

**Interreg
Europe****Co-funded by
the European Union****KORALE****Dear Readers,**

Welcome to the first edition of the KORALE Newsletter!

We are excited to keep you updated on the latest activities of the [KORALE project](#), highlight key developments from our project partners, and share valuable insights on tackling loneliness and social isolation.

KORALE is an [Interreg Europe](#) project launched in 2024, dedicated to improving public policies to address and prevent loneliness as well as social isolation across six European regions. The participating project partners are: [Adinberri Foundation - Basque Country / Spain](#), [Social City Vienna - Austria](#), [Santa Casa da Misericórdia de Lisboa - Portugal](#), [Fingal County Council - Ireland](#), [Municipalty of Aalst - Belgium](#) and [DEFACTUM / Central Region Denmark](#).

This collaborative four-year initiative focuses on tackling loneliness and social isolation among both older and younger populations by exchanging good practices, fostering cross-border learning, and integrating evidence-based approaches through activities at both the regional and interregional levels.

We hope you find this newsletter informative and inspiring. Stay engaged, and let's work together towards a stronger, more connected Europe!

Best regards,
the Project Consortium of KORALE

Table of contents

- **Project Updates / Review** | 1st Study Visit: Gipuzkoa Sets the Stage for KORALE's Four-Year Journey | Peer Review Report 01: Evaluating Good Practices from Gipuzkoa | 2nd Study Visit: Vienna – Strengthening Knowledge Exchange on Loneliness in Young People | Regional Stakeholder Seminars: Local Insights for Broader Impact
- **Spotlight: Partner Contributions** | A Lonely Planet? Addressing Loneliness from a neighbourhood perspective | Bridging the Information Gap: Fingal's Community Events Empower Older Adults | 1st Meeting of the KORALE Community of Practice in Lisbon | ADINBERRI awards 800,000 euros to take forward 12 projects to tackle loneliness | Webinar: Loneliness in Emerging Adulthood
- **Good Practices & Policy Insights** | HUSRUM: Combating Youth Loneliness Through Community and Connection | Strengthening Social Cohesion: Austria's National Platform Against Loneliness | Connecting Communities: How Aalst and Give A Day Are Transforming Neighbourhood Support | The RADAR Project: Lisbon's Networked Approach to Combat Elderly Isolation | ADINBERRI Launches Innovative Observatory & Knowledge Hub to Combat

Loneliness | Developing a policy instrument to address the challenges faced by older people in Fingal: Fingal Age Friendly Strategy

- **Upcoming Events** | Next Stop: Lisbon – Exploring Community Solutions to Loneliness
- **Interesting international Developments on the Topic of Loneliness** | Global Initiative on Loneliness and Social Connection WHO Social Connection | Joint Research Centre Report on Loneliness in Europe (2024) | Interreg Europe Article on Loneliness | A Comparison of Youth Loneliness in Europe (2024) - Bertelsmann-Stiftung
- **Call to Action: Get Involved!** | Join the Journey Against Loneliness

Project Updates / Review

1st Study Visit: Gipuzkoa Sets the Stage for KORALE's Four-Year Journey



From June 19th to 21st, 2024, ADINBERRI welcomed 20 representatives from all six KORALE partner regions to Gipuzkoa, Spain, for the project's inaugural study visit. This gathering marked the starting point of KORALE's four-year initiative aimed at producing a comprehensive public policy guide and identifying 24 good practices to combat loneliness across Europe.

The visit commenced with a consortium meeting, followed by a guided tour through the City Hall of San Sebastian-Donostia. Hosted by ADINBERRI, the event introduced participants to the **Hariak Strategy**—Gipuzkoa's regional framework for addressing loneliness. This strategic approach unites European partners including Social City Wien (Austria), Santa Casa da Misericórdia de Lisboa (Portugal), Fingal County Council (Ireland), Stad Aalst ZorgLab Aalst (Belgium), and Central Denmark EU Office (CDEU) / DEFACTUM (Denmark). By exchanging good practices and fostering cross-regional dialogue, the consortium aims to enhance public policies and improve interventions against loneliness.

The study visit featured a major event held at Tabakalera, attracting over 300 attendees. Maite Peña, Provincial Deputy for Care and Social Policies, highlighted the importance of building a "new ecosystem of relationships" to effectively address loneliness. Key initiatives presented included: **Austria's National Platform Against Loneliness; Denmark's HUSRUM Project** (targeted at young people); **Ireland's Fingal Acom Technology** (focused on supporting older adults); **Belgium's 'Reaching In vs. Reaching Out' Community Initiative** and **Lisbon's RADAR Project** (aimed at preventing urban isolation).

The Hariak Strategy was further illustrated through local projects designed to strengthen community ties in Gipuzkoa:

- **Hauskor and Auzokide Hauskor** – Initiatives supporting older adults.
- **Auzosare** – A project dedicated to early detection of loneliness.
- **Etxelagun and Kalelagun** – Programs addressing isolation through urban planning.
- **Hariak Kantuz** – A community choral initiative promoting social interaction.

Participants also had the opportunity to visit several of these projects and attend a workshop in Beasain, exploring how architectural design, housing solutions, and urban planning can contribute to reducing social isolation. By facilitating these interactions and knowledge exchanges, the Gipuzkoa study visit laid a strong foundation for KORALE's ongoing efforts to develop impactful policies and strategies against loneliness.

Peer Review Report 01: Evaluating Good Practices from Gipuzkoa

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Towards a community of practice and knowledge on preventing
and tackling loneliness from public policies.

PEER REVIEW REPORT 01 GIPUZKOA

As part of the ongoing knowledge exchange, the KORALE Peer Review Report 01 Gipuzkoa represents a foundational step in evaluating and enhancing good practices. It compiles reviews of the initiatives presented by ADINBERRI (Gipuzkoa) during the June 2024 study visit. The review team consisted of representatives from all project partners: Gipuzkoa (Rakel San Sebastian, Ainhoa Becerra), Vienna (Alexandra Münch-Beurle), Lisbon (Mário Rui André), Fingal (Naomi Weir, Cathrina Murphy), Aalst

(Heidi Tonnelier / Charlotte De Wilde / Jens Van de Perre / Nicole Ghijsels / Chris De Schutter), and Central Denmark (Lise Arnth Nielsen).

The two good practices reviewed were:

- **KALELAGUN:** A project aimed at transforming outdoor public spaces to enhance well-being, autonomy, and social interaction for older adults. [Learn more](#)
- **HARIAK KANTUZ:** A community initiative that utilizes choral music as a tool to foster social connections and inclusion through concerts and participatory activities. [Find out more](#)

The review process was structured around five key questions:

1. What did you find most relevant about this Good Practice?
2. What could be improved?
3. What could be replicated/adapted to your region?
4. Is there any Good Practice in your region that could serve as an equivalent for this initiative?
5. What would be your advice to scale up the Good Practice into a wider policy or program?

This framework was used to assess the relevance, adaptability, and scalability of these practices. Participants reflected on what aspects were most effective, what could be improved, and how similar initiatives could be implemented in their own regions. Additionally, they explored potential ways to scale up these practices within broader policy frameworks. Central themes that emerged from the discussions included the importance of community-driven approaches, accessibility, and sustainability in tackling loneliness. The findings provide valuable insights for adapting and expanding these good practices across different social and policy contexts.

2nd Study Visit: Vienna – Strengthening Knowledge Exchange on Loneliness in Young People



(c) Isabella Hewlett / Social City Wien

Between December 3rd and 4th, 2024, the second study visit of KORALE took place in Vienna, Austria. This second study visit combined strategic discussions, practical examples, and cultural

immersion, reinforcing the importance of collective action to foster community well-being across Europe. On December 3rd, 2024, the **International Forum Against Loneliness – Strategies and Solutions for the Health of Young People** was held at the historic Wappensaal in Vienna's City Hall. Organized by Social City Wien in collaboration with the Office for Women's Health and Health Objectives (MA 24 – Strategic Health Care, City of Vienna), the event brought together over 120 participants from Austria and across Europe. Experts, policymakers, and practitioners discussed youth loneliness, exchanged good practices, and explored policy approaches to address as well as prevent loneliness social isolation like social skill learning, mentoring programs, group activities and digital counselling.

The forum showcased national and international initiatives aimed at tackling loneliness in youth and young adults, emphasizing social innovation, inclusive engagement strategies, and community-driven solutions. The event also included a networking market where professionals from the social and health sectors exchanged ideas, shared challenges, and explored solutions, fostering collaboration and mutual support. Initiatives featured at the event included: **HUSRUM** (Denmark); **OverKophius** (Belgium); **A Avó veio Trabahar** (Portugal); **Pelo Direito** (Portugal); **Hariak** (Gipuzkoa/Basque Country); **WienZimmer** (Austria); **Hobby Lobby** (Austria); **YEP** (Austria); **RoomingInn** (Austria); **bOJA** (Austria); **gemeinSAMradln** (Austria); **gesundausderkrise** (Austria); **IRINA** (Austria); **joinfloat** (Austria); **walkandtalk** (Austria) and **WienXtra** (Austria).

The second day of the study visit focused on international knowledge exchange and local initiatives addressing loneliness. During a consortium meeting with project partners from Basque Country, Belgium, Denmark, Ireland, Portugal, and Austria, participants discussed challenges and progress of their regional diagnoses, and new possibilities of knowledge exchange. The group visited two Good Practices: **WienZimmer** and **Hobby Lobby**, facilitating a fruitful exchange of insights. Additionally, the visit included cultural highlights such as tours of the **Wien Museum**, **Vienna City Library**, and **Karl-Seitz-Hof**, showcasing social innovation in urban housing. The day was filled with valuable learning, cultural experiences, and networking opportunities, paving the way for future collaboration.

Regional Stakeholder Seminars: Local Insights for Broader Impact



(c) Social City Wien

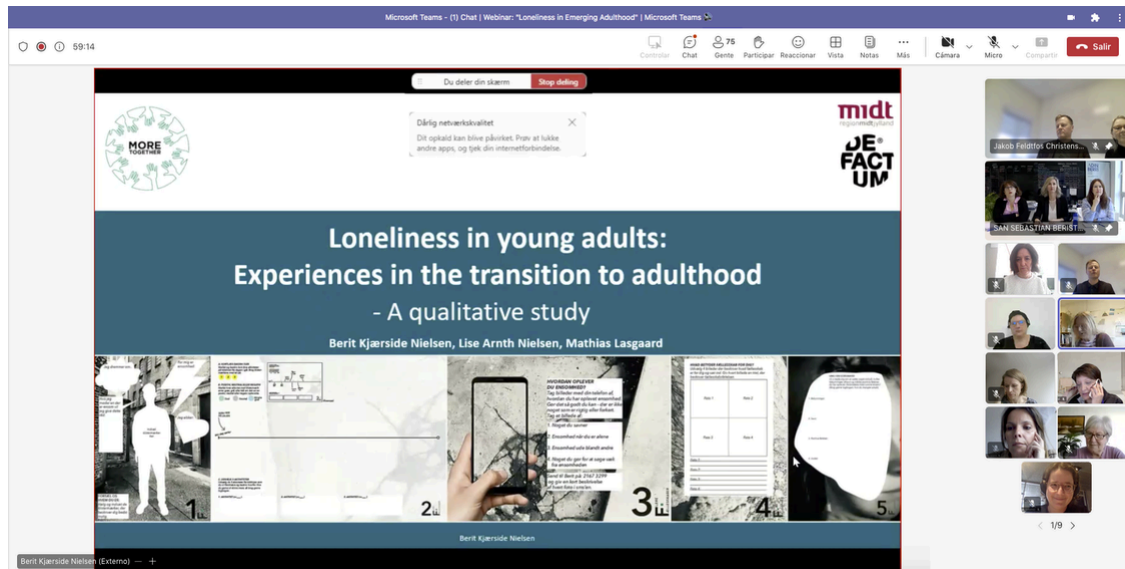
During the first project year, KORALE partner regions hosted twelve regional stakeholder seminars, bringing together policymakers, practitioners, and community representatives. These seminars serve as valuable platforms for exchanging knowledge, fostering collaboration, and discussing effective strategies to prevent and address loneliness within local contexts.

The knowledge transfer process emphasizes two points. First addressing the needs of different target groups, particularly youth and elderly people. Second recognizing the importance of policies at various scales—municipal, provincial, and regional. Through these events, KORALE partners are engaging diverse stakeholder groups to contribute their expertise and perspectives. The seminars focus on several key areas:

- **Identifying Good Practices:** Establishing criteria for selecting effective interventions tailored to various target groups, including youths and elders, while considering their implementation at individual, family, and community levels.
- **Conducting Regional Diagnoses:** Assessing the current state of loneliness prevention and intervention across regions, using methodologies like SWOT analysis to identify strengths, weaknesses, and opportunities for improvement.
- **Engaging Local Stakeholder Groups:** Developing methodologies to ensure meaningful participation and contribution from relevant local actors throughout the KORALE project's activities.

By fostering cross-regional dialogue and sharing successful interventions, these stakeholder seminars contribute to shaping future actions and policy recommendations. The insights gathered will help strengthen community-based solutions and ensure that tackling loneliness remains a priority at all levels of governance.

Webinar: Loneliness in Emerging Adulthood



(c) KORALE

Persistent loneliness among young adults is an increasingly recognized public health issue, often linked to mental health challenges such as depression and anxiety, as well as a diminished quality of life. While awareness of this issue is growing, further research is required to fully understand the underlying causes and the lived experiences of young people facing social isolation.

As part of the **KORALE** initiative, a webinar took place on the 2nd of April 2025, that brought together more than 70 experts and practitioners from across Europe to explore this critical issue, combining empirical research with personal perspectives.

Key Insights from the Webinar

- **Research Findings** – Berit Kjærside Nielsen (DEFACTUM) presented qualitative research exploring how young adults experience and manage loneliness in their daily lives.
- **Personal Perspective** – Thea Iversen from More Together's Youth Think Tank provided valuable first-hand insights, offering a relatable and authentic perspective on the challenges of loneliness.
- **Expert Discussion** – An interactive Q&A session facilitated the exchange of knowledge, experiences, and potential strategies to address loneliness among young people.

Missed the Webinar?

For access to the presentation slides (PDF), visit the [post](#) shared by our project partner, Platform Against Loneliness.

Rewatch the full recording of the Webinar [here](#)



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WEBINAR INVITATION

LONELINESS IN EMERGING ADULTS

Date: **April 2, 2025** Time: **10:00 AM**

Location: **Online Registration link**

ADINBERRI social city WIEN SANTA CASA Misericórdia de Lisboa Comhairle Contae Fhine Gall Fingal County Council Stad Aalst midt regionmidtjylland

Spotlight: Partner Contributions

A Lonely Planet? Addressing loneliness from a neighbourhood perspective



(c) Liesbeth Coppin

The research project *A Lonely Planet* investigates the relationship between loneliness and the neighbourhood. It is a joint project of HIVA KU Leuven, Centre of Expertise Care & Well-being,

Thomas More and SARLAB VUB. ZorgLab Aalst is excited to contribute to the research with its innovative approach and valuable perspective on loneliness. The scope of the project shows similarities to the objective of our KORALE-partner Gipuzkoa's good practice 'KALELAGUN', which focuses on the design of outdoor public spaces that help reduce loneliness and increase the well-being and independence of elderly people.

To date, very little is known about the impact of physical and social neighbourhood characteristics (e.g. public parks, public transport, access to housing) on loneliness. The *A Lonely Planet* research project specifically addresses the different dimensions of loneliness (emotional, social and existential) and the effect of the neighbourhood (physical and social) on the perception of loneliness in adults of all ages. As loneliness interventions should be tailored to the needs of the individual and of the neighbourhood to be effective, this research highlights a key aspect of the battle against loneliness.

Based on its research findings, the team will formulate specific recommendations for policy actors and develop practical evidence-based tools that help address loneliness from a neighbourhood perspective. This will include the creating of:

- **A detection tool** through which users can detect neighbourhoods at increased risk of loneliness;
- **Neighbourhood personas** associated with the three dimensions of loneliness to be used to increase the possibilities of counteracting loneliness at an earlier stage;
- **A low-threshold guide on loneliness** from a neighbourhood perspective integrating theory, tips, tools and methods.

To gather research data, the team conducts case studies in four neighbourhoods in Flanders and Brussels, one of which is located in the municipality of Aalst. There, ZorgLab Aalst and the researchers organise focus groups and walking interviews with residents and key figures. Together they will map out the story of the neighbourhood, allowing the researchers to identify crucial factors in addressing loneliness from a neighbourhood perspective and enabling the city council to incorporate data and research findings into local policy.

Learn more: [A Lonely Planet](#)

Bridging the Information Gap: Fingal's Community Events Empower Older Adults



(c) Fingal County Council

In consultations with older people, the lack of access to information is continuously cited as a barrier to 'ageing well'. The ability to access clear and concise information can impact on a range of aspects of an older person's life, from health and wellbeing to social connectedness to financial security. To address this challenge, Fingal County Council has committed to organising two information events for older people in different locations across the county each year. Regular local events are considered the most effective way to reach those who are isolated and in need of up-to-date, community-specific information on services and activities. Venues, days, and times are selected based on recommendations from Fingal's Older People's Council, which represents the voice of older people in Fingal.

The success of these events relies heavily on effective promotion, with advertisements shared on social media, as well as through posters and flyers distributed to trusted service providers, such as pharmacies and post offices, as well as venues commonly visited by older people. This approach ensures that the information reaches those who may be isolated.

This initiative has proved to be a successful and sustainable way to bridge the digital gap among older people and importantly at a very low cost, making it feasible to implement in other locations. Its success is reflected in the increasing number of older people attending each event, with a major shopping centre in Fingal agreeing to host the next information event. Feedback from service providers, indicates that many older people in need of supports are identified at these events, who would not otherwise have come to their attention.

1st Meeting of the KORALE Community of Practice in Lisbon



(c) Santa Casa da Misericórdia

On Thursday, February 20, the 1st meeting of the KORALE Community of Practice was held at the Local Information and Coordination Center (CLIC-Lx). This initiative aims to create a forum for discussion, experience-sharing, and the identification of Good Practices in combating unwanted loneliness and social isolation, contributing to the formulation of public policies in this field in the city of Lisbon.

The meeting was attended by representatives from various organizations involved in the KORALE Best Practices competition, including Fermenta Associação, Associação Coração Amarelo, Associação Mais Proximidade, Melhor Vida, Associação Pedalar Sem Idade Portugal, Universidade da Terceira Idade do Lumiar, Associação Viver Melhor no Beato, Centro Social e Paroquial do Campo Grande, Santa Casa da Misericórdia de Lisboa, and Lisbon City Council.

This meeting marked the beginning of a journey extending until 2028, with the primary objective of mapping initiatives and projects developed in Lisbon in this area of intervention, identifying Best Practices, as well as the success/failure factors and key elements that integrate effective practices with an impact on other sectoral policies (such as health, education, housing, and others). This process will contribute to a comprehensive diagnosis of the city's approach to combating and preventing loneliness among older adults.

Additionally, four key approaches to preventing and addressing loneliness and social isolation were identified: **Promoting Community, Social, Cultural, and Civic Participation; Psychosocial Support, Health, and Well-being; Knowledge, Awareness, and Prevention; and Lifelong Learning and Development.**

The next step will involve four workshops with initiatives and projects from these categories to identify the four Best Practices that will be presented at the upcoming European KORALE Meeting, scheduled to take place in Lisbon at the end of May.

Learn more: <https://lisboacomvida.scml.pt/noticias/1-a-reuniao-comunidade-de-pratica-korale/>

ADINBERRI awards 800,000 euros to take forward 12 projects to tackle loneliness



(c) ADINBERRI

ADINBERRI, the Foundation for Innovation in Ageing of Gipuzkoa (Basque Country, Spain), a partner in the European project KORALE, launched a call for proposals with a budget of 800,000 euros, aimed at tackling and preventing loneliness. Twelve projects have been awarded funds through this call, which was unique in that it was focused exclusively on the phenomenon of loneliness.

These projects will form part of the First Action Plan of the HARIAK strategy (www.hariak.adinberri.eus) and will contribute to social cohesion and the all-round well-being of people in the region. In addition, another differential feature of the call for proposals is the support that all these projects are already receiving from HARIAK HUB, an instrument created by ADINBERRI within the framework of HARIAK to provide support in taking the projects forward and addressing issues of importance such as measuring their innovative capacity and potential for scaling up.

ADINBERRI and the Provincial Council of Gipuzkoa established three categories within the call for proposals: one for exploratory projects to enable diagnoses to be made and to gain a deeper insight into the phenomenon of loneliness; another for experimental projects to provide solutions to the problems detected; and another for driver projects enabling genuine progress to be made in the vision and approach to loneliness by creating ecosystems to generate synergies among different stakeholders. The twelve initiatives that benefitted from the call for proposals are supported by organisations from fields as diverse as public administration, health, education, the tertiary sector and the business world.

Event with more than 120 people

The Foundation held an event on 19 February, attended by more than 120 people, to present all these initiatives. At the event, in addition to providing detailed information on all the projects to be run in Gipuzkoa through this call, the Foundation also updated the entire KORALE ecosystem on the latest developments and progress made in KORALE, outlining the objective of the European project, the six examples of good practice recognised so far by Europe (such as 'Kalelagun' and 'Hariak Kantuz', in the case of Gipuzkoa), and summarising the findings of the peer review report and the regional diagnoses.

Good Practices & Policy Insights

HUSRUM: Combating Youth Loneliness Through Community and Connection



(c) HUSRUM

HUSRUM is a volunteer-driven initiative supporting young people aged 16-30 who struggle with loneliness in Denmark. Operating in seven cities, it reaches over 600 young people annually. The program focuses on three main elements: weekly social activities like workshops and walk-and-talks, 12-session conversation groups for peer support, and the "Heartmates" mentorship program, where participants are paired with volunteers. These initiatives help alleviate isolation by fostering meaningful connections, personal growth, and empowerment, with strong support from local municipalities, churches, and organizations. A comprehensive study by DEFACTUM, Region Midt, is scheduled for completion in 2025, covering both qualitative and quantitative analysis of HUSRUM's interventions. It is recognized as an effective intervention in the book *"Lonely Youth"* by Mathias Lasgaard, Professor at SDU and a leading researcher on youth loneliness in Denmark. [Read more](#)

Learn more: <https://www.interregeurope.eu/good-practices/husrum-denmark-volunteer-support-for-lonely-youth-16-30>

Strengthening Social Cohesion: Austria's National Platform Against Loneliness



(c) Isabella Hewlett / Social City Wien

Established in December 2021 with the support of the Austrian Ministry of Social Affairs, Health, Care, and Consumer Protection (BMSGPK), the [National Platform Against Loneliness in Austria](#) serves as a nationwide competence network and contact point. Organized by [Social City Vienna](#), its mission is to consolidate existing initiatives and diverse efforts to combat loneliness, fostering effective strategies to address social isolation. Over the past three years, key measures have been implemented to raise awareness, develop tailored support services, and provide a scientific foundation for impactful interventions. As the initiative enters its fourth project year, the focus shifts towards the development of a National Action Plan for Social Cohesion. Building on previous successes, this next strategic step aims to scale existing programs, launch new pilot projects, and enhance international cooperation. Crucially, loneliness will continue to be positioned as a pressing societal issue at the political level, paving the way for sustainable, structural measures to prevent and reduce social isolation.

Key Focus Areas:

- **Developing, implementing, and evaluating targeted interventions**, including pilot projects, community cafés, and community walks, in collaboration with partner organizations and supported by scientific research.
- **Enhancing public awareness** through media campaigns and dialogue formats to foster greater understanding and societal discourse on loneliness.
- **Promoting civic engagement and participation**, ensuring accessible opportunities for social connection and community involvement.
- **Expanding strategic partnerships** on national and international levels, facilitating the exchange of good practices and integrating new insights into a growing network of expertise.

By taking these steps, the National Platform Against Loneliness aims to create a more connected and inclusive society, ensuring that loneliness is recognized as a key policy challenge and addressed through sustainable, long-term measures.

Learn more: <https://www.plattform-gegen-einsamkeit.at/>

Connecting Communities: How Aalst and Give A Day Are Transforming Neighbourhood Support



(c) City of Aalst

Give A Day is a cooperative movement with social purpose and the largest volunteer database in Belgium. Their mission is to take volunteering and neighbourly help to the next level. They inspire to connect all actors in society for social impact through voluntary engagement. They provide IT tools to municipalities, schools, citizens and non-profit organisations. They also offer policy support and methodologies, smartly matching volunteers and other actors.

The city of Aalst engages in caring neighbourhoods. In cooperation with Give a Day, the city has worked hard in recent years to connect neighbours in Aalst. With Give a Day's online matching platform, 'Neighbour Matcher', the city of Aalst brings neighbourhood residents together. This digital tool allows neighbours to connect and ask for or offer help with small chores, such as groceries or cooking.

At the start of the project in 2023, the city tested out 'Neighbour matcher' in one neighbourhood in Aalst, 'Ten Rozen'. Key figures familiar with and well-known in the neighbourhood of 'Ten Rozen' played a crucial role in launching the Neighbour Matcher. They helped convince local residents to sign up to the platform.

Together with the local stakeholders a neighbourhood party was organised, allowing neighbours to get to know each other in a relaxed atmosphere and allowing the city to introduce the platform and to convince people from the neighbourhood to sign up.

Learn more: <https://www.interregeurope.eu/good-practices/neighbour-matcher>

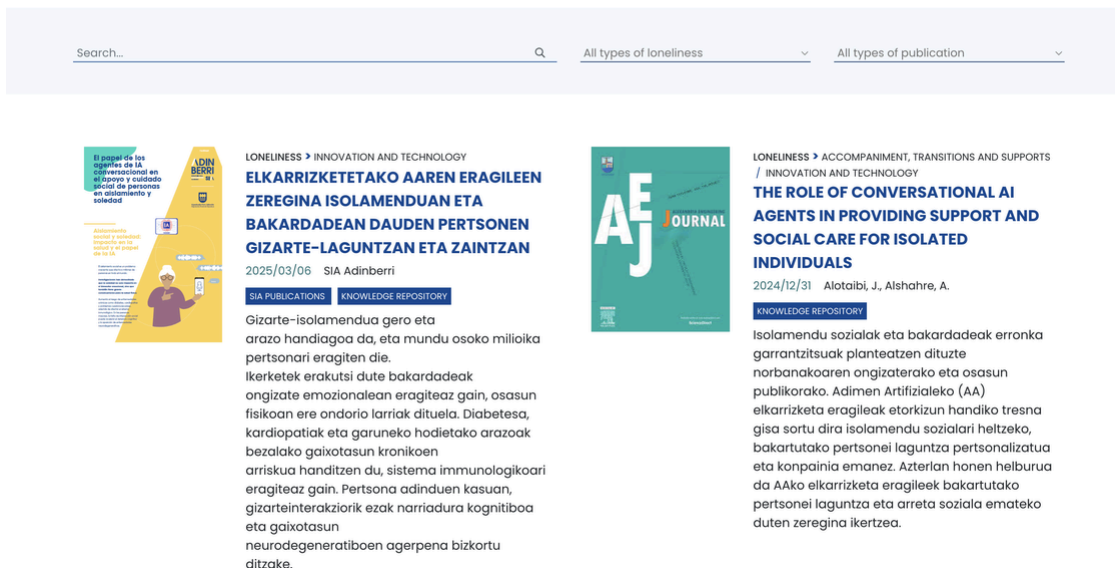
The RADAR Project: Lisbon's Networked Approach to Combat Elderly Isolation

The RADAR Project in Lisbon focuses on addressing elderly vulnerability, isolation, and loneliness through a multi-level approach. At the inter-organizational level, 31 local organizations collaborate through a digital platform to share resources and knowledge. At the community level, microgrids are formed by local businesses and non-profits to identify and support at-risk individuals. The project also engages active citizenship by raising awareness among residents, encouraging them to create networks of mutual care. Key activities include street actions, home visits, local events, and outreach through telephone contact, all aimed at promoting social cohesion and connecting vulnerable individuals to local resources.

More details can be found here <https://www.interregeurope.eu/good-practices/radar-project>

ADINBERRI Launches Innovative Observatory & Knowledge Hub to Combat Loneliness

Observatory



The screenshot displays the ADINBERRI Observatory interface. At the top, there is a search bar with the text "Search..." and a magnifying glass icon. To the right of the search bar are two dropdown menus: "All types of loneliness" and "All types of publication". Below the search bar, there are two main content areas. The left area features a yellow graphic with the text "El papel de los agentes de IA conversacional en el apoyo y cuidado social de personas en aislamiento y soledad" and "ADINBERRI". Below this graphic is a section titled "LONELINESS > INNOVATION AND TECHNOLOGY" with the subtitle "ELKARRIZKETAKO AAREN ERAGILEEN ZEREGINA ISOLAMENDUAN ETA BAKARDADEAN DAUDEN PERTSONEN GIZARTE-LAGUNTZAN ETA ZAINTZAN". The date "2025/03/06" and "SIA Adinberri" are listed. Below this is a section titled "SIA PUBLICATIONS" and "KNOWLEDGE REPOSITORY" with the text "Gizarte-isolamendua gero eta arazo handiagoa da, eta mundu osoko milioika pertsonari eragiten die. Ikerketek erakutsi dute bakardadeak ongizate emozionalean eragiteaz gain, osasun fisikoan ere ondorio larriak dituela. Diabetesa, kardiopatiak eta garuneko hodietako arazoak bezalako gaixotasun kronikoen arriskua handitzen du, sistema immunologikoari eragiteaz gain. Pertsona adinduen kasuan, gizarteinterakzioak ezak narriadura kognitiboa eta gaixotasun neurodegeneratiboen agerpena bizkortu ditzake."

The right area features a green graphic with the text "ADINBERRI JOURNAL" and "LONELINESS > ACCOMPANIMENT, TRANSITIONS AND SUPPORTS / INNOVATION AND TECHNOLOGY". Below this graphic is a section titled "THE ROLE OF CONVERSATIONAL AI AGENTS IN PROVIDING SUPPORT AND SOCIAL CARE FOR ISOLATED INDIVIDUALS". The date "2024/12/31" and "Alotaibi, J., Alshahre, A." are listed. Below this is a section titled "KNOWLEDGE REPOSITORY" with the text "Isolamendu sozialak eta bakardadeak erronka garrantzitsuak planteatzen dituzte norbanakoaren ongizaterako eta osasun publikorako. Adimen Artifizialeko (AA) elkarrizketa eragileak etorkizun handiko tresna gisa sortu dira isolamendu sozialari heltzeko, bakartutako pertsonen laguntza pertsonalizatua eta konpainia emanez. Azterlan honen helburua da AAKo elkarrizketa eragileek bakartutako pertsonen laguntza eta arreta soziala emateko duten zeregina ikertzea."

(c) ADINBERRI HARIAK

ADINBERRI, the Foundation for Innovation in Ageing of Gipuzkoa (Basque Country, Spain), has been tackling loneliness for years through the HARIAK strategy, which has become a benchmark in Europe. This strategy provides for various instruments key to addressing this phenomenon from very different areas.

In addition to providing users with interactive access to the strategy, the website www.hariak.adinberri.eus also contains the roadmap drawn up by Gipuzkoa to prevent loneliness. One stand-out feature of the website is the Observatory, a depository of studies, research papers, documents of interest and reports on this ever growing phenomenon of increasing concern in Western countries.

The Observatory is part of a larger tool, ADINBERRI's Advanced Intelligence System (SIA, in its initials in Spanish), a reference platform for knowledge sharing, identifying trends and designing future scenarios associated with the main challenges of ageing. The SIA, freely accessible for the ecosystem and the public at large, provides public institutions and private companies, knowledge centres and social initiative organisations with knowledge to help in their decision-making process for strategic planning in the short, medium and long term.

Another key tool on the HARIAK website is the Map of Initiatives, which provides a quick, efficient and clear overview of all ongoing projects in Gipuzkoa designed to tackle and prevent loneliness. The section features a search engine for any type of initiative linked to the HARIAK strategy in any district of the region, providing information on each project such as its purpose, geographical scope, project type, starting year, target group and the organisation leading the project.

Learn more: [Observatory - Hariak](#)

Developing a policy instrument to address the challenges faced by older people in Fingal: Fingal Age Friendly Strategy



(c) Fingal County Council

The development of the Age Friendly Strategy demonstrates a commitment by Fingal County Council to improving the quality of life of older people by guiding and coordinating Fingal's strategic development as an age friendly county. It takes a bottom-up approach, gathering information from 745 older people through public consultations, interviews and surveys, as well as feedback with key service providers. Data analysis has been conducted, identifying barriers to the social participation and engagement for older people across four broad themes: Information and Participation; Mobility and Accessibility; Safe and Attractive Neighbourhoods; and Health and Wellbeing.

The oversight for the implementation of the Strategy lies with Fingal's Age Friendly Alliance. The Alliance is a high-level cross-sector group, whose member agencies form an overarching strategic partnership involving senior decision-makers from public, commercial and not-for-profit organisations. The Alliance are taking a multi-agency approach to developing and implementing the initiatives to address the challenges identified in the consultations and are currently focusing on actions that have measurable outcomes.

Challenges encountered in the development the Strategy are those associated with the consultation process with older people. Challenges included attracting older people to consultations, particularly those from minority groups; connecting with those most isolated; identifying suitable venues and times for consultations; and discussing topic of loneliness due to the stigma attached.

Due to their tendency to be hidden and their low likelihood of attending consultations or recognising themselves as lonely, isolated older people often go unnoticed. Therefore, a key action to be included in the Strategy Action Plan is the implementation of a programme aimed at addressing loneliness and isolation among older people. This programme will draw on best practices identified in the KORALE EU Project, with plans to pilot two initiatives in 2025-2026, and ultimately expand these initiatives to targeted areas across Fingal during the timeframe of the Strategy. To support the promotion of this policy document and its related initiatives, an Age Friendly Ambassador has been appointed for Fingal. Terry Prone, a media personality and communications expert, will serve as the primary advocate for age-friendly policies and practices in the county.

Learn more: <https://www.fingal.ie/news/terry-prone-be-leading-advocate-age-friendly-policies-and-practices-fingal>

Upcoming Events

Next Stop: Lisbon – Exploring Community Solutions to Loneliness



STUDY VISIT LISBON



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We are excited to announce that the third KORALE study visit will take place in Lisbon, hosted by Santa Casa da Misericórdia de Lisboa (SCML). This visit will focus on exploring good practices related to social isolation and unwanted loneliness, building on the insights gained from previous visits.

Participants will engage in thematic sessions, including a European Meeting under the theme: **“Social isolation and unwanted loneliness: what we know and what we can learn from KORALE good practices.”** There will also be a consortium meeting and study visits to local initiatives that exemplify effective community engagement and support strategies.

The visit will provide opportunities for networking, knowledge exchange, and first-hand experiences of Lisbon’s community-driven approaches to reducing loneliness. Additionally, cultural visits will highlight the rich heritage of the city, fostering connections beyond the project scope.

Stay tuned for more updates and highlights from this insightful visit!

Interesting international Developments on the Topic of Loneliness

Global Initiative on Loneliness and Social Connection

The **Global Initiative on Loneliness and Social Connection (GILC)** is focused on addressing the widespread issues of loneliness and social isolation globally. Their work includes various programs, collaborations, and initiatives designed to strengthen social connections and improve well-being.

Learn more: [GILC Website](#).

WHO Social Connection

The **World Health Organization (WHO)** continues to prioritize social connection as a key aspect of public health. The WHO Commission on Social Connection is working to explore the global challenges surrounding social isolation and loneliness.

Learn more: [WHO Commission on Social Connection](#).

Additionally, Member States discussed the Director-General's report on social isolation and loneliness at the WHO's 156th Executive Board meeting

Read the report here: [Read the report](#) and watch the discussion (Session 7) here: [Watch the discussion](#).

Joint Research Centre Report on Loneliness in Europe (2024)

The **Joint Research Centre (JRC)** published a report titled “**Loneliness in Europe: Determinants, Risks, and Interventions**”, which delves into the factors contributing to loneliness in Europe, including societal changes and economic stress. The report also highlights vulnerable groups and offers evidence-based recommendations for tackling loneliness.

Download here: <https://link.springer.com/book/10.1007/978-3-031-66582-0>

Interreg Europe Article on Loneliness

The Interreg Europe program has published an article discussing loneliness in Europe. It explores successful interventions that have helped reduce isolation, including social programs and community-building efforts. Notably, KORALE is mentioned at the conclusion of the piece.

[Access the article here](#).

A Comparison of Youth Loneliness in Europe (2024) - Bertelsmann-Stiftung

The **Bertelsmann Stiftung** has published a report comparing youth loneliness across Europe, focusing on how different countries are addressing this growing concern. It looks at factors such as societal norms, family structures, and economic challenges affecting young people's social lives.

Read here: <https://www.bertelsmann-stiftung.de/en/publications/publication/did/a-comparison-of-youth-loneliness-in-europe-in-2024>

Call to Action

Join the Journey Against Loneliness

Register now for the [KORALE newsletter](#), visit the [project website](#), and follow us on [LinkedIn](#) and [YouTube](#) for more updates:

- **Discover Successful Intervention Strategies and Good Practices:** Learn about the innovative approaches and effective solutions implemented in the Basque Country, Austria, Portugal, Ireland, Belgium, and Denmark to combat loneliness.
- **Engage in Public Debates:** Participate in discussions aimed at destigmatizing loneliness and fostering community support.
- **Shape Impactful Policies:** Contribute your experience and expertise to help shape regional policies addressing this critical issue.

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