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ALEGRO

Allegro Project Info:

- The Allegro project will be the first European experience of training seniors with neurodegenerative diseases through Inclusive Dance, based on the psychoballet methodology.
- AENMA, BIDA and Phoenix are three local European associations that promote the social inclusion of various groups and to avoid any form of discrimination and to avoid any form of discrimination.

Allegro Objectives:

- To promote the social inclusion and cultural participation of older people with cognitive impairment.
- To disseminate in Europe replicable good practices of Inclusive Dance, based on the psychoballet methodology as a training tool.
- To contribute to the improvement of the physical and emotional health of older people with cognitive impairment through Inclusive Dance, based on the psychoballet methodology workshops.
- To raise awareness about the reality and the rights of older people with cognitive impairment, as a prevention against isolation and discrimination.

Allegro Target groups:

The Allegro project is aimed at people over 65 years of age with cognitive impairment.

Allegro Partners:

AENMA carries out social and therapeutic support activities for elderly people with neurodegenerative diseases and their families. Its activities are therapy, psychology, emotion workshop, leisure and play therapy, physiotherapy, speech therapy, respite outings, music therapy, psychomotricity, art therapy, training for carers, Pilates for carers and raising awareness about neurodegenerative diseases through events, audiovisual creations and publications in networks. The association was founded in 2000. One of its objectives is to



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improve the quality of life of elderly people with neurodegenerative diseases and to ensure that they can remain in their social environment. <https://aenma.org/>

Phoenix Association is a non-profit organisation that works for the education, integration, culture, art and sustainable development of institutions and people of all ages, through the promotion of inclusive education, culture, art and sustainable development of institutions and people of all ages by promoting inclusive education, research and innovation, and intercultural dialogue in Malta. It has been founded by staff members with a wealth of experience in European project management and coordination, quality assessment, personalised skills development training and working with disadvantaged groups, such as migrants, early school leavers and migrants, vulnerable young people, unemployed, people with disabilities and older people.

BIDA e. V. Kultur und Bildung is a small organisation whose members have extensive experience in education and training. The aim of the organisation is to promote the care, art, culture and education of young and old people by using interactive and intergenerational and older people using interactive and intergenerational methods to socialize diverse groups and promote intercultural dialogue and development cooperation. Recently BIDA e.V. has created interdisciplinary projects, showing new forms of communication, culture and education, and is currently facilitating different activities (events, seminars, debates, workshops, workshops, etc.) aiming at the social integration of groups at risk of social exclusion - such as immigrants, women victims of violence, elderly people, unemployed, low-skilled young people and refugees. www.bida-kultur-bildung.com

Activities:

-  **Toolbox and Documentary**
-  **Training course**
-  **Pilot groups**
-  **Multiplier events**
-  **Transnational meetings**

Contact:

Bistra Choleva-Laleva
Ildiko Schwarz
bistracholeva@gmail.com
ildiko.schwarz@gmail.com

Coordinator Allegro Project



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