

Project ACRONYM	MINDFUL
Project Name	Mental health INnovation for Diversity, Fostering Universal Living
Priority Axis (PA) and Specific Objectives (SO)	PA 3 - Enhanced cooperation for a more social and inclusive GR-IT area RSO4.5 – Access to health care
Financial Source	Interreg VI-A Greece–Italy Programme 2021–2027
Duration	07.2025 – 07.2027
Total project budget	1.181.000,00€
EU funding	885.750,00 €
Budget per Project Partner	185.850,00€
Project Partner Contact Person Information	Panagiota Aggeli, e-mail: p.ageli@gnkerkryas.gr
Lead Partner	Local Health Authority Taranto (IT - https://www.sanita.puglia.it/web/asl-taranto)
Project Partner	- Vanni Longo Foundation (IT - https://www.fondazionevannilongo.it/) - Cohesion Network 2Gether (GR - https://co2gether.gr/) - General Hospital Corfu (GR - https://www.gnkerkryas.gr/) - Corporation for Succor and care of Elderly and Disabled - Frodizo (GR - https://frodizo.gr/en/home/)
Description	<i>What if healthcare could heal not only the body, but also the sense of belonging?</i> Across the Greece–Italy border, many vulnerable people still struggle to access the care and support they need; especially children with chronic or genetic conditions and older adults living with dementia. MINDFUL - Mental health INnovation for Diversity, Fostering Universal Living was created to change that reality. Led by ASL Taranto, the project brings together Italian and Greek partners to design and test innovative, community-based models of healthcare and social care. Its goal is simple yet powerful: to improve quality of life, independence and mental well-being for those who need support the most and often feel left behind. Through cross-border collaboration, MINDFUL is piloting two groundbreaking initiatives: a recreational therapy centre for children in Maruggio (Italy), where play becomes a path to healing and growth, and a new dementia care model in Corfu (Greece), combining therapeutic activities, outdoor engagement, and family support.

	The project blends assistive technologies, social prescribing, and open-air therapies into personalized mental health strategies, making care more accessible, humane, and effective. To ensure sustainability, MINDFUL also promotes social fundraising, helping NGOs and local communities keep successful practices alive beyond the project's lifetime. Its legacy will be a shared knowledge base, a replicable framework and a practical toolkit empowering others to scale and adapt these solutions across Europe. At his heart, MINDFUL is about connection: weaving innovation and compassion into care that lasts. Discover more on the project at: https://www.greece-italy.eu/project/mindful-mental-health-innovation-for-diversity-fostering-universal-living/ Useful links at: Managing Authority INTERREG 2021-2027 https://interreg.gr/en/
Logo	  Co-funded by the European Union MINDFUL
Fund Reference	MINDFUL project is co-funded by European Union, European Regional Development Funds (E.R.D.F.) and by National Funds of Greece and Italy