

Las Fuentes Health Network

Context:

Las Fuentes Health Network emerged as the most active network from the Neighbourhoods Health Network initiative, which aims to enhance collaborative efforts, promote community interventions, and leverage health assets while encouraging citizen participation.

The core group of this network comprises individuals from various entities operating in the area, including educational centres, primary health care centres, municipal centres, city council technicians, community centres, senior citizens' centres, and associations. Initially, a technical group supported the core group in conducting a situational analysis and identifying needs.



Image 1. Logo Las Fuentes Health Network

During the COVID-19 pandemic, the network's activity declined, but currently, the core group operates autonomously, and the network is actively functioning.

Description:

There are some examples of initiatives in which the network has worked:

- Community Fair "Las Fuentes Health and Wellbeing"



Image 2. Community health fair poster

The first activity organized by the motor group was a community fair titled "*Las Fuentes de Salud y Bienestar*" in 2023. This event focused on promoting health in positive terms, involving the community in gaining control over their health, and emphasizing emotional well-being. The fair saw participation from 19 entities and 60 professionals, and required seven meetings for its organization.

The objectives of the event were to inform neighbours about the network's history, promote and facilitate spaces for collaborative work, strengthen the community process, and promote a global understanding of health and well-being.

Various activities were conducted with the neighbourhoods, including participatory workshops and training sessions on topics such as emergency actions, advance care directives, personal autonomy programs, emotion management, sleep hygiene, and healthy nutrition. The day concluded with musical performances by intergenerational groups from the neighbourhood.



Image 3. Activities and workshop during the journey

- **Neighbourhood Health Agents:**

A health agent is defined as a key volunteer with a strong connection to their community, selected by the motor group to collaboratively work towards building a healthy community.

- **Neighbourhood health agents on alimentation:**

The objectives were for these agents to identify foods that are part of a sustainable and healthy diet, understand the relationship between the current food system chain and the health of people and the planet, and learn how to cook and buy healthy and sustainable foods for everyday use.

The motor group developed six workshops in collaboration with CERAI (Centre for Rural Studies in International Agriculture), with 80 participants attending.

- **Neighbourhood health agents on emotional wellbeing:**

The objective was to promote the emotional and social growth of the group, develop competencies related to social and emotional learning, and enhance life skills.

Professionals from the motor group, along with community nurses, psychologists, social workers, and educators, conducted seven workshops on topics such as stress, self-esteem, social skills, and life transitions. There were 12 participants.

To evaluate the activities, a participatory day was held using qualitative evaluation techniques and a quantitative evaluation questionnaire. The participants showed a high rate of satisfaction with the content and instructors of the workshops. Finally, accreditation diplomas will be given to the participants. You can find more information here (<https://cerai.org/cerai-promueve-la-alimentacion-sostenible-en-el-barrio-de-las-fuentes-de-zaragoza/>).



Ilustración 4. Evaluation journey