

La intervención "**Amistad en la Naturaleza**" del proyecto europeo **RECETAS** para aliviar la soledad



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UVIC
UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL
DE CATALUNYA

M₃O Grup de Recerca M₃O
**Methodology, Methods,
Models and Outcomes of Health
and Social Sciences**
UVIC-UCC

Alicante, 30 de Sept 2026



Universitat d'Alacant
Universidad de Alicante



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945095

Mensajes principales

Evidencia

La intervención Amistad en la Naturaleza se desarrolla basándose en la evidencia de **Circle of Friends®** con un **foco innovador en la naturaleza**

Efectividad

FiN se ha mostrado **efectiva reduciendo la soledad** en los 6 estudios



Adaptación a la diversidad

6 estudios adaptan la intervención para alcanzar **diversas poblaciones vulnerables de distintas edades y contextos culturales**

Impacto

Impacto **local, nacional e internacional** en redes de **investigación, políticas y prácticas** en **soledad, naturaleza y salud y prescripción social**

RECETAS

Re-imagining Environments for Connection and Engagement Testing Actions for Social Prescribing in Natural Places



RECETAS partnership

An international consortium including:

- 3 continents
- 13 organisations
- 6 study sites: Helsinki, Barcelona, Prague, Marseille, Melbourne and Cuenca (Ecuador)
- 3 methodologists and evaluation sites

Europe

Spain

- Barcelona Institute for Global Health
*Project leader
- UVIC Central University of Catalunya
- Public Health Agency of Catalunya
- Foundation for Health and Aging

France

- Agency for Sustainable Mediterranean Cities and Territories
- Marseille Public University Hospital System

England

- University of West England

Austria

- University for Health Sciences, Medical Informatics and Technology

Czech Republic

- Charles University

Finland

- University of Helsinki



America

Ecuador

- University of Cuenca

United States

- Visible Network Labs

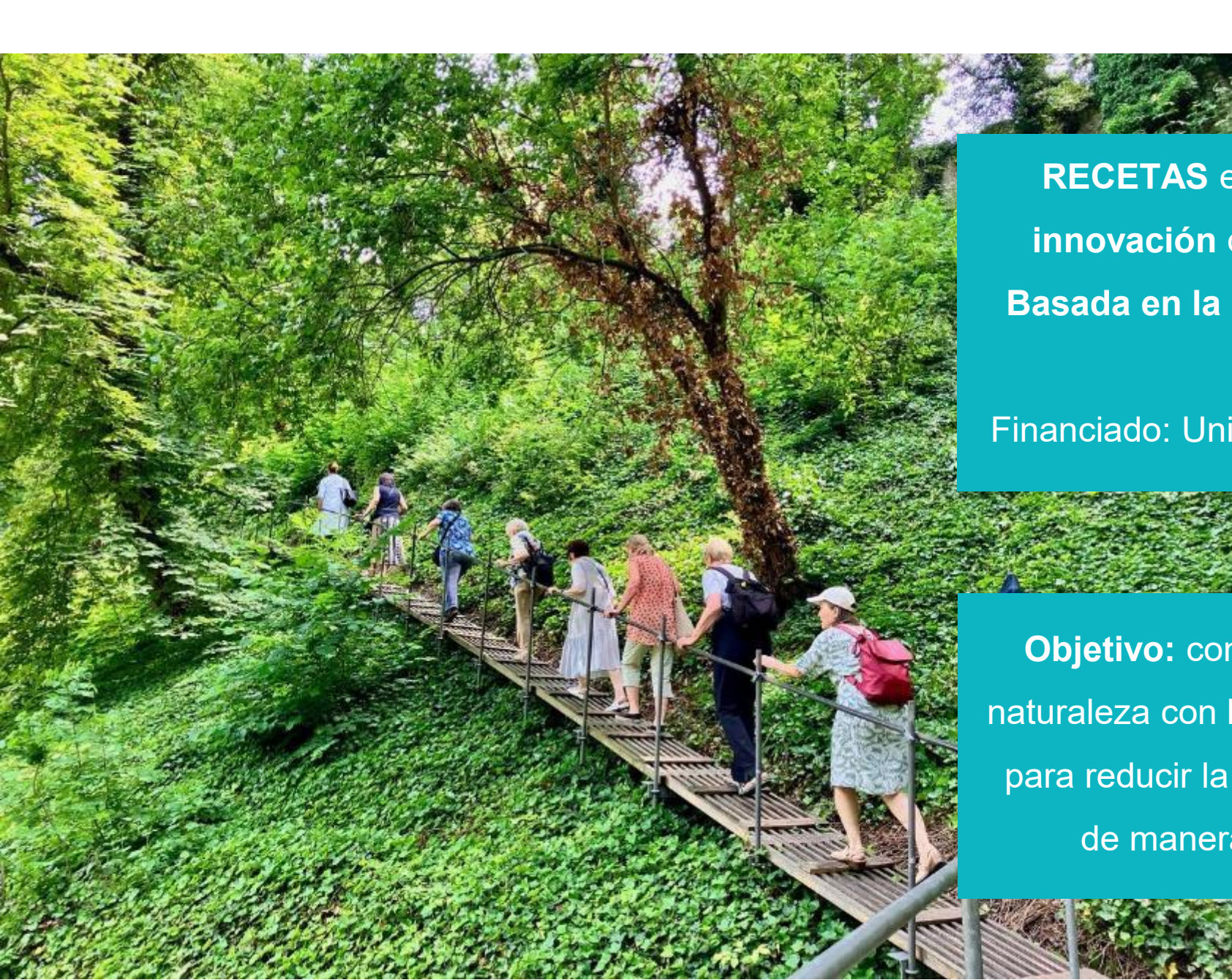
Oceania

Australia

- RMIT University



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 943529.



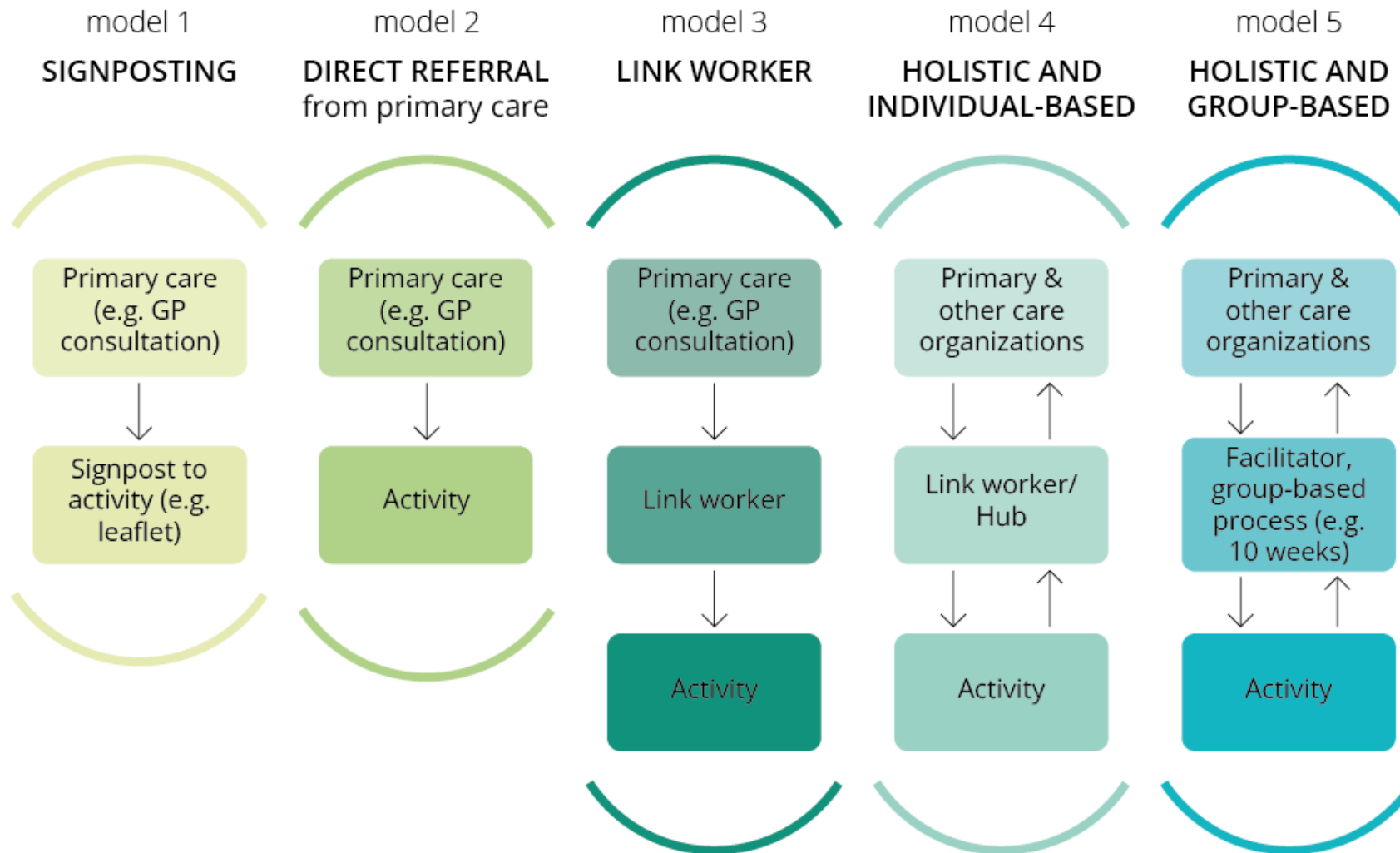
RECETAS es un proyecto de **investigación e innovación** que evalúa la **Prescripción Social Basada en la Naturaleza** para abordar la soledad.

Feb 21- Jun 2026

Financiado: Unión Europea, programa Horizon 2020.

Objetivo: conectar las soluciones basadas en la naturaleza con los sistemas de salud en las ciudades para reducir la soledad y mejorar la calidad de vida de manera inclusiva, equitativa y diversa.

RECETAS: un nuevo modelo de prescripción social grupal y holístico



La intervención "Amistad en la Naturaleza"



Basado en el modelo finlandés “*Circle of Friends®*” (Círculo de Amigos), un enfoque grupal de apoyo entre iguales y empoderamiento, desarrollado por la Universidad de Helsinki y la Asociación Finlandesa para el Bienestar de las Personas Mayores (Jansson, Pitkälä, 2021).



La intervención "Amistad en la Naturaleza"



Adapted from « Circle of Friends », developed by the Association for the Wellbeing of Finnish People (Jansson, Pitkälä, 2021); Litt et al., *Cities and Health*, (2023); Coll-Planas et al., *BMC Public Health* (2024)



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FRIENDS IN NATURE

INTERVENTION COMPONENTS

NBSP co-created menu (↓)

Participative compilation of nature-based activities and natural resources nearby intervention area. Aims:

- Increase **knowledge of nature-based activities** nearby
- Understand the **power and meaning of nature** on one's wellbeing
- Enhance **active agency of participants** in their living surroundings
- Tips for maximising **use of local resources**

Participants

Vulnerable adults suffering from loneliness:

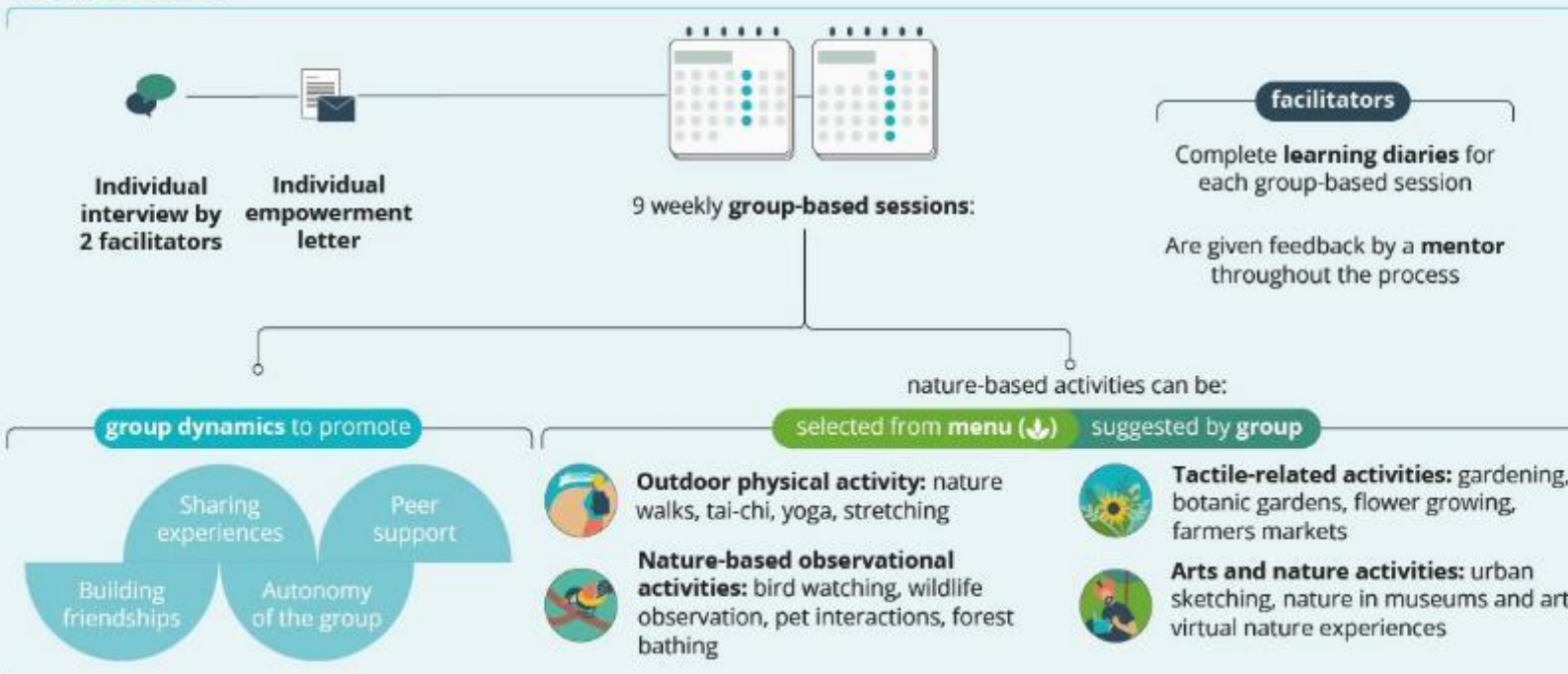
- HEL** Older adults in assisted living
- PRG** Community dwelling older adults
- BCN** +18 years old from socioeconomic vulnerable urban areas



Facilitators

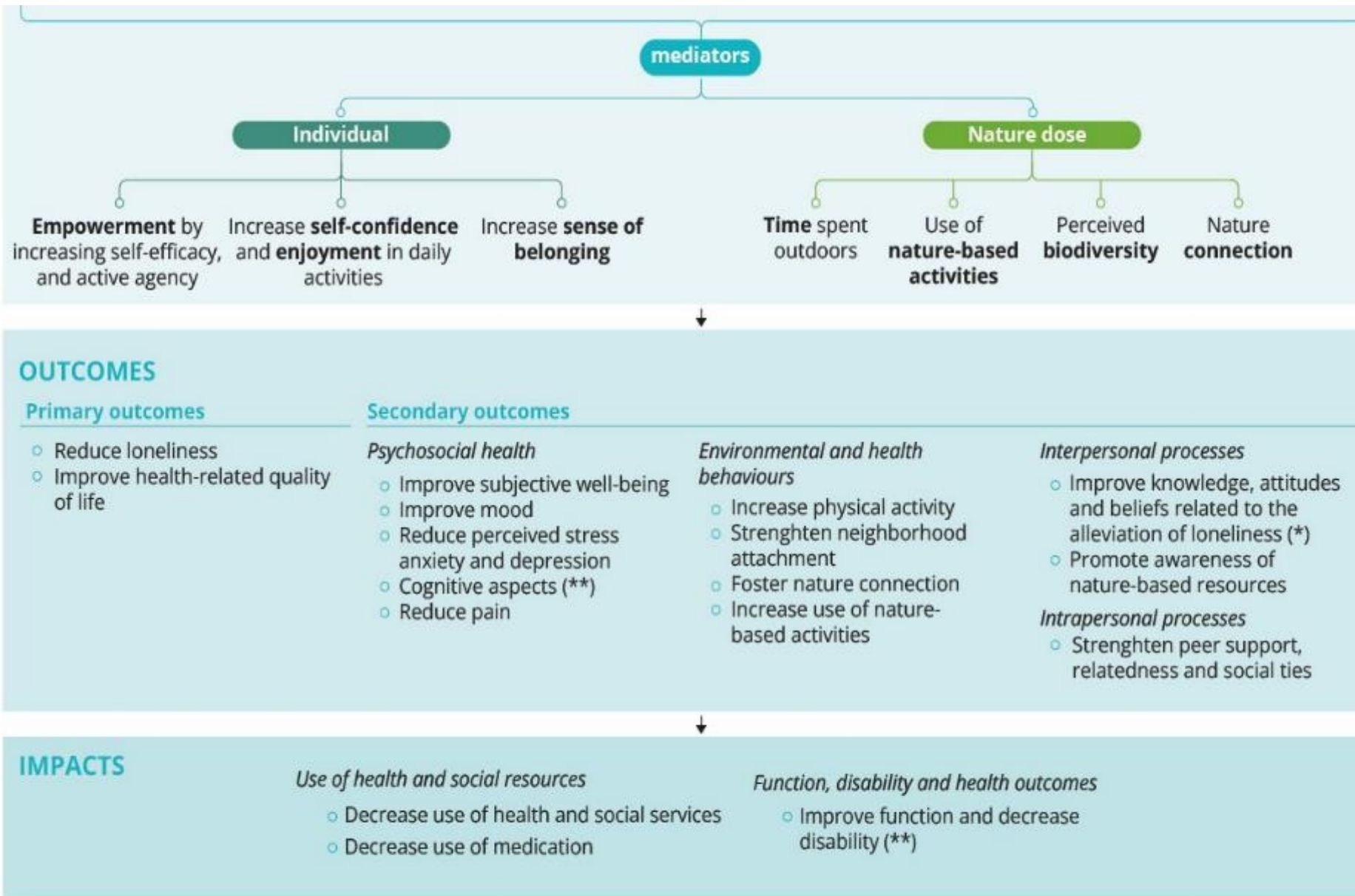
- 2 trained facilitators

METHODOLOGY



Actividades grupales
psicosociales

Actividades en la
naturaleza elegidas
por l@s participantes





PHOTOGRAPHY:

an activity based on photography to share in group ideas and experiences on loneliness

What is loneliness for you?

Which image represents loneliness for you? Why? How?





POETRY

an activity to reflect about yourself and your relationships with others and the world around you

for people suffering from loneliness and professionals working with them

My stone...



BARCELONA

SPAIN

Study design: RCT

Study Population: Adults aged 18 and over living in socio-economically deprived areas

City population: 1.6M

Population Density: 16,000/km²

Subjective Well-Being Ranking: #55

SDG index: 16 (79.9 Score)

Average Temperature: 15.5°C

Köppen Classification: Mediterranean Climate (Csa)



“ Participating has been a breath of life. Going through grief in a pandemic, alone, was very hard. I have met people, I have shared, it has been wonderful. In the outings we have done I have learned to contemplate everything more, to be with the sounds, to focus much more, it has been a very beautiful experience. Now when I go to nature, I try to do a meditation, which I did before, but in nature everything is enhanced more, it is more intense, you reach more fullness.” Female, 63, Barcelona. ”

Barcelona, Spain



© Ilkka Vuorinen
Mediatuottaja
Lake End Productions Oy

“ Our time together was very nice and memorable! After the facilitated meetings ended, four of us continued together. We still meet once a month or so, we go out to lunch together – catch up and make the world right again! A group such as this one can be the beginning of a true friendship, as has been the case for us! ”

 The Finnish Association for the welfare of Older Adults

Helsinki, Finland

HELSINKI

FINLAND

Study design: RCT

Study Population: Older people in assisted living facilities. This population is known to suffer from loneliness even more often than those living in their own homes

City population: 1,3M

Population Density: 1,858/km²

Subjective Well-Being Ranking: #1

SDG index: 1 (86.51 Score)

Average Temperature: 5°C

Köppen Classification: Warm Summer Continental Climate (Cfb)





Prague, Czech Republic

PRAGUE

CZECH
REPUBLIC

Study design: RCT

Study Population: Older adults (60+) with a risk of social isolation and loneliness targeted by primary health care and out-patient care; family caregivers of home dwelling vulnerable older adults and people with dementia.

City population: 1,3M

Population Density: 2,623/km²

Subjective Well-Being Ranking: #44

SDG index: 13 (80.5 Score)

Average Temperature: 8.3°C

Köppen Classification: Marine West Coast Climate (Cfb)



Melbourne, Australia

MELBOURNE AUSTRALIA

Study design: Pre-Post

Study Population: LGTBQA+ refugees and asylum seekers and LGTBQA+ people from culturally and linguistically diverse communities

City population: 5M

Population Density: 31,100/km²

Subjective Well-Being Ranking: #14

SDG index: 38 (73.9 Score)

Average Temperature: 15.1°C

Köppen Classification: Temperate Oceanic Climate (Cfb)



“

I feel already so close with this group of people. Being in nature together, while sharing our stories allows me to escape some of the realities from my everyday life... Even if it is just for a few hours”



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Cuenca, Ecuador

CUENCA

ECUADOR

Study design: Pre-Post

Study Population: Older adults (65+) living alone or in assisted facilities, within the urban area of Cuenca

City population: 600,000

Population Density: 2,71/km²

Subjective Well-Being Ranking: #50 (Guayaquil)

SDG index: 63 (71.55 Score)

Average Temperature: 15°C

Köppen Classification: Marine West Coast Climate (Cfb)



Marseille, France

MARSEILLE

FRANCE

Study design: Pre-Post

Study Population: People living in Marseille's priority neighborhoods (QPV), in a context of economic and social vulnerability: living below or around the poverty rate, possibly coming from migratory backgrounds

City population: 860,000

Population Density: 3,600/km²

Subjective Well-Being Ranking: N/A

SDG index: 7 (81.2 Score)

Average Temperature: 15°C

Köppen Classification: Mediterranean Climate (Csa)



“

I have started the day with bad news, but being with you has been a relief. Being in nature, taking care of yourself, it makes one realize a lot of things. ”



Resultados disponibles

Scientific publications - Recetas

Publicaciones

- Marco general del estudio

- Litt, J. S., Coll-Planas, L., Sachs, A. L., Rochau, U., Jansson, A., Dostálová, V., Daher, C., Beacom, A., Bachinski, K., Garcia-Velez, G., Bekessy, S., Blancafort-Alias, S., Hill, N., Gascón, M., Bartova, A., Cattaneo, L., Cucchiaro, A., Casajuana Kögel, C., Opacin, N., Colom, J., Gentile, S., Holmerová, I., Johnson, K., Kimberlee, R., Siebert, U., Varda, D., Pitkälä, K. H. (2024). [Nature-based social interventions for people experiencing loneliness: the rationale and overview of the RECETAS project](#). Cities & Health, 1–14.

- Protocolo de los tres ensayos clínicos

- Coll-Planas, L., Carbó-Cardena, A., Jansson, A., Dostálová, V., Bartova, A., Rautiainen, L., Kolster, A., Masó-Aguado, M., Briones-Buixassa, L., Blancafort-Alias, S., Roqué-Figuls, M., Sachs, A. L., Casajuana, C., Siebert, U., Rochau, U., Puntsher, S., Holmerová, I., Pitkälä, K. H., Litt, J. S. (2024) [Nature-based social interventions to address loneliness among vulnerable populations: a common study protocol for three related randomized controlled trials in Barcelona, Helsinki, and Prague within the RECETAS European project](#). BMC Public Health 24, 172.

- Revisión sistemática

- Sachs, A. L., Kolster, A., Wrigley, J., Papon, V., Opacin, N., Hill, N., Howarth, M., Rochau, U., Hidalgo, L., Casajuana, C., Siebert, U., Gerhard, J., Daher, C., Litt, J. C., (2024). [Connecting through nature: A systematic review of the effectiveness of nature-based social prescribing practices to combat loneliness](#). Landscape and Urban Planning, Volume 248; DOI: 10.1016/j.landurbplan.2024.105071

- **38 artículos revisados** sobre cómo las intervenciones grupales basadas en la naturaleza afectan a la soledad.
- Estudios cuantitativos: pequeños y efectos pequeños o moderados.
- Estudios cualitativos muestran cómo estas intervenciones reducen la soledad.
- Las actividades **grupales** que incluyen elementos naturales fomentan la conexión y el sentido de pertenencia.
- Las intervenciones **más largas** mostraron un mayor potencial para reducir la soledad.
- Vincular el entorno natural con la salud pública promueve y amplifica el valor de la naturaleza urbana.
- Resultados prometedores en **jóvenes** (contraposición a tiempo de pantallas)



Resultados globales y de Barcelona

- Piloto (global de las 6 ciudades)

- Vert, C, Litt, JS, Gascón, M, Roqué, M, Masó, M, Opacin, N, Garcia, G, Jansson, A, Cattaneo, L, Bártová, A, Briones-Buixassa, L, Carbó, A, Rautiainen, L, Hidalgo, L, Sachs, A, Domènech, S, Blancafort-Alias, S, Homerová, I, Pitkälä, K, Coll-Planas, L. (2024) **Evaluating the feasibility of "Friends in Nature", a complex nature-based social intervention to address loneliness and quality of life in six cities worldwide**. Pilot and Feasibility Studies 10, 146. DOI: [10.1186/s40814-024-01575-4](https://doi.org/10.1186/s40814-024-01575-4)

- Formación de profesionales facilitadores

- Pitkälä, K. H., Rautiainen, L. J., Aalto, U. L., Kolster, A., Laakkonen, M. L., Lehtonen, R., ... Jansson, A. H. (2026). [Adapting and applying a group facilitator training model to support nature-based social interventions for alleviating loneliness in five countries](#). *Educational Gerontology*, 1–17.

- Cocreación de menú en Barcelona

- Celia Santos-Tapia, Laura Hidalgo, Pol Jimenez-Arenas, Cristina Casajuana, Sara Domènech, Aida Ballester-Lledó, Jill Litt, Ashby Sachs, Gabriela Garcia, Sergi Blancafort-Alias, [Co-Creating a Nature-Based Social Prescription Intervention in Urban Socioeconomically Deprived Neighbourhoods: A Case Study from RECETAS Project in Barcelona, Spain](#), *Health & Social Care in the Community*, vol. 2023, Article ID 6616991, 16 pages, 2023.

- Análisis económico:

"Evaluating the Social Return on Investment of Nature-Based Social Prescribing to Alleviate Loneliness: Randomized Controlled Trial in Barcelona" (artículo en revisión)

Vale la pena invertir en la intervención "Amistad en la Naturaleza" porque el retorno social es mayor que el coste.

Análisi de coste-eficacia en marcha (*pendiente de obtener los datos reales de uso de recursos sanitarios de los 320 participantes*)



Global results: baseline characteristics across the six cities

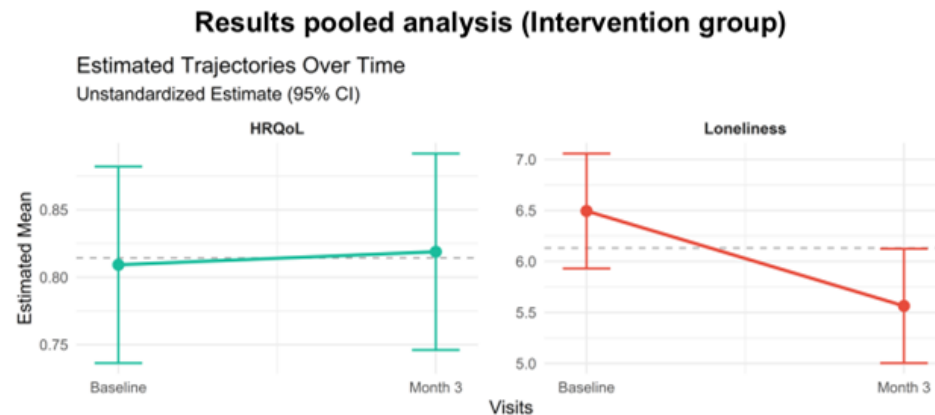
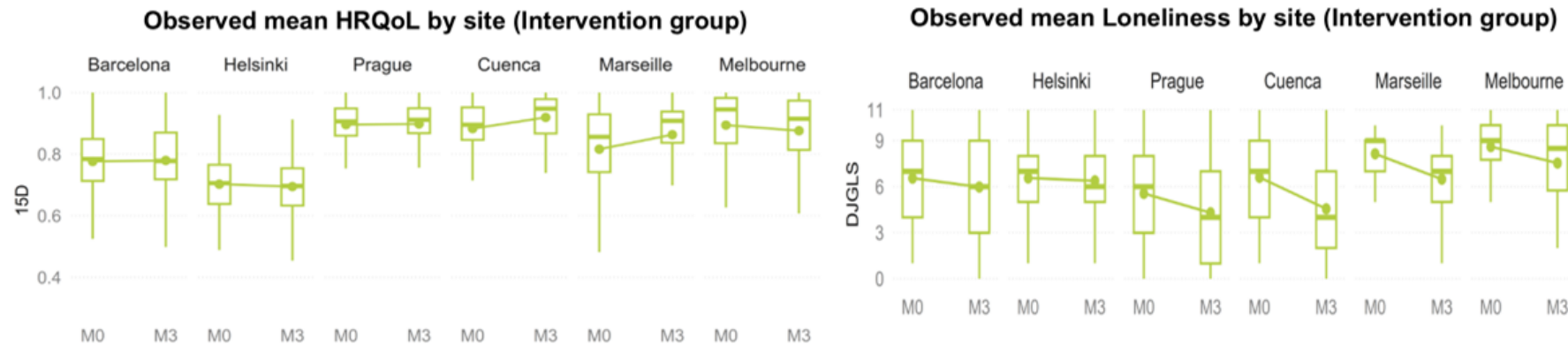
Almost **1200** participants with loneliness across the **6** cities around the world.

	Overall N = 1,186	Barcelona N = 320	Helsinki N = 319	Prague N = 322	Cuenca N = 119	Marseille N = 60	Melbourne N = 37
Age at baseline	72 (65, 80)	63 (54 , 71)	83 (77, 89)	73 (70, 78)	71 (67, 75)	36 (26, 46)	30 (26, 32)
Gender							
Woman	929 (78%)	253 (79%)	232 (73%)	291 (90%)	92 (77%)	43 (72%)	9 (24%)
Man	249 (21%)	64 (20%)	87 (27%)	31 (9.6%)	27 (23%)	17 (28%)	23 (62%)
Non-binary /Other	8 (0.7%)	3 (0.9%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	5 (14%)



Pooled analysis: results across the six cities

Participants in '*Friends in Nature*' reduced their loneliness, mixed effects in Quality of Life



**Pooled analysis
paper in preparation!**



Results from the RCT in Barcelona (Spain)

Effectiveness of a nature-based social prescribing intervention on loneliness and health-related quality of life among vulnerable urban adults (RECETAS-BCN): an observer-blinded randomised controlled trial

Laura Coll-Planas,^{a,b} Montse Masó-Aguado,^{a,b} Laia Briones-Buixassa,^{a,b} Alba Morató,^{n,o} Susana Mendez,ⁿ Aina Carbó,^a Andrea Fuente-Vidal,^{a,b} Marc Olivella-Cirici,^c Cristina Casajuana Kögel,^c Alzbeta Bartova,^d Lucie Cattaneo,^e Anu H. Jansson,^h Annika Kolster,^{h,k} Blanka Novotna,^d Nerkez Opacin,^{f,p} Veronika Papon,^l Sibylle Puntsher,^l Laura J. Rautiainen,^{h,j} Ursula Rochau,^l Sergi Blancafort-Alias,^{a,b} Carolyn Daher,ⁿ Sarah Bekessy,^{f,p} David Acurio-Páez,^g Gabriela E. Garcia Velez,^g Iva Holmerova,^d Katherine Johnson,^f Lidia Garcia Segura,^c Uwe Siebert,^{l,m,r} Kaisu H. Pitkälä,^{h,i} Sergi Sanz,^{n,o} and Jill S. Litt^{n,q,*}



Key findings:

* Health-related quality of life among the Barcelona population did not change as a result of the intervention.

* Nature-based social prescriptions **reduced loneliness among both groups**. The treatment group (n=160) received a facilitator-led group intervention and the active control group (n=160) received individual signposted nature prescription.

* **Loneliness levels were reduced by 10.5% at 10 weeks, 12.3% at six months, and 16.8% at 12 months post-baseline**

* Moderation analyses showed that the **group-based FiN was significantly more effective than signposting for participants with higher baseline loneliness and lower levels of emotional wellbeing**

The Lancet Regional
Health - Europe
2026;69: 101821

Published Online xxx
<https://doi.org/10.1016/j.lanepe.2026.101821>



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Resultados del ensayo clínico en Helsinki (Finlandia)

Age and Ageing 2026; 55: afag009
<https://doi.org/10.1093/ageing/afag009>

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<https://doi.org/10.1093/ageing/afag009>

CLINICAL TRIAL

Effectiveness of nature-based group intervention in loneliness and health-related quality-of-life in lonely older adults living in assisted living facilities—a randomised controlled trial

KAISU H. PITKÄLÄ^{1,2} , LAURA RAUTIAINEN^{1,3}, HANNU KAUTIAINEN^{1,2}, ULLA L. AALTO⁴, ANNIKA KOLSTER^{1,5}, MARJA-LIISA LAKKONEN¹, TIMO PARTONEN⁶ , HANNA-MARIA ROITTO^{7,8,9}, SYBILLE PUNTSCHER¹⁰, URSULA ROCHAU¹⁰, UWE SIEBERT^{10,11,12} , ALZBETA BARTOVA¹³, IVA HOLMEROVÁ¹⁴, LAURA COLL-PLANAS^{15,16}, JILL S. LITT^{17,18,19}, TIMO STRANDBERG^{20,21,22}, ANU H. JANSSON¹

319 participantes con soledad de 22 residencias asistidas del área de Helsinki (Finlandia) asignados aleatoriamente a:

- (i) Amistad en la Naturaleza (n = 162)
- (ii) atención habitual (n = 157)

Edad media **83 años**, 73% mujeres, con fragilidad (66%) y demencia (55%).



Resultados:

La soledad se redujo en el grupo de intervención a los tres meses (cambio medio de -2.2 puntos [intervalo de confianza del 95%: -3.5 a -0.9] en la mDJGLS), se mantuvo en el nivel basal entre los controles, P = .025 entre grupos. Durante los seguimientos de 6 y 12 meses, la diferencia se redujo.

No hay diferencias entre los grupos en los cambios de la calidad de vida (empeoramiento) según el 15D. --> la dimensión **“sueño” mejoró en el grupo de intervención** en comparación con los controles (12 meses).

Conclusiones: La intervención grupal con contacto con la naturaleza tuvo efectos favorables sobre la soledad y el sueño en adultos mayores físicamente y cognitivamente frágiles que vivían en residencias asistidas.



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945095

Results from the RCT in Helsinki (Finland) - 2

Original Study

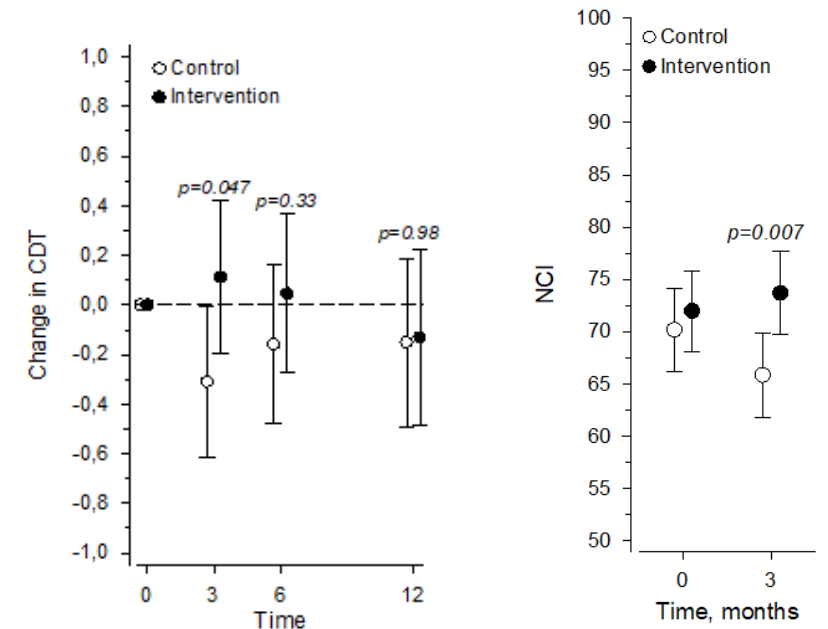
Effects of Nature-based Group Intervention on Cognition and Nature Connectedness Among Lonely Older Adults Living in Assisted Living Facilities—Secondary Analyses of an RCT

Kaisu H. Pitkala MD, PhD^{a,b,*}, Ulla L. Aalto MD, PhD^c, Laura J. Rautiainen MSc^{a,d}, Hannu Kautiainen MSc^{a,b}, Annika Kolster MD^{a,e}, Marja-Liisa Laakkonen MD, PhD^a, Timo Partonen MD, PhD^g, Hanna-Maria Roitto MD, PhD^{c,f}, Sibylle Puntsher PhD^h, Ursula Rochau MD^h, Uwe Siebert MPH, MSc, ScD^{h,i,j}, Alzbeta Bartova PhD^k, Iva Holmerova MD, PhD^k, Laura Coll-Planas MD, PhD^{l,m}, Jill S. Litt PhD^{n,o,p}, Timo E. Strandberg MD, PhD^q, Anu H. Jansson PhD^{a,c}, on behalf of the RECETAS consortium



Secondary outcomes:

- FiN intervention improved participants cognition (executive functioning) compared to the controls at 3 months.
- Nature connectedness improved in the intervention group compared to the controls at 3 months



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Results from the RCT in Prague (Czech Republic)

n=322

Loneliness was found to significantly decrease **across the whole** sample ($p < .001$)

at 3 month follow-up ($\beta = -0.94$, 95% CI [-1.41, -0.47])

at 6 month follow-up ($\beta = -1.12$ 95% CI [-1.60 to -0.64])

12 month follow-up ($\beta = -1.33$, 95% CI [-1.80, -0.85]).

A **significant treatment effect** was observed between the active control and intervention arms

at 6 month follow-up ($\beta = -0.70$, 95% CI [-1.32, -0.08] , $p = .03$),

at 12 month follow-up ($\beta = -0.82$, 95% CI [-1.43, -0.20], $p = .009$)

with longer follow-up, the effect was even stronger.



Paper in preparation



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Results from the pre-post study in Cuenca (Ecuador)

The study confirmed:

- a **reduction of overall, emotional and social loneliness** from baseline to 6 months.
- a **significant improvement in health-related quality of life**, with a median that increased from 0.89 (T0) to 0.94 (T2) ($p=0.001$).
- a relative improvement in **all dimensions of quality of life**, particularly statistically significant in "**discomfort and symptoms**", "**depression**", "**anxiety**", "**sleep**" and "**mental function**" after the intervention at T1.



Paper in preparation



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Results from the pre-post study in Marseille (France)

Loneliness decreased markedly on the De Jong Gierveld Loneliness Scale (total score: 8.4 ± 2.5 to 6.3 ± 3.0 ; mean change = -2.1 ± 2.8 ; Holm-adjusted $p < 0.001$).

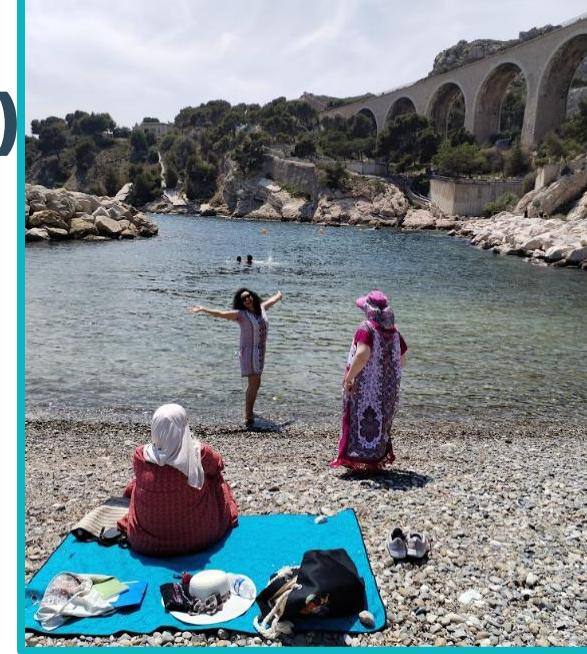
More than two-thirds of participants (66.0%) improved by more than 10%, including significant reductions in **emotional loneliness** (-1.4 ± 1.7 ; $p < 0.001$) and **social loneliness** decreased as well (-0.8 ± 1.8 ; $p = 0.008$).

Health-related quality of life increased on the 15D scale (0.82 ± 0.15 to 0.86 ± 0.12 ; mean change = $+0.05 \pm 0.11$; $p = 0.008$).

A relative improvement > 0.035 was observed in 46.8% of participants.

Four 15D dimensions showed at least 1-point improvement in over 30% of participants: **depression** (42.6%), **distress** (42.5%), **vitality** (32.6%), and **sleep** (31.9%).

Paper in preparation



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Results from the pre-post study in Melbourne (Australia)

The pre-post De Jong Gierveld Loneliness scale indicates a decrease, shifting from a median of 9 (IQR:8-11) to a median of 8.5 (IQR:5.5-10) - severe to moderate.

The health-related Quality of Life scores showed minor fluctuations.



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Wellbeing, Space and Society

journal homepage: www.sciencedirect.com/journal/wellbeing-space-and-society



Reimagining health care and social connection with asylum seekers and refugees through contextually grounded nature-based social interventions



Nerkez Opacin^{a,b,*}, Katherine Johnson^a, Nicholas Hill^b, Alba Morato^d, Ian Seal^c, Jill Litt^{d,e,f}, Sarah Bekessy^{a,b}

^a RMIT University, Melbourne, Australia

^b University of Melbourne, Melbourne, Australia

^c Many Coloured Sky, Melbourne, Australia

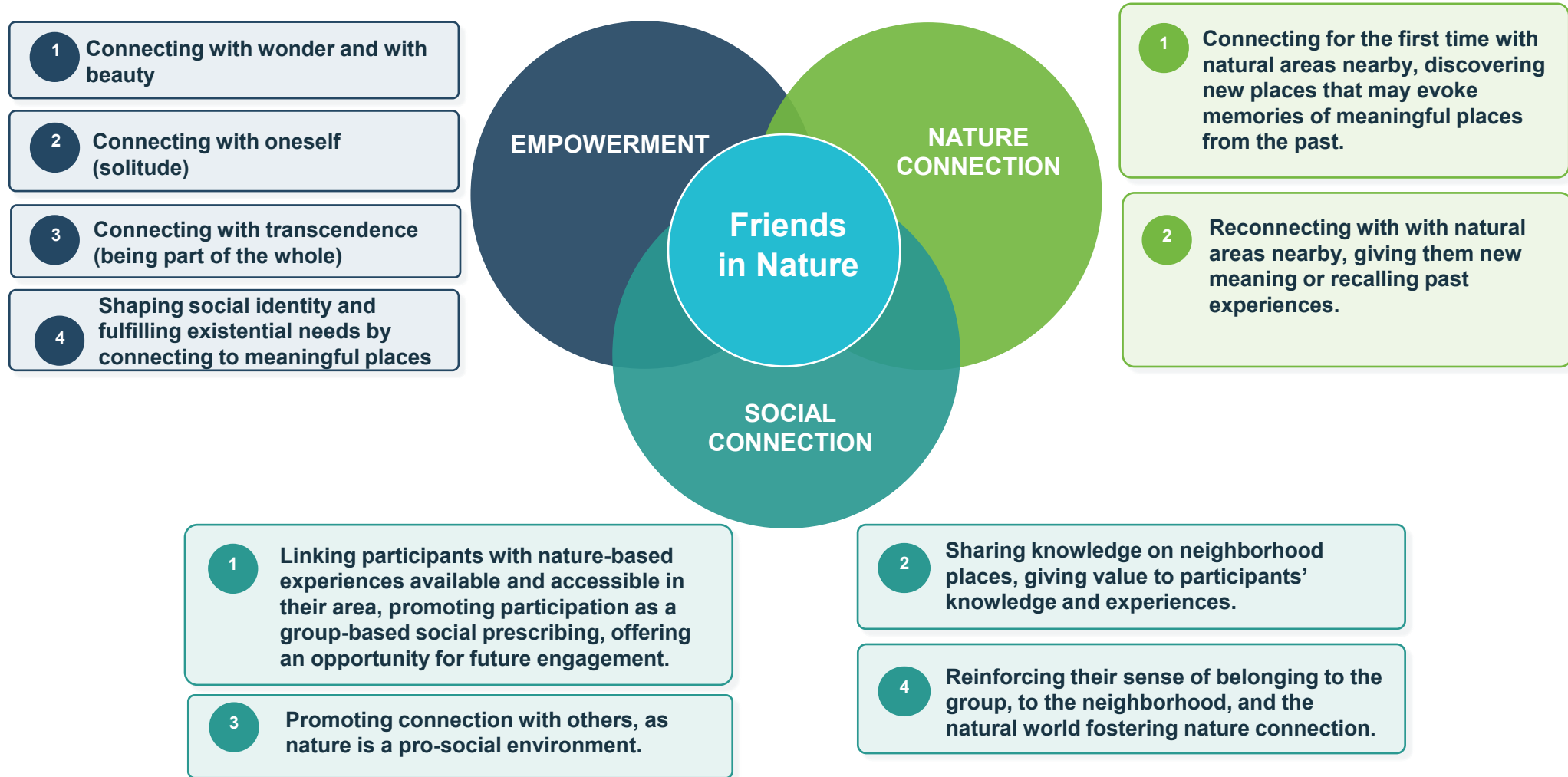
^d Barcelona Institute for Global Health, Barcelona, Spain

^e Universitat Pompeu Fabra (UPF), Barcelona, Spain

^f CIBER Epidemiología y Salud Pública (CIBERESP), Spain



“Friends in Nature” as a place-based intervention to alleviate loneliness



"Friends in Nature" as a place-based intervention to alleviate loneliness

Vías para aliviar la soledad

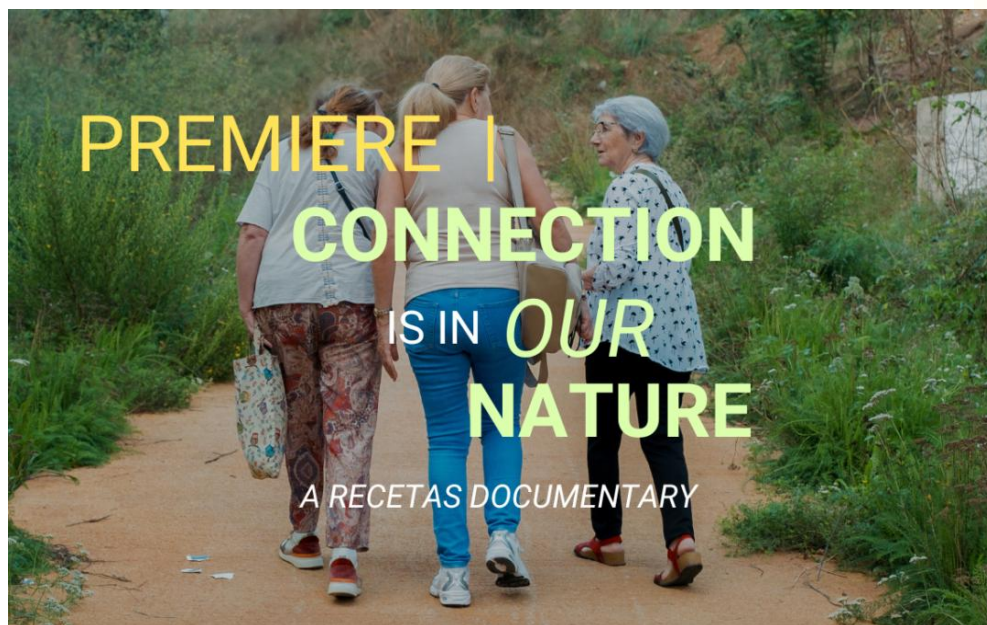
- (Re)conectar con los espacios naturales cercanos (**nuevo significado, reminiscencia**), **familiarizarse** con nuevos lugares y dar un **nuevo sentido** a los lugares ya conocidos.
- Reforzar el sentimiento de **pertenencia**.
- Conocer y probar **nuevas actividades** → favorecer la participación futura (**prescripción social**).
- Excursiones y actividades en espacios naturales como oportunidad para **compartir conocimientos propios sobre lugares** del barrio → valorar el conocimiento y las experiencias vinculadas a los lugares.
- Actividades al **aire libre en espacios naturales** frente a actividades en interiores.
- Lugares significativos → lugares que configuran la **identidad social** y satisfacen **necesidades existenciales** (Tirkkonen, 2025).
- Lugares para **estar con otros (conexión social)** y para **estar a solas (soledad elegida)** → belleza, sensación de asombro y trascendencia.



“Participating has been a breath of life. Going through grief in a pandemic, alone, was very hard. I have met people, I have shared, it has been wonderful. In the outings we have done I have learned to contemplate everything more, to be with the sounds, to focus much more, it has been a very beautiful experience. Now when I go to nature, I try to do a meditation, which I did before, but in nature everything is enhanced more, it is more intense, you reach more fullness.” Female, 63, Barcelona. ”

Siguientes pasos

- **Análisis de resultados** secundarios cuantitativos y cualitativos del ensayo clínico de **Barcelona y otros lugares** en marcha.
- **Documental** del proyecto: [trailer](#)
- Impacto actual en las **políticas**.



ANEXO 3: Buenas prácticas y aprendizajes transferibles

Este anexo recoge las fichas completas de las **buenas prácticas** seleccionadas en el Marco Estratégico Estatal de las Soledades. En concreto, se incluyen:

- **“RECETAS”**, desarrollado por la **Universitat de Vic – Universitat Central de Catalunya (UVic-UCC)**, en el marco de un consorcio internacional.
- **“Comunidades de Cuidados”**, impulsada por **Asociación Andecha, Asociación Jubilares y Mayores UDP**.
- **IMEX “Itinerarios de Emancipación de Éxito”**, desarrollado por la **Red para la Emancipación juvenil (FEPA)**.

Las tres experiencias se han seleccionado por su **carácter innovador** y por abordar las **soledades desde distintos ámbitos y enfoques**, combinando intervenciones comunitarias, modelos de cuidados y acompañamiento a lo largo del ciclo vital.

Asimismo, el anexo incorpora **aprendizajes** que puedan servir para inspirar y orientar futuras políticas en el marco del Marco Estratégico Estatal de las Soledades.

Fichas experiencias

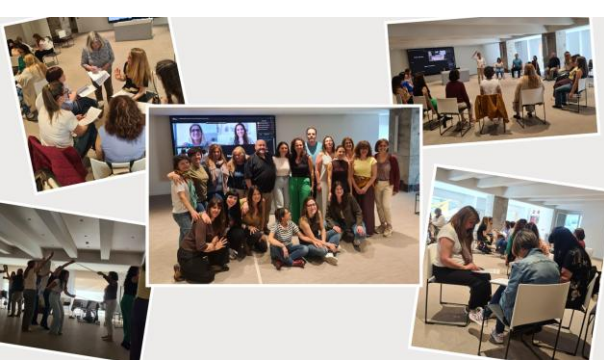
RECETAS

Key actors in emerging **local, national and international** networks on **research, policy and practice** on:

loneliness



Litt as advisor, Coll-Planas as Spanish ambassador



Postgraduate Diploma on loneliness at UVic-UCC, in Spanish

nature and health



ISGlobal as partner



European Public Health Association (EUPHA): pre-conference on loneliness (Nov '25 Helsinki)

social prescribing



Coll-Planas as advisor



Advising UVic and ISGlobal



ASPB is active part of:

***International Social Prescribing Collaborative (coordinated by NASP)**

***Working group on Social Prescribing at EuroHealthNet**

***International Arts on Prescription Collaborative**

HOPE

Helplessness
Helpless
Help!

Hoping for help
in a silent call.

Call and non-response
Call and non-response
Call and response.

A responsive response
helping for hope
in unlimited limits.

I touch the edges of your emptiness,
yours, mine, ours
I resonate with the echoes
of your voices in your voids.
Moving
from disconnected to connected.

Hope to help

Hopefulness
Hopeful
Hope!

***Colaborative poem written by RECETAS
researchers***

*in a workshop where we were reflecting on what it
means to us working with people suffering from
loneliness*

in Helsinki (June 25)

*Activity lead by Anu Jansson and Laura Rautianen
Activity developed for the intervention
Circle of Friends and used in Friends in Nature*

Laura.coll@uvic.cat



Más información sobre RECETAS:

www.recetasproject.eu



twitter.com/RecetasProject



linkedin.com/company/recetasproject/



info@recetasproject.eu