

# Giving women over 45 the confidence to contribute

Women aged 45 and over may experience discrimination in society, due to their gender, age and sometimes social role. The Lady Café project supported women in this age group to improve their self-esteem and increase their participation in public life

Although many women over 45 lack formal qualifications, they have a lot to offer to society. That's why the Lady Café project, made up of diverse organisations from seven European countries, supported women aged 45+ to take part in motivational and confidence-building activities in a number of areas, including digital skills, "learning to learn", and social and civic awareness.

Project Co-ordinator Magdalena Balle Garcia explains how a number of the women involved in the Lady Café project have already gone on to become particularly active citizens, thanks to the project:

"Most of the women involved are now taking part in various projects on gender issues; some of them specialise in helping immigrant women. Three of them have become mediators for women who enrol on courses and have encountered problems such as domestic violence and unequal work family balance."

The first phase of the Lady Café project offered workshops, courses and lectures. Amongst the activities on offer were an ICT course, a book club focusing on gender issues, seminars on "slow food" and healthy eating, and a theatre workshop that incorporated assertiveness training.

The second phase took participants a step further, supporting them to identify and develop their own skills, making improvements in their professional and personal lives, and eventually becoming trainers themselves. Lady Café has allowed around 150 women to gain confidence, to build new relationships and, most importantly, to increase their contributions to community and society.



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## Erasmus+

Field: Adult Learning

Action: Strategic Partnerships

### Key facts and figures

	<b>Participants:</b> 150		<b>Countries:</b> 7
	<b>EU grant:</b> €119,000		<b>Project duration:</b> 2012-2014

### Project title

Lady Café - Motivating activities for women aged 45+



### Lead organisation

**Name:** CEPA Son Canals

**Location:** Palma, Spain

**Website:** <http://www.cepasoncanals.cat/>

### Partners

Regionalna narodna biblioteka "Petko Rachev Slaveikov", **Bulgaria**; Monaghan County Library Service, **Ireland**; Naukšēnu novada pašvaldība, **Latvia**; Biblioteca Județeană George Baritiu - Brasov, **Romania**; Mestna knjižnica Ljubljana, **Slovenia**; Güneşli Yaşlı Hizmet Merkezi, **Turkey**

### More information

**Project website:**

<http://www.ladycafeproject.eu>

**The Erasmus+ Project Results Platform:**

<http://ec.europa.eu/programmes/erasmus-plus/projects>