

AGE_THEA: THEATRE FOR HEALTHY AGEING



MAY 2025

THEATRE TRAINING SESSIONS

During **March and April 2025**, the AGE_THEA project successfully held training sessions in all partner countries, uniting professionals from the cultural, social, and healthcare sectors to explore innovative theatre approaches to mental health in older age.



Training sessions were filled with dynamic theatre-based activities, engaging movement and storytelling exercises, and rich discussions on ageing, care, and the power of the arts.



Practical theatre training sessions took place in Bucharest, Milan, Athens and Porto, bringing together diverse professionals and local insights.



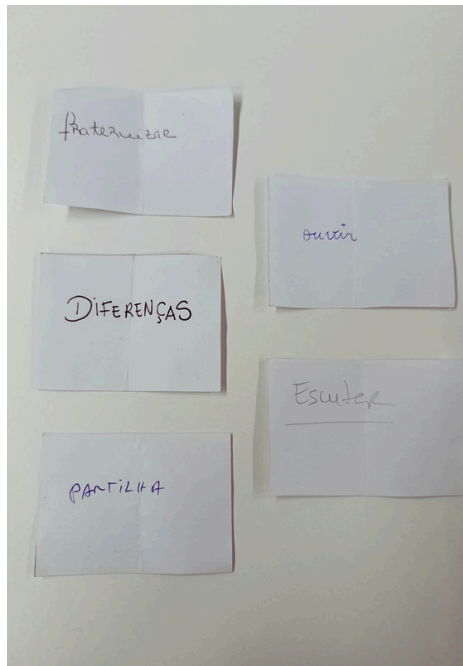
“On Stage in the Golden Age: Theatre for Healthy Ageing” -
improving the **mental health and social inclusion** of older
individuals through the **innovative use of theatre**.



In total, 76 participants delved into key themes such as:

- ✓Mental health in older age and non-pharmacological interventions,
- ✓Theatre as a tool for engagement, care, and therapy,
- ✓Enhancing communication and expression through creative methods.

The energy and openness of everyone involved made the sessions deeply inspiring, showing how theatre can act as a bridge between generations, sectors, and communities. Examples of exercises included role-playing scenarios, movement activities, and group storytelling to enhance empathy and expression.



The AGE_THEA Training Programme is already available
online in all partner languages!

<https://age-thea.eu>



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On Stage in the Golden Age: Theatre for Healthy Ageing



Instagram: age.thea2023

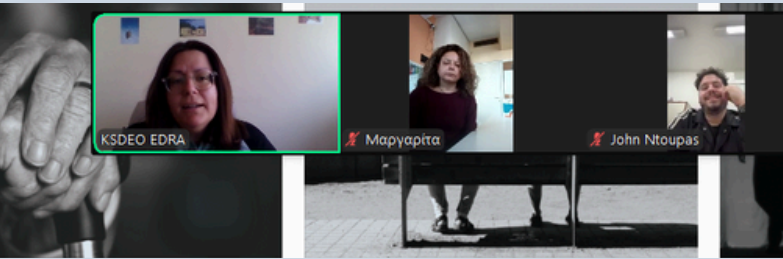


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Newsletter #3



Co-funded by
the European Union



"I think its crucial to understand degenerative mental illnesses, differentiate between them and be aware that there's a difference between small signs of ageing and dementia."

"Interacting with people from different professional backgrounds is always very enriching."



"I consider the training content to be very important; raising awareness of the importance of not infantilising older people, but at the same time learn about new ways to care for them."



AGE_THEA is a collaborative project that brings together experts from the health, social, and cultural sectors to harness the power of theatre in enhancing the lives of seniors, particularly those with cognitive disorders like dementia or Alzheimer.



A heartfelt thank you to everyone who participated and supported the sessions. Together, we continue building pathways where care meets creativity!



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