

EPR Mental Health Working Group

Study Visit CRPG

Agenda

14th-15th October 2021

CRPG

Av. João Paulo II 369, 4410-406 Arcozelo, Portugal

Aims of the Meeting

- Study Visit to CRPG, getting to know better their mental health services
- Develop and advance in person the working group joint work in the activities 2021
- Discuss work of the Working Group 2022

Agenda

Meeting led by CRPG host Sergio Fabela and Alicia Gómez Campos, EPR Secretariat

Day 1: 14th October 2021

Please keep in mind Portugal local time is one hour behind Brussels

- 9:00** **Pick up at Clip Hotel and Transfer to CRPG**
- 9:30** **Welcome and CRPG Overview**
Alicia Gómez Campos, EPR Secretariat
Jerónimo de Sousa, CRPG Director
- 10:00** **EPR Mental Health Working Group: Activity 2021**
Alicia Gómez Campos, EPR Secretariat
- 11:30** **Coffee break**
- 12:00** **Holistic rehabilitation program for people with Acquired Brain Injury**
 - Psychosocial wellness
 - Intimacy and sexuality after acquired brain injury*Sandra Guerreiro and Isabel Almeida from CRPG*
CRPG client testimonial
- 13:15** **Lunch break**



14:00 Biopsychosocial Rehabilitation Program for people with severe injuries after accidents and for persons with chronic illnesses

Pedro Mateiro and Benedita Rocha from CRPG

CRPG client testimonial

16:00 Products and Technology to promote functioning and well-being

Isabel Fonseca from CRPG (2 small groups/2 visits aprox. 20-30 minutes each)

17:00 End of Day 1

Around 19:00/ 19:30 Social Activity (Optional)

20:30 Dinner (Optional) at Restaurant Espaço Porto Cruz

Largo Miguel Bombarda 23, 4400-222 Vila Nova de Gaia

<http://en.espacoportocruz.pt/espaco/restaurante-decastro-gaia>

<http://www.espacoportocruz.pt/>

Day 2: 15th October 2021

Please keep in mind Portugal local time is one hour behind Brussels

9:00 Pick up at Clip Hotel and Transfer to CRPG

9:30 Career counselling and vocational Training Services:

- Overall presentation

Ana Almeida from CRPG

- FORTE – a vocational training course focused on personal and social competences development

Ana Almeida and Sandra Teixeira from CRPG

10:15 Ubuntu program: a different framework to promote human development

Sandra Teixeira

CRPG client testimonial

11:00 EPR Mental Health Working Group: Activity 2021

Alicia Gómez Campos, EPR Secretariat

Including coffee break

13:00 Lunch break

14:00 Employability services: Focus on psychological activation

Sofia Mota e Fernando Damião from CRPG

15:00 EPR Mental Health Working Group: Follow up

Alicia Gómez Campos, EPR Secretariat

17:00 End of Day 2



The hosting organisation at a glance:

The CRPG – Center for Professional Rehabilitation of Gaia started operating in 1992, under an agreement signed in 1991 between the IEFP – Institute for Employment and Professional Training, CERCIGAIA – Cooperative for the Education and Rehabilitation of Unadapted Citizens, and ADFA - Association for the Disabled of the Armed Forces, with the objective of:

- Training and professional rehabilitation of people with functional diversity associated with disabilities, with a view to their inclusion or reinsertion in the labor market;
- Provision of consultancy services to companies, insurance companies and hospitals;
- Prescription and supply of support products.

Practicalities:

The city of Porto is the second-largest city in Portugal, known as the capital of the North, as opposed to the more central Lisbon. Porto is historic and lively, rich in cultural attractions so that its centre was proclaimed World Heritage by UNESCO in 1996.

A) Travel to Porto

• ARRIVE IN PORTO BY PLANE

Francisco Sà Carneiro Airport is 11 km from Porto; it is an efficient and modern facility.

Once landed, you can reach the city centre by:

Metro: the airport is connected to the city by the Linha Violeta (Purple Line). This line operates every day from 06:00 in the morning to 01:00 at night and takes about 30-35 minutes to reach the city centre; you can easily get off at Trindade or Bolhão stations. The ticket can be purchased at the ticket machines of the metro station; the ticket (Z4) has a cost of € 2.45 and is valid for 1 hour and 15 minutes. This type of ticket is eventually rechargeable.



Taxi: taxi services are available throughout the city and await travellers at the airport exit day and night. They can carry up to 4 passengers; the journey to the centre usually costs 20-25€, a surcharge is applied for luggage with volumes greater than 55x35x20 cm.



• HOW TO GET TO CLIP HOTEL FROM THE AIRPORT

The easiest and cheapest way to arrive at **Clip Hotel** from the airport is by Metro. You can make the Metro trip taking the **Linha Lilás (Line E)** to the **Trindade** station and there change to the **Yellow Line (Line D)** in the direction of **Santo Ovidio** and leave at **João de Deus Station**.





Direction:
Santo Ovidio



Clip Hotel



• HOW TO GET TO RESTAURANTE DECASTRO GAIA FROM CLIP HOTEL

Espaço Porto Cruz (Porto Cruz Place) is a project to celebrate Porto wine culture, combining contemporaneity and tradition. It was created as an informative, expositive and leisure place.

If you go up to the third floor, you'll find **Restaurant deCastro Gaia**. Here, you could taste regional products with a touch of modernity.

Address: Espaço Porto Cruz, Largo Miguel Bombarda 23, 4400-222 Vila Nova de Gaia

[Website](#)

The trip: From the hotel, you can walk to catch **bus number 900** at the bus stop, **João de Deus**, in the direction of **Cordoaria**. Then, jump off the stop **Ponte Luíz I** and walk 300 m to the restaurant.



• THE MEETING VENUE:

CRPG - Rehabilitation Gaia Professional Center
Av. João Paulo II 369,
4410-406 Arcozelo, Portugal

[Website](#)



This event receives financial support from the European Union Programme for Employment and Social Innovation “EaSI” (2014-2020). For further information please consult: <http://ec.europa.eu/social/easi>

B) Accommodation

Clip Hotel
Av. da República 1559,
4430-205 Porto, Portugal
[Website](#)

50€/ night for single – 60€/ night double room
Breakfast included

Transport from/to hotel and venue will be arranged by EPR and CRPG

