

**10th European Expert Meeting on Self-Help Support
"Networking in Europe - Chances, Challenges and Demands"**

September 2 - 4 2009

Tagungszentrum Katholische Akademie, Hotel Aquino, Berlin

Programme (August 26th, 2009)

Wednesday, September 2nd 2009

- 14:00 Arrival, coffee, drinks and cake
- 15:00 Conference Opening, Round of short introduction
- 16:00 Keynote lecture
"The way from passive health consumers to active players - how self-help and patient initiatives are entering the health care system"
Dr. Christopher Kofahl, Department of Medical Sociology
University Medical Center Hamburg-Eppendorf
- 18:00 Reception to Follow
- Welcome note
Raimund Geene
Deutsche Arbeitsgemeinschaft Selbsthilfegruppen e.V.
- Welcome note
Heike Wöllenstein, The National Association of Statutory Health Insurance Funds (GKV Spitzenverband)
- Welcome note
Peter Gielen, Trefpunt Zelfhulp Leuven (Belgium):
25 years of NAKOS: a look from outside Germany

Thursday, September 3rd 2009

- 9:00 National reports (Coffee break 10:30)
- 13:00 Lunch
- 14:00 3 parallel working groups (suggestions) (Coffee break 15:00)
- Group 1: Networking in Europe: Common interests
Group 2: Networking in Europe: Ideas and conceptions
Group 3: Networking in Europe: [www. selfhelp-groups.eu](http://www.selfhelp-groups.eu),
Concept and contents
- 16:00 Guided tour (by foot) through Berlin City
- 18:00 Field visit: self-help support in Berlin-Friedrichshain
- 20:00 Dinner in restaurant

Friday, September 4th 2009

- 9:00 Presentations of participants
- Synchronicity and self-help in Flanders
Jozefien Godemont & Peter Gielen, Belgium
- Narrative circles: Self help groups write themselves
Sara Mori, Italy
- 10:30 Coffee break
- 11:00 Foundation / formation of an „European Network of Self-Help Support“
- 13:00 Lunch
- 14:00 Presentations of participants (cont.) (Coffee break 15:00)
- Self help among women - Social marketing as a tool to activate women to start empowering themselves in self help group NOVAT
Helena Palojärvi, Finland

Peer support in different illness groups from the point of view of
self help groups
Irija Mikkonen, Finland

International conference on Self Help in Eindhoven November,
20th 2009 (Announcement)
Joke de Haas & Janine Cosijn, Netherlands

17:00 Farewell
Invitation to a next meeting