

WARNED

20
21

ANNUAL REPORT



we are retired not expired

CONTENTS

01 Statement	3
02 Projects	5
03 The community	8
04 Studies & Research	13
05 Results	15

Picture credits : Christine Veraart & Jim Stewart



WARNED

01



01

STATEMENT

How to summarise a full year of activities, which were relentlessly aiming to create social bonds and to nurture the sustainable health of seniors, when the sanitary conditions forced us to bounce back repeatedly?

2020 was designated as the "worst year ever" by the Time magazine, so we all hoped that 2021 would see a gradual return to normal. Yet life resumed its course quite chaotically: although some events that had to be cancelled in 2020 were able to take place, such as the Tokyo Olympics or COP26, at the same time, the international news were marked by violence.

While we could notice some progress on the health front, linked to the numerous vaccination campaigns, epidemic waves have continued to sweep over Europe, along with the arising of new variants. These led many governments to deploy unprecedented measures such as lockdowns, curfews, sanitary passes... The key word for this year 2021 has definitely been "adaptability"!

At the time when Joséphine Baker entered the Panthéon in Paris, WARNED (We Are Retired Not ExpireD) continued tirelessly to reinvent itself and set up new initiatives. In an exceptional context, we have mobilized exceptional capacities for creativity and solidarity.

While keeping focused on our end goals, we experimented new activities, tested new tools, sometimes failed but more importantly we learned a lot. Despite its share of doubts and occasional times of loneliness, our program "Thé au Jardin" kept its course and offered to the Goldies (65+), through winds, rains and tides:

- 120 afternoons of discoveries, activities and personal development;
- nearly 150 workshops: performances, readings, outings, digital courses, immersions, debates, physical and sports activities, concerts, choral...

Active member of the social economy, "Thé au Jardin" made it possible, for our 80 trainees, volunteers and workshop facilitators, to resume, continue and/or develop their practice for the benefit of our specific public, and helped many of them back on the path of financial sustainability.

Alongside the sustainable health laboratory that "Thé au Jardin" is, WARNED has seized every opportunity to relaunch its "Thé Dansant", in virtual and even face-to-face format. Placed under the sign of participation and benevolence, these original events have now been acclaimed by a growing public of several hundred Goldies.

Not bad for a "transition" year, isn't it?

**We deeply believe that it is time to reactivate the PLUS in 65+
"Just because you're retired doesn't mean you're out of date!"**



PROJECTS

02



02

The vagaries of Covid-19 have made WARNED's ambitions impossible and absolutely essential at the same time. In order to mitigate the damages of enforced isolation for the senior citizens, the team offered tirelessly and without interruption its activities that create both social bonds and well-being.

ACTIVITIES IN THE GARDEN

Dates : January-March
Partners : Fondation De Pauw
Funding : 2,500 EUR

"Enjoying the here and now, never ceases to flesh out time"

De Pauw Foundation supports citizens with a strong personality, who commit to improving the quality of life in their neighborhood and who can inspire and mobilize their neighbours. Following the call for projects initiated in 2020, our programme "Activités au Jardin" was selected to support seniors in their desire for autonomy and aging well through physical and emotional activation, thanks to:

- a series of activities focused on health, combining walking, cycling, movement, dance, awakening the body and the impact which the environment has on health;
- a meeting space, in a bucolic setting, with an inclusive mindset (Montessori approach), both flexible and original, between local well-being actors and the Goldies.

Dates : January-April
Partners : COCOF
Funding : 3,000 EUR

HEALTH IN THE GARDEN

Loneliness is as deadly as tobacco

The "Santé au Jardin" programme has nurtured a range of specific activities, which all have been aiming at:

- Stimulating the immune system of Goldies by helping them to reconnect with their nature through meditation, activation of their senses, physical exercises, essential oils... so many assets to strengthen the natural barriers that living in the city can weaken;
- Adapting their lifestyle to reduce their exposure to factors likely to present a risk (particularly through their consumption choices);
- Reducing their ecological footprint (by not being themselves the source of practices that are harmful to either their health and/or their environment).

DIGITAL GOLDIES

Dates : February-June
Partners : VGC - Digibeta
Funding : 4,000 EUR

"YES to lockdown - NO to loneliness"

Digital therapy is a tool for transforming physical distancing into long distance socialization. On a weekly basis, our digital wizard Sara from DIGIBETA conducts trainings and workshops in order to familiarise Goldies with the use of technology: Whatsapp, Facebook, Google, banking applications, solidarity platforms...

Whether on computer, tablet or phone, we want to connect the GOLDies securely. Each course gives access to a group, a platform, a practical activity in order to create an interest in the use of technologies and thus address illectronism among the elderlies.

Our goal with "Digital Goldies" is to fight loneliness and social isolation.



Dates : 14 February
Partners : Digibeta
Funding :-

THE DANSANT CONFINE-IN UW KOT

"Let's make solidarity more contagious than the virus"

The constraints of physical distancing did not stop the enthusiasm of WARNED team, who set up a new on line "Thé Dansant", thanks to the digital talent of DIGIBETA. Easily accessible (directly on a dedicated website), this event is 100% inclusive, free, bilingual (FR&NL) and LIVE.

The program is deliberately original and varied, alternating yoga, cabaret show, warm-ups, choreographies, DJ sets, poetry and many other surprises. Our goal: to have and share fun, join in artistic performances and use movement to slow down the physical (cardiovascular diseases, cancer..) and mental (Alzheimer) ageing of our guests. And it also supports artists by providing them with a stage and an audience to exist during the ban on cultural activities.

SPORT FOR ALL

Dates : August-December
Partners : COCOF
Funding : 10,000 EUR

"Sport does not make you live longer, but makes you live younger"

With "Sport for all", WARNED wishes to support the Goldies in their desire for autonomy and aging well through physical activation, boosting their immune system while ensuring a full compliance with the covid rules in force. This program contained another series of activities focused on sport and combining walking, movement, dancing, etc.

This program relies on a growing network of local professional well-being actors in order to establish a habit, a regular practice that can be pursued outside of the Garden.

Dates : January-December
Partners : Local council of Uccle
Funding : 3,000 EUR

THE AU JARDIN

"Our key word is particip'ation"

"Thé au Jardin" shows what is possible when a creative community gets access to a space: an original cultural offer for seniors enable social bonds and creation of participatory citizenship.

Imagine a place hidden in a green setting, which resonates to the sound of a DJ set, the vocalizations of a singing lesson, the frenzied steps of a salsa lesson, where you can train in digital and self-massage, get back to cycling, learn to renovate objects or the precious art of calligraphy: every week, WARNED welcomes GOLDies in a garden nestled in the heart of Uccle.

"Thé au Jardin" is above all a place for sharing initiatives around autonomy and activation: far from usual senior activities, the volunteers share their talents to offer new activities and workshops, the program of which is unveiled every week on the dedicated website as well as on the event's Facebook page.

THE DANSANT

Date : 1st October
Partners : Neighbourhood Houses of Brussels
Funding : 5,000 EUR

"Don't you dare call us old"

"Thé Dansant" is an extravagant and glamorous event, a true rendezvous for young elderlies (65+) in the heart of the city. Throughout the afternoon, they will enjoy an English "Tea Time" on delicately set tables, to the sound of burlesque cabaret artists and a DJ who makes them swing! Various activities, which are set up by our wonderful team of volunteers, invite each and everyone to become a participant in the party, rather than a simple spectator.

Our goals are simple: connect with each other, distract you and help you forget time, lose yourself in a dance and make you smile again.

THE COMMUNITY

03



03

ECOSYSTEM

WARNED

W A R N E D is an international team of multidisciplinary volunteers, of all ages and various backgrounds. Some have met through "burner" events (artistic events which share the principles and values of Burning Man festival (US): openness, radical expression, gift, respect for others and for the environment, self-reliance, civic responsibility...), others come from an entrepreneurial background, others from the medical world...

Their common point? The strong desire to reactivate their beloved GOLDies (65+) socially, professionally and emotionally.

Our mission is to act as a connecting agent, facilitating connection and dialogue between generations, so that everyone can enrich their vision and reinvent themselves outside of the usual operating mode which is based on duality.

DIGITAL PRESENCE

The rapid growth of WARNED since its creation in 2019 led to a digital communication which was developed as and when needed by our various projects. This has resulted, over time, in a few inconsistencies in terms of content (such as repetitions between our websites), which in the end has harmed the overall readability of our associative project for our different groups of interlocutors: members, volunteers, but also sponsors, investors and external partners.

Thanks to the "Innovatiemecanisme" grant, WARNED was able to use expert advice to analyze how to make our website a single contact point and a showcase for all the stakeholders in our project.

Our brand new website www.warned.plus will be released in 2022.

OUR VALUES

Our values reflect the way we work to achieve our mission and our purpose.

INCLUSION - Our project is aiming primarily at senior citizens (65+) in order to offer them a space to meet and connect. We take into account, through the Montessori method, the social specificities, physical constraints (whether cognitive or in terms of mobility), cultural and linguistic differences of our public.

AUTONOMY - We develop a range of one-off or regular activities that all aim to improve physical fitness, sustainable health and connectedness.

PARTICIPATION - The success of our activities depends on each one's participation. This is why everyone is encouraged not to be a mere spectator but to participate with kindness and without judgment.

PARTNERSHIP - The project involves as many actors as possible by cooperating with local associations and social support services. The project is implemented with civic participation and catalyses civil initiatives for seniors which were created during the lockdowns.



03

PARTNERS HIGHLIGHT

WORKSHOPS

Each of the workshops contribute to our emancipatory vision through sustainable health and emotional growth. Thanks to the huge diversity of knowledge and skills that we host at "Thé au Jardin", the Goldies have many tools to remain active, curious, and to develop their ability to learn as well as their self-knowledge.

These activities are based on our growing network of well-being professionals, often local, who are aligned with our approach and our values and wish to discover the senior public.

Workshop highlights:

Nutrition - Afghan Walk - Laughter Yoga - Tea Journey - Creative Dance - Guided Writing - Sustainable Food - Hairdressing - Tibetan Bowls / Vibration - Tai Chi - 1st & 2nd Aid - Chakras - Manicure - Free Dance - Mindful Eating - Breath yoga - "Astro" workshops - Conscious Gymnastics - Shiatsu - Calinotherapy - Poï - Non-violent communication - Self Defence - Shinrin Joku - Self Compassion - Kundalini meditation - Zumba - Medicinal plants & herbal teas - Ecstatic Dance - Anger workshops - Hypno Meditation - Auto Massage - Dance of the 5 Elements - Geocaching - Chinese medicine - Gong - Self Compassion - Osho meditation - Sofrology - Digital Goldies - Intimate Parentheses - Readings by Lorette - Chantage (choral) - Chair Dance - Yoga - Mantras - Wednesday Steps - Composting of Emotions - ReConnection workshops - Talks on #Black Lives Matter & Racism, #Me too & Patriarchy, Drugs - Immersion Shiatsu - 100% Self-Love, Gender Issues and Consent Days.

The professionals we have called upon to conduct these workshops often offer the possibility of pursuing the activity outside of WARNED structure. We have devoted 66% of our 2021 expenses to their remuneration (a fundamental element in times of pandemic).



SHARING EXPERIENCES

In cooperation with DIGIBETA, WARNED has designed, from content to implementation, a comprehensive digital learning program to facilitate the use of digital communication applications: Digital Goldies.

After a first cycle adapted to "Thé au Jardin", this program is now offered in the branches of the SamenToujours network, with the support of King Baudouin Foundation.

DIGITAL WEEK

As part of the digital week, WARNED offered, again in collaboration with DIGIBETA, 3 digital sessions for seniors at EPF Uccle.

COOPERATIONS

"Sassy Buccolique" with Sassy Cabaret
"La liste de mes envies" by Lorette Goosse
Concert "Sol Soaré"
Concert "Yes,We can"

Distribution point for the following magazines: "Amour et Sagesse", "Old Up", and "G+" (issued by the local council of Uccle).



03

PEOPLE HIGHLIGHT

VOLUNTEERS

The WARNED family brings together an admirable team of volunteers and enthusiastic artists, of all ages and various backgrounds, all committed and passionate, who take turns so that Goldies can have fun in complete safety.

Some are involved in the development of WARNED, others in "Thé au Jardin" or "Thé Dansant", sometimes in the design, often in the day to day operations: each one is bringing their humanity and their skills to the co-creation of an intergenerational society.

They also form an ecosystem rich in complementary knowledge, hence WARNED also invests its energy in setting up regular times for meet ups and mutual learnings.



IN GRATITUDE

Annabelle, Lili, Kuntaka, David, Jim, Ysabel, Aida, Janaka, Sara, Océane, Majo, Delphine, François, Jérémie, Laurence, Anne, Cécile, David, Ilana, Alain, Frédérique, Mathilde, Morgan, Laure, Amandine, Sara, Vanessa, Mieke, Pauline, Perrine, Nathalie, Margot, Alain, Amber, Daphné, Maud, Françoise, Arianne, Pierre, Bineta, Reynart, Max, Dominique, Sarbani, Dolores, Chanel, Alyssia, Sylvia, France, Antoine, Vincent, Daniel, Sandra, Anicia, Jean-François, Elodie, Ludwig, Milla Jane, Gauthier, Cléa, Ela, Barbara



MEET UPS

Our volunteers have so much to learn from each other. This is why, from January to the end of June, the volunteers and benefactor members of WARNED have been able to gather in the Garden every Friday, from 6pm, for an After Work "Coronapéro".

TEAM BUILDING

Associate members were invited to participate at various events:

Training on "Digital Inclusion" by FRB

Training on "Listening and Empathy / Setting limits / Respect for privacy / Better communication" by SamenToujours

21st June - General Assembly on line

23rd & 24th July - Green Days in the Garden (Uccle)

2nd October: Volunteer evening at Sassy Cabaret (Brussels)

23rd October: Introduction to Burlesque at BAP (Brussels)

1st December: Online training on "How to enter into an intergenerational relationship" by CEBI (Création d'Espaces Bienveillants et Inclusifs)

INTERNSHIPS

The team was delighted to welcome two interns in 2021:

Milla Jane - Social worker studies

(Erasmus Hogeschool Brussel)

David - Socio-Cultural Animator Training

(CBAI - Centre Bruxellois d'Action Interculturelle ASBL)

03

GOLDIES FEEDBACKS

ANNE MARIE

"I am happy to know about "Thé au Jardin", which I discovered quite by chance while walking in Uccle. I stopped, attracted by this beautiful garden, and I felt a feeling of well-being. I saw Sophie, her warm welcome overwhelmed me, she explained to me what was happening in this garden. Sophie is calm and poised, caring, attentive... You quickly feel "good", wellness throughout the body.

In the Garden there is a very warm atmosphere, we learn a lot of things, we listen, we share, we feel safe, we talk about the planet, the sun, the earth, everything around us... walks, yoga, talks, you become aware of your body, why sometimes you feel negative things, how to manage to live in a more positive way.

You have to listen to your body, you have to treat yourself with little things that make you happy. We learn all this at "Thé au Jardin": to listen to others, to accept people as they are because each one is important. That is Life."

CHRISTINE

"I consider "Thé au Jardin" as a no man's land because

Between our good or bad memories;
Between our children or our loneliness if we don't have any;
Between our grandchildren or our friends who died;
Between our ex job ex husband or future widow, widower;
Between our former colleagues and Us, ...

It's only the JOY OF LIVING when we come to the Garden!!"

LAURENCE

(letter to the Mayor of Brussels)

"Dear Sir,

Just a word to tell you how happy I am to know Sophie and her not-for-profit organisation WARNED, and "Thé au Jardin" at 22 Kauwberg for people of a certain age and which takes place in a garden in Uccle. This extraordinary lady has created an atmosphere where we meet in kindness, exchanging laughter and smiles, where we can practice many activities.

I wanted you to know that you have a gem of a person in your commune. With all my respect."

AND ALSO:

'You will dive into a bath of benevolence, exchanges, listening and sympathy.' (M.C.)

'Nothing is forbidden and nothing is obligatory: we are free... I have never been disappointed.' (A.P.)

'It changed everything for me, I was very shy, I had to push myself for certain things.' (M.G.)

'You have to set a foot in the Garden, enter it and come out transformed, different and comfortable in your own skin.' (A.M.)

'Come if you want to get out of the ordinary and be happy, this place is, I would say, like a haven of peace where you feel good!' (R.C.Z.)

'My fondest memory: the first party, the Thé Dance because I felt like Alice in Wonderland.' (F.H.)

'Should be sponsored by the Social Security.'



04

STUDIES & RESEARCH

04

"You have to be able to metamorphose yourself, to experience newness by putting all your strength into it. The feeling of sadness that arises from attachment to what is lost is not good and does not correspond to the true meaning of life." (Hermann Hesse)

STRATEGY

Cultural life came to a standstill due to covid-related restrictions, and this situation forced the cultural sector to be creative in order to adapt. WARNED, an active actor of the solidarity cultural economy, benefited from the "Innovation Mechanisms" grant from Vlaamse Gemeenschap and could participate in three working groups, enabling us to radically rethink the way we operate.

In this context, we have defined the following areas of strategic development:

- Anchor the structure of WARNED in an agile organisational model;
- Clarify the processes and responsibilities to the teams (accessibility of manuals and contracts);
- Unite around a powerful and inspiring culture (inform about our values, strengthen the sense of belonging among our volunteers and members through trainings and workshops, in order to make each one ambassadors of our associative project);
- Clarify our proposals and goals (what is WARNED; what services do we provide to our respective target groups? etc);



THIRD ACT

Retirement evokes a righteous rest, after a life of hard work. This suited the 1950s well, when work was arduous and retirement arrived at 65 for a life expectancy at birth of 67 years; nowadays, what place do our modern societies want to give to elderly retired people who can still be fully contributing to the common good? What if access to work was the new challenge for pensioners?

While pensioners have been put in the category of "inactive" in our western civilisation, WARNED wants to socially acknowledge the fruit of the activities of seniors. Through a contract or volunteer work, we want to offer each senior the freedom to work, share their time and skills and ultimately get social recognition through activities producing added value for the broader society.

THIRD DATE

2021 was also the beginning of a new range of workshops which are focused on emotional growth: the "Intimate Parentheses" opened a cycle of 10 meetings allowing the Goldies to explore (or rediscover) their sexual fulfilment in new ways, outside of a couple relationship or the sole prism of physical performance.

Discussion groups, Chair Dance workshops, introduction to burlesque stripping... this new program will continue in 2022.





05

RESULTS

05

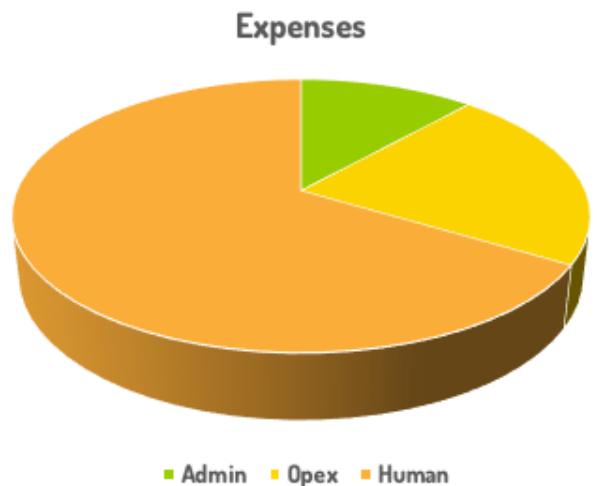
2021 was the first full year for WARNED but still without being able to fully develop its activities. We had to rely mainly on subsidies to fund our projects.

The figures illustrate our creativity.

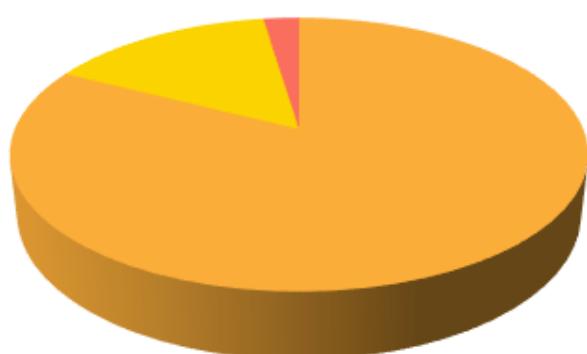
EXPENSES

2021 expenses (circa 39K EUR) reflect our activities, which noticeably represented more than the double of what we achieved in 2020, our first year of existence.

While cultural activities and stages around the world were shut, WARNED chose to provide a space and an audience to artists, animators, and interns who were seeing their livelihood and purpose disappear: remarkably, over 2/3 of our expenses have been allocated throughout the year to the remuneration and well-being of our many contributors: indemnities (RPI artist / artistic performances), but also volunteers, food, etc.



Revenues



■ Subsidies ■ Consulting ■ Donations

REVENUES

It is noticeable that more than 80% of WARNED 2021 revenues were funded through subsidies and grants (30K EUR), which were allocated by well-established institutions such as COCOF, the municipality of Uccle, VG, VGC & Fondation De Pauw. The same grants have been the external recognition of both the credibility and innovation of the projects submitted. The rest of the income (6.3K EUR) was funded through consulting and donations.

These revenues did not cover all the expenses (leading to an operating deficit of 2.5K EUR for 2021) however this situation is understandable as our last subsidies were effectively received in the early 2022.



CONTACT US

WARNED - We Are Retired Not ExpireD
(AISBL)
BE 0755 887 940

Contact : Sophie BROUHON
Phone: 0032 456 06 39 50
info@warned.plus

FIND US ON THE WEB

www.warned.plus
www.thedansant.plus / [.online](http://www.warned.online)
www.theaujardin.plus
Facebook.com/warned.plus
Facebook.com/groups/theaujardin
@weareretirednotexpired

06

ADMINISTRATORS

BELGIUM



Sophie BROUHON
Projects Manager
Daily Operations

NETHERLANDS



Ilana SANDELOWKSY
Strategy & Development

FRANCE - UNITED KINGDOM



Laurence BRADSHAW
Human Resources
Secretary

BELGIUM



Jean-Pierre BROUHON
Public Relations
Treasurer

