

## **SPHERE – Sport Healing Rehabilitation**

### ***Kick-off Meeting***

16 January 2019, Best Western Plus Hotel Universo, Rome

#### Participants

- Valerio Di Tommaso – President of ECOS and project coordinator (Italy);
- Dr Santo Rullo – Psychiatrist and trainer (Italy);
- Stefano Moliterni – ECOS project manager (Italy);
- Alessandro Ruggeri – ECOS project manager (Italy);
- Prof Diane Crone – Professor at Cardiff Metropolitan University (UK);
- Paul Sellars – Researcher at Cardiff Metropolitan University (UK);
- Fernando Cross-Villasana – Researcher at Technical University of Munich (Germany);
- Alberto Bichi – President of the European Platform for Sports Innovation (Belgium);
- Jonathan Garside - Health and Wellbeing Manager at Everton Football Club (UK);
- Tatjana Udovic – Collaborator at Rijeka Sports Association for Persons with Disabilities (Croatia);
- Sampsa Kivistö – Project manager at Finnish Sport Federation Tampere Region (Finland).
- Dr Stefania Cerino – Psychiatrist (Italy)
- Prof Marco Aresti – University of Cassino (Italy)

The kick-off meeting started at 10 am in the meeting room “OLGA” within the Best Western Plus Hotel Universo.

- 10 am – 10:30 am: Valerio Di Tommaso, president of ECOS and project coordinator, made a short summary of the project activities.
- 10:30 am – 12:30 pm: each partner presented its own organisation.
- 12:30 pm – 1:30 pm: Dr Stefania Cerino and Prof Marco Aresti from the University of Cassino presented their experiences and researches about the psychiatric rehabilitation through sport.
- 1:30 pm – 2:30 pm: lunchbreak.
- 2:30 pm – 5 pm: discussion about the methodologies to research the best practices, the definition of the guidelines to train the trainers involved in the pilot actions, the project communication and the project timeline.
- 5 pm – 6 pm: discussion about the administrative and financial issues related to the project.
- 6 pm: end of the meeting.

