

MAY-JUNE 2007

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EDITORIAL

The World is Watching

As we prepare for our second annual World Elder Abuse Awareness Day on June 15th in Geneva, we pause to acknowledge and celebrate INPEA's Tenth Anniversary. Memories of that first meeting in Adelaide are bittersweet as we commemorate our founding members; the marvelous Rosalie Wolf, the gentle Gerry Bennett, the caring Anne Angel. How proud they would be at what we have accomplished, how much we owe to their leadership, how important that we never forget their legacy... They laid the foundation; we must continue to build on that.

The WEAAD program for Geneva has been finalized and is available on the website. It is heartening that so many INPEA members are able to travel to Geneva and have the opportunity to present their work. The panelists have chose topics that are both challenging and controversial. They will be sharing their papers with you, so please check out the website.

This issue of the Bulletin describes some of the activities taking place across the world to raise awareness about elder abuse. The range of projects is awesome; every conceivable method of communication will be used. Inspiring, whimsical, delightful, they will capture your imagination and motivate you to replicate some of the ideas, if not this year, then next. Briefly, examples include; marches, vigils, conferences, symposia, press briefings, youth activities and media events. Please write and tell us your experiences... The Evaluation forms included at the end of this bulletin is not long. We ask that you complete it while initiatives are fresh in your memory. Your comments will build on our data base for WEAAD 2008. Thank you for doing this. We all want to see World Day as a gateway to resources on elder abuse, neglect and exploitation... In order to synthesize our information we request that all reports flow through the National

- Elder Abuse in Russia
- Conflict in Cameroon

INPEA BULLETIN

FOR THE PREVENTION OF ELDER ABUSE

INTERNATIONAL NETWORK

Event Follow-up Form

Representatives and that all events in INPEA's name should be coordinated with the National and Regional Representatives.

HAPPY ANNIVERSARY, INPEA! and HAPPY WORLD DAY EVERYONE !!!

Check out WEAAD Calendar of Events Around The World on the WEAAD website at http://www.inpea.net - click the WEAAD button and scroll to the Calendar link and click.

UPCOMING UN NGO Committee MEETING

Meeting MIPAA's Objective to Eliminate all Forms of Neglect, Abuse and Violence of Older Persons

"Promoting Elder Abuse as a Social Issue in Israel"

The UN NGO Committee on Ageing, NY Monthly Meeting will be presented by the Sub committee on Elder Abuse in collaboration with the International Network for the Prevention of Elder Abuse (INPEA)

This year marks the 45th Session of the UN Commission for Social Development and the first review and appraisal of the 2002 Madrid International Plan of Action on Ageing. Further, June 15, 2007 will mark the Second Annual World Elder Abuse Awareness Day (WEAAD). This program will mark the steps along the pathway towards raising awareness of Elder Abuse, as well as how one country is implementing the goals in MIPAA 2000 Priority III: Neglect, abuse and violence.

In her presentation, "Promoting Elder Abuse as a social issue: raising awareness, developing knowledge, training and services: The experience of Israel." Dr. Lowenstein will touch on major research studies and initiatives at Haifa University and throughout Israel, including policies, as well as services.

For more information on this program contact: Florence Denmark, NGO committee on Ageing Tel 212-346-1551 or Email: fdenmark@pace.edu



WEAAD AROUND THE WORLD



Japan

The Japanese Committee of INPEA and the Japan Academy for the Prevention of Elder Abuse (JAPEA) will jointly host an event to observe the World Elder

Abuse Awareness Day (WEAAD) on June 15th 2007.

The event will take place at the Ikebukuro Campus of Shukutoku University in Tokyo, from 10:00 am to 12:00 noon, and will feature several prominent speakers, including Dr. Takeshi Sasaki, Office of Services for People with Dementia, Health Planning Division, Health and Welfare Bureau for the Elderly, the Ministry of Health, Labour and Welfare; Dr. Kinuko Takasaki, President of JAPEA and Professor, the University of the Air in Chiba; Mr. Soji Tanaka, a member of the Board of Directors for JAPEA and Professor, Nihon University College of Humanities and Sciences in Tokyo; Ms. Yoko Shido, Secretary General for the International Longevity Center (ILC) - Japan; and Dr. Toshio Tatara, a member of the Board of Directors for INPEA in charge of the Asian Region and Professor, Shukutoku University Graduate School of Integrated Human and Welfare Studies in Chiba. Dr. Noriko Tsukada, Executive Director for the Japanese Committee of INPEA and Professor, Nihon University Graduate School of Business in Tokyo, will moderate the event, along with Dr. Tatara.

Given that Japan's Elder Abuse Prevention and Caregiver Support Law has been in effect since April 2006, this year's event is going to review the accomplishments of the law, to date and will discuss plans to continue to improve efforts to combat elder abuse in Japan.

By Toshio Tatara

Australia

Working together to advance the human rights of older Victorians



Friday 15 June 2007 Jasper Hotel, 489 Elizabeth St, Melbourne, Ph: 8327 2777 (Melway ref: 2B, C12)

A human rights based approach is central to preventing and responding to situations of abuse involving older people. The recently enacted Victorian Charter of Human Rights and Responsibilities places renewed emphasis on this issue. However, how do professionals and services ensure that their approaches empower older people? This forum offers an opportunity for professionals and organizations to share practice wisdom, and identify

pathways to work collaboratively in advancing the human rights of older Victorians in situations of abuse.

The seminar and workshop will focus on how local networks can promote more coordinated and effective approach to preventing elder abuse. This event will be of interest to service providers including: community legal centres, family violence services, centres against sexual assault, police, primary health services, acute and sub acute health services, aged mental health services and community services.

Presentations will include:

- Human rights and older people Janet Wood, Former Chair of the Ministerial Advisory Council of Senior Victorians
- Working within a Human Rights framework -Deb Pietsch, Human Resources Unit, Department of Human Services
- A culture of collaboration: Lessons in networking – The Redcliffe project, Dr Deborah Setterlund, University of Queensland
- Assessing risk in family violence Rhonda Cumberland, Family Violence Coordination Unit, Dept. of Victorian Communities
- The changing legal landscape for older people -Robert Phillips, Solicitor and Elder law consultant

Discounted parking and accommodation is available. For details and to register for this free event click here by 12th June 2007. Places are limited so book early. Enquires to Current Events 9596 4333.

> Submitted by Wayne Fielding, National Representative, Australia

The Gambia

The Association for the prevention of elder abuse will join the rest of the world on June 15th, 2007 to celebrate the 2nd Annual WEAAD.

This day has been set aside to hold events designed to



Ageing is **Everyone's future** raise awareness in our different communities about elder abuse, in support of international plan of Action on ageing which recognizes the significance of elder abuse as a public health and human right issue.

The Association for the prevention of elder abuse was established to complement government's effort in addressing the needs and welfare of elders in The Gambia.

Activities lined up this year include, Launching of Youths For Elders Club, to create awareness on the prevention of elder abuse, to bridge the gap between Youths and Elders and to encourage and facilitate moral teaching in schools in order to recognize and prevent elder abuse in whatever setting it occurs, so that in the later years of life will be free from abuse, neglect and exploitation.

Youths are not left out in this important event, as they are the ones to a major role, as they are the future leaders, realizing that this noble objective lies in their hands.

We also urge non-governmental organizations, educational institutions, religious groups,

Professionals in the field of Ageing to join the association for the prevention of elder abuse (TAPEA) to promote a better understanding of abuse and neglected elders by supporting us organizing workshops in schools throughout the country to raise awareness of the cultural, social, economic and demography processes effect on elder abuse and neglect.

The Association, request and appeal to organizations individuals who are interested in sponsoring this event to kindly contact the president of the Association (Priscilla Jones) on 002209945587 or James C. Nwodo 002209955362 or email thegambiaapea@yahoo.com.

Event name: Forward Ever, Backward Never

- Date of Event..15th June,2007.
- Country of Event. The Gambia, West Africa.
- Name of Sponsoring Organization...The Association For The Prevention Of Elder Abuse(TAPEA)
- Website..www.inpea.net/tapea.html

James C.Nwodo-Secretary General

Germany - 2006

"Defenseless when old? Strategies against violence in older people's close relationships"



A report on a conference and an expert symposium held in Hanover, Germany, June 14th and 15th, 2006

At the heart of Germany's WEAAD

activities 2006 was the topic of older people's experiences of violence and abuse in close personal relationships. A conference and an expert symposium – both funded by the German Federal Ministry for Family, Seniors, Women and Youth - were organized by Hanover-based Criminological Research Institute of Lower Saxony and Zoom - Society for Prospective Developments (Goettingen). About 150 people attended the full-day conference.

The conference and the symposium focused upon two topics:

(a) Experiences of violence in older women's marriages and partnerships

(b) Abuse and neglect of older people by family caregivers and by nurses from in-home services.

The conference made clear that older female victims of intimate violence represent a special needs population. It showed the importance of facilitating victims' access to shelters, helplines etc. Domestic violence institutions will have to actively widen the circle for older victims. With regard to incidents of abuse and neglect in domestic care, a differentiation of services is necessary – giving support and advice to those who do not wish to hurt their loved ones but are stressed and overburdened and deterring those who prey on the most vulnerable older adults. It was clear that dementia caregiving represents a very special field and that elder abuse prevention urgently needs more interagency cooperation.

A detailed report (in German language) has been compiled. It contains the papers presented at the conference as well as summaries of the discussions and a short concluding essay. The following papers are included in full:

Thomas Goergen (Hanover): Violence in older people's close relationships: Preliminary results of the study "Crime and violence in older people's lives"

Barbara Naegele (Goettingen): Domestic violence in old age – the specific situation of older female victims of violence

Claudia Schacke (Berlin): Abuse of older care recipients by intimates

Rolf Hirsch (Bonn): Violence in older people's close relationships: What kind of prevention is possible? What kind of help do victims need?

The conference report can be downloaded at http://kfn.de/versions/kfn/assets/mfp2.pdf.

Please address correspondence to: Thomas Goergen goergen@kfn.uni-hannover.de

Germany - 2007

Our main WEAAD activity this year will be a press conference on elder abuse / elder abuse prevention on June 13th, 2007 at the site of the so-called "Federal Press Conference" in Berlin.

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Participants (in alphabetical order):

Dr. Thomas Goergen, psychologist, elder abuse researcher at Criminological Research Institute of Lower Saxony, Hanover

Prof. Dr. Dr. Rolf Hirsch, psychologist and geriatrician; head physician of the department of geriatric psychiatry and psychotherapy at "Rheinische Kliniken" (Rhine Clinics), founder and head of "Handeln statt Misshandeln" (Action instead of abuse), Bonn

Gabriele Tammen-Parr, founder and director of "Pflege in Not" ("Care in state of emergency"), Berlin

Gabriele Walentich, public prosecutor, has been working extensively on the topic of elder abuse with the Crime Prevention Council of Northrhine-Westphalia, Duesseldorf.

We hope for strong press participation and subsequent good media coverage. On the days around June 15th, we will be available for interviews / media contacts.

Further, over the last few months, I have been talking with our Federal Ministry responsible for Senior Citizen Affairs. They are going to release a press statement on World Elder Abuse Awareness Day and on the government's perspective on elder abuse topics in the days before June 15th.

Thomas Goergen

USA

California

Orange County UCI Medical providers take action against Elder Abuse

The Program in Geriatrics at University of California, Irvine, is contacting medical clinics in Orange County, California, to offer in-service training on elder abuse for staff and brochures on identifying and reporting elder abuse for staff and patients. *This will be offered from May 1 through June 15, 2007.*

Primary Contact :Elaine Chen, Coordinator, Elder Abuse Training Institute, University of California, Irvine School of Medicine. Telephone: 1-714-456-7863 E-Mail Address: <u>eachen@uci.edu</u> and,

Laura Mosqueda, MD, Director, Program in Geriatrics and Center of Excellence in Elder Abuse and Neglect, University of California, Irvine School of Medicine. National Rep, INPEA USA

Website: http://www.centeronelderabuse.org

Florida

Name of Event: World Elder Abuse Awareness Day, "Moving Forward"-Stop the hurting & start caring.

Area Agency on Aging: Fort Myers, Florida, USA

Date: June 15th 2007 Time: 11:00 am - 1:00 pm.

Brief Description of Event: An elder chorus will be perform, guest speakers, food, poetry reading, raffles, and information tables.

Our website: www.aaaswfl.org

Contact person: Jada Ross-Henry 239-332-4233 or 239-265-0026 henryj@elderaffairs.org

Kentucky

Kentucky's 3rd Annual Elder Abuse Awareness Day will be June 15 in Frankfort to coincide with World Elder Abuse Awareness Day. The purpose of the rally is to raise public awareness of elder abuse, promote participation in the statewide Local Coordinating Councils on Elder Abuse, advance victims' rights to justice and to recognize Kentuckians who have made an impact in the field of elder abuse.

Highlights of this year's rally are recognition of the oldest and youngest volunteers that work with the elderly; **Kentucky State Police Trooper and "TOP COP" nominee Scott King**; NAPSA nominee Tim Rees; and the Pioneers in forming the first Local Coordinating Councils on Elder Abuse in Kentucky: Urban Model - Louisville Metro and Rural Model - Union County. There will also be the unveiling of the Elder Abuse License Plate Initiative as well as acknowledging the Regional winner of the Kentucky River Schools Elder Abuse Awareness Project and all 42 local elder abuse councils in the Commonwealth.

The rally will be in the Capitol rotunda at 10 a.m. with a reception to follow.

For more information about elder abuse prevention in Kentucky, log on to http://chfs.ky.gov/dcbs/dpp/eaa/

New York

Brooklyn, New York., Maimonides Medical Centre June 14, 2007 - Symposium open to both health care providers and the public entitled "Elder Abuse Awareness." There will be 4 panelists at the symposium:

The Honorable Martin Golden, New York State Senator

Arlene Markarian, Esq- Bureau Chief, Elder Abuse Unit, Kings County District Attorney's Office

David Cohen, LCSW, from Adult Protective Services

Barbara Paris MD – Vice Chair of Medicine and Director of Geriatrics at Maimonides Medical Centre,

Clinical Professor of Medicine and Geriatrics at Mount Sinai School of Medicine

June 15 2007- We will have an informational table set up in the main lobby of Maimonides hospital with literature available to read, and staff present to answer any questions.

Barbara Paris, MD

AARP International

AARP International to host Online Elder Abuse Awareness Session

On June 15, 2007, the 2nd Annual World Elder Abuse Awareness Day will be observed. In recognition of this important event, AARP International is hosting a two-week online Ask the Expert Session. Be sure to visit the AARP International website from June 1 through June 15, 2007, to ask your questions and read insights shared by experts on elder abuse issues including Naomi Karp, Strategic Policy Advisor of the Consumer and State Affairs Team at AARP's Public Policy Institute.

http://www.aarp.org/research/international/events/200 7expertsession.html

> Jessica Frank AARP International www.aarp.org/international

République Togolaise



On June 15, 2007 there is a full day programme to promote awareness of elder abuse by INPEA in Togo. Beginning at 7h30 a.m. with a

reception and greeting, participants will then be introduced to INPEA, and be presented with an opportunity to join the organization.

We have two main communication themes for the day. The first is "To Pay One's Respect to Our Elders" and the second is "Affection and Welfare for Elders." Each of these will be presented and then debated and discussed by the participants. Finally, there will be a discussion about the possibility of building a leisure centre for both elders and young persons (an elders and young people house).

We would also like to include elements about the history of INPEA during the presentation of the organization. If you have any suggestions or recommendations for us we would sincerely appreciate it! Peru



Dear all,

Good news! The National Commission about Ageing in Peru, has assumed the campaign! It means that all the ministers, the NGO's, the older associations, specially Anamper - a national network of older people, and also the Municipality of Lima, will participate together in a central ceremony at which INPEA has been ask to give some words. The Mayor of Lima, The Minister of Woman and Social Development, and PAHO,-will also participate in the central ceremony. HelpAge International has also been invited.

June 15th in Peru: Great National Rally Called "Against the Abuse of the Elderly"

This year a transcendental step has been taken in favor of good treatment of the elderly in Peru. The Multisectorial Commission to implement the National Plan on Aging approved a call for a public rally to raise awareness about abuse of the elderly. One of the most enthusiastic organizations is ANAMPER, the National Association of the Elderly. This commission is composed of: Ministry of Labor, of Education, of Health, of Agriculture, of Economy; the Social Security Administration; the National Assembly of Universities, networks of the civil society: Mesa Peru; Consorcio Peru; and ANAMPER among others, will have a ceremony in the Alcedo Salon of the Municipality of Lima. The speakers will be the Mayor of Lima; the Minister for Women and Social Development, the organization in charge of policies on aging; representatives of INPEA, HelpAge International, and a representative of the elderly. A conference by the OPS will also take place in the program. The event will feature a cultural act by representatives of the elderly, who will present songs, dances and poetry.

In addition, local and regional governments, associations of the elderly and others, will present events in their towns to raise awareness, such as walks, information on elimination of abuse of the elderly and information on their rights. The theme chosen is "For the Dignity of the Elderly" and all the ministries and participating organizations will wear lilac ribbons as a symbol of the campaign. The program will be publicized on the web site of the ministries and through press releases, and a poster is being prepared.

> Luz Barreto National Representative INPEA Peru

Samuel Kwaku M. DZAHINI

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India



Invitation for Symposium on "World Elder Abuse Awareness Day", 15TH JUNE 2007, New Delhi , India

Greetings from Anugraha. As you are aware, Anugraha is a national NGO, dedicated to the cause of empowerment & development of the underprivileged. An advocate for the well being of older persons, the organization is committed to providing a forum for ageing issues. Anugraha is a member of the "State Council On Older Persons", Delhi & has contributed actively to the formulation of the State Policy.

As you are aware, the abuse and neglect of older persons is a complex and multi-faceted problem. Anugraha has received several requests from Senior Citizens Associations to organise a discussion on issues & challenges related to abuse of the elderly in Delhi. This aims at evolving effective interventions in association with and inputs from different experts and stakeholders. A need has been felt to bring together Govt. organizations, NGOs, senior citizens, social activists, researchers, to discuss and deliberate on this important issue concerning the senior citizens.

In recent times, society is witnessing withering of the joint family system, as a result of which a large number of parents are not being looked after by their children. Many older persons, particularly widowed women are now forced to spend their twilight years all alone, having been abandoned by their children.

To address these problems being faced by the parents and the elderly, the Ministry of Social Justice & empowerment, GOI proposed "Maintenance and Welfare of Parents and Senior Citizens Bill - 2007" which inter-alia contains provisions for providing maintenance to the parents and senior citizens by their families.

Keeping this in view, Anugraha, in association with and support from United Nations Information Center is organizing a Symposium on "World Elder Abuse Awareness Day" on 15th June 2007. Please find enclosed the details of the programme.

Shri Tejender Khanna, Hon'ble Lt. Governor of Delhi has kindly consented to be the Chief guest and deliver the inaugural address. The proceedings and the views expressed in this symposium will be Edpublished in form of a booklet and circulated widely.

The venue will be the UN HALL, UN building, Lodi Estate, New Delhi.

Thanking you, Sincerely, Dr. Aabha Chaudhary

CONFLICT IN CAMEROON

Tribal conflict in Cameroon renders hundreds of elderly people homeless and vulnerable



In Africa, elder abuse often occurs in the form of extreme injustice and vulnerability, when a consequence of tribal conflict - as happened

recently near Bamenda, the north-west provincial capital of Cameroon. Threats between inhabitants of the neighbouring villages of Bali Nyongha and Bawock, based on claims by the Bali Nyonghas that the land occupied by the Bawocks is their ancestral land and that the Bawock Traditional Ruler and his people have been constantly provoking the Bali people.

Bali Nyongha has an elderly peoples' dance called the "Leila," which is performed once a year and gives the dancers a cultural identity. It is mainly performed by people age 60 years and over and at the end of the year, as it is believed that elders usher in blessings on the land for the New Year.

While the Bali Nyonghas were preparing for their Leila dance in November 2006, the Bawock people planned to disrupt the dance and set part of the Bali Nyongha royal palace where elders perform their traditional rites alight. Tension mounted from then on between the two villages and culminated in clashes on March 6, 2007.

A team of INPEA Cameroon headed by Nerissa RINGNYU BONKO, a volunteer community nurse from the national office of the Regional Centre for the Welfare of Ageing Persons in Cameroon (RECEWAPEC), visited the site and came upon a camp where some of the victims of the clashes had taken refuge. The team identified 70 elderly persons in this camp, who are homeless and extremely vulnerable. The Government of Cameroon is doing its best to see that thousands of child victims in the camp go to school, while INPEA Cameroon and other NGOs are seeking a solution for the elderly victims.

> Prince Bengha Ngochia Martin National Representative: INPEA Cameroon



Salford, Greater Manchester, England Salford City Council: Safeguarding Vulnerable Adults procedures launch, June 15, 2007

The Salford City Council will be inviting over 100 senior staff from across the city to attend an event on June 15, 2007. The staff will be presented with updated procedures manual and innovative publicity aimed at encouraging victims to report abuse.

Primary Contact Person: Phil Dand Telephone: 0161 212 4322 E-Mail: phil.dand@salford.gov.uk Organization Website: www.salford.gov.uk

ELDER ABUSE IN RUSSIA

Domestic elderly abuse - one of the most latent problems of the Russian society



Domestic violence to the elderly persons - one of the most latent problems of the Russian society. Today many people speak about

women and children, becoming victims of aggression of members of household; at a level of the state the target programs are accepted, intended to resist to this phenomenon.

But about the old men and old women, injured of own children and grandsons hands, many people speak very little. They are not protected by the law.

Unfortunately, nowadays neither judicial nor the state statistics do not fix crimes against elderly persons, therefore to give the objective data all over Russia is not obviously possible.

According to the Russian mass-media we have the sensational cases (www.PNP.ru/archive/17770122.html). Here it is one of the cases which was brought before the Slavyansk-on Kuban court: demanding from the parents some money for a potion, the drug addict son killed well known and respect in the district his old father and his old mother.

In Novititarovskay stanitsa a twenty-years-old girl strangled with the help of a textile fabric belt her aunt who had took legal advice into law enforcement bodies with her application about the constant her niece's terror.

The similar crime reports are daily. And in fact murders, beatings after which older persons get in the hospitals, becoming invalids, - only a part of problems of a quiet, worthy old age. Frequently trustful old men and women find themselves without a roof above a head – their relatives simply hand over them in the boarding house or in the social - rehabilitation centers of temporary residing.

One of such social-rehabilitation centers - "Care" having the stationary and night department for 200 person is found in accordance with the decisions of the Government of the Russian Federation "On measures for the development of a network of establishments of the social help for the persons who have found themselves in extreme conditions without a certain residence". Here there are a lot thrown elderly.

The deserved lawyer of Kuban, the judge of one of the districts of Krasnodar court Alla Kodash, for her 25-years experience of work tried to defense her elderly ascertains:

- The grand daughter is judged with the grandmother because of several meters of a living space, the son pretends to a small personal plot of his father - invalid, an only safe-valve of the old man.

All these situations in our turned life has become ordinary, - Alla Haritonovna says.

- And what special law in protection for aged will we make? Militia? Court? Frequently older persons simply hesitate themselves to address in these instances. The problem of violence itself in relation to the elderly in family, perhaps, is so great, that is momentary any panacea we will not find.

One is obvious - it is necessary to solve a problem not at an individual level, and at a level of a society as a whole.

Natalia Kivokurtseva, the head of the "Nicka Center" says: More than forty per cent of the older persons, aspiring to live in a house for aged, named one of the reasons to be there - domestic violence. And not necessarily physical. Today old men experience both psychological pressure and economic and even sexual.

In Chelyabinsk the second Inter-regional scientificpractical conference «Innovations in the system of family trouble» established that now almost 40 % of all heavy violent crimes in Russia were made in the family. The amount of the infringements of the law which have the most different forms, grows from year to year, thus the tendency of increasing of the cases of cruel treatment with older persons is precisely traced (http://che.best-city.ru/news/?id=822).

Prof. Pavel Puchkov

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Please return answers to the following questions by saving the form to your computer, Go to "File... Save As"... give it a new name (such as WEAADSurvey-yourcountrynamehere.doc, filling in the form, then send that file by email attachment to INPEA at <u>WEAAD2007Survey@inpea.net</u> A pdf version is on the web site for those who do not have MSWord.

World Elder Abuse Awareness Day 2007: Follow-up survey

Planning

- 1. What type of activities were planned?
- 2. Who was involved in planning?
- 3. When did you start planning?

Political/media interest

- 4. Did politicians show interest? Yes D No D If yes, how?
- 5. Were media representatives contacted? Yes D No D If yes, how?

Did they show an interest? Yes D No

How was the WEAAD covered by the media in your country?

Activities

6. Which events took place?

Which audiences were targeted?

- 7. How were the activities funded?
- 8. Who were the organizers?

Your personal experiences

- 9. What do you think worked best? What was most challenging?
- 10. What would you do again next time? What would you do differently?

Future

- 11. Ideas for future WEAADays?
- 12. Is it worth repeating? Yes 🗌 No 🗌