

Baby Cribs and Grey Hairs Project

<u>Organisation(s):</u>	L'Hospitalet de Llobregat City Council	
<u>Country:</u>	Spain	
<u>Contact:</u>	policy@esn-eu.org	
<u>Theme:</u> <i>Choose at least one option</i>	☒ Ageing & Care ☒ Asylum & Migration ☐ Young People ☒ Support for Children & Families ☒ Community Care ☐ Integrated Care & Support ☒ Co-Production ☐ Disability ☐ Housing & Homelessness ☐ Artificial Intelligence ☐ Digitalisation ☐ Quality Care	☐ Labour Market Inclusion ☒ Social Inclusion ☐ Technology ☐ Workforce and Leadership ☐ Social Benefits ☐ EU Funding ☐ Social Services' Resilience ☐ Mental Health ☒ Person-Centred Care ☐ Research & Use of Evidence ☐ Management & Planning ☐ Other, please specify:
<u>Principles of the European Pillar of Social Rights:</u> <i>Which principles does your practice cover? Check the 20 principles here.</i>	☐ 1. Education, training, life-long learning ☒ 2. Gender equality ☒ 3. Equal opportunities ☐ 4. Active support to employment ☐ 5. Secure and adaptable employment ☐ 6. Fair Wages ☐ 7. Transparent employment conditions ☐ 8. Social dialogue ☒ 9. Work-life balance ☐ 10. Healthy, safe work environment	☒ 11. Childcare and child support ☒ 12. Social protection ☐ 13. Unemployment benefits ☐ 14. Minimum income ☐ 15. Old age income and pensions ☐ 16. Health care ☐ 17. Inclusion of people with disabilities ☐ 18. Long-term care ☐ 19. Housing and assistance to homeless ☐ 20. Access to essential services
<u>Current status of the practice:</u>	☐ Concept and Design Phase ☐ Testing or pilot phase ☐ Temporary practice that has terminated ☐ Temporary practice that is ongoing and has a termination date ☒ Established and ongoing practice ☐ Scaling Up and Transformation Phase ☒ Other (please specify): This project is on demand of the social services	
<u>Summary:</u> <i>Please summarise the practice in maximum 3 sentences. This will be the disclaimer of your</i>	Canes i Cunes, or Baby Cribs and Grey Hairs, is an intergenerational community-based practice in L'Hospitalet de Llobregat that brings together young migrant mothers, their babies aged 1–2, and older women experiencing loneliness. Thus, the project tries to encourage these two groups to help each other to solve/decrease the causes of their situations. To facilitate the interaction, the project takes place in different neighbourhoods of Hospitalet del Llobregat (the city has over 292,000 inhabitants).	

project on our website. Example here.	Through facilitated group sessions led by social workers and social educators, the project strengthens parenting skills, mother-child bonding, early child development, and older people's self-esteem and social participation. The pilots show high satisfaction, increased parenting confidence, reduced loneliness among older participants, and relationships that continued beyond the sessions.
<u>Context/ Social issues addressed</u> Please explain the problem you attempt to solve with your practice.	The practice responds to two connected social challenges: social risk situations of babies affecting young migrant mothers with limited family or social networks, and unwanted loneliness among older people. Families are referred through child protection and prevention services because they may need support to reduce vulnerability, strengthen parenting capacity, improve mother-child interaction and support early childhood development. Older women, many of whom also have migration histories, are involved through older people's services and contribute their experience, knowledge and relational support. By creating a safe intergenerational space in different neighbourhoods of L'Hospitalet de Llobregat, the project addresses social isolation, weak community ties, limited informal support, and the lack of natural spaces where generations can meet, learn from one another and build mutual trust.
<u>Objectives:</u> Please provide a maximum of three objectives in bullet points.	1. Strengthen parenting skills, mother-child bonding and early stimulation for babies aged 1–2 in families experiencing social risk or vulnerability. 2. Reduce unwanted loneliness among older women by valuing their experience and enabling meaningful social participation. 3. Foster intergenerational relationships and local support networks by mobilising the social capital of neighbourhood communities.
<u>Activities:</u> Please describe the activities put in place to achieve the objectives (maximum 400 words).	The project is delivered through a series of seven weekly intergenerational group sessions in neighbourhood settings in L'Hospitalet de Llobregat. Families are referred by social services, while older participants are proposed by older people's services. Before joining, participants take part in an interview with the facilitators to identify expectations, needs and objectives. Sessions are led by a social worker from the older people's service and social educators from the Socioeducative Intervention Services. Mothers attend with their babies, and older women participate as supportive peers, sharing experience, traditional songs, games, stories and practical guidance. Activities are designed to encourage play, affection, communication and shared learning, while also creating opportunities for mothers to discuss difficulties, worries and aspirations in a supportive environment. The practice is participatory and experiential, with facilitators adapting activities according to group dynamics and needs. The project also uses audiovisual outputs, including video and podcasts, to value participants' voices and make the experience visible to others.

<u>Outcomes:</u> <i>Please explain what the results were/are so far and how you evaluated this (i.e. statistics, a study, or feedback)</i>	The pilots show high satisfaction, increased parenting confidence, reduced loneliness among older participants, and relationships that continued beyond the sessions. • Two pilot editions have been implemented, involving 19 families and 6 older people in total. The first edition involved 11 families and 3 older people; the second involved 8 families and 3 older people. • Evaluation combined quantitative and qualitative methods. The engagement process began with individual interviews, where professionals gathered participants' expectations and needs and agreed aims with each mother and older participant. • The evaluation indicators included bonding to the project, participation, self-perceived impact before and after the intervention in relation to self-esteem, parenting skills and feelings of loneliness, satisfaction, and the maintenance of relationships between participants. • During the sessions, professionals kept diaries to analyse the functioning of the group, communication between participants, the quality of interactions, the appropriateness of the educational content and any emerging issues. • The process concluded with a satisfaction survey and an evaluation focus group to assess whether expectations had been met, capture learning, feelings and capabilities, and gather proposals for continuity. • Participants in both editions rated the process as excellent and very useful for their needs. Among older people, bonding to the project was 75% in the first edition and 100% in the second. Among mothers, initial participation was 63.3% in the first edition and 87.5% in the second, although final bonding decreased to 57.14% and 50% respectively, reflecting vulnerability-related factors such as employment difficulties and access to nursery places. • Despite these challenges, self-perceived impact was valued as excellent, with reported improvements in parenting confidence, reduced loneliness, stronger self-esteem and sustained relationships, as most participants remained in contact after the sessions ended.
<u>Funding Source</u>	EU Funds: ESF+ ☐ INTERREG ☐ ERDF ☐ ERASMUS ☐ RRF ☐ other ☐ ☐ National Government Funds ☐ Regional Government Funds ☒ Local Government Funds ☐ Private Sponsorship / Public-Private Partnership ☐ Financial contribution of People using Services ☐ Other, please define:
<u>Links to supporting documents:</u> <i>e.g. project website or report of the practice, articles</i>	Video: CANES I CUNES Videos & Movies on Vimeo Video: https://www.youtube.com/watch?v=75UJsmk6l1k (subtitled) Infographic: Baby cribs and grey hairs project FLYER Best Practice Pi I Sunyer Foundation: https://www.bbp.cat/practicas_detalle.php?id_ficha=2135 (BEST PRATICE BANK from Catalonia – in Catalan) Press news: https://www.telecinco.es/noticias/catalunya/20250609/canas-cunas-ancianas-madres-jovenes-experiencias-crianza-hospitalet-barcelona_18_015758805.html https://lhdigital.cat/noticies/canas-y-cunas-un-espai-daprenetatge-mutu-entre-mares-joves-i-dones-grans/ Podcast by older people for children: https://go.ivoox.com/sq/2452027

<u>Comments and tips</u> <i>i.e. for people willing to implement your Practice in their service</i>	• It is important to start from the felt demand of the participants and their voluntary involvement. • Professionals should support and facilitate the processes, stimulating participants to share meaningful experiences aligned with the purpose of the project and with each participant aims. • The design of the sessions should include a community-centred approach in the planning with extra-activities out of the ordinary sessions such as workshops, visits to community resources or places and participation in activities of the local network to ensure the sustainability of relationships and with the wider environment beyond the project.
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