

# Invitation to commission meeting in Karlstad 8 – 10 of March 2016

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On behalf of the city of Karlstad I welcome you to Karlstad the 8 to 10 of March. I hope that we have an interesting program to offer and that we will have a fruitful exchange around the commission and also some operational issues concerning the subjects of the commission Healthy and Inclusive cities.

If you have some questions around the days and practical issues, please don't hesitate to call or write to me.

## Registration

Please register your participation to the meeting no later than February 15th to my e-mail address.

Best Regards Ann-Karin Bohl, manager of development phone: 0046-54 540 49 55 or [ann-karin.bohl@karlstad.se](mailto:ann-karin.bohl@karlstad.se)



## Program

### 8/3

Sometime in the afternoon: Arrival at Karlstad Airport or with train Stockholm or Oslo. Those who arrive to Karlstad Airport will be picked up by transport service. Check in at the hotel (in city centre, we will recommend a hotel or a Bed and breakfast).

Welcome and presentation at the office in the middle of the city centre.

18.00 "Get together evening " with bowling and dinner. After dinner we socialize in a relaxed atmosphere.

### 9/3

8.30 – 12.00 Study visit and workshop around an interesting theme. We suggest: "Exchange around meeting places for people who are relatives of care recipient". At this meeting, we can also deal with matters concerning co-dependency that is when you have a relative who have drug and alcohol problems. How can we design meeting places for this target group?

12.00 – 13.00 Lunch in a restaurant school

13.30 – 16.00 continuing study visits in different groups depending on interest

18.00 – 21.00 Commission meeting and dinner together in "International Women's Association"

### 10/3

8.30 – 10.00 Study visits in different groups depending on interest

10.00 – 12.00 Meeting and conclusion discussions

12.00 - 13.30 Lunch together in one of the administration's business

Farewell and journey home.

### Budget

The Commission has a budget for this meeting and we will get financial support covering parts of the journey. Karlstad offer meals.

### Accommodation

It has been negotiated an offer on the Hotel Good Morning centrally located. Price for a room is 825 skr / night (83 Euro). Enter the reference Ms. Mia Marklund when ordering room. Follow the link: <http://gmorninghotels.se/karlstad/>

The presentation here below is a description of some activities which offers the inhabitants a venue. Based on your interests, a plan for the study visits will be made.

# Open spaces in Karlstad 2016 – activities to visit

## Centre of family and relative support

Relatives Centre in Karlstad is for those who care for and support a relative or friend, old or young, who, because of disability or illness need support. The centre is a meeting place for everyone who wants to have a chat and a cup of coffee in a pleasant environment.



The Centre of family and relative support provides information, support in finding the right contacts, meet others in similar situations and meet people from NGOs and associations. Family and relative support is a service to the public and is free of charge. Karlstad municipality has five relative consultants that are targeted towards different target groups. They are placed on the centre.

## The seniors house

In Sundsta manor house there is a community centre for those in Karlstad who are seniors. It is an open meeting place with a great variety of choice and programs. All seniors are welcome and those in charge strive to offer such a wide range of activities as possible, where there is something for everyone, both for younger and older seniors.



The activities in the house are developed in collaboration with the "House-council" and volunteer workers, according to the wishes and needs of seniors in the municipality. Here you have all the opportunity to put forward suggestions and proposals for joint activities. Key words in the house are openness and collaboration. As a volunteer worker one is helping to support and develop the operations of the senior's house, and as a visitor, one is welcome to participate in various activities after interest.

### *Actions*

- Needlework
- Computer courses
- Motion / gymnastics
- Workshops
- Lectures

### *User influence*

The "House-council" comprises eight seniors. Its mission is to be a support in efforts to develop different activities in the house based on the wishes and needs of seniors in the municipality.

## UNO

It was many, many years of struggle before Karlstad had a youth centre, a meeting place for young people. But then in 2005 it was finally finished, UNO, which this year therefore celebrating ten years.

The meeting place is centrally located and is available for 16- to 25-year olds and is based overwhelmingly on the influence and initiative of young people themselves. UNO can get the resources and support to test ideas, create art, dance, becoming a disc jockey, designing clothes, watch movies, take photos, make T-shirts or take a coffee. There is, among other things, a. The cultural coordinator who can coach the participants to organize a concert, fashion show or exhibition.



*- It is very important that young people have a meeting place. And I think we can see in the evenings at UNO, it is well attended. We have around 37,000 visits a year and it says there is a great need for a meeting place, says Janne Johansson, who is head of Uno.*

## KBAB

The municipal housing company offers activities for the residents. In four of the company's neighbourhoods offered extra activities and there are also so-called "Plus caretakers". Their work consists of cleaning the staircases and make sure it is clean and pleasant looking but also be available for the tenants in different ways. It might be helping with various things in the accommodation and organize activities for the residents in the area such as; school holiday activities for children, meetings for adults with entertainment and cafe, and to encourage the residents that they should meet, get to know each other and support each other in various ways.

Some of the activities are workshops conducted in cooperation with educational associations. The aim is to create a sense of security for residents and reduce graffiti and destruction.

### *Security and safety housing*

As part of the security building measures is "Secure and safety housing". It is a partnership between the housing association and the Health and care administration.



*Lisa Lindholm plus caretaker in Rud.- The work is hugely rewarding. You plan your day and have a lot of freedom. But above all, I feel that I can make a difference for people and it is the best there is!*

## A more open Kronoparken

Kronoparken is a neighbourhood with a mix of residential, rental and student accommodation. There are a hundred nationalities and about 60 languages. Below are some facts that tell of the residents in

the area, according to a survey from 2014 of the socio-economic conditions for Karlstad municipality's inhabitants:

	Karlstad totally	East Karlstad <sup>1</sup>
Unemployment	7.2 %	9,0 %
Proportion of families with income support	4.5 %	8.4 %
Proportion of foreign born	10.7 %	20.2 %

"A more open Kronoparken" run by the study association "Folkbildarna" in Värmland, commissioned by the municipality of Karlstad and aims to make the actors on the Kronoparken known to each other and to develop the district. Sport arena is the place where most activities take place. The work is done in cooperation between associations, educational associations, the mosque and the Swedish Church.

- We have chosen to focus on four areas: health, knowledge, security and employment. We want to work in these areas to create a better environment for all who live here. One part of it is networking, says Henrik Hermansson, Project Manager since February 2015.

### *Actions*

In the sports arena held daily a number of study circles and meetings in cooperation with the various educational associations. Here are those that have been started in the spring and early autumn of 2015:

- Homework help
- Homework help for adults
- Arabic for Beginners
- Study the Swedish with baby
- sewing course
- Social Studies and Swedish
- Health and Recovery
- Folk dance
- Feel good dance
- Baking Course
- Mother-child meeting
- Girl meeting
- Learning cycle course

### *User influence*

- We also want that operations must be based in the public dialogue continues Henrik. Therefore we have created a concept paper and a questionnaire. The questionnaire has been translated into seven different languages, and the next step is now to clarify how we will use and communicate it.

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<sup>1</sup> Välsviken, Kronoparken, Alster och Skattkärr. Kronoparken is the residential area which has the most inhabitants.