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# NEWSLETTER NO. 3

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## PROLEPSIS BREAST CANCER PREVENTION TRAINING FOR CAREGIVERS

### OPENING OF THE PARTICIPATION LIST

The Prolepsis project aims to develop a mobile phone-based health intervention, to enhance preventive health care behaviour among women informal carers. Specifically, the educational training will focus on the prevention of breast cancer, a disease that afflicts many women worldwide. After months of elaboration and revision of the training contents and of the mobile application, the Prolepsis project partners are ready to test a preview of the training with the participation of women caregivers in Cyprus, Italy and Portugal. These women will have the opportunity to download, prior to the general public, the Prolepsis application and participate in 4 free training sessions in presence.

### CONTENTS OF THE PROLEPSIS COURSE

The training material, built through the collaboration of different professionals, including university academics, nutritionists, psychologists, nurses and personal trainers, aims to stimulate the adoption of positive health behaviours for carers. In details, the training will focus on the following topics:

- relevant knowledge about breast cancer: information about its prevalence, risk factors, diagnosis and treatment.
- prevention through physical well-being: information and advice on how to maintain a healthy diet and adequate exercise.
- prevention through psychological wellbeing: introduction to mindfulness as a practice to become more aware of oneself, one's needs and one's wellbeing.
- prevention through early detection: information and guidance on preventive screening tests and breast self-examination.
- self-efficacy and management of the caregiving role: reconciling self-care and care for one's family member.



In addition, participants will be guided in the use of the application, to understand its full features and potential. The material used during the trainings will thus be accessible to them from the application and will then, at the end of the pilot, be made available to the general public.

Through the Prolepsis app, participants will not only be able to access the training material, videos and articles independently, but also keep in touch and create a network of caregivers. So if they want, women at the end of the training will have the possibility to keep in touch and support each other in adopting healthy lifestyles.

Finally, the application will also act as a reminder through actionable notifications, reminding them of medical and screening appointments and of performing breast self-examination.

## WHEN AND WHERE

The course will take place in the partner countries and will be led by the project coordinator, Cyprus University of Technology in Limassol, and by the partners Anziani e non solo in Carpi (IT) and Portincarers in Porto (PT). In each country 10 caregivers interested in undertaking this health promotion course will be involved, in a totally free way. The course is characterised by:

- 4 online virtual autonomous lessons through the Prolepsis app (downloadable on Android devices and IOS devices);
- 4 sessions in presence of approximately one and a half hours each (or online through simultaneous training platforms, such as Zoom, in case Covid-19 restrictions do not allow it to be done in presence).

The course will start in September 2021. Those interested in participating will be informed of the specific starting date, which will also be decided on the basis of their availability.

## DO YOU WANT TO KNOW MORE? CONTACT US!

Are you a carer interested in the course? Would you like to take part in the training or simply have more information? Contact us!

### HERE ARE OUR CONTACTS:

- Cyprus University of Technology (CUT), Cyprus – [andreas.charalambous@cut.ac.cy](mailto:andreas.charalambous@cut.ac.cy)
- Anziani e non solo (ANS), Italy – [a.palermo@anzianienonsolo.it](mailto:a.palermo@anzianienonsolo.it)
- Portincarers, Portugal – [cuidadoresportugal@gmail.com](mailto:cuidadoresportugal@gmail.com)

To know more about the project please visit our website <https://prolepsis.eu/> or follow us on the most popular social networks with #PROLEPSIS\_PROJECT

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