HEALTH & WELL-BEING

Caring for people [but not only] through sensitive policymaking

Session facilitated by Christophe Gouache

#URBACTfest

urbact.eu/city-festival-2026

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT

Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

In this session, we'll have the pleasure to hear about health & well-being from 3 different cities, of 3 different countries and 3 different networks.

- **Pedro Carrana**, from the Municipality of Pombal, Portugal | **Breaking Isolation** network

- **Mira Raynova**, from the City of Dobrich, Bulgaria | **Re-Gen** network

- **Marlène Dussauge**, from the City of Lyon, France | **OneHealth4Cities** network

PUBLIC PROBLEM N°1

Fighting the growing phenomenon of social isolation

Breaking Isolation

Tackling social isolation through policymaking



URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT

Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

PUBLIC PROBLEM N°2

Giving more space and voice to young people

Re-Gen

Youth and Urban Regeneration: Let's Take Back Public Spaces!



URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg
Δήμος Λευκωσίας
Nicosia Municipality

PUBLIC PROBLEM N°3

Making human, animal & environmental health inseparable

One Health 4 Cities

Cities in action for Human, Animal and Environmental health



URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg
Δήμος Λευκωσίας
Nicosia Municipality

Before we start...

We've got a couple of questions to ask you, our audience.

You won't need to speak up though



Yes, absol-utely

So-so.

No. Not at all.

Are you part of one of the 3 networks* high-lighted in this session?

* Breaking Isolation, Re-Gen, One Health 4 Cities

Have you been involved in the creation or implementation *Health & Well-being* policies?

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

Are you know-ledgeable about the issue of social isolation?

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

Do you consider that, in your city, young people are given space and voice?

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

Are you familiar with the concept of *'One Health'*?

Are you excited about this session?

BREAKING ISOLATION

Fighting the growing phenomenon of social isolation

Pombal, Portugal

Pedro Carrana, ROLE/POSITION

#URBACTfest

urbact.eu/city-festival-2026

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT

Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality



Pombal, Portugal

626 km²
of area

51,170
residents

1. 13 parishes across the municipality
2. A predominantly rural territory
3. 1 city — Pombal — at the centre of the municipality
4. 1/3 of the population lives in the city of Pombal

Source: INE, 2021 Census

Question

Do you think there are people at risk of social isolation in your city/neighbourhood?

THE NETWORK CHALLENGE

"Social isolation is a condition characterised by a prolonged absence of social relationships, both in quantitative and qualitative terms."

Definition discussed and validated by the Breaking Isolation Network partners

1 in 4

people currently experience social isolation worldwide

Source: World Health Organization

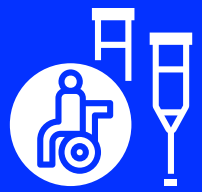
1. A cross-cutting issue affecting ALL age groups — not only older people

2. Growing in a society that is increasingly connected through (social) networks

3. Often not visible, which makes it harder to recognise and address

Causes of Social Isolation

"Addressing individual risk factors in isolation will not be enough to tackle loneliness — more holistic solutions are needed." — Joint Research Centre, EU Commission, 2022

 DEATH OF A LOVED ONE (OR BREAK UP)	 MENTAL HEALTH ISSUES	 PHYSICAL IMPAIRMENTS/ LONG ILLNESS	 UNEMPLOYMENT/ RETIREMENT	 POVERTY
 DOMESTIC VIOLENCE	 REMOTE LOCATION (OR LIVING ALONE)	 ADDICTIVE USE OF SOCIAL MEDIA	 ADDICTIONS TO DRUGS, ALCOHOL, GAMBLING	 LACK OF SOCIAL SKILLS & SOCIAL PRESSURE

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

WHERE YOUR CITY WAS AT REGARDING THE CHALLENGE

Pombal's starting point

Even before the Breaking Isolation project, the Municipality already had measures in place with an indirect impact on tackling social isolation:

1. SPORTS FOR ALL [since 2004]
Free physical activity sessions for older residents, held two to three times a week, helping to increase social interaction and reduce isolation.

2. **SENIOR SPACES [2024–2030 Active Ageing Strategy]**
Regular, free activities across all parishes, promoting active, healthy and happy ageing and fostering community engagement.

3. TRANSPORT ON DEMAND [2024–2028 Social Development Plan]
Free physical activity sessions for older residents, held two to three times a week, helping to increase social interaction and reduce isolation.





WHERE YOUR CITY WAS AT REGARDING THE CHALLENGE

Reducing isolation through telecare

Telecare service

1. Regular, friendly phone call
2. Free and immediate response through an emergency button
3. Aimed at vulnerable and socially isolated people



Our action plan

CHALLENGE

Social isolation affects people of all ages in Pombal

→

STRATEGIC OBJECTIVE

Integrated, community-based approach to prevent and mitigate Social Isolation

→

ACTIONS

9 co-created actions + 7 measures already integrated in other plans

→

IMPACT

Social cohesion and wellbeing

5 Specific Objectives that Structure the Plan

1. Better identify people who are socially isolated and those at risk of isolation
2. Develop direct responses to support people who are already socially isolated
3. Strengthen and multiply solutions to prevent social isolation among people at risk
4. Raise awareness of the issue, how to recognise it and its impact on people's quality of life
5. Strengthen social cohesion, intergenerational relations and a culture of mutual support

Examples of actions

ACTION 1

SOS Isolation and Loneliness Helpline

A municipal psychosocial support helpline for people at risk of, or already experiencing, social isolation, offering welcoming, active listening and referral — plus data collection to inform the county-wide diagnosis.

OBJECTIVE

Better identify people who are socially isolated and at risk of isolation

€1,000

ACTION 2

Social Prescribing

A pilot project in which the family doctor, much like a medical prescription, refers an isolated person to a social worker who helps them access the most suitable community responses, with ongoing follow-up.

OBJECTIVE

Develop direct responses to support people who are already socially isolated

€100,000/year

ACTION 3 [ROLLING OUT IN 2026]

Retirement Preparation Programme

Group sessions to reflect on the challenges of retirement: support for personal and family reorganisation, financial readjustment, encouragement of social and community participation, and promotion of active lifestyles.

OBJECTIVE

Strengthen and multiply solutions to prevent social isolation among people at risk

€1,000/year

RE-GEN

Giving more space and voice to young people

Dobrich, Bulgaria

Mira Raynova

#URBACTfest

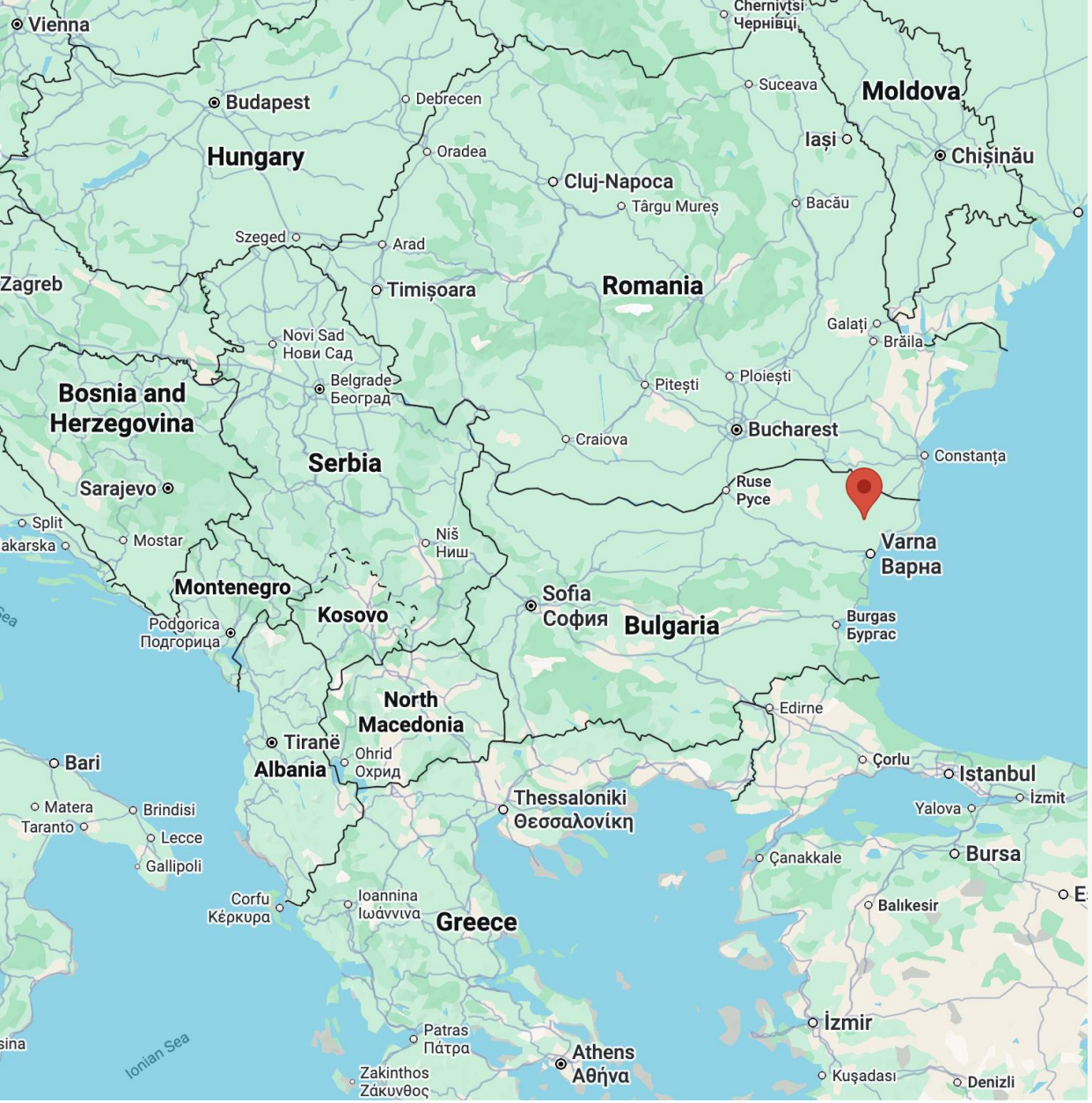
urbact.eu/city-festival-2026

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT

Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality



Dobrich, Bulgaria

1296 km²
of area

80 000
residents

1. 67 villages inside the municipality
2. Historically known as the “granary of Bulgaria” due to its strong agricultural heritage
3. Initiatives aimed at improving public spaces, promoting cultural life, and strengthening youth engagement
4. High degree of social cohesion, with a mix of traditional values and modern aspirations

Question

Are teenagers forgotten in urban planning?

THE NETWORK CHALLENGE

THE APPLE PARK WHERE SPORT MEETS NATURE AND PROVIDES YOUNGSTERS WITH OPPORTUNITIES

Challenges

The overarching network challenge of the URBACT RE-GEN network—shared by Dobrich and its European partner cities—is **how to give youth space in our cities by reclaiming abandoned, dismissed, or underutilized public areas and transforming them into valuable, active spaces for the community.** The RE-GEN network breaks this main challenge down into several specific, interconnected sub-challenges :



THE NETWORK CHALLENGE

THE APPLE PARK WHERE SPORT MEETS NATURE AND PROVIDES YOUNGSTERS WITH OPPORTUNITIES

Challenges

1. Youth Disengagement and "Protagonism";

2. Physical & Social Urban Regeneration via Sport;

3. Implementing Tactical Urbanism with Modern Design Criteria;

4. Breaking Institutional Silos;





THE NETWORK CHALLENGE

THE APPLE PARK WHERE SPORT MEETS NATURE AND PROVIDES YOUNGSTERS WITH OPPORTUNITIES

Policies

Existing Policy Framework (Prior to or Intersecting the Network): The IAP aligns with and seeks to improve the implementation of three major existing strategic frameworks:

- The Municipal Plan for Integrated Development (PIRO) of Dobrich (2021–2027 / 2024–2030): The primary local statutory framework for infrastructure, urban development, and youth inclusion.

- The Regional Development Plan of Dobrich District (2021–2027): The higher-tier territorial planning strategy determining economic priorities and public financing channels.

- The National Youth Strategy of Bulgaria (2021–2030): The macro-policy framework establishing standard lines of action for youth empowerment, which Dobrich aimed to translate locally.



WHERE YOUR CITY WAS AT REGARDING THE CHALLENGE

THE APPLE PARK WHERE SPORT MEETS NATURE AND PROVIDES YOUNGSTERS WITH OPPORTUNITIES

The local situation

Before joining the URBACT RE-GEN network, the City of Dobrich faced interconnected structural challenges typical of post-industrial medium-sized European cities: youth brain drain (out-migration), underutilized green public infrastructure, and low baseline civic engagement. Public spaces like "The Apple" court were neglected, safety concerns existed, and sports infrastructure lacked modern, inclusive, and multifunctional design.



WHERE YOUR CITY WAS AT REGARDING THE CHALLENGE

1. Sport as a Tool for Social Inclusion (The Olympic Legacy Model)

The city focuses its energy on regenerating "The Apple" sports court in the "Druzhba" district. Rather than targeting elite sports performance, Dobrich uses the Verona philosophy to position free, accessible neighborhood sports infrastructure as a tool to bridge social divides and integrate vulnerable youth.

2. Shifting to Youth Protagonism (Co-Design and Agency)

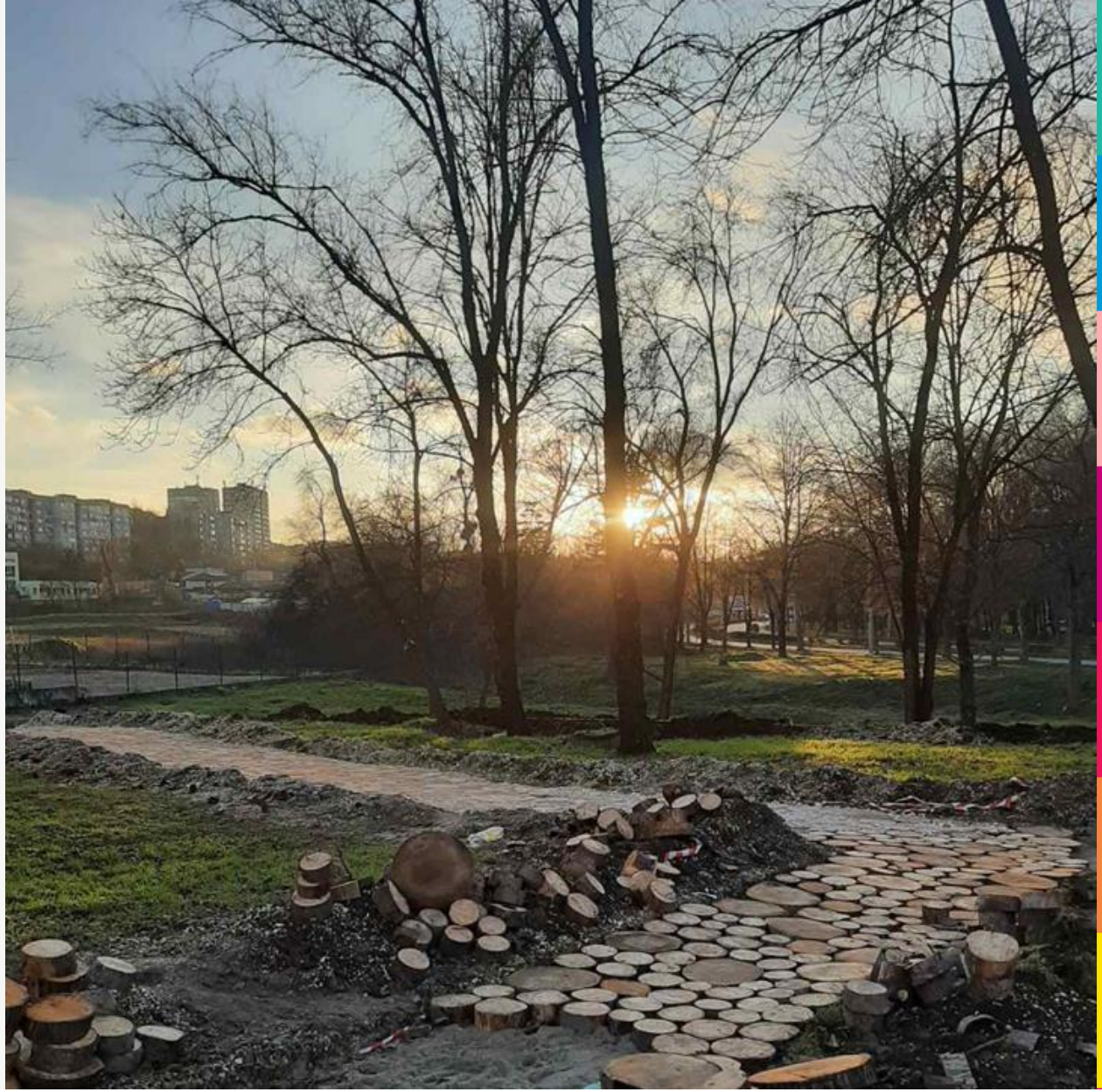
Following transnational exchange visits, the Dobrich team translated and adapted the Italian co-design toolkits. Utilizing the Youth Center Dobrich as a participatory hub, the city engaged students from local high schools (such as "Leonardo da Vinci" and "St. Kliment Ohridski"). By applying Verona's peer-to-peer methodology, local youth were trained to map out, propose, and vote on the final spatial design solutions for their neighborhood park.

3. Tactical Urbanism and Eco-Criteria

Dobrich directly integrated these green criteria into its Integrated Action Plan (IAP) for "The Apple Park". Instead of heavy, slow municipal construction, the city embraced Verona's approach to agile, functional adjustments. This includes installing eco-friendly safety flooring, solar-powered lighting, adaptable sports equipment, and seating arrangements designed to be equally welcoming to both girls and boys.

4. Cross-Sectoral Governance (The ULG Ecosystem)

Backed by the Association of Bulgarian Black Sea Municipalities (UBBSLA), Dobrich reshaped its local administration silos. The city established its URBACT Local Group (ULG) by bringing municipal urban planners, school boards, local sports clubs, and NGOs to the same table. This broke traditional top-down administrative habits in Dobrich, establishing a co-governance model where project risks and assets are managed collectively.



THE APPLE PARK WHERE SPORT MEETS NATURE AND PROVIDES YOUNGSTERS WITH OPPORTUNITIES

The intervention logic of the Dobrich IAP ("The Apple Park") is built upon the paradigm of **Urban Regeneration Through Youth and Sport**. It moves away from top-down infrastructure planning toward an integrated, circular methodology based on three phases:

Co-Creation and Youth Agency

Young people (from local high schools like "Leonardo da Vinci" and "St. Kliment Ohridski") are treated as active co-designers rather than passive end-users. The plan was forged through direct participative workshops with the URBACT Local Group (ULG).

The Apple as a Sandbox (Small-Scale Action Logic)

Testing long-term urban strategies through immediate, low-barrier, community-led transformations of a singular localized space ("The Apple" playground) before expanding the model city-wide.

Cross-Sectoral Integration

Breaking institutional silos by fusing urban planning, public health, ecological transitions (green spaces), and formal/informal education into a single operational roadmap.

Flagship action n°1 – Regeneration of "The Apple Park" (Physical Infrastructure)

What?

Complete physical remodeling of the degraded sports court in the "Druzhba" district into an inclusive, green, and multi-functional sports and leisure hub. It includes resurfacing, adding modern sports gear, safety lighting, and accessible green rest areas.

Budget & Funding

Estimated at €300,000, funded via the Municipal Budget, EU structural funds, and corporate/community sponsorship.

Flagship action n°2 – Establishment of the Youth Initiative Support Fund (Capacity Building)

What?

Creation of a localized municipal micro-grant fund dedicated entirely to youth-led ideas. Young citizens can pitch, design, and implement sub-projects (such as tournaments, open-air culture fests, or ecological campaigns) within the newly regenerated park.

Budget & Funding

Estimated at €20,000, sustained by the Municipal Budget, regional NGOs, and Erasmus+ synergy funding.

ONEHEALTH4CITIES

One Health: Turning Vision into Action

Lyon, France

Marlène Dussauge

#URBACTfest

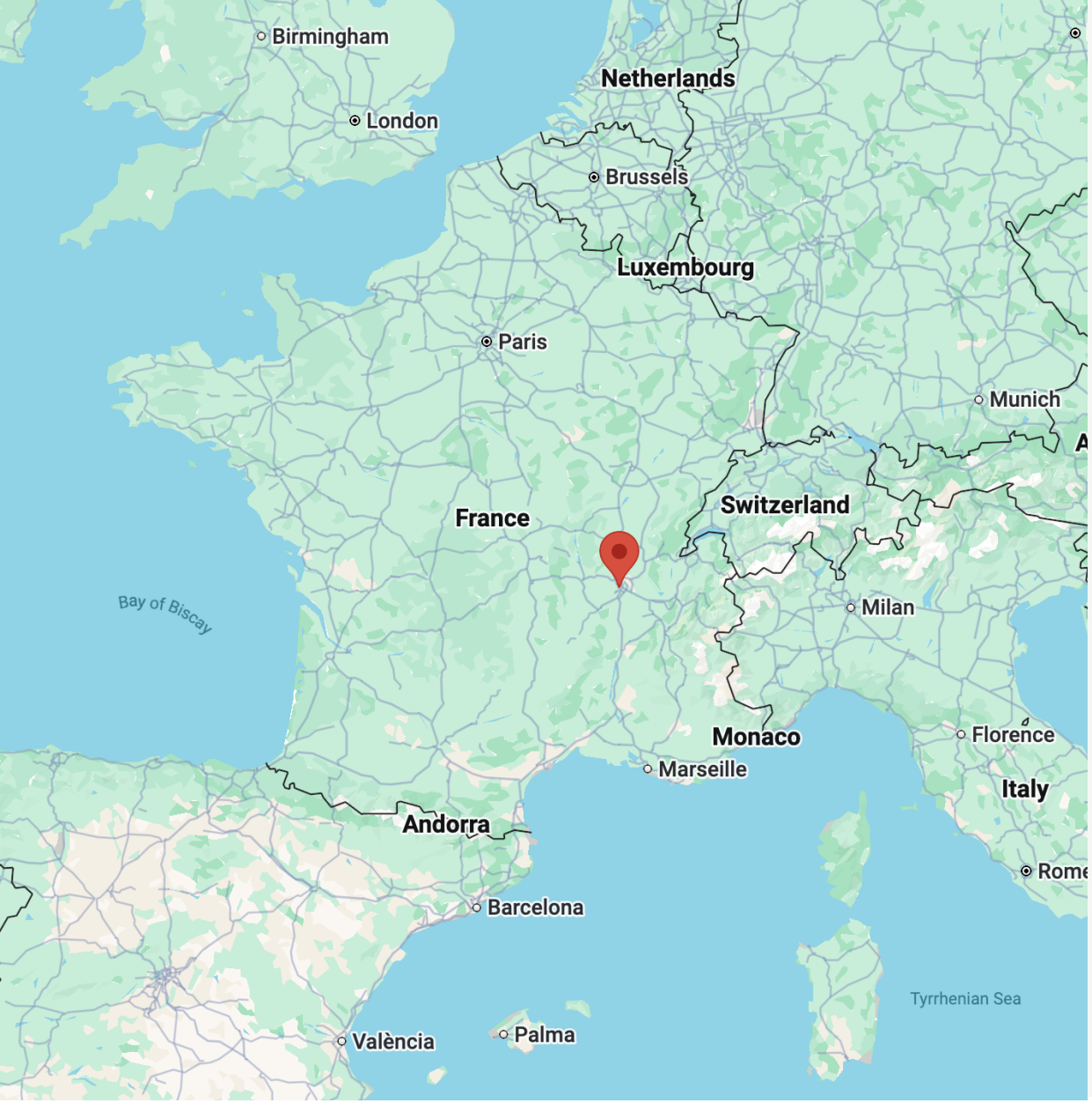
urbact.eu/city-festival-2026

URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT

Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality



Lyon, France

47 km²
of area

520 000
residents

1. Administrative capital of the Auvergne-Rhône-Alpes region
2. Situated at the confluence of the Rhône and Saône rivers, Lyon is a strategic crossroads in France, connecting northern and southern Europe
3. Diverse economy: Industry & manufacturing, services & finance, technology é innovation, tourism & gastronomy
4. Sustainability: Energy efficiency in public buildings, waste reduction, green mobility, cycling infrastructure, and educational campaigns.

Question

Are humans prior to animals and the environment?

THE NETWORK CHALLENGE

Cities at the Frontline of Health and Climate Challenges

Why One Health is essential for urban resilience and regeneration

By 2050, **over 70% of the global population will live in cities, where climate change intensifies pollution, health inequalities, and emerging environmental and health risks**. Yet cities have a unique opportunity to transform these interconnected challenges into integrated, preventive, and regenerative solutions through a One Health approach.



URBACT CITY FESTIVAL
29-30 September 2026 - Nicosia, Cyprus

URBACT
Co-funded by the European Union
Interreg

Δήμος Λευκωσίας
Nicosia Municipality

WHERE YOUR CITY WAS AT REGARDING THE CHALLENGE

Ready to Act, Seeking a Path Forward

Strong commitment to One Health, but a need for practical pathways to implementation

In 2022, the City of Lyon embedded One Health as a cross-cutting principle of its Local Health Contract, demonstrating a shared political and technical commitment to a holistic vision of health. While stakeholders were ready to move from ambition to action, they lacked the methods, tools, and governance mechanisms needed to operationalize One Health as a systemic and preventive approach.



Our action plan

Cross-cutting Axis

Understanding health in its broadest sense, in line with the WHO's One Health approach, for each of the LHC's actions.

Axis 5

Testing and implementing the One Health approach in public policies and projects in the Lyon area with all the local stakeholders

Guideline 5.1 Building a regenerative city	**Action 1:** Implement coordinated, multi-sector urban planning in order to develop urban planning that promotes all aspects of health **Action 2:** Promote access to nature as a vector of health for all living beings **Action 3:** Take local action against zoonoses
Guideline 5.2 Experiment to develop a One Health project methodology	**Action 4** : Promote the health quality of buildings using a One Health approach **Action 5** : Develop the integration of One Health issues into the Darse bathing project **Action 6 :** Develop the integration of One Health issues into the future health centre in the Cité-Jardin **Action 7 :** Testing a demonstration project to develop a healthy neighbourhood for all living beings
Guideline 5.3 Mobilise local stakeholders around One Health issues	**Action 8** : Mobilise, understand and take action by involving cultural organisations and stakeholders in events and popular education **Action 9** : Strengthen the consideration of One Health issues by healthcare establishments, private healthcare professionals and CPTS

Flagship action n°1 – The One Health Center

Develop the integration of “One Health” issues into the future Cité Jardin health centre

The Cité Jardin neighbourhood faces significant social, health, and environmental vulnerabilities, including high levels of social precarity, isolation, barriers to healthcare access, and limited access to health-promoting environments. These interconnected challenges highlight the need for a One Health approach that considers the links between social conditions, urban environments, ecosystem quality, and human well-being.

To support the development of a future integrated « One Health » centre, Lyon will conduct a participatory territorial assessment combining research, stakeholder mapping, and resident engagement to identify local socio-ecological and health needs. The findings will be used to design the Call for Expressions of Interest, strengthen cross-sector partnerships, and ensure that the future centre would address health challenges through a coordinated One Health framework.

Flagship action n°2 – Access to nature for all living beings

Promote access to nature as a vector of health for all living beings

In dense urban areas such as Lyon, access to natural spaces remains uneven despite their proven benefits for physical and mental health, social equity, and ecological resilience. At the same time, climate change and biodiversity loss intensify urban heat islands, ecosystem degradation, and environmental health risks, reinforcing the urgent need to reintegrate nature into the city as a structural element of urban well-being.

The City of Lyon will deploy a One Health–aligned strategy to expand and enhance urban nature through participatory, inclusive, and cross-sector initiatives. By combining citizen engagement, scientific partnerships, and municipal coordination, the initiative promotes biodiversity, equitable access to nature, and ecological continuity while developing tools such as mapping, indicators, and cross-department governance to integrate nature and health into all urban policies.



Questions & answers

If you wish more info

www.urbact.eu

You may also go talk to our speakers