



## **Inclusive and Healthy Cities**

### **Commission meeting in Karlstad 8 – 10 March 2016**



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A warm welcome to Karlstad! We hope we will have a fruitful meeting where we get the opportunity to get to know each other and know more about the activities related to the Commission's areas.

Below is a more detailed program for the days and further information about practical issues. Do not hesitate to contact me for further questions.

**Sincerely Ann-Karin Bohl, business developer Karlstad**

## Program for commission meeting in Karlstad 8 – 10 March 2016

	<b>Activity</b>	<b>Responsible official</b>	<b>Adress</b>
Tuesday March 8 16.00 – 17.30	Reception and presentation of the Karlstad Municipality and a part of activities aimed at people in exclusion.	Ms Monica Persson, Head of Labour market and social service administration Mr Per-Inge Lidén, Municipal Councillor focusing on social welfare and international issues Ms Mia Marklund, International strategist Ms Ann-Karin Bohl, Business developer	(1) Kungsgatan 18
18.00 -	“Get together evening” with bowling and dinner. After dinner we can stay and socialize if we want to.	Ann-Karin Bohl Monica Persson	(1) Karlagatan 42
Wednesday March 9 8.30 – 11.00	Presentation of activities aimed at family members in need of support from the municipality. Workshop	Ms Carin Wallman, Relative advisor Ms Karin Swensån Retzman, Relative advisor	(3) Västra Torggatan 16
11.00 – 12.00	The Art Museum of Lars Lerin, a guided tour	Ann-Karin Bohl	(4) Västra Torggatan 28
12.00 – 13.00	Lunch at the restaurant school upper secondary school	Ann-Karin Bohl	(5) Tingvallagatan 2
13.00 – 14.45	The Seniors House – a community centre for seniors	Ms Lena Bergström, Activation adviser and some of the users	(6) Brunnsgatan 9
15.00 – 16.30	UNO – a community house for youth	Janne Johansson, manager of UNO	(3) Västra Torggatan 16
16.30 – 17.30	Commission meeting	Lina Wedin-Hansson, Chairman of the Commission	(1) Kungsgatan 18
19.30 – 21.00	Dinner and at International women Association	Ann-Karin Bohl	(7) Kårgränd 4
Thursday March 10 09.00 – 13.00	Study visit at Unit for Employment and Vocational Rehabilitation Commission meeting Lunch and conclusion of the meeting	Martin Seppänen, head of the unit Lina Wedin-Hansson, Chairman of the Commission Ann-Karin Bohl	(8) Sandbäcksgatan 4

## Presentation of some of the speakers



Carin Wallman: relative adviser and commissioned for the national competence centre for relatives. The Social Services Act regulated the municipality's mission to offer support to the families of the elderly, the chronically ill or people with disabilities. Karlstad has a relative centre which, among other things, there are opportunities to meet with others who have a similar life situation.



Karin Swensån Retzman: her mission is to develop the municipality's mission to strengthen child and parent perspectives in substance abuse or addiction services. She is also one of the municipality's relative consultants in substance abuse care. It means that she offers family support individually and in groups. The issue of strengthening the family members to handle the problems around co-dependency is one of the issues she works with.

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## Happens in town - things to do if you have time left over.....

If you arrive earlier to meeting or if you have time left after ending of our meeting on Thursday there are some interesting places to visit in city centre. Here are some suggestions:

- Close to our last meeting in Sandbäcken is the **Sweden's Brigade Museum** situated (on the other side of the street). You can read about the museum by following the link: <http://www.brigadmuseum.se/>
- The museum of Värmland is situated close to the Good Morning Hotel and they offer temporary and stationary exhibitions. During March there for example an exhibition of photographs of elderly people were taken by a care assistant. <http://www.varmlandsmuseum.se/1/1.0.1.0/20/1/#translate>

## Practical issues

### Hotel

We suggest the Good Morning Hotel (10) and we have made a reservation on 10 rooms. When you make a reservation please leave the booking number 32-797. The price is 825 SEK including breakfast, Wi-Fi and tax.

### Transfer

If you arrive to Karlstad via Karlstad Airport before the meeting starts on Tuesday afternoon we can offer transport to the Hotel (Good Morning). One flight arrives at 12.45 and another arrives at 14.20. We can also offer transport back to Karlstad Airport on Thursday before 17.00. Please let me know when you arrive and leave.

#### *Airport Shuttle*

Värmlandstrafik runs an on demand driven trip from the airport to the city centre, usually by taxi vehicles. This offer is valid for departures to and from Stockholm Arlanda Airport and Frankfurt Airport. Book at least two hours in advance and at least 1 hour before landing. Departure from Karlstad Airport to Karlstad Centre takes about 15 minutes after landing.

Phone: (+46) 0771-32 32 00

#### *Taxi*

Taxi Kurir 054-150 200

### The potential need during the meeting

Please let me know if you need special food or if you have problems to walk between the meetings. It is between 200 to 900 meters to walk.

### Economic issues

It is possible to apply for funding from the Commission for the costs of travel and hotel accommodation. For this matter please contact Katarzyna Stec, Gdynia for further information. E-mail: [k.stec@mopsgdynia.pl](mailto:k.stec@mopsgdynia.pl)

## Please register your participation before February 15

### Contact

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