

Una manera de hacer Europa



BUENAS PRÁCTICAS

Actuaciones Cofinanciadas

Complete rehabilitation of the civic centre for the elderly of Ciutat Cooperativa. ISUD STRATEGY CAPACI[U]TAT.

City Council of Sant Boi de Llobregat

**Programa Operativo
Plurirregional de España**

Año 2022

Fondo Europeo de Desarrollo Regional

GOOD PRACTICE ISUD STRATEGY CAPACITAT CITY COUNCIL OF SANT BOI DE LLOBREGAT

COMPLETE REHABILITATION OF THE CIVIC CENTRE FOR THE ELDERLY OF CIUTAT COOPERATIVA

The **Good Practice** has consisted of the **Comprehensive Rehabilitation of the building of the new Civic Centre for the elderly**, located in the neighbourhood of Ciutat Cooperativa - Molí Nou. The project is part of the operation **sSCOPE** (Rehabilitation of the interior of the multipurpose space for a **Social Centre for the elderly and incubator for social economy initiatives**) and of the operation **COMFORT COVERING** (**Energy rehabilitation of the façade** of the building of the new Civic Centre for the elderly). Henceforth Civic Centre for the elderly of Ciutat Cooperativa - Molí Nou.

This space is owned by the municipality, previously it was intended for the Primary Care Centre of the neighbourhood and has an area of 700 square metres. The building is located in street Camí Vell de la Colònia, 1-3, and is part of an island bounded by the streets Ernesto Che Guevara, Ventura Gasol, Ramon Llull and Camí Vell de la Colònia.

With the comprehensive rehabilitation of the building complex, it has become a new meeting space for the elderly in the neighbourhood. The rehabilitation has consisted of the conditioning of the entrance and exit areas, the creation of multipurpose spaces and the provision of furniture and equipment. In addition, open-plan spaces have been adapted for a soft-gym, multifunctional area and a library. In one sector, meeting rooms and offices have been set up for the use of neighbourhood associations, a warehouse, auxiliary equipment services and a training room approved by the Generalitat de Catalunya that offers regulated training courses.

Regarding the energy rehabilitation of the new ventilated façade, it has incorporated thermal insulation on the exterior side of the building, photovoltaic panels that cover the stable demand for energy, intelligent air conditioning and air treatment systems and control elements for efficient and sustainable use.

Along with the rehabilitation, the action has also launched a social entrepreneurship project that promotes empowerment and training so that the users themselves manage the space, working creatively and jointly and co-responsibly through policies of active ageing.

The performance as a whole **it has had a total cost of €951,948.92 and the financing of the ERDF aid has been €475,974.46**. By operations, sSCOPE has had a cost of €564,232.61 (Interior Rehabilitation) + €70,400.- (Care for the elderly and those with dependency) and the financing of the ERDF aid has been €317,316.31, and the cost of the COMFORT COVERING

operation has been 226,814.74 € (Energy rehabilitation of the façade) and the financing of the ERDF aid has been €113,407.37.

The new Civic Centre for the elderly of Ciutat Cooperativa - Molí Nou, which was inaugurated on October 22, 2021, has a great impact in the Ciutat Cooperativa - Molí Nou neighbourhood, which has a total population of 10,099 people, of which 2,428 are over 64 years old.

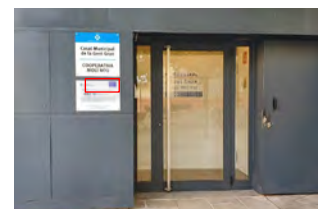
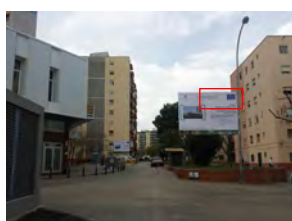
The criteria for the identification and selection of this Good Practice are the following:

1. THE ACTION HAS BEEN PROPERLY DISSEMINATED AMONG THE BENEFICIARIES, POTENTIAL BENEFICIARIES AND THE GENERAL PUBLIC

Since its inception, operation sCOOPE has been widely disseminated, an operation that includes the reform of the Civic Centre for the elderly, among the residents of the Ciutat Cooperativa - Molí Nou neighbourhood and throughout the city. There has also been dissemination of its execution and inauguration among the population.

Regarding the **regulatory communication**, the announcement of the contracting procedure and all the administrative documentation of the file have been published on the web portal of the Contractor Profile of the Generalitat de Catalunya and in the DOGC website in relation to the fact that the file forms part of the Capaci[u]tat project and which is 50% co-financed by the ERDF. During its construction, informative works signs about co-financing have been placed.

In relation to the actions of **communication to disseminate the activities**, from the beginning of its planning and before its execution, meetings have been held with the people of the neighbourhood to explain the sCOOPE operation to the public. In this case also meetings with the residents of the building where the new Civic Centre for the elderly has been located.



Informative signs of the works of the 2 operations (2 interior and 1 façade) with the indicator of the ISUD Strategy project and a permanent plate at the entrance to the Civic Centre.



Meeting with the neighbours to publicise the future project, 30.10.19



[City Council press release](#), 11.11.19



[Viure Sant Boi October 2021.pdf](#)
([santboi.cat](#))
November, 2019



[Viure Sant Boi](#), November, 2021



[Civic Center](#) (sCOOPE)



[Facade](#) (Comfort Covering)



[Inauguration of the Civic Centre](#)

Publications on the EDUSI website



Distribution and exhibition in the civic centres of Sant Boi of Infographics for active ageing practices, Empowerment Service for the elderly.

[Website of the City Council, prominent publication on the inauguration of the Casal](#), 05.10.21



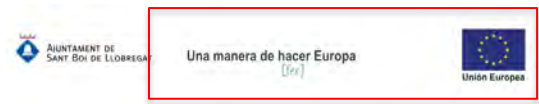
[City Council website, press release Inauguration of the Casal](#), 21.10.21



Social networks.

Inauguration and open doors:

[Video Youtube](#), 04.25.22



Reforma del nou Casal de Gent Gran de CIUTAT COOPERATIVA - MOLÍ NOU



[Flickr](#), 10.22.21

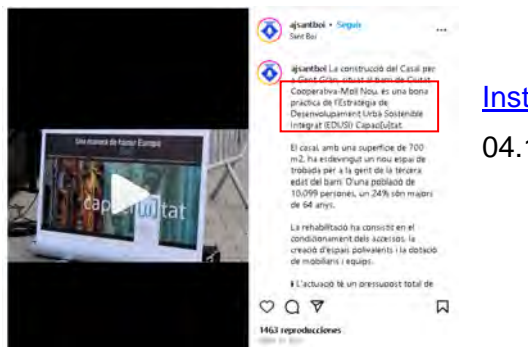


[Instagram](#)

10.06.21

[Instagram](#)

10.22.21



[Instagram](#),

04.12.22



[Twitter](#)

04.12.22



[Facebook](#), 10.06.21



[Facebook](#), 04.12.22



[Facebook](#), 10.22.21

2. THE ACTION INCORPORATES INNOVATIVE ELEMENTS

The rehabilitation of the space of the new Civic Centre for the elderly of Ciutat Cooperativa - Molí Nou was designed and configured by adding innovative elements to the equipment in order to offer a better service to its users.

The remodelling of the space has included a fully digitalised room designed to be used as a training space. The room has been approved by the Generalitat de Catalunya, so that the courses taught in the equipment are regulated training. It is essentially dedicated to a computer classroom, considering all mobile devices, as basic training.

Another innovative element that has been installed in the building is a new exterior emergency staircase that opens at the end of the façade on Camí Vell de la Colònia street. It is a motorised tilting ladder that can be deployed in the event of an emergency inside the building, it has a metal structure. This staircase would allow users to evacuate the building faster and easier.



Digitalised training classroom



Motorised folding tilting emergency ladder

Finally, another innovation of the new Civic Centre for the elderly is made by actions as an incubator for social economy initiatives. Thus, it becomes an ideal space to shelter social entrepreneurship projects, for example, care for the elderly through active ageing policies, training in new technologies, self-management of the civic centre and its activities, etc. In the same way, it is a promoter of dynamics and innovations for the development of actions in terms of educational excellence, empowerment and training of young people, creating synergies through intergenerational activities, being the young people who provide the training and starting a mentoring relationship.

3. THE RESULTS OBTAINED WITH THE ACTION ARE ADAPTED TO THE ESTABLISHED OBJECTIVES

The main objective of the construction of the Civic Centre for the elderly in the Ciutat Cooperativa - Molí Nou neighbourhood was to provide it with a meeting space for the elderly, a service that had been in demand by residents for many time.

Formerly, the neighbourhood's Primary Care Centre (Outpatients) was located in the space destined to the Civic Centre for the elderly. When this space became free, it has been rehabilitated and destined for this group, satisfying this demand that the neighbourhood needed.

It was agreed in the meetings with the neighbours and users, prior to the rehabilitation, the disposition and distribution that would be given to the new space. Pursuant to these agreements, it has been equipped with multipurpose spaces, open-plan spaces for physical activity uses for the elderly, a multifunctional area for board games, workshops, talks, etc., and a library. The space also has areas designated for the use of neighbourhood associations, a warehouse, auxiliary equipment services and the approved training classes for regulated training courses.

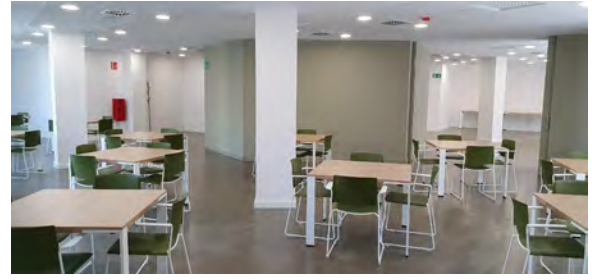
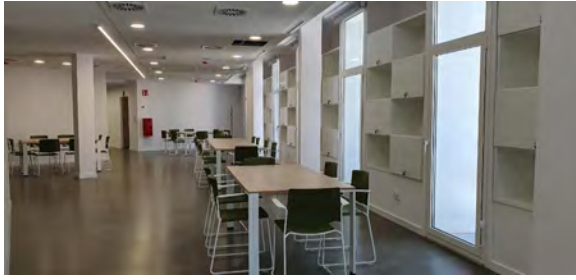
Most of these spaces have been created to be as versatile as possible and to allow for a wide variety of activities, from the games room, to a multipurpose room itself, more suitable for various physical activities, the library for reading and consulting that It has newspapers, along with tablets, to promote digitalisation and begin to interact with its environment also through electronic devices, and also facilitating interactions between the different types of users.

Regarding the efficiency of the building, one of the objectives was to improve the energy efficiency of the old façade. The new skin installed, in the form of a ventilated façade, incorporates thermal insulation on the outside of the building, improving its thermal performance.

Thus, with this new space the objectives set at the beginning of the operation are met.

4. CONTRIBUTES TO THE RESOLUTION OF A REGIONAL PROBLEM OR WEAKNESS

The Ciutat Cooperativa - Molí Nou neighbourhood lacked a meeting space for the elderly who lived in the area. The neighbours demanded the creation of a civic centre with different services for the elderly. With the renovation of what was formerly the Primary Care Centre of the Ciutat Cooperativa neighbourhood, the neighbourhood has gained a social meeting space dedicated to the elderly in the area.



Images of the interior of the new rehabilitated space

In addition, the City Council of Sant Boi de Llobregat offers to people aged 60 and over, from the Ciutat Cooperativa - Molí Nou neighbourhood and from this new civic centre, services to promote healthy ageing and full social inclusion of the elderly group. This service is linked to and intends to give continuity to the previous project of the Empowerment and Training Service of the associations of the elderly that have their headquarters in the civic centres of elderly.

Starting from the new Civic Centre for the elderly of Ciutat Cooperativa - Molí Nou, as the backbone, work has been done on the design and planning of the use of spaces by senior citizens' organisations in all the municipal senior centres.

The need that the City Council satisfies by implementing the support service for the revitalization of the Civic Centre for the elderly in the Ciutat Cooperativa - Molí Nou neighbourhood, since the circumstances of this specific neighbourhood mean that it has a much larger population, and with this specialised service their levels of autonomy, active participation in community life, training and prevention of situations of social isolation are improved and consolidated and therefore, facilitating in the most efficient, effective and suitable way to cover the exposed need.

5. IT HAS A HIGH DEGREE OF COVERAGE OF THE POPULATION AT WHICH IT IS DIRECTED

The Civic Centre for the elderly is located in the heart of the Ciutat Cooperativa - Molí Nou neighbourhood. The neighbourhood has a population of 10,099 people, 24% of whom are over 64 old, users and potential users of the civic centre for the elderly.

In this new space, the social entrepreneurship project has been launched in which, taking into account the group that will make use of this space and through empowerment and training work, users are made autonomous to manage the space, responding to their expectations with flexibility, adaptability, working creatively and co-responsibly through active ageing policies. This

project will be transferred, from the beginning, to two other municipal spaces for the elderly in the city, in order to facilitate networking while respecting the principles of equal opportunities, social cohesion and territorial balance.

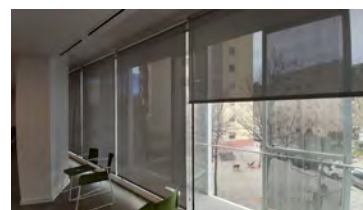
This described entrepreneurship project has the participation of young people to create synergies through activities between the different generations, being the young people who provide the training and is part of the incubator for social economy initiatives.

The new civic centre, as has been said, has multipurpose spaces, not only in terms of activities for the elderly, but also in terms of uses in general. They welcome younger users, such as in the digitalised training classroom. There are also meeting rooms and offices for the use of the different neighbourhood associations. Thus, covering much more of the population than would be strictly older people.

6. THE HORIZONTAL CRITERIA OF EQUAL OPPORTUNITIES AND ENVIRONMENTAL SUSTAINABILITY HAVE BEEN TAKEN INTO ACCOUNT

With the aim of making the new Civic Centre for the elderly of Ciutat Cooperativa - Molí Nou a truly inclusive and open-use space, it has a service to promote the active participation of elder people in the city who are not linked to any entity. In it are multipurpose spaces also intended for neighbourhood associations. It also allows the use of spaces for other age ranges, encouraging interactions between the different generations.

The façade of the building has been energetically rehabilitated, improving the interior insulation, and the plasterboard coating. The windows have been completely replaced by high-efficiency double-glazed systems and Guardian Sun protection.



For the rehabilitation of the interior of the building, a new distribution of the premises has been done, adapting it to the new needs, serving the Civic Centre for the elderly and the neighbourhood associations. Special consideration has been given to air conditioning and air renewal, to adapt to new regulations and to improve the premises energetically.

The rehabilitation has also incorporated an aerothermal cooling and heating system, for this purpose new VRV type air conditioning machines have been installed, with great energy efficiency, with production of cold and heat, and a ventilation system with heat recovery, with an efficiency of 90%. Dispose of control and measurement elements to guarantee a more sustainable

and efficient use of supplies, high-efficiency LED lighting, public address system, computer installation, alarm and anti-intrusion system, and video intercom with DORLET system have been implemented.

Following these environmental sustainability criteria, the space has included the installation of self-consumption photovoltaic panels on the roof in the upper part of the building, which cover a large part of the daytime consumption of the operation of the equipment in use.



New façade of the Civic Centre rehabilitated



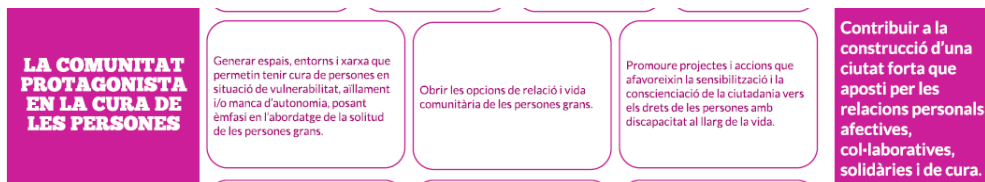
Solar panels installed on the roof

7. SYNERGIES WITH OTHER PUBLIC INTERVENTION POLICIES OR INSTRUMENTS

The construction of the new Civic Centre for the elderly of Ciutat Cooperativa - Molí Nou is part of the sCOOPE and COMFORT COVERING operations, co-financed with ERDF. Originally, this action started from the Comprehensive Improvement Plan of Ciutat Cooperativa - Molí Nou, from 2009. The improvements present in these recent operations are intended to continue with the progress and reforms initiated by the Comprehensive Improvement Plan designed for the Ciutat Cooperativa - Molí Nou neighbourhood.

This action is aligned with the [City Pact](#), which was approved in plenary session on July 30, 2020 for a social and economic boost to Sant Boi. The City Pact has 4 Transformation Levers as transversal axes in the policies of the coming years, the third being: the social, economic and environmental sustainability of the actions in the future.

It is also aligned with the [Government Plan 2019-2023 \(2030 City Strategy\)](#), in the field of Social Justice, fights against situations of inequality by influencing the causes and promoting new scenarios for improvement: one of its objectives is the Community as the protagonist in the attention and care of people.



It also converges in the field of Sustainable City, with several actions to be a great community of energy, in terms of the energy rehabilitation of the building, the improvement of its energy efficiency by implementing remote measurement and remote-control systems and replacing the luminaires with LED systems.

To finish, also follow the line present in the [Urban Agenda Action Plan](#), a roadmap that will strategically guide municipal policies in the coming years towards the United Nations SDGs. The document is linked to the City of Sant Boi 2030 Strategy and aligned with the objectives of the 2030 Agenda and the urban agendas of Catalonia and Spain. It has 3 strategic axes, the first is Sant Boi, A Sustainable And Resilient City, and the 11th strategic action is The Energy Rehabilitation of Municipal Buildings.

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