

ICWE - INFORMAL CARERS WELL-BEING ENHANCED

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FOURTH NEWSLETTER

Welcome back to the fourth and final newsletter of the **Informal Carers Well-Being Enhanced (ICWE) project!**

Funded by the Erasmus+ programme, ICWE continues its mission to support informal carers across Europe, those who provide essential, often unpaid, care to family members, friends or neighbours in need.

As the project reaches its conclusion, the ICWE team is proud to share the final results and lasting resources created to continue supporting informal carers beyond the project's lifetime.

For more updates and materials, don't forget to visit our website, regularly updated with the latest project news:

<https://icwe-project.eu/>

Key points:

Last Updates

Online Sustainability Summit

Final TPM in Porto & ICWE Toolkit



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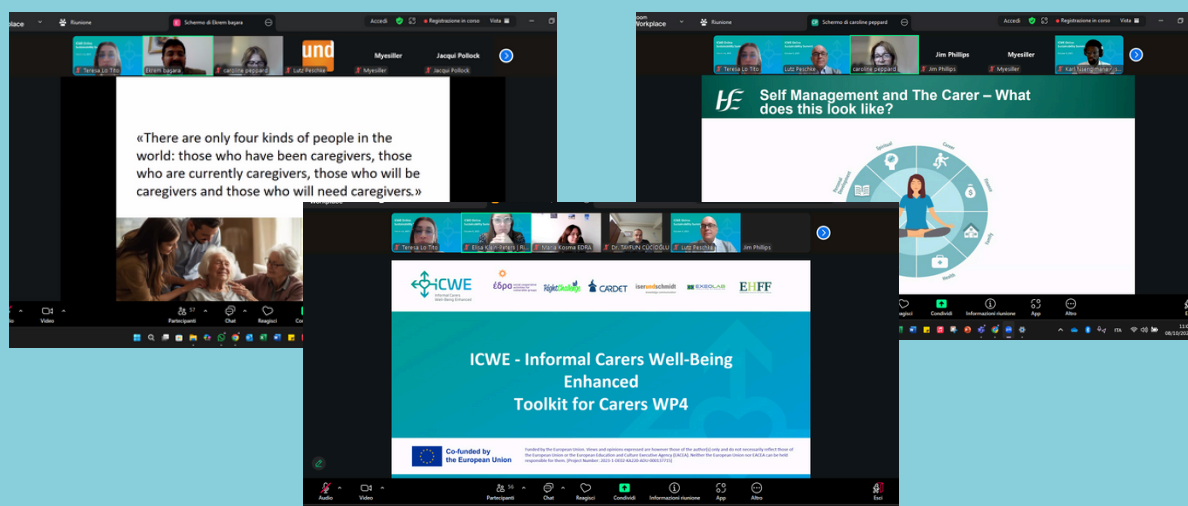
Last Updates

Throughout this meaningful journey, the partnership has achieved significant progress in developing and sharing innovative training materials, practical tools, and new insights to promote carers' well-being and strengthen their recognition within society.

These two years have been both productive and inspiring, marked by collaboration, creativity, and a shared commitment to making a tangible difference in carers' lives.

Online Sustainability Summit

The ICWE Online Summit marked an inspiring moment of reflection and exchange. Participants explored ICWE tools in action, heard powerful testimonials from carers and professionals, and discussed strategies to ensure the project's sustainability and lasting impact.



During the event we also presented the overall project and featured key-speaker sessions, where invited experts shared their perspectives on carers' well-being, innovation in support tools, and inclusion.



Final Transnational Project Meeting in Porto & ICWE Toolkit

In October 2025, the ICWE project partnership met **in Porto, Portugal**, to participate in the last transnational Project Meeting (TPM).

The last Transnational Project Meeting in Porto celebrated the project's achievements and shared visions for the future. Partners focused on the finalisation of outputs, dissemination efforts through digital and national channels, and on reinforcing the long-term value and continuity of ICWE's results.

During the TPM the partnership proudly presents the final **ICWE Toolkit**, a comprehensive and user-friendly resource offering practical tools, guidance, and information to support informal carers in their daily lives.

The Toolkit is designed not only for carers themselves but also for adult educators, care professionals, and organisations working in the field of long-term care. It represents the most tangible legacy of ICWE — a bridge between knowledge and real-life practice that will continue to generate value long after the project ends.

Partners encourage all stakeholders to access, use, and share the Toolkit to amplify its impact within local and European communities.

During the meeting, we also:

- Reviewed and updated the project's digital resources and resource channels
- Strengthened our dissemination and visibility efforts – through newsletters, social media and national events – to maximise the dissemination of our results
- Verified and validated the project results and impact indicators and defined concrete actions to ensure that all results continue to support informal carers even after the project has ended

Stay tuned for further updates!

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Partners



iserundschmidt GmbH is a company specializing in research on science and knowledge communication in Germany. For over 25 years the agency has provided strategic consultancy, developed independent campaigns and productions.



The EHFF, European Health Futures Forum, was established in 2013 as an NGO dedicated to supporting actions that lead to the improvement of the health of European citizens. Initially established in the UK as a non-profit organisation, it established itself in Ireland in 2017 and is now a registered Charity.



CARDET (Centre for Advancement of Research and Development in Educational Technology) is an independent, non-profit, non-governmental, research and development organization based in Cyprus. It is one of the leading research and development centres in the Euro-Mediterranean region, with global expertise in project design and implementation, capacity building, and e-learning.



RightChallenge is an NGO that aims to promote education and vocational training as a tool for social inclusion. We believe that education should focus on the development of all people - regardless of social status, age or gender - to prepare them to participate in all dimensions of society.



K.S.D.E.O. "EDRA" is a non-profit organization, active since 2001 to promote mental health and protect the rights of vulnerable groups. EDRA provides mental health services and raises public awareness in matters concerning mental health, supports the child and the family to cope with learning difficulties, intervenes therapeutically in the field of special education and Intellectual disability, develops national and European initiatives for socially vulnerable groups, provides lifelong training programs for all population groups.



Partnership of policy specialists, whose founding members have over a decade of concrete experience in the sustainability sector. Exeo Lab is a young, multi-purpose and flexible company that envisions a sustainability-oriented society.

Thank you for reading!