

One Health 4 Cities



Integrated Action Plan [LOULÉ MUNICIPALITY- Portugal]

loulé
Aqui e Agora

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About this document

The URBACT Integrated Action Plan (IAP) is a city-level output that defines actions to be implemented within the city to **respond to the specific urban policy challenge of the One Health 4 Cities Network**. The IAP reflects the lessons learned from local stakeholders, transnational partners and the testing of actions at local level.

IAPs thus provide both a **focal point and end goal of the action planning journey** that cities undertake within their URBACT Action Planning Network (APN). IAPs help to ensure that both local-level discussions (within the URBACT Local Group) and transnational exchange (between the network partners) have a practical focus on planning a coherent set of actions to address the local policy challenge in each participating city, embedding an integrated and participative approach.

IAPs are **future oriented** – setting out the actions that cities and their local partners will implement beyond the life cycle of the URBACT network. For this reason, each IAP not only sets out what the city intends to do on its specific topic, but also has a **strong implementation focus**, for example through the identification of specific funding opportunities, governance structures and timelines for how the actions will be implemented and monitored.

About the Network

The **One Health 4 Cities Network**, an Action Planning Network of URBACT IV Programme, brings light on how to implement the One Health approach in urban public policies, strategies, and projects. Comprising cities with varying levels of experience in One Health and local contexts, the network fosters a collaborative environment where the nine partners come together to learn and share experiences: Benissa (ES), Elefsina (GR), Kuopio (FI), Lahti (FI), Loulé (PT), Lyon (FR), Munich (DE), Eurometropolis of Strasbourg (FR) and Suceava (RO). The network aims to develop tools that empower decision-makers and operational teams to increase the positive impact of urban projects on the well-being and health of people, animals, and the environment. The network's lead partner is the City of Lyon.

Contact information

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IAP SECTION 1: City Context & Vision

Chapter 1.1 - Overview of the city: Loulé nowadays

The municipality of LOULÉ is very diverse. It is the most extensive and populous Algarve municipality, with 763,67 km², around 75.000 inhabitants, 2 cities (Loulé and Quarteira) and 9 parishes. It is divided into 3 areas: Sierra; “Barrocal” and Coastal. Has the benefit of geographical centrality in the Algarve region.

The population density is 95 (Inh. / km²). Last data about demographic profile is: - 9.774 under 14; 45.648 adults between 15 and 64; 16.910 over 65; The population variation since 1981 until 2023 in plus 51,6%; The aging index is 132,5 (*Ratio between the elderly population and the young population, usually defined as the quotient between the number of people aged 65 or over and the number of people aged between 0 and 14 years*); Population with Higher Education is 12,1%; the rate of “Family Friendly Accommodations” is 2,3 (*number of persons for each house*); The illiteracy rate is still 4,8%.

Strongly invests in tourism, sport and the increase of quality of life in a sustainable way.

The municipality of Loulé considers climate change to be one of the most important challenges of the 21st century. Loulé aims to promote a coherent response throughout the municipal territory to the multiple problems related to climate change and to place the municipality at the forefront at national level with regard to these matters.

At the same moment we care and fight the climate changes want to become a health city, improving active and healthy lifestyles, fighting against the sedentary lifestyle, foment of the social cohesion, and promote active aging (among other goals).

The municipality of Loulé, in terms of mobility planning, in a sustainable perspective is trying to create opportunities for territorial organization and transport systems to improve the urban environment and security, relevant factors for the tourist, tertiary and residential attractiveness (Promoting the use of public transport will considerably reduce the number of private vehicles circulating in the city, which will lead to faster decarbonisation, air quality and people's quality of life...).

The current orientation of municipal policies, have a strong focus on sustainability and competitiveness (low carbon economy, energy efficiency, renewable energies, internationalization, valorisation of endogenous resources. Those will favour the transformation of the economy of Loulé, including diversification of the productive base and the move towards more sustainable tourism, as well as the adoption of a territorial and urban planning and management model to overcome the risk and disqualification situations resulting from land use and occupation patterns (including dispersion, functional promiscuity and the predominance of individual car mobility). In other words, the objective is a more efficient and structured use of the territory. Avoid uncontrolled construction, protect the environment, and classify the territory more efficiently (redefine which areas are for construction, agricultural reserves, forest reserves, etc...).

Chapter 1.2 – Priorities: Loulé ambition and motivation to integrate the “One Health 4 Cities” Project

Cardiovascular problems among the population and child obesity are increasing at an alarming rate, as a result of a sedentary lifestyle. On the other hand, 35% of the population practices a type of sport regularly, at least twice a week, which is well above European average.

Loulé is facing a new challenge to keep senior citizens active, preventing their social exclusion and supporting their needs of maintaining their autonomy and social bounds. Due to increasing work-load people are systematically pushed to postpone social moments and active living choices, leading to social exclusion and health problems. Taking into account this reality and the work developed since 2015 to improve the health of our community through informal physical activity, our motivation is to continue what we developed in the two previous projects (Vital Cities and Healthy Cities) and integrate One Health approach in our vision and future actions, in a holistic way.

The goal will be continue and improve these policies, in order to integrate and interconnect them with environmental and animal health protection policies as well, being the main goal the “ACTIVE AGING”.

Chapter 1.3 – Local Challenges and Focus of this IAP

Sports diversity has long been a distinctive brand in the Municipality of Loulé, where more than 69 types of sports are being practiced, throughout 57 clubs and associations and involving about 8.000 registered athletes every day, who compete at all levels (local, regional, national and international). Diversity reigns in the city: from gymnastics to swimming, horse riding to pigeon racing, triathlon to handball and BMX to motocross. Loulé has an extensive sports infrastructure: the city is equipped with 241 sports establishments, 137 of which are open to the public offering more than 30 modalities for the citizens. On average, they are used by 50.000 people per month.

There is a strong cycling tradition in Loulé, the “Louletano Desportos Clube”, the largest club in the municipality, achieved several accomplishments on a national level. The club is investing in training, together with the “Clube de BTT Terra de Loulé”, standing out as Portugal’s prime and one of Europe’s largest mountain bike schools.

The Municipality of Loulé has the largest number of golf courses (13) in the Algarve region. The municipality’s coastline, of about 13 km, enables the practice of equally important nautical activities. Among these, CIMAV (Vilamoura Marina’s International Club) is the most significant in terms of sailing, surf and, more. Rugby, basketball and roller-skate hockey are also getting more and more important, not only due to the number of participants but also because they promote the municipality through their achievements.

The public bike share system counts 36 stations and over 200 bicycles. It is a GSM-guided system. There are citizens’ initiatives growing on social platforms like Facebook groups for

bicyclists.

The challenge of the “Sports for All” principle

Large scale sports facilities in the municipality are used for well-organized, centralised, formal sports, with scheduled trainings. There is a growing need to shift from this approach, as this format does not effectively reach the most vulnerable target groups (children, disadvantaged people, elderly) and is mostly used by the well-off population.

The municipality recognized the need to move from the development of large scale centralised facilities to smaller scale urban sports equipment, embedded in the living areas. Involving residents of deprived areas in sport activities is also a challenge for Loulé. The objective of the Municipality is to open it up the deprived areas through connecting the community by creating public spaces and sport facilities: safe open spaces, close to the community. In short, make the sport accessible to all the residents of the municipality.

The application of this new approach requires a change in the mind-set of the municipality as well, to bring down the ‘silos’ of the different departments (Social, Sports, Urban Planning) and develop a holistic, integrated approach.

The challenge to find a suitable monitoring system

To implement a successful transition from central facilities to community based, embedded equipment, the municipality has to have sufficient data on the needs of its residents and their sport habits. The challenge in this regards it to find the most suitable methods for monitoring sports activity in the municipality and apply them to the local circumstances.

These are not final goals, but rather means of achieving broader and more holistic objectives that include topics such as: physical and mental health; the rationalization and optimization of natural resources and protection of the environment (fight climate changes, rationalization of a scarce asset like water...); animal health (biodiversity, protection of native species, etc...).

In resume, the focus of this IAP is to understand the topic of "Health" in a holistic way: Environment; People and Animals.

Improve active and healthy lifestyles, fighting against the sedentary lifestyle, foment of the social cohesion, an active aging, in a healthy environment, defining new principles and implementing new projects that reflect the vision of "One Health".

Chapter 1.4 – Resume of the expected changes/results

In resume, with the sharing of experiences and methods that the participation in an Urbact Project gives us, we want to create a dynamic IAP to be used by all local partners (in articulation with the municipality).

The final result will be to have a better articulation between all the agents of our society, in order to have a more accurate and inclusive way to have an even more “Healthy Society” (Holistic vision of “One Health”).

IAP SECTION 2: Overall Logic and Integrated Approach

Chapter 2.1 – Definition of Strategic Objectives (SMART)

In this “Section 2”, Loulé will establish the “strategic and specific objectives” that guide our IAP, to have a dynamic plan to be used by all local partners / stakeholders (in articulation with the municipality). Better articulation between all the agents of our society, in order to have a more accurate and inclusive way to have an even more “Healthy Society” (holistic vision of “One Health”).

We intend that the objectives presented here reflect not only our reality, but also our priority and strategic vision for the municipality of Loulé, following the SMART criteria (specific, measurable, achievable, relevant and defined in time).

NOTE: At the moment, as we fortunately have a high number of ULG members, from very diverse areas, such as: Public institutes; Health Centre; University; Sports, social and recreational clubs; etc... We are still trying to integrate, in a holistic way, all their projects, objectives, human and technical resources...; As well as the areas of intervention. Therefore, the content of this “Section 2” will be permanently updated.

Chapter 2.2 –Strategic and Specific Objectives

Provisional list of strategic objectives of our IAP (Loulé) [See the “Note” in the previous chapter]. Presented according “SMART” criteria [specific, measurable, achievable, relevant and defined in time].

2.2.1 - A) Main Strategic Objective – ACTIVE AGING

Became a health city, improving active and healthy lifestyles, fighting against the sedentary lifestyle, foment of the social cohesion, and promote **active aging**.

We want to improve the health (physical and mental) and well-being of the population.

Our concern is not that people “*live more 20 or 30 years*”. That's for science!

Our concern is that people have “*better quality in the last 20 or 30 years of life*”!

- **Specific:** Promote physical activity; Keep senior citizens active, preventing their social exclusion, the sedentary lifestyle and supporting their needs of maintaining their autonomy and social bounds.
- **Measurable:** increase the population's participation (mainly senior population) in society's physical, sporting and recreational activities by at least 15% per year.
- **Achievable:** Optimize existing infrastructures, technical and programmatic resources and collaborations with private and community sectors (mainly, ULG members).

- **Relevant:** Improves the quality of life of the entire city (local population, visitors and tourists).
- **Defined time:** Achieve these objectives before 2030.

2.2.1 - B) Integration of the main objective (Active Aging) with other city objectives and programs

Although our main objective is "**Active Aging**", it cannot be seen isolated, without integrating and interconnecting with other objectives that the city of Loulé develops. For example: "**Climate Changes**"; "**Decarbonization**"; etc...

About **CLIMATE CHANGES**, mitigate the effects of climate change. Optimize water resources (capture, retention and use) in a sustainable way for local fauna and flora (ecosystem). Protect and adapt native vegetation to be more resilient and prepared for climate change.

- **Specific:** Improve the management and use of water resources. Implement more efficient methods of capturing and retaining water (groundwater and rain). Protect biodiversity.
- **Measurable:** Reduce water consumption and adapt green public spaces to climate change, replacing native vegetation that is more efficient and prepared for water shortages (local rainfed trees...).
- **Achievable:** Better education and environmental awareness. Use of more efficient irrigation systems.
- **Relevant:** Respond more efficiently to water management challenges caused by increasingly dry periods (currently, rains in Loulé less than 2 months a year. There are often periods of 8 to 9 months without any rain).
- **Defined time:** Maximum until 2030.

About **DECARBONISATION**, through the creation of a more efficient, more environmentally friendly and less polluting mobility plan, Loulé is trying to create opportunities for territorial organization and transport systems to improve the urban environment and security, relevant factors for the tourist, tertiary and residential attractiveness (promoting the use of public transport will considerably reduce the number of private vehicles circulating in the city, which will lead to faster decarbonisation, air quality and people's quality of life...).

Our mobility plan also includes encouraging the use of bicycles, whether as a means of transport to work and/or school, or as a recreational/sporting means.

For a more efficient strategic implementation of our "mobility plan", we are trying to integrate this plan with the our "Territorial and Urban Plan". It's a territorial and urban planning and management model to overcome the risk and disqualification situations resulting from land use and occupation patterns (including dispersion, functional promiscuity and the predominance of individual car mobility...).

- **Specific:** Implement a free public transport network for the entire population. Currently, transport is only free and within the city.
- **Measurable:** reduce the number of vehicles within the city as much as possible.

- **Achievable:** Better and more efficient public transport network, together with the creation/expansion of parking lots and
- **Relevant:** encouraging the use of bicycles as a privileged daily means of transport.
- **Defined time:** Maximum before 4 years.

2.2.2 - Specific and Operational Objectives

Details of the “**specific and operational objectives**” related to our “**main strategic objective**”, the “**Active Aging**”, for a more efficient implementation.

1 - a) Organize sporting, recreational, social and cultural events and promote sports/physical activity (formal and informal) aimed at active aging, with direct collaboration of the ULG members.

Operational:

- “Active Easter”, “Active Summer” and “Active Christmas”, (free sport activities for all, using municipal and clubs technicians, teachers and sports monitors). As an example: in last “Active Summer” we had more than 200 free sport events for the population.
- “Individualities in School” (Program that takes several national and international champions to schools to play and speak with local students. Possibility of use national and international champions between cities of this network).
- “Clubs in School” (Program that takes several sportive clubs to schools to present and promote sport).
- Dance Lessons (salsa, kizomba, bachata...), Yoga Lessons, Pilates, etc... for senior people.

1 - b) Seminars /Conferences about Active Aging.

Operational:

- “Knowledge and Memory” workshops/seminars (workshops/seminars with the goal of reflect about the past, think about the present and prepare the future, identifying the clues for tomorrow)
- Conversation Cycles “Sow Today...Reap Tomorrow...” dedicated to “Well-being in aging” (Aging is part of the natural cycle of life, but the way this process happens can directly influence the way people live this phase).
- Implement well-being strategies in dementia.
- Enhance and raise awareness about well-being during aging
- Show the perspective of neuropsychology and the sharing of social and multidisciplinary responses that foster the integration of the elderly in the dynamics of our cities society.

1 - c) Loulé Active and Healthy Aging Promotion Week - Aging and Living (free entry).

Operational:

- Continue organizing the “Loulé Active and Healthy Aging Promotion Week - Aging and Living”.
- Increase and better promote interactive sessions on lifestyles and the promotion of mental and physical health, physical activity, lectures...

- Increase the number of specialists in several areas related to issues of active aging and the rights of older people.

1 - d) Reinforcement/Improvement of the recently created “**CCEA - Centro de Competências de Envelhecimento Ativo**” (“Active Aging Skills Center”). National institute based in Loulé.

The CCEA aims to promote a positive approach to aging, training professionals to offer differentiating, high-quality care and services that improve the quality of life of older people.

Operational:

- Train and enable all people who deal with aging in some way and, therefore, to develop response and stimulus techniques to active aging in its various dimensions.
- Train workers/employees from entities involved in providing care to the elderly, informal caregivers of the elderly and entities that promote the creation and development of projects in these áreas.
- Formation of public policies dedicated to aging.

1 – e) Reinforcement of the recently created “**Loulé Solidário**” telephone line (“Loulé Solidarity”). Social and psychological support line, available via the local telephone number 800289600, free of charge and open every day from 9am to 8pm. Managed by the Social Action Department of Loulé City Council in collaboration with other entities, some of which are ULG members.

(40% of line and meals users are recently unemployed people, 20% are long-term unemployed, 26% are retired and only 14% are active people).

Operational:

- Reinforcement of the service team (in the first 30 days, 950 requests for direct support were answered).
- Reinforcement of meals served (4.405 meals were served in this space and 785 others were delivered to those who could not leave their homes, for a total of 5.190 meals).
- Reinforcement of support in the acquisition of medicines and delivery to those who cannot leave the house.
- Increase in more intervention áreas.

1 – f) Free public urban transport to all population

Operational:

- The main users of the urban public transport system (within urban areas) are older people. Thus, with the implementation of "free transport for all", we implemented a large reduction in the use of vehicles within the city (fight for Decarbonization), greater mobility, greater social inclusion and an improvement in quality of life..

1 – g) Network of “Walking Towns and Villages”

Operational:

- Loulé joined the Network of “Walking Cities and Towns” (“*Cidades e Vilas que Caminham*”) on December 14, 2023, through a protocol with the “Institute of Mobility Cities and Towns” (ICVM).
- The objective is to encourage the population, especially the elderly, to walk instead of using cars.

- It is an action that, in addition to increasing health benefits for people, will also contribute to improving the quality of urban life, with a reduction in CO2 emissions and associated traffic and parking problems, contributing to the mitigation of climate change.

This network was created with the aim of establishing a platform for sharing experiences and solutions that constitute excellent examples of good urban practices in terms of sustainable, smooth and active mobility. It is a project that aims to guarantee, to the member municipalities, the development of work for a more qualified and inclusive city, where walking is intended to become the most important mode of travel.

IAP SECTION 3: Action Planning Details

Chapter 3.1 – ACTIVE AGING

With this IAP, to have an **ACTIVE AGING**, Loulé wants to become a health city (physical and mental), promoting physical activity, improving active and healthy lifestyles, fighting against the sedentary lifestyle foment of the social cohesion, supporting the needs of the senior citizens, maintaining their autonomy and social bounds.

For that, we have (planed or already started) actions, below better described.

***OBS.:** This is still a provisional list. There are “actions” and “specific indicators” (such as: “Monitoring indicators”; “Risk mitigation”; and “One Health Impact”) which we will present later.*

3.1.1 - “ACTIVE SUMMER”

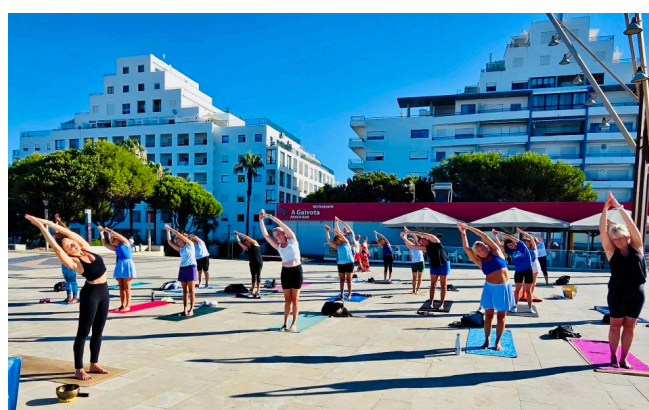
- Implementation Steps/ Objective:

Through physical activity (formal and informal), encourage all, with focus on the senior population, to participate on free sport activities, using municipal and clubs technicians, teachers and sports monitors, during summer (July to September). The target will be to have more than 200 free sport events for the population, during those 3 months. Free participation. Agenda yet to be defined.

- **Timing:** July to September. To repeat every year.

- **Funding:** Municipal budget.

- **Lead:** Loulé Municipality. With the participation of all Sport Clubs included on the list of ULG Members.



3.1.2 - “ACTIVE WEASTER”

- Implementation Steps/ Objective:

Through physical activity (formal and informal), encourage all, with focus on the senior population, to participate on free sport activities, using municipal and clubs technicians, teachers and sports monitors, during Weaster period. The target will be to have free sport events for the population, during that period. Free participation. Agenda yet to be defined.

- **Timing:** During the 2 weeks of "Easter" (varies each year, according to the Gregorian calendar). To repeat every year.
- **Funding:** Municipal budget.
- **Lead:** Loulé Municipality. With the participation of several Sport Clubs included on the list of ULG Members.

3.1.3 - "ACTIVE CHRISTMAS"

- Implementation Steps/ Objective:

Through physical activity (formal and informal), encourage all, with focus on the senior population, to participate on free sport activities, using municipal and clubs technicians, teachers and sports monitors, during Christmas month. The target will be to have free sport events for the population, during that period. Free participation. Agenda yet to be defined.

- **Timing:** During December. To repeat every year.
- **Funding:** Municipal budget.
- **Lead:** Loulé Municipality. With the participation of several Sport Clubs included on the list of ULG Members.

3.1.4 - "DANCE LESSONS"

- Implementation Steps/ Objective:

Dance lessons (such as: Salsa; Bachata; Kizomba, etc...), Yoga lessons and Pilates for senior citizens.

- **Timing:** All year round (except summer), twice a week. To repeat every year.
- **Funding:** Municipal and "São Clemente" (a parish of Loulé) budget.
- **Lead:** The parish of São Clemente (an ULG member).



3.1.5 - “CLIMATE WEEK”

- Implementation Steps/ Objective:

Raise awareness among the population, with a focus on the elderly population, about the problem of climate change. Through various activities. For example:

"Yoga...with Climate"; "Walk for the Climate"; "Pilates... with Climate"; "Zumba Sunset... with Weather"; "Let's go to the park"; "Plenary Session of the Local Council for Monitoring Climate Action of the Municipality of Loulé" (now in its 10th edition); "Student Conference on Adaptation to Climate Change" (now in its 6th edition); Screening of themed film; Book Presentation “Horizons of Sustainability”

- **Timing:** 19th to 25th of May 2025. To repeat every year (always with a different program).

- **Funding:** Municipal budget.


- **Lead:** Loulé Municipality.



semana do clima
19 a 25 de maio de 2025
Justiça Climática

dia	hora	atividade	local
dia 19 seg	09h30	Yoga... com Clima Instrutora: Prof. Caty Palibroda	Parque Municipal de Loulé (junto ao mini golf)
	19h30	Caminhada pelo Clima Dinamização: Cool Runners	Largo do Tribunal de Loulé
dia 20 ter	09h00 - 17h00	10ª Conferência Plenária do Conselho Local de Acompanhamento da Ação Climática do Município de Loulé <i>Inscrição obrigatória</i>	Cineteatro Louletano
dia 21 qua	09h30	VI Conferência Estudantil de Adaptação às Alterações Climáticas	Cerca do Convento Espírito Santo (Loulé)
	10h15	Pilates... com Clima Dinamização: Moov Fitness Center	Jardim das Comunidades de Almancil
dia 22 qui	18h30	Zumba Sunset... com Clima Instrutora: Prof. Bela Pereira	Calçada Nascente - Largo da Galvata (Quarteira)
	21h00	Exibição Filme "Human"	Cerca do Convento Espírito Santo (Loulé)
dia 23 sex	14h00 - 18h30	Horizontes da Sustentabilidade Apresentação do Livro Capital Natural	Cerca do Convento Espírito Santo (Loulé)
dia 24 sáb	10h00 - 17h00	Bora lá ao Parque	Parque Municipal de Loulé

A participação é gratuita em todas as atividades
Para mais informações, contacte: loule.adapta@cm-loule.pt

loulé 

3.1.6 - “KNOWLEDGE AND MEMORY” workshops/seminars

- Implementation Steps/ Objective:

workshops/seminars, with experts from different areas, with the goal of reflect about the past, think about the present and prepare the future, identifying the clues for tomorrow. Also identifying well-being strategies in dementia. Free participation. Agenda yet to be defined.

- Timing: Minimum of once a year. With the possibility of repeating it throughout the year quarterly.

- Funding: Municipal budget.

- Lead: Loulé Municipality. With the participation of several ULG Members and invited specialists.

3.1.7 - Conversation Cycles "SOW TODAY...REAP TOMORROW..."

- Implementation Steps/ Objective:

workshop/seminar dedicated to “Well-being in Aging”. Aging is part of the natural cycle of life, but the way this process happens can directly influence the way people live this phase. The goals are also: Identify well-being strategies in dementia; Enhance and raise awareness about well-being during aging; Show the perspective of neuropsychology and the sharing of social and multidisciplinary responses that foster the integration of the elderly in the dynamics of our cities society; etc... Free participation. Agenda yet to be defined.

- Timing: Minimum of once a year. To repeat every year.

- Funding: Municipal budget.

- Lead: Loulé Municipality. With the participation of several ULG Members and invited specialists.

3.1.8 - “LOULÉ ACTIVE AND HEALTHY AGING PROMOTION WEEK - AGING AND LIVING”

- Implementation Steps/ Objective:

It's a week that, mainly through physical activity (formal and informal), encourage all, with focus on the senior population, to participate on free sport activities, etc...

Increase and better promote interactive sessions on lifestyles and the promotion of mental and physical health, physical activity, lectures...

Increase the number of specialists in several areas related to issues of active aging and the rights of older people. Free participation. Agenda yet to be defined.

Among other activities, the program included:

a) presentation of the "Family Emergency Plan and Individual Emergency Kit"

b) Conferences about: "Menopause"; "Escape from Dementia"; "The importance of autonomy and dignity in old age"

c) "Let's go to the senior park" (a whole day at the park with activities on health and well-being, art, senior information spaces, showcooking...)

- **Timing:** Once a year. To repeat every year. This year was between July 29th September and 4th October 2025. Free participation.

- **Funding:** Municipal budget

- **Lead:** Loulé Municipality. With the participation of several ULG Members and invited specialists.



29 SET 2025 - 2ª feira
BIBLIOTECA MUNICIPAL LOULÉ

15h00 Ação de sensibilização
16h30 **MENOPAUSA: NÃO O FIM, MAS SIM O INÍCIO**
Associação para o Planeamento da Família



30 SET 2025 - 3ª feira
BIBLIOTECA MUNICIPAL LOULÉ

15h00 Ação de sensibilização
16h30 **FUGIR DA DEMÊNCIA**
Unidade Local de Saúde do Algarve EPE (UCC Gerentes de Loulé)

01 OUT 2025 - 4ª feira
CENTRO PAROQUIAL E SOCIAL DE LOULÉ

15h00 Espetáculo de Teatro
16h30 **REGATEIRICES EM DOSE DUPLA**
Associação Cultural, Artística, Recreativa e de Bem-Estar

02 OUT 2025 - 5ª feira
SERVIÇO MUNICIPAL DE PROTEÇÃO CIVIL, SEGURANÇA E FLORESTAS, LOULÉ

15h00 Sessão Informativa
16h30 **PLANO DE EMERGÊNCIA FAMILIAR & KIT DE EMERGÊNCIA INDIVIDUAL**
Serviço Municipal de Proteção Civil, Segurança e Florestas

03 OUT 2025 - 6ª feira

14h30 Desfile de Moda
16h30 **A MODA PARA TODAS AS IDADES**
Banco do Tempo de Quarteira
PRAÇA DO MAR - QUARTEIRA

18h00 Ciclo de Conversas com Maria Jesus Névoa
19h30 **A IMPORTÂNCIA DA AUTONOMIA E DA DIGNIDADE NA VELHICE**
BIBLIOTECA MUNICIPAL LOULÉ



04 OUT 2025 - Sábado
BORA LÁ AO PARQUE.. SÊNIOR!!
Celebração do Dia Internacional da Pessoa Idosa 2025

10h00 **ESPAÇO SAÚDE E BEM ESTAR**
15h00
• Emocionalmente (sessão de bem estar)
• Yoga
• Massagem
• Batidos com o Coração
• Rastreo de Doenças Cardiovasculares
• Workshop de Expressão Corporal
• Aula Experimental De Pilates Clínico
• Prevenção de Quedas

ESPAÇO DE ARTE

• Workshop de Escrita Criativa
• Workshop de Dança Criativa
• Oficinas do BairrART
• Oficina Mãos no Barro
• Círculo de Tambores

ESPAÇO INFOSENIOR

• Câmara Municipal de Loulé
• Segurança Social IP
• DECO Algarve
• Guarda Nacional Republicana de Loulé

ESPAÇO SHOWCOOKING

• O Prato Certo
• Animação Musical

PARQUE MUNICIPAL DE LOULÉ

PARTICIPAÇÃO GRATUITA.
SUJEITA A INSCRIÇÃO OBRIGATORIA
TEL. 800 589 600 (CHAMADA GRATUITA)

15h00 **BAILE SOCIAL**
18h00 **SALÃO DE FESTAS MUNICIPAL DE LOULÉ**



3.1.9 - Reinforcement/Improvement of the recently created “CCEA - CENTRO DE COMPETÊNCIAS DE ENVELHECIMENTO ATIVO” (“ACTIVE AGING SKILLS CENTER”)

- Implementation Steps/ Objective:

The goal is the reinforcement/Improvement of the recently created “CCEA - Centro de Competências de Envelhecimento Ativo” (“CCEA - Active Aging Skills Center”). It’s a national institute based in Loulé. A recently ULG Member.

The CCEA aims to promote a positive approach to aging, training professionals to offer differentiating, high-quality care and services that improve the quality of life of older people.

Train and enable all people who deal with aging in some way and, therefore, to develop response and stimulus techniques to active aging in its various dimensions.

Train workers/employees from entities involved in providing care to the elderly, informal caregivers of the elderly and entities that promote the creation and development of projects in these areas.

Formation of public policies dedicated to aging.

- **Timing:** Permanently through all year.

- **Funding:** Mix of Municipal budget and Central Government budget.

- **Lead:** Loulé Municipality.



3.1.10 - Reinforcement of the recently created “LOULÉ SOLIDÁRIO” telephone line (“LOULÉ SOLIDARITY”)

- Implementation Steps/ Objective:

The objective is the reinforcement of the recently created “Loulé Solidário” telephone line (“Loulé Solidarity”). It’s a Social and psychological support line, available via the local telephone number 800289600, free of charge and open every day from 9am to 8pm. Managed by the “Social Action Department” of Loulé City Council in collaboration with other entities, some of which are ULG members.

Reinforcement of the service team (in the first 30 days, 950 requests for direct support were answered).

Reinforcement of meals served (4.405 meals were served in this space and 785 others were delivered to those who could not leave their homes, for a total of 5.190 meals).

Reinforcement of support in the acquisition of medicines and delivery to those who cannot leave home.

Increase the number of intervention areas.

Better and greater assistance to the elderly population.

- **Timing:** Permanently through all year.

- **Funding:** Municipal budget.

- **Lead:** Loulé Municipality.

3.1.11 – “FREE PUBLIC URBAN TRANSPORT FOR ALL”

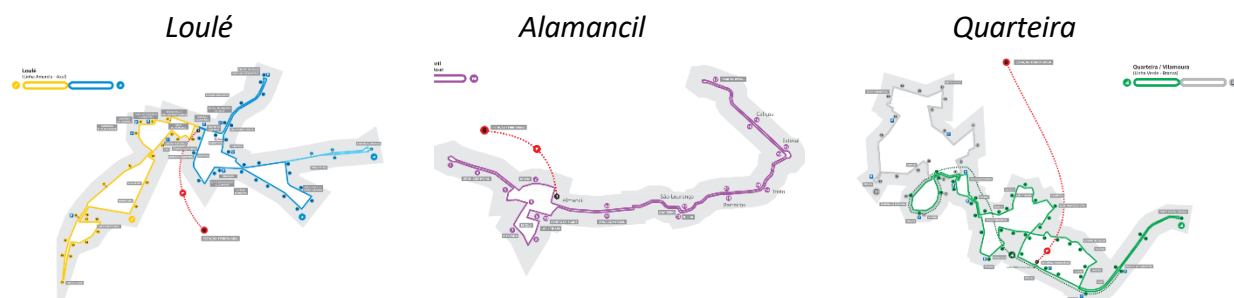
- Implementation Steps/ Objective:

The main users of the urban public transport system (within urban areas) of Loulé (Loulé, Almancil and Quarteira) are older people. Thus, with the implementation of "Free Transport for All", Loulé implemented a large reduction in the use of vehicles within the city (fight for Decarbonization), greater mobility, greater social inclusion, improvement in quality of life and a better and greater assistance to the elderly population.

- **Timing:** Permanently through all year.

- **Funding:** Municipal budget.

- **Lead:** Loulé Municipality.



3.1.12 – “EMOTIONALLYMIND” PROGRAM (“EMOCIONALMENTE”)

- Implementation Steps/ Objective:

Program promoted by Loulé City Council and which aims to work on emotions and self-esteem through therapeutic techniques, promoting active aging

- **Timing:** Several times a year. Usually on a biweekly basis. Free participation with future agendas still to define.

- **Funding:** Municipal and Parish of “São Sebastião” budget.

- **Lead:** The parish of São sebastião (an ULG member).



3.1.13 – “VIII Energy and Climate Summit (28-29 July 2025 – Loulé)

- Implementation Steps/ Objective:

A partnership between the Municipality of Loulé and the Energy and Climate Forum. The goal is to promote debate around the theme "NATURE AND CLIMATE: The Urgency to Act." The program addressed key issues such as the implementation of climate action policies for nature conservation, ecosystems at risk and innovative solutions for their protection, as well as effective communication, awareness-raising, and civic engagement strategies for conservation.

Among other activities, the program included:

a) Presentation of the "Women's Climate Movement" and the "Network of Women Guardians of Nature and Sustainable Development of the Rural World." The objective is to promote intervention projects in rural areas, especially in protected areas, contributing to the regeneration and recovery of ecosystems and biodiversity, the sustainable use of endogenous resources, and the promotion of projects for the transition to a low-carbon, climate-resilient economy.

b) Exhibition "With Feet on the Ground and Hands in the Sea – 6,000 Years of Quarteira's History"

c) Several discussion panels, such as: "How Does Climate Change Affect Biodiversity?"; "Climate Action Policies for Nature Conservation"; "Desertification and Land Use Planning"; "Ecosystems at Risk and Innovative Solutions for Their Protection"

d) Presentation of the project "Trees in Our City"

e) Presentation of the book "Desertification in Portugal"

- **Timing:** Without fixed frequency. This year was the VIII edition between July 28th and 29th 2025. Free participation.

- **Funding:** Municipality of Loulé.

- **Lead:** Municipality of Loulé (and parishes of Almancil and Quarteira - ULG members).



3.1.14 – “Loulé +Social”

- Implementation Steps/ Objective:

Loulé has opened a new space that brings together a wide range of full-time community care, support, and social services, "*from birth to aging*", at "Loulé +Social," there is always someone available to assist those seeking help at different stages of the life cycle, from at-risk children and youth to the elderly.

Promoting the physical and psychological well-being of individuals and families, helping to strengthen family and social support networks, and always keeping the social cohesion of the region in mind, are the pillars of this Loulé City Council initiative, which will have approximately 35 specialized technicians.

Services integrated into "Loulé +Social", supported by local partners of the Social Network:

- a) **General Social Support** (Full-time social care and monitoring; Frontline "Social Radar" team to identify vulnerable situations; Support for Social Integration Income (RSI) recipients; Access to the "Loulé Solidário" Regulation (support for basic expenses) and the "Abem Card");
- b) **Services for the Elderly** ("Municipal Senior Card" with benefits for retirees over 60; free "Mobile Workshop" for minor home repairs);
- c) **Inclusion and Accessibility** ("Itinerant Inclusion Desk" for people with disabilities; "Local Migrant Integration Support Center");
- d) **Combating Homelessness** ("Homeless Planning and Intervention Center"; Street outreach team and housing responses - "Housing First" and shared apartments);
- e) **Family and Childhood Support** (Psychological support and speech therapy; Child vision screenings; "Life Support Center" for at-risk pregnant and postpartum women);
- f) **Health and Well-being** (Psycho-Oncology Service; Group projects "Emocionalmente" and "BairrART");
- g) Etc...

- **Timing:** Permanent operation (service inaugurated on 21st October 2025). Free participation.

- **Funding:** Municipality of Loulé.

- **Lead:** Municipality of Loulé (supported by several local partners of the Social Network).

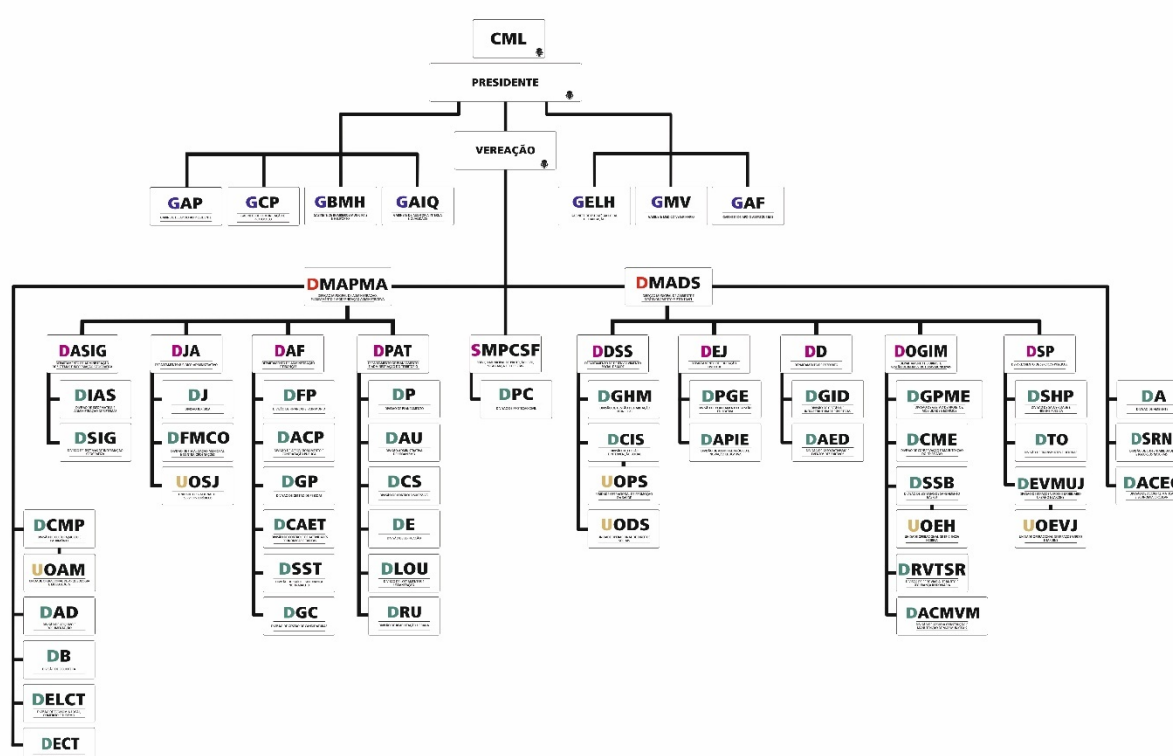


IAP SECTION 4: Implementation Framework

Chapter 4.1 – Support structures for the implementation and monitoring of activities.

The **support structure for implementing activities** already initiated and/or to be initiated will always be based on the respective municipal services. Additionally, Local Partners (ULG members) collaborate according to their areas of intervention/operation.

Administratively, the municipality of Loulé is divided at the highest level into a "President" and "8 Councilors". Each Councilor has several "Portfolios" with their respective "Departments" and "Divisions".



Certain events/activities included in this IAP are transversal to several Portfolios and Departments. For example:

ACTIVE AGING

It involves several "Portfolios":

Events; Sports; Education; Health and Social Action; Youth; Citizenship Promotion; Climate Action; Environment; etc...

Local Partners collaboration (ULG members):

4 Parishes (Institutional Partners); Several Sports Clubs (Non-profit Clubs); Several public institutions (IPSS)

A monitorização das actividades já é mais descentralizada que a implementação. Alguns resultados da monitorização têm a coordenação e/ou colaboração dos Parceiros Locais (ULG) tais como: Universidade do Algarve; ABC – Algarve Biomedical Centre; Clubes Desportivos; Juntas de freguesia; etc...

The **monitoring of activities** is already more decentralized than the implementation. Some monitoring results are coordinated and/or involve collaboration with Local Partners (ULG members) such as: University of Algarve; ABC – Algarve Biomedical Centre; Sports Clubs; Parishes; etc...

The goal is for the data collected during the monitoring of activities to serve to improve local municipal policies, in order to integrate the holistic vision of "One Health" into local Action Plans and other Municipal Strategic Plans.

Chapter 4.2 – Overall Funding Strategy

The activities and/or projects are funded, for the most part, by the municipal budget.

Only a few events and/or projects have joint funding with Local Partner Budgets (ULG). For example:

- "DANCE LESSONS" - parish of "São Clemente" budget
- "CCEA - Centro de Competências de Envelhecimento Ativo" ("CCEA - Active Aging Skills Center") – Central Government budget
- "EMOTIONALLYMIND" Program ("Emocionalmente") - parish of "São Sebastião" budget

Although funding is primarily municipal, the support and collaboration of Local Partners (ULG) is essential in terms of logistics, knowledge, experience, technical and human resources.

Chapter 4.3 – Assessment of the relevance of the actions/activities, presented in this IAP, within the "One Health" vision.

To assess the relevance of the actions/activities, presented in this IAP, within the "One Health" vision, in Loulé, a preliminary analysis was conducted of the impact of these actions/activities on the three functional areas of the holistic "One Health" vision (human health, animal health, and environmental health), classifying this impact level as: high; moderate; or low.

	ACTIVITY	IMPACT	ONE HEALTH IMPACT
1	ACTIVE SUMMER	High	Promotes physical and mental health and social cohesion; integration with natural and sustainable environments
2	ACTIVE EASTER	Moderate	Promotes physical and mental health and social cohesion; integration with natural and sustainable environments
3	ACTIVE CHRISTMAS	Moderate	Promotes physical and mental health and social cohesion; integration with natural and sustainable environments
4	DANCE LESSONS	Moderate	Promotes physical and mental health and social cohesion; Active Aging
5	CLIMATE WEEK	High	Raising awareness of the need to combat climate change. Increasing environmental sustainability policies
6	"KNOWLEDGE AND MEMORY" workshops/seminars	Moderate	Promotes social cohesion and inclusion. It raises awareness and shared responsibility, identifying well-being strategies in dementia
7	Conversation Cycles "SOW TODAY...REAP TOMORROW"	Moderate	Promotes social cohesion and inclusion. It raises awareness and shared responsibility, strengthening the One Health vision
8	"LOULÉ ACTIVE AND HEALTHY AGING PROMOTION WEEK - AGING AND LIVING"	High	Active Aging. Foment of the rights of older people. Promotion of lifestyles and promotion of mental and physical health, physical activity, lectures...
9	Reinforcement of "CCEA - CENTRO DE COMPETÊNCIAS DE ENVELHECIMENTO ATIVO" ("ACTIVE AGING SKILLS CENTER")	High	Promote a positive approach to aging, training professionals to offer differentiating, high-quality care and services that improve the quality of life of older people. Formation of public policies dedicated to aging
10	Reinforcement of the recently created "LOULÉ SOLIDÁRIO" telephone line ("LOULÉ SOLIDARITY")	High	Social and psychological support line. Support social inclusion. strengthening the quality of life and basic needs of the population
11	"FREE PUBLIC URBAN TRANSPORT FOR ALL"	High	Decarbonization. Improving the quality of life in the city in a more sustainable way. Environmental protection.
12	"EMOTIONALLYMIND" Program ("EMOCIONALMENTE")	High	work on emotions and self-esteem through therapeutic techniques, promoting active aging. Promotion of mental health. Strengthening the One Health vision
13	"VIII ENERGY AND CLIMATE SUMMIT"	High	Direct impact on biodiversity protection with direct repercussions on human, animal and environmental health. strengthening of the "One Health" vision
14	"LOULÉ +SOCIAL"	High	Full-time community care, support, and social services, "from birth to aging". Promoting the physical and psychological well-being of individuals and families

