



NEWSLETTER

MAY 2026



BLUEHOUSES



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HELLO EVERYONE!

We are pleased to share with you the first progress of the BLUEHOUSES project, a European initiative focused on improving support for families with autistic parents, strengthening both parenting skills and the role of professionals who work with them.

THE PROJECT PARTNERS

BLUEHOUSES brings together a multidisciplinary European consortium. Below, we introduce each of the participating entities:

Miradas Foundation (Spain) – Project Coordinator



Fundación Miradas is a Spanish organization specializing in autism, with extensive experience in intervention, research, and the development of European projects. It leads the coordination of the BLUEHOUSES project, ensuring the quality, management, and overall coherence of all activities.

Häme University of Applied Sciences – HAMK (Finland)



HAMK is a university of applied sciences with a strong track record in professional training and educational innovation. In this project, it leads the methodological development and design of the specialization course, ensuring a high-quality pedagogical approach.

FPDA – Portuguese Autism Federation (Portugal)



FPDA - Federação Portuguesa de Autismo

FPDA is a federation with extensive experience in training, awareness-raising, and support for autistic individuals and their families. At BLUEHOUSES, it leads key awareness-raising initiatives and contributes to the development of training resources and content.

Autism-Europe (Bélgica)



Autism-Europe is a European organization representing autism associations across the continent. Its role in the project focuses on outreach, raising awareness, and connecting with European networks, thereby expanding the project's impact.

Understanding Autism Foundation (Polonia)



Fundacja Zrozumieć Autyzm is a Polish organization dedicated to providing direct support to autistic individuals and their families. It actively participates in the implementation of activities, contributing a practical perspective focused on real needs.

STANDO LTD (Chipre)



STANDO LTD is the project's technology partner, responsible for the development and maintenance of the digital platform and website. Their contribution ensures access to resources and the project's digital sustainability.



FIRST TRANSNATIONAL MEETING BURGOS (SPAIN)

The project began with the first transnational meeting, held in Burgos on January 22 and 23.

During this meeting, the partners:

- They defined the work structure and coordination of the project
- They agreed on the first methodological steps
- They established communication and monitoring mechanisms

Transnational meetings are key to aligning objectives, sharing knowledge, and ensuring the successful development of the project.



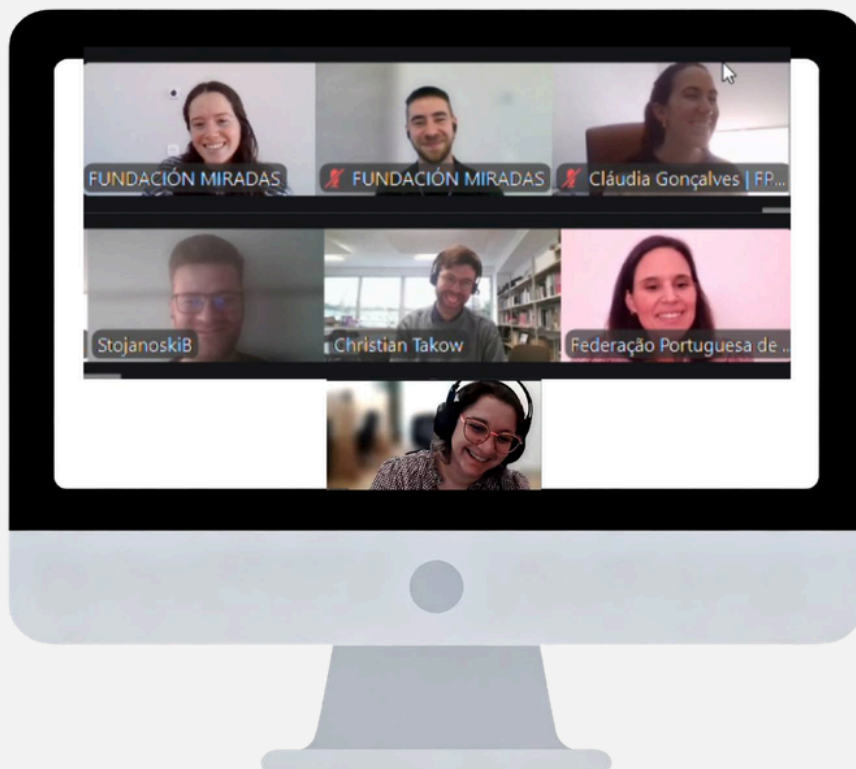
CONTINUOUS COORDINATION OF ONLINE MEETINGS

To ensure consistent collaborative work, the consortium is holding regular online meetings.

These meetings:

- They allow you to track the progress of the project
- They facilitate joint decision-making
- They strengthen cooperation between international partners

The partners will continue to work in a coordinated manner online until they meet again in person at the next transnational meeting, which will take place in Poland.



RESULTS OF THE FOCUS GROUPS

During these months, BLUEHOUSES has developed one of the key phases of the project: focus groups with autistic mothers and fathers and with professionals.

In total, 62 people participated in 8 focus groups held in Cyprus, Poland, Portugal, and Spain. These meetings allowed for the collection of experiences, needs, and proposals directly from the families and the professionals who support them.

The **results** have confirmed four major common needs:

- Professionals need specific training to support autistic mothers and fathers in their parental role.
- Families require practical, clear resources tailored to their real needs.
- Stigma, social invisibility, and a lack of understanding from services and society persist.
- There is a lack of support networks and spaces for connection between families and professionals.



The focus groups also highlighted the strengths of autistic mothers and fathers: their ability to create structured environments, their sensitivity to the needs of their sons and daughters, their perseverance, their commitment, and their deep knowledge of neurodivergence.

This phase will be the basis for the development of the intervention model, the specialization course for professionals, and the future resources of the project.

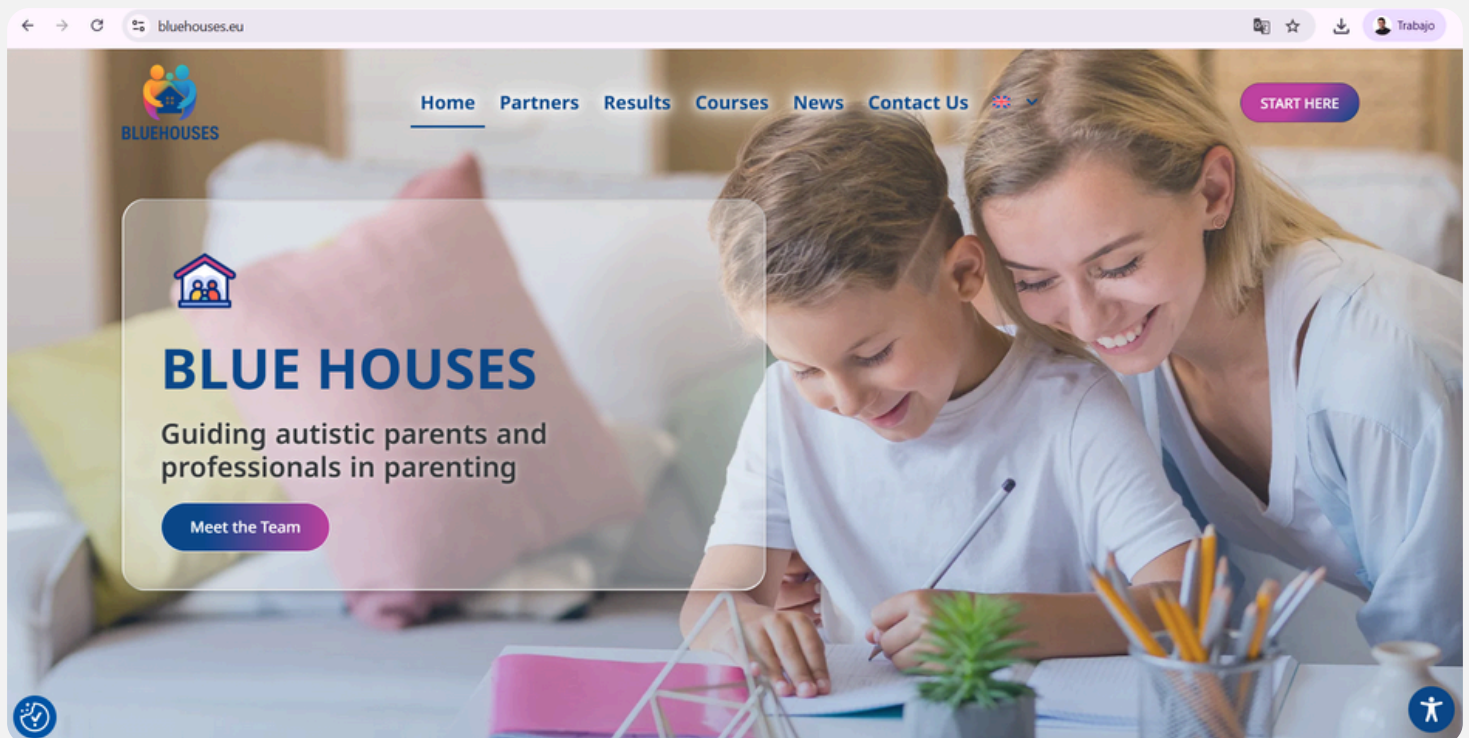
“Raising children is not difficult because we don’t care; it’s difficult because we care a lot and, at the same time, we constantly have to deal with sensory overload.”

OUR WEBSITE IS NOW AVAILABLE

You can now visit the project's official website:
<https://bluehouses.eu/>

In it we will be sharing news, progress, resources and all the results of the project.

In addition, the website will include a participatory forum where professionals and families can ask and answer questions, share experiences, and create a space for collaboration and connection.



FAMILY DAY EVENT

As part of the project, an activity was held in conjunction with Autism-Europe: “Afternoon of Good Practices” (evento online)

This event, framed within the Day of Families, consolidated itself as an open space for meeting and learning in which:

- Good practices and real experiences in supporting families with autistic parents were shared
- Professionals, organizations and families from various European countries participated.
- Knowledge exchange and networking among attendees were encouraged.

The event made it possible to highlight different approaches and strengthen collaboration between key players at the European level.

The BLUE HOUSES project was a highlight of the day, presented as an innovative European initiative to improve the quality of life of families with autistic parents, promoting accessible support, international collaboration and more inclusive family support models.

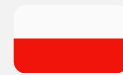


SPOT INTERNATIONAL DAY OF FAMILIES

To mark International Family Day, celebrated on May 15, the European project BLUE HOUSES produced an awareness video translated into six languages to highlight a still largely unknown reality: people with autism are also mothers and fathers.

This video aimed to show the real challenges that many of these families face in their daily lives, reflecting how everyday situations related to raising children and family life can become major challenges due to a lack of support and specific resources.

The ad was disseminated through social networks and local media in each of the countries participating in the project, allowing this reality to reach a greater number of people and continuing to promote awareness and inclusion at a European level.



BLUEHOUSES
15 DE MAIO
Dia Internacional da Família

Logos: HAKK, Autism Europe, Zoonaid Autism, and others.



BLUEHOUSES
15 MAYO
Día Internacional de las Familias

Logos: HAKK, Autism Europe, Zoonaid Autism, and others.



BLUEHOUSES
15 MAJA
Międzynarodowy Dzień Rodziny

Logos: HAKK, Autism Europe, Zoonaid Autism, and others.



BLUEHOUSES
15 MAY
International Day of Families

Logos: HAKK, Autism Europe, Zoonaid Autism, and others.



BLUEHOUSES
15 ΜΑΪΟΥ
Παγκόσμια Ημέρα της Οικογένειας

Logos: HAKK, Autism Europe, Zoonaid Autism, and others.



BLUEHOUSES
15. TOUKOKUUTA
Kansainvälinen perhepäivä

Logos: HAKK, Autism Europe, Zoonaid Autism, and others.

NEXT STEPS

The project is moving towards new key phases:

Questionnaires aimed at professionals

We invite all those who work with parents of autistic children to participate. Their experience is essential to the development of the project.

Development of training content

As its next major objective, the project will work on creating a specialization course and practical resources to improve professional support for families.

**Thank you for joining us at the start of this project.
We continue working together to build better support for neurodivergent families.**