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Care & Cope Newsletter

Nurturing Resilience and Self-Care in Women Carers

Facing Loss and Life's Pivotal Changes

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Welcome to the first official newsletter of the Care & Cope project.

In the *Care & Cope* project, we are committed to supporting women who take on primary caregiving roles for spouses, ageing parents, or other loved ones with serious health challenges. Our initiative focuses on the well-being of women caregivers by offering emotional support, resilience-building strategies, self-care practices, and opportunities for community connection and personal growth. While our primary audience is women aged 18 to 60+ in caregiving roles, we also extend support to community workers and mental health professionals.

Recognising the profound impact caregiving can have on both personal and professional life, *Care & Cope* addresses the challenges women face when balancing care with other responsibilities. Many are forced to step away from education or employment, leading to marginalisation and economic insecurity. Returning to work often presents further obstacles: outdated or mismatched skills, alongside the emotional strain of long-term caregiving, can make re-entry difficult. This combination of burnout and limited opportunities can reinforce cycles of disadvantage, leaving many women carers vulnerable.

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Who Are We?



Women Elevation Malta aims to promote self-development and an entrepreneurial spirit as a way of life for women, not just as businesspersons, but also as workers, mothers, and citizens at the national and European levels.

W.E.M. strives to create women's entrepreneurial networks that are accessible to the majority of women in Malta, as well as in Pan-European and Euro-European countries. The organisation also aims to raise awareness of the impact that women can have on the national and regional economy and help prospective entrepreneurs develop themselves. W.E.M. seeks to dismantle barriers and provide equal opportunities for women to access resources, funding, and support services, enabling them to grow and start their businesses.



Mathimata Zois (Association for Loss and Grief Support) is a Greek organisation established in 2013, dedicated to raising awareness and providing support on issues related to grief and loss.

Their primary activities include offering free educational programs and resources aimed at various groups within the community. The organisation addresses the general public, mental health professionals, emergency services & the police, as well as institutional stakeholders.



The Serendipitous Black Cloud Ltd (SBC) is a mental health organisation in Cyprus specialising in systemic psychotherapy, which views individuals within the context of their relationships and interactions. This approach explores patterns of communication and behaviour within social and familial systems to understand their impact on an individual's thoughts, feelings, and actions.

SBC offers a range of services, including psychotherapy for individuals, couples, and families; project work, such as EU-funded mental health initiatives; and interactive training and workshops on topics like trauma, stress management, occupational health, and professional development.



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Collaboration Meeting in Malta

On 17 October 2025, partners from Greece, Malta, and Cyprus gathered in Malta for our first project collaboration meeting. The consortium had the opportunity to get to know each other better, share their institutional goals, and exchange ideas about the project's objectives. Productive discussions led to a shared understanding of priorities and agreement on the next steps to move forward collaboratively. The meeting was filled with enthusiasm, positive energy, and a strong commitment to achieving our common goals.



What's Coming?

In the coming months, the consortium will focus on developing two key project outputs: the Training Resources (Manual) and the Methodology & Guide for Practitioners. These materials will be available in two languages, English and Greek, to ensure wider accessibility and impact.

Following this phase, a training session is planned to take place in early July 2026 in Greece, where partners will come together to test and refine the materials that have been developed. We are looking forward to this next stage of our collaboration and the valuable outcomes it will bring.

Project Social Media

To enhance the visibility of our project and share updates with a broader audience, we have launched our official social media channels. You can now follow our journey, stay informed about our activities, and engage with our content on:

- **Facebook:** [Care & Cope Project](#)
- **LinkedIn:** [Care & Cope Project](#)

We invite you to follow us and join our growing community!



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