

DESIS
NETWORK
Design for
Social Innovation
and Sustainability

Sábio Sabor



SABIO
SABOR
® by AFUA

Sábio Sabor
AFUA-HML
Portugal
Beatriz Gonçalo

Sábio Sabor

Approximately 7 or 8, a lot of them being renowned chefs and Mar Shopping Matosinhos



**SABIO
SABOR**
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Funder.

Associação de Familiares, Utentes e Amigos do Hospital Magalhães Lemos (AFUA-HML)



afua

SAÚDE MENTAL **PROMOVER. REABILITAR. INTEGRAR.**

Context.

This is one of the case studies of the Kiwibee project. With the presentation of this case study, I intend to look for similar projects and with new strands to add to the Kiwibee farm that already works well but can benefit from new activities.



Sábio Sabor.

This project was created by the Association of Family, Users and Friends of Hospital Magalhães Lemos, and consists not only in raising awareness of mental illness and the impact of healthy eating for a good mental health, but also as occupational therapy for patients with mental health problems



The process.

It all started when the psychiatric and mental health care at the Hospital Magalhães Lemos, which has 196 beds, began to exceed this capacity of users.

One of the ways to stop this growth is to prevent it, in this case through healthy eating. The construction of a vegetable garden helps patients suffering from these diseases (a therapeutic site) to produce the vegetables and fruits and give some to people with some psychiatric or mental health problem that cannot have access or money to buy healthy food. Afterwards the products are used to make recipes with the patients and sell some of this bakery goods in the hospital bar, etc... In the end, there is a book that is sold with recipes that help people keep a better mental health. All the revenue from the book goes to the program.



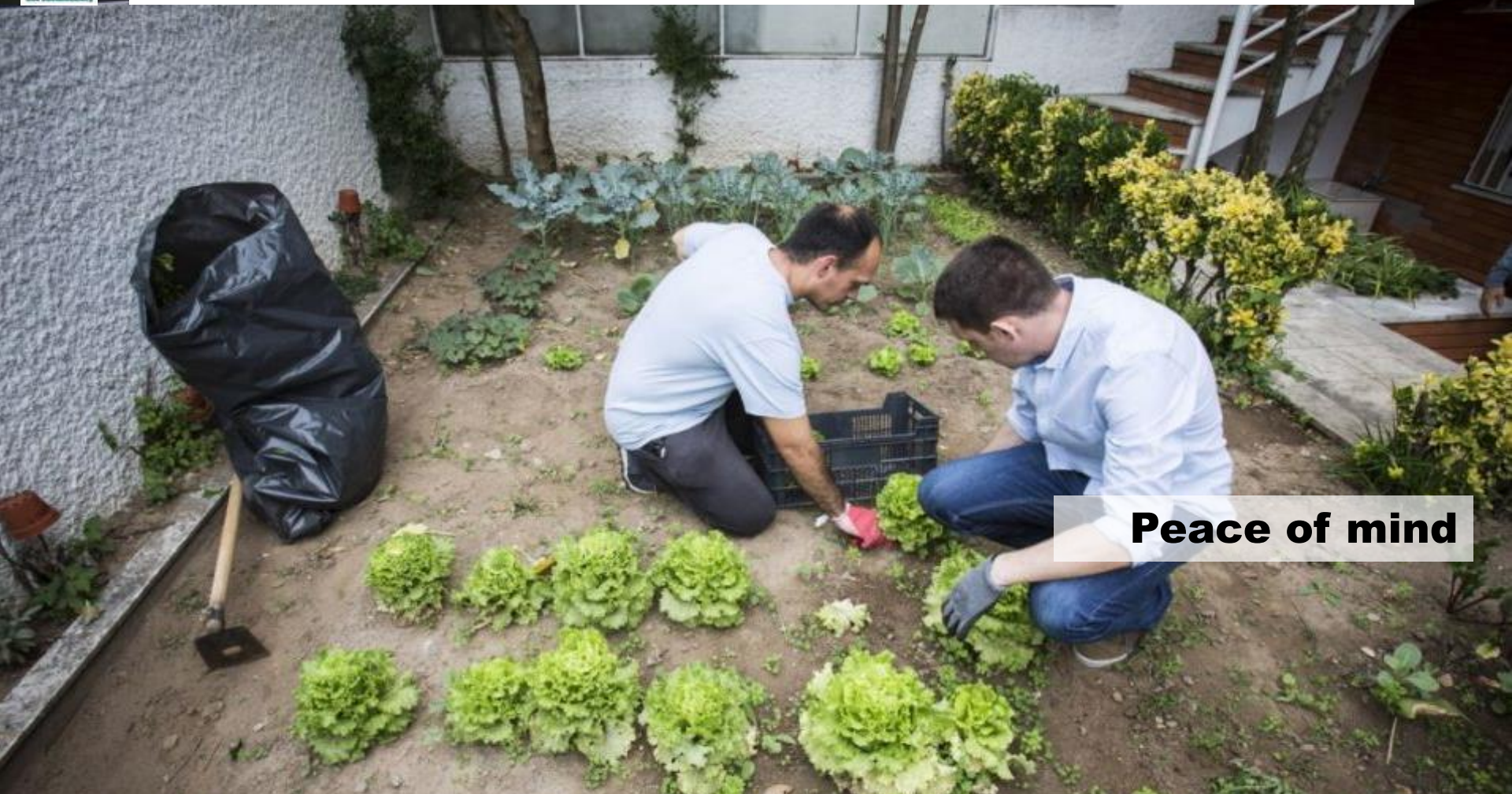
Governance and Policy Making



A disease is not the end

The project, which is part of MAR Shopping Matosinhos' social responsibility policy “AMAR quem mais precisa” and is promoted and managed with the users of AFUA-HML (Associação de Familiares, Utentes e Amigos do Hospital Magalhães Lemos).

Activism and Civic Participation



Peace of mind

These individuals are often excluded by the work world and have no type of opportunities in it, because of their health problem (some lost their jobs because they couldn't cope with the disease).

The Association of Family, Users and Friends of Hospital Magalhães Lemos, saw this in a big part of their patients, so they acted by their own hands. They rented a house with a large garden for the users who reside there to oversee cultivating the plantations (with help and supervision from the staff). Later they use the products from the garden to feed the hospital bar and to create baskets full of vegetables and fruits for people flagged by the city with mental illness unable to purchase healthy products.

Social Interactions and Relations



Learning new skills

All the participants in this program (activities to promote a better mental health), whether in the garden or producing some bakery goods are always accompanied and supervised by people who have experience in those activities. Some patients also have the opportunity to serve in the hospital bar the products they produce. Some chefs and Ana Bravo, a nutritionist made a recipe book, where all the profits go directly to the program.

City and Environmental Planning



Sustainability

Gardening

The construction of a garden for patients who can live semi-independently at this house helps a lot in creating sustainability for the house they share and for the hospital / Support Center for Independent Living, where the products will be consumed or treated for the realization of recipes. Individuals who learn all these new skills will also be better prepared to enter the world of work, becoming completely independent in the long run.

Production, Distribution and Consumption



Spread awareness

Help patients with little financial resources

The project is about the production of natural ecological products, the creation of baskets for people who cannot economically buy healthy products to maintain a good mental health, then treat the products, creating recipes with the help of chefs and nutritionists.

Finally, all these recipes are compiled into a book, which is sold to help the program and alert people with the recipes, promoting better eating habits for the sake of mental health.

Skill Training



Bakery skill

Gardening skill

One of the objectives of this program is clearly to give these patients some skills whether in the cooking/bakery part or in gardening. This is essential, not only because it helps mentally, by keeping them occupied and with the feeling of being useful, but in the future, it can help when searching for a job or a career.

Job Creation



Independency

Job opportunities

Although the final goal of the program is not to get a job, with all the skills learned by the patients, it can definitely help them get a job, specially after having training and experience in the various sectors in which they can work.

Storytelling and Visualisation



*"Não é
egoísmo
fazer da sua
Saúde
Mental uma
prioridade"*



Sharing progress and activities



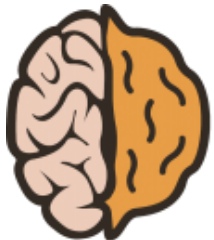
Sharing advice

The project is very well explained in their website, where people can find the chefs and nutritionists that help with the recipes for the book, products that are grown by the patients and you can even order the book "Sábio Sabor". They also use the AFUA Facebook page to share some of their work, such as recipes, work done by patients, the crops and some motivational quotes.

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