

Newsletter December 2015



Dear ESCIF friends and colleagues
Christmas and New Year is approaching fast and so we are sending the December ESCIF Newsletter just to keep you up-to-date.

As you probably already know next year's ESCIF Congress and assembly will take place in May in the beautiful

town of Vienna. The Austrian organisation has done, and are doing, a fantastic job to organise an interesting congress for ESCIF. The theme of the congress is "Successful Integration after SCI". An important topic for all of us. At the time of the congress the Successful Integration Project will be finished and the results of the working groups will be part of the congress programme.

These greetings are written by me, Gunilla. Jane has not been well recently so she has asked me to deputise for her the next few weeks. Something I, of course, am glad to do in order to optimise Jane's chances for full recovery. We all wish that you recover soon, Jane!

On behalf of the ESCIF Executive we wish you
Merry Christmas and Happy New Year
Jane and Gunilla

Jane Horsewell
ESCIF President
Email: president@escif.org

Gunilla Åhrén
ESCIF Vice-President
Email: vice-president@escif.org

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11 – 13 May 2016 in Vienna, Austria

Programme «Successful Integration after SCI»

In 2016 the annual ESCIF Congress will be organised in cooperation with Verband der Querschnittgelähmten Österreichs. The congress is being held for the eleventh time and for the second time in Vienna. The congress will take place from 11 – 13 May 2016 in Hotel KOLPING WIEN ZENTRAL, Vienna. The theme of the congress is: Successful integration after SCI. You can find more information on the congress website www.escifcongress.org.

Registration for the congress will be open in December. Please check the website.

Please register before 12th February 2016. There is a limited amount of places.

ESCIF on Facebook

We would like to remind all of you that ESCIF is on Facebook. The page is now being updated more regularly to inform you about ESCIF activities like the upcoming congress in Vienna.

Visit us on [ESCIF at FB](#). Don't forget to Like us! Please also invite everyone who might be interested to 'like' the page in order to create a living ESCIF community also on the social network.

Update on the Successful Integration Project

The Successful Integration Project has had the second and last meeting. The five working groups met once again at the Swiss Paraplegic Centre in Nottwil. The meeting was held in September 2015 which was almost a year after the first meeting. A lot has happened in the year between the two meetings. The working groups have been busy collecting information, sending out and analysing questionnaires and a lot more. The working groups have also been having numerous web meetings to bring the work forward.

Instructions about the final report went out in November to the group leaders. The 31st January 2016 is the deadline for the working groups to send in their final reports. We are looking forward to seeing the results. After that it is down to the Executive to start putting the reports together into one final project report.

The results from the working groups will be presented at the ESCIF Congress in Vienna in May 2016.

Team Verimatrix supports ESCIF

The international company Verimatrix took part in the Nice Marathon in November 2015. Team Verimatrix decided to organise a sponsored run and to use the proceeds to support ESCIF. Together with the Executive it was decided to use the support to kick-start the "Ageing well" project.

Verimatrix reached the target of £4500 and they completed the race! Warmest congratulation and many thanks to the whole team.

Read more about Verimatrix and why they wanted to support ESCIF on www.escif.org.

Update on the "Ageing well" project

The "Ageing well" project was initiated by Dwarslaesie Organisatie Nederland, the ESCIF member organisation in the Netherlands, after the ESCIF congress 2014. The theme of the congress was "Healthy ageing: What can be done?"

The Dutch organisation approached ESCIF about starting an "Ageing well" project. The Executive asked for a plan. In cooperation with the ESCIF organisations in the Czech Republic, Switzerland, Italy, UK and Finland a plan was drawn up. Thanks to the Verimatrix support the group is now able to continue the project planning. Next focus is funding in order to launch the project.

The ageing well project group had a short meeting in October. The meeting took place in DeRijp. The purpose of the meeting was to elaborate on the goals of the project and find out how and where to search for funding.

So far the group has focused on what information already is available and how they will gather what already has been done in the ESCIF member organisations. The group has also discussed what the most important considerations are for ageing well with SCI. In relation to this the group identified four different groups of people living

with SCI 's in the area of ageing: persons under 50 years old, between 50 and 70 years, over 70 years and newly injured over 60 years old people.

Once again the Executive wishes all of you

