

# Newsletter #1: LAUNCH OF THE “ROMA.CARE” PROJECT

## Supporting Roma Carers: A New European Initiative

The “ROMA.CARE” project, co-financed by Erasmus+, is a European initiative aimed at supporting informal carers from the Roma minority. This group faces a higher risk of exclusion, discrimination, and stigmatisation. The project aims to contribute to their more effective social inclusion.

### What Problem Does the Project Address?

Roma carers, like many carers, work tirelessly without recognition, often to the detriment of their own health and well-being. They frequently find themselves in difficult situations, lacking help or training. The project will equip Roma carers with the knowledge, skills, and resources necessary for effective care while maintaining their well-being.

Research by the EU (EIGE survey, Eurofound, European Commission, ‘Eurocarers’) reveals that 80% of Long-Term Care (LTC) in Europe is provided by informal carers (families, friends, and neighbors). The economic value of this unpaid care ranges from 50% to 90% of the overall cost of formal LTC provision in the EU. Additionally, caregiving has a strong gender dimension, with the typical informal carer in Europe being a woman aged 45 to 75 (EU Care Strategy).

Caring can have – if not adequately supported- many challenging consequences for carers:

- Difficulties in relation to balancing paid work with care responsibilities, which can impact on labour market participation;
- Financial difficulties and poverty, due to cut backs in social provision and direct costs of care (e.g., medication, heating,
- special diet);
- Negative impact on natural socialisation processes as well as the formal education, family relationships and employment prospects of young carers.

The challenges mentioned above can be particularly intensified for carers from vulnerable groups, such as the Roma community.

### What Will the Project Achieve?

Through several phases, the ROMA.CARE project will:

- **Create a culturally inclusive training curriculum** available in English, Bulgarian, and Czech, tailored to the needs of Roma carers in Bulgaria and the Czech Republic. Modules include self-identification as a carer, cultural sensitivity, gender stereotypes, navigating healthcare and social services, caregiving skills, self-care, legal rights, and building a supportive community.
- **Conduct training workshops** in Bulgaria and the Czech Republic, offering hands-on, interactive learning experiences through workshops, group discussions, role-playing, guest speakers, and case studies.

- **Provide a practical e-Handbook**, downloadable and printable in three languages, complementing the training curriculum and offering a valuable resource for reference and guidance.

## Project Partnership

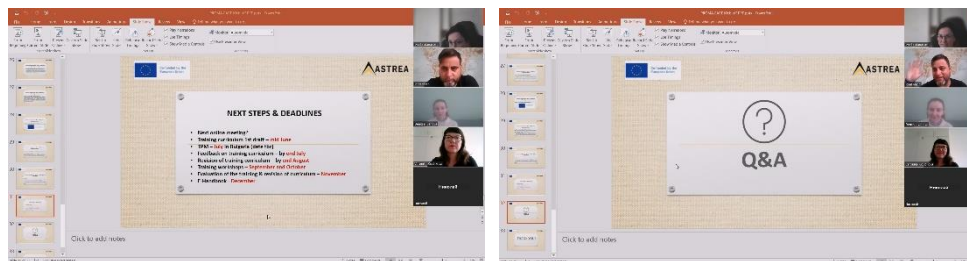
The project is coordinated by "IndiRoma," a Bulgarian civil society organisation dedicated to providing training for societal change and cultural integration of minorities. IndiRoma has deep connections to the Roma community and a proven track record of effective engagement and support.

Other partners include:

- **"IQ Roma servis":** A Czech civil society organisation that supports Roma in their social inclusion and protects their rights and dignity within a multicultural society.
- **Research and Education Center ASTREA:** Based in Burgas, Bulgaria, this multidisciplinary organisation brings together experienced researchers, experts, and educators to address societal challenges.

## Co-Development Workshop

The project kicked off with a virtual co-development workshop with all partners to brainstorm and establish a shared vision for the training curriculum. The creative atmosphere of the workshop is captured in the following photos.



## Visit Our Project Website

We are thrilled to present the new project website: <https://romacare.eu/>

You are invited to download the project leaflet and soon you will be able to access and download the other project deliverables on which the team is currently working.