

Press Release

RECONNECT: A New European Collaboration to Combat Loneliness Among Older Adults

A new Erasmus+ project, RECONNECT, has been launched to tackle the growing issue of loneliness among older adults across Europe. Running until March 2026, this innovative project will develop practical solutions to help community-based educators and organisations better support socially isolated seniors.

Why are we addressing loneliness?

Loneliness is a critical public health issue, particularly among older adults, with significant negative effects on mental and physical health. According to the 2022 European Loneliness Survey, approximately 20% of Europeans aged 65 and older report experiencing loneliness on a regular basis. The RECONNECT project aims to address this issue by equipping educators, organisations, and policymakers with effective tools and knowledge to foster social inclusion and improve well-being among seniors.

About the RECONNECT Project

Funded by the Erasmus+ programme, RECONNECT will be implemented over a 15-month. The project is coordinated by RESTO NO SOLO (RNS - France) in collaboration with INICIATIVAS DE FUTURO PARA UNA EUROPA SOCIAL COOP V (IFESCOOP - Spain) and Unofficial Media and Training Limited (UMT - Ireland).

These partner organisations all bring distinct experience in supporting adult learners and combating loneliness:

- **RESTO NO SOLO (France):** Specialising in creating welcoming spaces and social events to combat loneliness.
- **IFESCOOP (Spain):** Experts in training and research on adult education and social inclusion.
- **UMT (Ireland):** Experienced in using digital tools and non-formal education approaches to connect isolated adults in rural communities.

Together, our organisations will collaborate until March 2026, with the aim of achieving the following objectives:

1. Mapping the Impact of Loneliness – Conducting qualitative and quantitative research to understand the extent and impact of loneliness among older adults.
2. Developing a Handbook for Educators – Creating a practical resource filled with evidence-based activities designed to help community-based educators engage older adults in social and learning activities.
3. Piloting Social Gatherings – Testing the handbook's activities through interactive events with older adults in France, Spain, and Ireland to evaluate their effectiveness.
4. Promoting Long-term Solutions – Sharing research findings and best practices with policymakers and community organisations to encourage sustainable interventions for social inclusion.

As such, through increasing participation in lifelong learning activities, RECONNECT aims to make adult education more inclusive and accessible, while directly improving the social well-being of older Europeans. The project's findings will be widely disseminated through publications, conferences, and digital platforms to inspire similar initiatives across Europe.

For more information about RECONNECT, contact us at:

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