



“Fit for the Future” project Intercultural empowerment through targeted community welfare work

 **Stadt Zürich**
Stiftung Wohnungen für kinderreiche Familien


RADIX
Schweizer Kompetenzzentrum für
Gesundheitsförderung und Prävention

Fit for the Future project
Multisectoral Projects, Ursula Stüdi (City of Zurich/Radix Zurich)
27.10.2009





Large Families Foundation (LFF)

- Low-income families with three or more children
- **Luchswiese housing estate**
40 large family apartments:
230 people, including 100 children and 50 young people aged between 14 and 20
- **1/4 Swiss families**
- **3/4 families with a migration background**
from 14 different countries
- Many of the families have **low levels of education**, and they are frequently affected by **unemployment or incapacity for work.**



Initial situation on the Luchswiese estate

- A high turnover of tenants and a rapidly growing proportion of foreign families led to social tensions in community life.
- There was a progressive decline in tenants' sense of responsibility and in their readiness to promote community welfare.
- As a result, there was an increase in vandalism, night-time disturbances and theft.
- Young people gathered in the yard -> noise, drinking, litter, aggressive behaviour towards residents, etc.



Project goals

- To **promote peaceful coexistence**
- To **strengthen residents' ability to deal with conflict**
- To support **participation** and **empowerment** in an intercultural environment



Funding

Client:
Large Families Foundation
Project management: Domicil Foundation
Project budget:
Planned expenditure: CHF 220,000
over a 2-year period
Revenues (sponsors): CHF 183,000

Foundation

Sponsors

Salary and other expenses:
Community welfare worker
(40% post: 1.7.05 - 30.12.06)
Deficit guarantee

Third-party contributions:
Federal Housing Office
Anti-racism fund
Integration fund
Various foundations

Additional contributions for projects:
Girls' meeting
Health Promotion Switzerland
CHF 10,000
Fathers' meeting
Radix CHF 8,000
"Femmes Tische" (in Albanian)
City of Zurich Addiction Prevention
CHF 150 per group meeting



Step by step – Door-to-door contacts





Step by step – Establishing the expert's credentials



Fit for the Future project
Multisectoral Projects, Ursula Stüdi (City of Zurich/Radix Zurich)
27.10.2009



Step by step - Intercultural work with women





Step by step – Intercultural girls' meeting

Involvement of fathers
and mothers ...

... leads to greater
freedom of action
for young women ...





Step by step – Intercultural boys' meeting





Step by step – Intercultural fathers' meeting





Step by step – Community social events



Fit for the Future project
Multisectoral Projects, Ursula Stüdi (City of Zurich/Radix Zurich)
27.10.2009



Step by step – Management

IG Luchswiese (interest group) :

Once-yearly exchanges among representatives of the various target groups.
Organisation of tenants' meeting

Tenants' meeting:

Once-yearly meeting for all tenants. Discussion of the current situation on the estate and joint efforts to resolve problems

Community social event:

Once a year. Organised by IG Luchswiese and fathers

Tandem (block managers):

Welcoming new arrivals. Introduction and motivation to participate in community activities

Individual support:

Personal assistance provided by social worker/management, as required

Caretaker:

Key person for estate managers *and* local residents.



Step by step – Self-management

Empowerment through participation

Process costs:

- 1½ years
- 40% welfare work post

Current support:

- 5% WWP per year





Step by step – Diversity of approach



Stadt Zürich
Schul- und Sportdepartement



Stadt Zürich
Sozialdepartement



Stadt Zürich
Stiftung Wohnungen für kinderreiche Familien



Stadt Zürich
Suchtpräventionsstelle

Church-based
social work



Offene Jugendarbeit Zürich
OJA Schwamendingen
Jugendtreff
Postfach



SIP züri:
Security, Intervention, Prevention

LFF:
Key people for
target groups

Fit for the Future project
Multisectoral Projects, Ursula Stüdi (City of Zurich/Radix Zurich)
27.10.2009





Transfer: Fit for the Future – Field research

Project: Cohesion - Diversity management in communities and neighbourhoods

Selected insights from field research:

- Social-environmental orientation
- Solution orientation
- Systemic view
- Confidence-building relational work



Intervention: Parental presence in yard - male youths

- **Observation:**

- Analysis of situation (individuals and *structures*) by welfare worker
- *Collaboration with SIP, specialist organisations ...*
- Instructing fathers : “We need you ...”, de-escalation strategies, presence rather than force ...

- **Intervention: Presence on the ground**

- “Sit-ins” by fathers – respectful attitude ...
- *Support (individual cases) and triage by welfare worker*
- Developing rules ... (individuals and *structures*)

- **Staying in contact: Not looking the other way**

- Vigilance and appropriate presence of fathers in the yard



Summary

- Task defined and financial resources available
- “Go-structure” (outreach), social-environmental orientation
- Resource orientation: individual and structural levels
- Confidence-building relational work
- Solution orientation: step by step
- Attitude: “We need you ...”
- Development of “sensors” for early detection and intervention:
 - IG Luchswiese
 - Tenants’ meeting
 - Block managers: introducing new arrivals
 - Key people: caretaker
- Cooperation and networking in the social environment
 - Interfaces – management



Links

- Summary of “Fit for the Future”
<http://www.gesunde-maenner.ch/html/angebote+46.html>
- Contact “Fit for the Future”:
katharina.barandun@zuerich.ch
- Gender Health - Swiss Federal Office of Public Health FOPH:
<http://www.bag.admin.ch/themen/gesundheitspolitik/00394/00402/index.html?lang=de> Attitude: “We need you ...”