinology Society of Cyprus and the International Institute of Cyprus for Environmental and Public Health at the Department of Rehabilitation Sciences of the Cyprus University of Technology (CUT) organized an open event on the occasion of World Obesity Day (March 4). The event was held under the auspices of the Municipality of Strovolos.	https://www.cut.ac.cy/news/article/?contentid=512070				
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