



**Increase and development of manual skills and physical vitality of citizens
of the European Union over 50 years**

6th SEPTEMBER 2019

10.00 – 12.00 Presentation of workshops





INSTITUTION: Senior University , Foundation University of A Coruña, Spain

Coordinator:

Dr. Pilar García de la Torre

Assistant to coordinator:

Mr. Francisco Ascón – Project manager

Teachers:

Dr. Pilar García- Coordinator and tutor of the manual skills workshops

Dr. Begoña Crespo – English

Dr. Isidoro Hornillos – Sport in A Coruña

Dr. Juan José Gómez– Sport in Ferrol

Mr. Francisco Ascón- IT and manual skills trainer

Mr. María Jesús García – Volunteer in Manual Skills

Mr. Luis Santillana – Volunteer in Digital Video creation

Web page:

<https://idemasapainspain.wordpress.com/>

FB:

<https://www.facebook.com/Universidade.Senior.Coruna/>

YouTube:

<https://www.youtube.com/user/seniorcoruna>





Workshops group:

38 participants

Time and date of study program:

- Every Friday from 12,00 to 14,00
- From 28th february to 24th may (total 20 hours/ 10 meetings)

Cultural Heritage, Landscape, Memory and Sustainability

Our memory of the landscapes of our life is reflected in our old photographs. We will compare that photos from our family photo albums with up-to-date photos, taken by our students in the landscapes of their memories

<https://seniorsustainability.wordpress.com/>

M ^a Elvira	Albertino López
Dolores	Alonso Pérez
M ^a Gloria	Álvarez Encinas
Josefina	Arias Fernández
M ^a Ángeles	Cabanela Molina
Agustín	Cabezudo García
Pilar	Casas Pombo
M ^a Ángeles	Castro Blanco
José Luis	Conde Rodríguez
Manuela Claudia	Corral Villar
Graciela Elena	Forte Villanueva
M ^a Carmen	Freire Bargados
Adela	Gajino Cousillas
M ^a Jesús	García Abeledo
Aida	García López
José	Gil Martínez
Antonio Joaquin	González Rodríguez
M ^a Pilar	González Santín
M ^a Luisa	Guillén Castro
Esther	Iglesias Eirís
M ^a Mercedes	Insausti Beorlegui
M ^a Isabel	Jove Espasandín
M ^a Silvia	Larrosa Pan
M ^a Luisa	Lemus Fernández
M ^a Elena	López Prado
José Manuel	Malde Varela
José María	Martínez Ares
Eugenia Margarita	Martiño Tohux
Rosa M ^a	Noguerol Pena
M ^a Cristina	París Ferreiro
M ^a Puerto	Pérez Domínguez
Consuelo Julia	Pérez Pan
Raquel	Rico Fernández
Isabel	Rubio de la Torre Ruiz Bailón
Consuelo	Sanjurjo Carro
Luis	Santillana Ferrero
José Miguel	Vázquez Conde
M ^a Eugenia	Villarino Rodríguez



Workshop activities

Description of activities:

- 1) Training sessions on transferring photos to wood and canvas
- 2) Training sessions on making bead bracelets
- 3) ICT Training sessions: facebook
- 4) English lessons
- 5) Training sessions on peer-learning for volunteers in A Coruña

Experience and best practice



Why Are Manual Skills Important For The Elderly?

- 1) To maintain cognitive activity
- 2) To improve self-esteem
- 3) To promote social situations

What are the advantages and disadvantages of manual skills for the elderly?

Advantages:

- 1) Improves memory
- 2) Improves attention
- 3) Improves coordination eye-hand

Disadvantages:

- 1) It is difficult when there is pain due in the joints
- 2) It can cause frustration when they don't reach expected outcomes

Experience and best practice



What are my personal experiences of manual skills for elders?

- 1) The social dimension is so important as the psychomotor one
- 2) It is very important the timing of the activity
- 3) Never compare results from different persons

What are my recommendations for manual skills lecturers for the elderly?

- 1) Be patient
- 2) Motivate, always give positive feedback
- 3) Encourage peer-learning

What are my recommendations for elderly in manual skills?

- 1) Choose activities they really like
- 2) Not to expect immediate results
- 3) Enjoy the experience

Photo gallery:



Photo gallery:



Photo gallery:





Photo gallery:





Video gallery

Manual Skills Workshop -bracelets – A Coruña

<https://www.youtube.com/watch?v=a3aZewaOn8I>

Manual Skills Workshop in A Coruña

<https://www.youtube.com/watch?v=EUprL3oEL3o>



Thank you

