



**NOGAP**

# ACTIVITY REPORT

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# 2023 IN PILLS



- ~ NoGap continues its activities by meeting every Tuesday, Wednesday and Thursday;
- ~ From 235 registered members in 2022 NOGAP grows to 284 members in 2023;
- ~ 4 projects and a workshop were successfully completed;
- ~ We inaugurated the therapeutic garden in May;
- ~ 2 young people started/continued a vocational traineeship experience;
- ~ 2 new projects have been approved by the European Union;
- ~ 1 new project has been approved by the 8X1000 Valdese church;
- ~ We improved our communication and awareness campaigns by using Instagram and Facebook channels.



A woman with long brown hair and glasses, smiling, in front of a wall with colorful letters.

## OUR SERVICE

## ADMINISTRATIVE DESK

In 2023 NoGap continues to guarantee 38 young people a support service in the managing of their personal expenses.

Youth, families and their support administrators can refer to NoGap for information on their personal expenses and access to paper documentations. This facilitates the correct and efficient management of expenses, which each youth faces, in complete transparency and accounting accuracy.



# OUR LABORATORIES

# THE THEATER LAB

Since January 2023, a weekly theatre workshop was organised in cooperation with Paola Cecconi, founder of the Orvieto-based theatre association 'Compagnia Mastro Titta', involving some 15 double-diagnosed children from the Lahuén Community. On the occasion of the 40th anniversary of the Community, the participants staged the 'Little Prince' wearing costumes made with funding from the Cassa di Risparmio di Orvieto in collaboration with the MIR Association.



# OUR PROJECTS



# un TIROCINIO per...

NoGap guarantees therapeutic and work internships to young people/young people at the end of their journey within the Lahuén therapeutic community.

The duration of these internships within the local work realities varies from 4 to 6 months. In 2023, 2 training internships were activated, supported by NoGap, thanks to local businesses: the Blue Roses flower store, and the Filippeschi butcher shop. In addition, the collaboration with one of the boys within the same association continues.





# OUR PROJECTS

**ACT!**  
AGAINST  
VIOLENCE  
AND SEXUAL  
EXPLOITATION

The project, coordinated by  
**MOUVEMENT DU NID** Martinique:  
<https://mouvementdunid.org/mouvement-du-nid/delegations/martinique/>

sees the participation of committed associations that  
deal with trafficking and sexual exploitation:

**ELAN INTERCULTUREL** (France):  
<https://elaninterculturel.com/>

**COMISION UNIDOS VS TRATA** (Mexico):  
<https://comisionunidos.org/en/homepage-2>

**MADRES VICTIMAS DE TRATA** (Argentina):  
<https://madresvictimastrata.wixsite.com/nuestraong>

**WOMEN ACROSS DIFFERENCES** (Guyana):  
<https://www.facebook.com/WomenAcrossDifferences/>

**BEECOM** (Italy):  
<https://www.becom.org/>

This project ended in March 2023.

The associations that were involved in the project are accomuned to each other by an abolitionist approach with respect to the issue of prostitution, which underlies the actions of the Mouvement du Nid and which led France, in 2016, to become the fourth European country to punish clients, after Sweden, Norway, and Iceland. This 2023 saw the continuation through our Facebook page and our Instagram channel of the communication and awareness campaign on the project's issues, which had already been undertaken in 2022. Inol three, we translated into 4 languages and published fact sheets on gender-based violence and prostitution developed in 2022.



# OUR PROJECTS



The first project coordinated by **NOGap** takes place in partnership with associations

**INSPIRA** (Portugal):  
<https://www.facebook.com/Inspiraj/>

**LINARIA** (Italy):  
<http://www.linariarete.org/wp/>

**ELAN INTERCULTUREL** (France):  
<https://elaninterculturel.com>

The project ended in May 2023.

The goal was to create a prototype Garden that took into account the inclusion of vulnerable youth by combining GREEN HEALTH's project on therapeutic gardens and vegetable gardens and STOP!WORDS in PROGRESS's project that analyzed social anxiety disorder.

In 2023 we took part in the last training meeting under the project held in Chaves, Portugal, where the focus was on practices to be included in the guidelines that could ensure active involvement of European communities and, at the same time, try to limit the risks of space declination. In addition, a prototype of a therapeutic community garden, was created and were developed for its implementation a number of guidelines. The result of the project can be seen on the websites of the various member associations:

<https://www.nogap.org/wp-content/uploads/2023/05/booklet-green-up-your-community.pdf>



# OUR PROJECTS



The project, coordinated by the associations  
**STORYTELLING CENTER** (NETHERLANDS):  
<https://storytelling-centre.nl/en/>

**MAKAO** (POLAND):  
<https://elaninterculturel.com/>

**D'ANTILLES ET D'AILLEURS** (MARTINIQUE):  
<https://www.dantillesetdailleurs.org>

**LA XIXA TEATRE** (SPAIN):  
<https://madresvictimastrata.wixsite.com/nuestraong>

The project ended on November 30, 2023.

During the two years of implementation, was explored about the potential of social emotional learning as a response to Social Anxiety Disorder: one of the most common disorders among young people especially in adolescence and beyond, increasing among the general population due to the Social Distance imposed by the Covid19 pandemic.

In STOP! WORDS in PROGRESS, intervention methodologies derived from the integration of artistic creative approaches ( theater, journalism and music) were applied from techniques based on storytelling in order to enhance 5 skills ( Emotional Awareness, Self-regulation, Ability to make responsible decisions, Relational Skills, Social Awareness) facilitated appointed in social emotional learning.

In 2023, workshops were implemented with kids, there was a participation a European research on Social Anxiety Disorder, conducted research on personality factors that make social operators more resilient to burnout through the use of the BFQ-2, created modules that can be used by European organizations to implement workshops inspired by the socio-emotional learning approach (T-Kit), and, finally, we created an interactive platform ([www.ccchallen - ge.eu](http://www.ccchallen-ge.eu)).



# OUR PROJECTS



The project, coordinated by the association  
**D'ANTILLES ET D'AILLEURS** (MARTINIQUE):  
<https://www.dantillesetdailleurs.org>

is carried out in partnership with the associations:

**INSPIRA** (PORTUGAL):  
<https://www.facebook.com/Inspiraj/>

**INNOVATIONHIVE** (GREECE):  
<https://innovationhive.eu/>

**Kinoniki Sineteristiki Epihirisi (COB)** (GREECE):  
<https://madresvictimastrata.wixsite.com/nuestraong>

The project ended on December 31, 2023.

The objective was to explore the potential of social agriculture as a tool for the rehabilitation of individuals in vulnerable situations. We deepened and put into practice some techniques for creating a GARDEN or TERA PEUTIC KITCHEN specifically designed to meet the physical, psychological, social and spiritual needs of the people who use it as well as their caregivers, family members and friends.

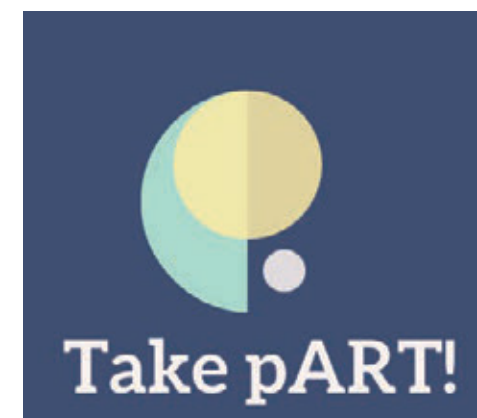
Specifically, the project aimed to: increase the skills and tools of educators on rehabilitation and skill acquisition of people and specifically women in vulnerability situations. We facilitated the educators' understanding of the intersectionality between eco-approach/health/ skill acquisition and therapy. Enhance the provision of tools and pathways that promoted the learning and rehabilitation of persons in vulnerable situations through social agriculture and gardening. Contributing to EU awareness and dialogue on mental health, gender-based violence and social inclusion.

Orti Alti: we involved the kids in the co-creation of a therapeutic garden from the planning stage that today allows each of the users to have a small individual garden.

The construction of the garden was preceded by a series of visits to thematic nurseries, including The Aromatic Garden (Bolsena) and La Birba Nursery (Orte). We also organized a visit to the Cascina Bollate nursery, placed inside the Bollate Prison (Milano) and managed by an association that employs the inmates themselves for work. Finally, a Gaming space was developed for the apprehendment of therapeutic horticulture. On December 1, a final meeting was held in Orvieto, in concomitance with the 40th anniversary of the Lahuèn Community, during which the project and its results were presented, also in the presence of representatives of the associations.



# OUR PROJECTS



The project, coordinated by **Take Part Project**  
[www.facebook.com/takepartprojecteu](https://www.facebook.com/takepartprojecteu)

**D'ANTILLES ET D'AILLEURS** (MARTINIQUE):  
<https://www.dantillesetdailleurs.org>

**Fundacion INTRAS** (SPAIN):  
<https://linktr.ee/fintras>

**femLENS MTÜ** (ESTONIA):  
<https://femlens.com/>

**INNOVATION HIVE** (GREECE):  
<https://innovationhive.eu/>

**NoGap** (ITALY)  
<https://www.no-gap.org/>

**ÉLAN INTERCULTUREL** (FRANCE):  
<https://linktr.ee/Interculturelan>

The project aim to address the issue of gender based violence by giving voice to women themselves and involving young people in actions of social transformation through art therapy and activism. During the first meeting, which took place in October 2023 and which we had the pleasure of hosting at our headquarters in Orvieto, training was held among professionals to identify diverse art therapy techniques to be tested in different countries. In addition to the production of two booklets and the creation of a digital map, the activities proposed by the associations participating in the project will be implemented in the different countries through the creation of four different art therapy paths and seven art residencies.



# OUR PROJECTS



The project was funded by the Cassa di Risparmio di Orvieto and the Waldensian Church. Fila di Autonomia aims to counteract the social marginality and socioeconomic and labor precariousness of dual-diagnosis girls and boys through the start-up of a small tailoring space. While waiting to start up a real vocational course, in collaboration with the MIR association ([www.onlusmir.it](http://www.onlusmir.it)) we developed a workshop aimed at making costumes for the play "The Little Prince" that the boys and girls staged on the occasion of the community's 40th anniversary.



# OUR PROJECTS



## WELENS

educational practices through a gender lens

The project, coordinated by  
**D'ANTILLES ET D'AILLEURS** (Martinique)  
<https://linksight.me/dada972>

sees the participation of committed associations that  
deal with trafficking and sexual exploitation:

**CESIE** (Italy):  
<https://campsite.bio/cesie.ngo>

**FemLENS** (Estonia):  
<https://campsite.bio/cesie.ngo>

**NOGAP** (Italy):  
<https://no-gap.org/>

**ELAN INTERCULTUREL** (France):  
<https://www.instagram.com/interculturelan/>

**KENTRO MELETON ASFALEIAS (KMEA)** (Greece):  
<https://www.kemea.gr/en/>

**WOMEN ACROSS DIFFERENCES INC. (WAD)** (Guyana):  
<https://www.cpdngo.org/ngo-resource-directory/women-across-differences-wad/>

**ASOCIACION MADRES DE CONSTITUCION PARA  
FOMENTAR LA SEGURIDAD Y EL BIENESTAR DE LOS  
HABITANTES** (Argentina):

**COMISION UNIDOS VS TRATA AC (CUVT)** (Mexico):  
<https://comisionunidos.org/en/homepage-2>

**BEECOM** (Italy):  
<https://www.beecom.org/>

The weLENS project aims to contribute to create critical understanding of the global interdependencies underlying gender-based violence and sexual exploitation. The project aims to explore the root causes of this phenomenon from a perspective that takes into account the specificities it takes on in the different countries. The aim was to raise awareness among practitioners so that they acquire new knowledge according to a cross-country interconnection perspective on the issues of gender exploitation and violence.





# FUTURE PERSPECTIVES



The year 2024 is for NoGap to:

1. Structure more post-community services. Specifically: - Designing a daytime space that can ensure therapeutic continuity with the Therapeutic Community and also with the territorial ASLs but also start work education paths. Defining individual projects to identify the needs of the youth and then be able to design their path of reintegration with respect to their needs (vocational internships, daytime etc.)

2. Structure more services aimed at women, gender-based violence and GAP that exist in our national territory. Specifically: - Make permanent workshops dedicated to gender-based violence by involving professionals in the field and activists - Structure a women's space and work on trauma, women's health etc. The idea is to create a space where different professionals (psychologists, social assistants, gynecologists etc.) can support women in the path of elaboration and exit from gender-based violence and, finally, in achieving psychological, social and work autonomy.

3. Focus on the inclusion of kids in workshops, for their education and their creativity.

Specifically:

- Initiate inclusive communication workshops through which will be possible for us to involve kids in the creation of artistic materials that can be used as content for our communication campaigns. This will allow both a greater involvement of boys and girls with respect to the association and a greater personalization of our communication strategies.

- Initiate spaces dedicated to reading and workshops related to this activity such as, for example, creative writing classes and literary circles.

4. Initiate projects related to awareness and sensitization on addiction, psychiatry, and gender-based violence.





# NOGAP

**Our  
publication**

We took part to a first publication  
being part of Task Force 10 – migration to T20Italy:

<https://www.t20italy.org/2021/09/22/promoting-economic-and-social-inclusion-of-migrant-workers/>

**Our social page**



@NoGap.org



nogap2022

**Our website**

<https://www.no-gap.org/>