



About Kapa3 *Who we are*

Cancer Guidance Center – Kapa3, is a non-profit organization in Greece, founded in March 2020 by a group of healthcare caregivers. It employs interdisciplinary healthcare teams and health professionals who provide comprehensive guidance to oncology patients on bureaucratic and administrative procedures.

Our mission and vision focus on advocating for privileged social rights for oncology patients, as well as raising awareness about best practices for disease prevention and management within healthcare units

[Our journey](#)

2020 – The first steps

The first step after its establishment—always in collaboration with relevant private-interest associations, public services, NGOs, and other solidarity stakeholders—was the **creation of the first website in the country functioning as a Rights and Benefits Guide for individuals affected by cancer**.

The need to gather all useful information in one digital space, with references to every action, measure, and initiative implemented for people who have been diagnosed with or are living with cancer—always presented clearly and in an accessible manner—was the driving force behind Kapa3’s immediate activation of this initiative.

Our [website](#) continues to evolve, refresh, and be regularly updated.

2021 – The Beginning of Our Actions

In 2021, the Cancer Guidance Center – Kapa3, following an extensive needs assessment of oncology patients and their caregivers, identified significant gaps in primary guidance and patient support. This assessment covered both the healthcare sector and access to social and health-related services. Based on these findings, we developed new tools aimed at substantially supporting patients with neoplastic diseases and their caregivers.

Within this framework, Kapa3 launched another innovative and— as later proven—essential tool for this



patient group: a comprehensive mapping of the Greek territory that led to the creation of a pioneering digital tool, the “**Personal Health Assistant**” application, available free of charge for smartphones and tablets.

The [**Personal Health Assistant**](#) app provides timely and reliable information on all matters concerning oncology patients. In addition, it offers up-to-date notifications on new measures, actions, and initiatives through daily alerts.

Finally, it supports the identification of, and connection with, critical services that patients need most, such as hospitals, clinics, local patient associations, disability certification centers (KEPA), national insurance services (EFKA), social services, as well as communication with specialized health professionals in a secure digital environment, with the ability to submit requests or questions directly through the app.

The primary users of the application are, above all, **oncology patients and their caregivers**. However, patients’ families, health professionals, cancer/patient associations, and public and private sector entities—such as hospitals and primary care centers/clinics—also benefited significantly from this tool.

It should be noted that the “Personal Health Assistant” application is currently undergoing further **development and upgrading**, with the aim of presenting a fully renewed profile in the near future, enhancing its functionality and overall usability.

Awards 2021



The “Personal Health Assistant” app, was honored as **the first application promoting collaborative actions in support of patients, receiving an award from Boussias Conferences at the Patient Partnership Awards 2021.**

The distinction acknowledged its contribution to improving access to the digital society and facilitating the effective management of the vast amount of information oncology patients must navigate.

2022 – Consolidation and Expansion of Our Work

In 2022, Kapa3, despite its short period of operation, Kapa3 had already become well-established in the awareness of oncology patients and the wider Greek society for its contribution. Guided by this strong response, the organization advanced significant initiatives on the front line of cancer care, developing practices and actions within hospital departments and units serving cancer patients.

Thus, the first **“Mobile Unit for Patient Information and Cancer Care Management”** was created, in collaboration with the **Theageneio** Anti-Cancer Hospital of Thessaloniki and the **Research Laboratory “Care of Adult Cancer Patients” of the Department of Nursing at the International Hellenic University.**

The operation of the Mobile Unit within the Hospital enabled patients to have a dedicated point of support throughout their disease trajectory, by:

- helping them access all health and social welfare services, both within and outside hospital settings;
- informing them about prevention principles and the active engagement of cancer patients in the management of their own health;
- providing information to both patients and the local community on critical health issues;
- strengthening social inclusion and improving patients’ quality of life.

Within the operation of the Mobile Unit at the Theageneio Anti-Cancer Hospital of Thessaloniki, a dedicated **Support Office for Oncology Patients** was also created and operated at the “Nikos Kourkoulos”

Day Care Unit (M.H.N.), in collaboration with the Research Laboratory “Care of Adult Cancer Patients” of the Department of Nursing at the International Hellenic University, and with funding from the TIMA Public Benefit Foundation.

The **Social Impact Assessment** confirmed the importance of the Mobile Unit:

- 91% of patients consider the presence of Kapa3 in the hospital to be important.
- 97% report being satisfied with the Unit's services.
- 91% gained new knowledge and reliable information.
- 89.1% of caregivers believe that the Unit contributed to facilitating their daily life.

Awards and Recognition – 2022



At the **Healthcare Business Awards 2022**, Kapa3 was distinguished among numerous noteworthy submissions for its collaboration with the largest Oncology Hospital in Northern Greece and the Research Laboratory, demonstrating in practice that projects of such scale can be successfully implemented. As the NGO with the greatest social impact, Kapa3 received both a Silver and a Bronze Award.

Silver Award in the category **“Quality of Health Services & Patient Care”** at the Healthcare Business Awards 2022.

Bronze Award in the category **“Contribution to Health by NGOs”** at the Healthcare Business Awards 2022.

Kapa3 also received the **Best Oral Presentation Award** at the **9th Panhellenic Symposium of Oncology Nursing (4–6 November 2022)** for the presentation titled: “*Personal Assistant – Mobile Unit for Information and Management of Cancer Patients: The Contribution of the Nurse.*”

Participation in Health Conferences & Activities in Greece – 2022

Participation in the **10th Panhellenic Conference of Nursing Students** with the presentation: “Synergy of scientific institutions and civil society — The collaboration between the Research Laboratory ‘Care of Adults with Cancer’ and the Cancer Guidance Center – Kapa3,” held in Athens, 25–26 November 2022.

2023 – On the Front Line, Creating Informed Patients and Citizens

In 2023, the Kapa3 team—being on the front line of oncology hospitals and in direct contact with patients and their caregivers—undeniably established a strong climate of trust and contributed to the development of a network of informed patients and citizens in Greece.

Covering the gap that the state has not yet been able to address regarding the support and guidance of oncology patients, as well as the pressing need to create a network of Mobile Units in more regions and hospitals across the country in order to meet patients’ needs—especially following the remarkable reception of the first Unit—set Kapa3’s primary goal for 2023: the expansion of the “**Mobile Information and Cancer Patient Management Unit**” network.

Thus, we proceeded with the creation of the [second Mobile Unit within the University General Hospital of Alexandroupolis](#) with the full support of the TIMA Public Benefit Foundation and the additional support of Roche Hellas, in collaboration with the Cancer Patients and Friends Association of Evros “SinechIZO,” as well as academic departments of Democritus University of Thrace and the International Hellenic University.

The two Mobile Units, in Thessaloniki and Alexandroupolis, **became exemplary models for Greek standards**—functioning as hubs of information, collaboration, and meaningful action—where all issues faced by oncology patients are placed at the forefront.

Through partnerships with courier services, patients were able to receive documents and informational leaflets directly at their homes, eliminating distance-related barriers and easing their daily lives.

Social Impact 2023

Through this model, patient guidance and information overcame every geographical barrier between the center and patients across the entire country, successfully fulfilling yet another key objective of Kapa3 for the benefit of oncology patients.

- More than **3.000** beneficiaries 
- Over **10.000** telephone calls 
- More **900** users of the Kapa3 application 
- Over **5.500** new visitors accessing the Kapa3 website daily 
- **Collaboration with more than 8 academic institutions** for joint projects and initiatives 

Awards 2023

Kapa3's excellence in Innovation, Health, Digital Technologies, and Social Impact Investments was recognized at the **Healthcare Business Awards 2023**.

The Kapa3 team received **three awards** for its overall contribution during its three and a half years of operation, its persistent and demanding efforts to ensure equal and universal access for all citizens, and its commitment to creating collaborative teams on the front line of care. These distinctions affirm our ongoing effort to highlight social support for oncology patients as a fundamental pillar of their holistic care, as we firmly believe it must be appropriate, sufficient, and provided in a timely manner by the right professionals.





- **GOLD Award** for the Mobile Units in the category “Social Welfare, Structures”.
- **SILVER Award** for the Alexandroupolis Mobile Unit in the category “Quality of Services & Patient Care”.
- **BRONZE Award** for Contribution to Health in the category “Health Contribution by an NGO”.

Kapa3 Participation in Conferences, Festivals, and Events 2023

- **EONS16, ESMO 2023, Μαδρίτη**, 21-23/11/2023 presentation of the Mobile Unit initiative
- **SymbIASIS: Startups Pitching to Hospitals 2023**, networking event connecting startups with hospitals
- **Connected We Stand Festival 2023**, Thessaloniki
- **City of Athens, Social Welfare Event, Serafeio Complex**, September 2023
- **2nd Mental and Physical Health Week of Eastern Macedonia & Thrace – 2023**, Alexandroupolis and wider region
- 2nd Nevronas FESTival, Technopolis, October 2023
- Prevention and Awareness activities at Syntagma Metro Station under the auspices of the Municipality of Athens, Hellenic Cancer Federation (ELL.O.K.), Hellenic Patients Association, and Hellenic Society of Medical Oncology, October 2023
- **10th Panhellenic Symposium of Oncology Nursing Chalkida**
- **Scientific Two-Day Conference “Access to Personalized Medicine: Today and Tomorrow”**, organized by ELL.O.K., November 2023
- **Breast Cancer Prevention Event**, as part of the “Fofi Gennimata” national screening program, Soufli
- Scientific Two-Day Conference **“Hematologic Malignancies: Sharing Knowledge & Experiences”**, organized by ELL.O.K., **Patras**, September 2023

European Engagement and Outreach 2023



Kapa3 led a scientific consortium of four partners from three different European countries, collaborating under an **Erasmus+** initiative. The project, titled [EHealth4Cancer](#), aimed to exchange best practices on non-clinical e-health tools for patients and caregivers across Europe. The action officially launched in April 2023 and reached its peak in April 2024, when the final event and dissemination of the project's results took place in Thessaloniki.

Kapa3 also collaborated with the NGO [Accessible Limitless Living – ALL](#) and [an educational organization in Sweden](#) within the **Erasmus 2023–2024** programme to develop a **Best Practices Guide**. In addition, Kapa3 participated in a programme of the

Bodossaki Foundation under the 6th cycle of the Points of Support initiative, in partnership with the [Hellenic Society for Research and Training in Clinical Skills](#) – (E.E.E.K.D.), focusing on supporting patients and their caregivers through, using virtual reality artistic content.

2024 – Expanding our Goals

In **2024**, the Cancer Guidance Center – Kapa3 completed four years of operation, further expanding its goals and vision for the social support of oncology patients and caregivers. Our key objective was to respond to every request that reached our offices, with the support of individuals and organizations who share our values, rooted in humanitarianism and solidarity -principles that form the cornerstone of our collaboration with other stakeholders.

Within this vision, in 2024 a targeted action was carried out to support refugees and migrants living with cancer. The program [Cancer May Control Your Body for a While, But Not Your Soul](#) was implemented with the support of the **King Baudouin Foundation** and focused on the regions of Macedonia and Thrace, with beneficiaries being refugees and migrants in the area. Particular emphasis was placed on the 15–24 age group, aiming to provide immediate primary care and ongoing support throughout their treatment.



Next, a particularly significant development -and an important step in strengthening patient support- was the launch of a new educational programme in collaboration with the **International Hellenic University: Skills in the Care of Cancer Patients and Their Caregivers**. The programme aims to equip participants with skills and practical tools for better management of the disease. It is addressed to healthcare professionals, social scientists, and anyone involved in supporting people living with cancer, offering high-level practical competencies and knowledge delivered by specialized instructors.

Another new collaboration we are particularly proud of is the implementation of the ***Oikotheren programme***, in partnership with the **Theageneio Anticancer Hospital of Thessaloniki**.



This programme responds to the evolving needs of patients in modern society and promotes inclusion in healthcare for anyone unable to travel to the hospital. *Oikotheren* provides nursing and psychosocial care directly at home, delivered by trained healthcare professionals, clearly reflecting a multidisciplinary approach to cancer care.

In September 2024, Kapa3 participated in the **Annual Oncology Meeting in Barcelona**. During the **International Congress of the European Society for Medical Oncology (ESMO)**, the latest developments in oncology were presented, highlighting advancements aimed at improving the care of cancer patients.

Another key milestone in 2024 was the translation of our website into multiple languages, including **Ukrainian**, in addition to Greek and English. This step aimed to make our resources more accessible and to inform a wider audience, once again highlighting the importance of inclusivity in healthcare.

Finally, the Cancer Patient Guidance Center – Kapa3, with the valuable support of one of the most prominent Civil Society Organizations (CSOs) in Greece, **Higgs**, is participating in the **Lazord Fellowship Program** which was launched for the first time in Greece. The programme aims to empower recent university graduates and strengthen their professional pathways within the social sector. For us, guiding each participant and providing holistic support to the Lazord Fellowship Program in Greece is a significant responsibility. We firmly believe that such collaborations can offer meaningful reinforcement to the field of social support in our country.

Social Impact 2024

In 2024, more than 830 beneficiaries reached out to the Cancer Patient Guidance Center – Kapa3, including patients and caregivers from across Greece.

Through our continuous presence and daily work, we were able to respond to a wide spectrum of requests, with the most common and crucial one relating to guidance on procedures linked to the Disability Certification Centers (KE.P.A.). This remains the most frequent and critical point of contact for patients navigating the health and social-welfare systems.

The support we provide is not fragmented; rather, it aims to build a relationship of trust and continuity. Many beneficiaries return to us with new requests for guidance — a fact that fills us with both responsibility and emotion. The trust people place in us motivates us to persist with even greater commitment, advocating every day for equal and dignified access for all to the services they need.

Awards – Distinctions 2024

The action “*Skills in the Care of Cancer Patients and Their Caregivers*” was awarded within the framework of the **Bravo Sustainability Dialogue & Awards 2024**, where the contribution of the collaboration between Kapa3 and the University Research Laboratory “*Care of Adult Cancer Patients*” of the International Hellenic University was recognized for promoting sustainability and social innovation. This distinction is, for us, a tangible acknowledgment of our effort to improve the quality of life of patients and to promote collaboration between the scientific community and civil society.

Also in 2024, the Kάπα3 campaign “***Think of a Word That Starts with K***” received two prestigious **Indie Awards!**

- **GOLD Award – Best in Radio**

The radio spot was recognized for its powerful social message, raising awareness about cancer and promoting the importance of prevention and patient support.

- **SILVER Award – Best in Film/Video**

The online video spot was awarded for its impactful storytelling and engagement with the public on issues related to cancer care and social responsibility.

This campaign reflects Kάπα3’s commitment to social awareness and active participation, emphasizing that while cancer starts with “K,” so do all the actions that help fight it.

In 2024, Kapa3 further strengthened its role as a pillar of social support for oncology patients and their caregivers, laying the foundations for even greater expansion of its actions in the coming years, with respect for human dignity and equal access to health and social care services.

2025 – Moving Forward with a Vision for the Future

In **2025** Kapa3 continues its dynamic course, significantly strengthening its work through a series of initiatives and collaborations aimed at the comprehensive support of oncology patients and the advancement of research and innovation in cancer care.

		Σύνολα
1	ΚΕ.Π.Α. Πιστοποίηση	39,5% 159
2	Απαλλαγές/Παροχές	27,3% 110
3	ΚΕ.Π.Α. Παράταση	6,7% 27
4	Μετακίνησης Έξοδα	5,5% 22
5	Ψυχολογική Υποστήριξη	4,5% 18
6	Ιδιωτικού Τομέα Αδειες	2,2% 9
7	Επιδεινώσης Αίτηση	3,0% 12
8	Δημοσικά τέλη	1,5% 6
9	Δελτίο σταθμευσης ΑΜΕΑ	1,0% 4
10	Δημοσίου Αδειες	1,5% 6
11	Για Ζβάθυμα εκπαίδευση	0,5% 2
12	Ένσταση ΚΕ.Π.Α.	1,5% 6
13	Αναπηρίας Σύνταξη	1,0% 4
14	Αίτημα για Ράμπα	0,2% 1
15	Παράταση Σύνταξης Αναπηρίας	0,2% 1
16	Ανακουφιστική φροντίδα	0,5% 2
17	Αποζημίωση τεχνητής κόμης	0,2% 1
18	Βοήθεια στο σπίτι	0,5% 2
19	Εξωδρυματικό Επίδομα	0,5% 2
20	Εργασιακά προγράμματα	0,2% 1
21	Κέντρα Αποκατάστασης/Νοσηλείας	0,2% 1
22	Κοινωνικός Τουρισμός	0,2% 1
23	Ασφαλιστική ικανότητα	0,5% 2
24	Αμαξίδιο αναπηρικό	0,2% 1
25	Διατροφή	0,2% 1
26	Γονιδιακός έλεγχος/Αποζημίωση	0,5% 2
		403

In the first half of the year, more than 400 requests were processed, with assistance in the Disability Certification once again being the most frequent and pressing need among beneficiaries.

Figure1. Requests April – June 2025

A significant milestone this year was the inclusion of Kapa3 -together with 13 other partners from across Europe- in the **EU4HEALTH [MELODIC](#)** programme, which aims to substantially improve the mental health support of young adults (18-39 years old) living with cancer.



Through research mapping the educational needs of healthcare professionals in the oncology field, the

programme **highlights the need for better detection and management of the psychological challenges faced by young patients, many of whom do not have access to the psychological support they require.**



MELODIC also promotes innovative wellbeing interventions, such as physical activity in “green” and “blue” spaces combined with psychosocial support, highlighting the role of nature and community in restoring mental health. As an active partner, **Kapa3** contributes to the **dissemination and promotion of these activities, strengthening mental**

wellbeing, community engagement, and equitable access to quality care, while underscoring that mental health is just as important as physical health.

By engaging healthcare professionals, patients, and caregivers in research and programme activities, MELODIC is shaping more human-centred and effective solutions for the psychological support of young adults with cancer, ensuring that the voice of the community becomes the foundation for meaningful change in oncology.

As the MELODIC programme continues to progress, we were delighted to participate in the [Consortium](#) meeting held in **Lisbon**.

At the same time, our participation in the second cycle of the **SmartHEALTH** program, supported by **CERTH**, strengthened the digital integration of healthcare services and the empowerment of patients through smart technologies. This strategic collaboration enhanced the efficiency, accessibility, and transparency of our services, improving the overall experience of beneficiaries.

For everyone at Kapa3, organizational sustainability is achieved through enhanced innovation and refers to gradual, incremental improvements to existing services or technologies, aimed at increasing effectiveness, transparency, and the quality of support provided to our beneficiaries—an approach that is realized through digital innovation and digital transformation.



Significant was also our **collaboration** with **FairLife** within the **BREATH** programme, which focuses on supporting patients with lung cancer. Through psychosocial support, counselling, and awareness-raising activities, the importance of a holistic and interdisciplinary approach to oncological care was highlighted. Our participation in the 3rd BREATH webinar confirmed that information, understanding, and emotional empowerment are integral parts of the treatment process.

Kapa3 continued to empower patients and caregivers through scientifically evidence-based interventions, presenting its work within **the COST Action INECSC CA21125** and further strengthening innovation and patient and caregiver empowerment through human-centred, evidence-based approaches.



Along the same lines, Kapa3 contributed to the 7th conference **“Caregivers and Depression”**, organised by **EPIONI**, highlighting the challenges caregivers face and the critical need for their support in a highly successful event. Our participation focused on the importance of recognising the role of caregivers and promoting practical support strategies that enhance their mental resilience throughout the course of the disease.



Our participation in the annual **Lazard International Conference** provided us with the opportunity to present our work to an international audience and to engage in discussions on the challenges and prospects of empowering young professionals active in Civil Society Organisations. Kapa3's participation in the programme was supported through Higgs.

Kapa3's participation in the **Pan-Macedonian Scientific Nursing Conference**, held on 24–25 February 2025, provided another important opportunity to highlight the role of psychosocial support within the healthcare system. Through the presentation of our work and initiatives, the importance of interdisciplinary collaboration in the holistic care of cancer patients and their caregivers was emphasized, while also underlining the need for continuous education and empowerment of nursing professionals who remain on the frontline of care.



critical importance to the daily lives of cancer patients and/or their caregivers, while participants were also given the opportunity to receive on-site support for challenges related to the technological aspects of disease management.

At the same time, **we continued to expand local support networks** through the establishment of a new **Cancer Patient Guidance and Counselling Station in the Municipality of Megara**, offering direct and

personalised support to patients and their families. Our **team** now provides **in-person services once a week**, while, with the support of municipal staff, the mapping of local services has also begun, ensuring that patients have access to comprehensive and relevant information.





At the same time, continuing its commitment to providing timely and reliable information, Kapa3 created a new [Nutrition](#) section on its website, aiming to **strengthen nutritional care for people with lived experience of cancer** and to support the maintenance of their quality of life. Through our collaboration with the Laboratory of Basic Health Sciences of the Department of Nursing at the University of the Peloponnese, this section is further supported by a [programme of experiential workshops](#),

as well as by digital empowerment initiatives developed in cooperation with [CareAcross](#).



Prevention is a core priority for **Kapa3** and, within this framework, we implemented an awareness-raising initiative entitled **“The Importance of Breast Self-Examination and Preventive Measures.”** Through this action, emphasis was placed on providing practical guidance to women on breast self-examination, raising awareness about breast cancer, and highlighting the importance of early diagnosis. With the support of health professionals and the active participation of the public, the initiative clearly demonstrated that accurate information can strengthen prevention efforts and save lives.

Kapa3 joined the **Action4Obesity** network “Alliance for the Fight Against Obesity,” reaffirming its commitment to a comprehensive approach to addressing obesity as a chronic disease. Our participation places us within a solid framework of support, advocacy, and education. Through the network, we gain access to good practices that strengthen our interventions in prevention, counselling, and awareness-raising at the community level..



Within the framework of this strategic engagement, Kapa3 also participated in the seminar organized by the Panhellenic Association for the Support of People with Obesity “Imeroesa,” entitled **“Obesity and Cancer – From Theory to Practice.”** The organization actively contributed to the scientific discussion on

the impact of obesity on cancer outcomes and strengthened collaboration among stakeholders working in the field of prevention.

Kapa3 also participated in the **1st Thessaloniki Festival for People with Disabilities**, titled “*A Celebration for Everyone*,” which took place from May 9 to 11, 2025, at Xarchakou Park in Thessaloniki. The festival was organized by the Municipality of Thessaloniki and the National Confederation of Persons with Disabilities (E.S.A.me.A.), aiming to promote inclusion, accessibility, and equality for all people with disabilities.

Our organization was present with an information booth, where we showcased our overall work. A special highlight was the activity “Writing for My Strength,” through which attendees had the opportunity to write down what gives them strength or to send a message of support to someone who is ill or to a loved one.



The **Cancer Guidance Center (Kapa3)** actively participates in the [**Civil Society Alliance Greece**](#), a platform for small and medium-sized civil society organizations (CSOs) that fosters information exchange, collaboration, and collective advocacy to support an enabling civic environment in Greece. Through this participation, Kapa3 contributes to advocacy for vulnerable groups, shares expertise, and networks with other organizations, aiming to enhance outreach and foster more effective collaboration in the field of social care.

In addition, a new research-driven initiative has been launched to further benefit our beneficiaries, ensuring that each new idea is based on their needs and aims to improve their quality of life.

On the first weekend of October 2025, the Cancer Guidance Center – Kapa3 participated in two important scientific events on cancer in the municipalities of [**Oichalia**](#) and [**Thessaloniki**](#), highlighting the psychosocial aspects of the disease and the socioeconomic factors influencing patients’ health trajectories.

In mid-October 2025, Kapa3 attended the [**ESMO World Congress in Berlin**](#), focusing on research that addresses the real needs of the population within the global community. **Collaboration with healthcare professionals from around the world** allowed us to gather valuable knowledge and experience.

At the **end of October**, the [**Patients Summit 2025**](#), the annual nationwide meeting organized by the Hellenic Patients’ Association, was successfully completed. Kapa3 actively participated in the conference, **representing oncology patients and their families**, emphasizing the importance of collaboration, scientific evidence, and collective action.

On 4 December 2025, Kapa3 participated in the [**Morning Health Talks organized by EIT Health at the National Documentation and Electronic Content Center \(EKT\)**](#) in Palaio Faliro. The event focused on the use of health data to develop a strong, human-centered digital health ecosystem in Greece. During the

session “**The Patient Voice and Digital Tools**”, Ms. **Evangelia Bista** presented practical examples of digital innovation empowering oncology patients, highlighting the importance of accurate information, guidance, and tools that facilitate navigation of the healthcare system. Kapa3’s participation strengthened knowledge exchange and collaboration on digital health solutions that improve patient care and support caregivers.

On **5 December 2025**, Kapa3 took part in the [**18th Panhellenic Congress of Nutrition & Dietetics**](#) at the Athens Concert Hall, during the session “**Co-creating Health**”. In her presentation titled “**Nutrition as a Social Determinant of Health**”, Ms. **Evangelia Bista** emphasized the importance of nutrition in oncology care, focusing on inequalities, access to healthy food, and the impact on patients’ overall health and well-being.

Ms. Bista also presented Kapa3’s participatory approach through the online **Experiential Meetings**, conducted in collaboration with the **University of Peloponnese**, highlighting efforts dedicated to holistic care, nutrition, and mental health of oncology patients and their caregivers.

Finally, another significant moment in December 2025 was Kapa3’s participation in the 6th Interdisciplinary Congress **Brain & Mind**, held from 18–20 December at the Book Tower Hall of the **Stavros Niarchos Foundation Cultural Center in Athens**. During the roundtable **Digital Health & Artificial Intelligence: Contemporary Challenges**, Ms. **Evangelí Bista** presented on the importance of digital literacy for patients and healthcare professionals in oncology care, highlighting how digital knowledge can empower prevention and patient support.

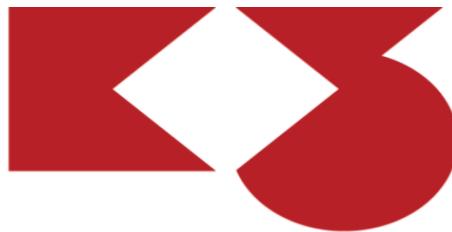
Awards 2025

In **2025**, Kapa3 was recognized for **its digital support platform** for oncology patients and caregivers, **CANCER CARE CONNECT by KAPA3**, receiving the [**Gold Award at the Diversity, Equity & Inclusion Awards 2025**](#).

The platform was highlighted for accessibility, equality, and the promotion of human dignity, empowering patients and caregivers by providing accurate and timely information, support tools, and multilingual access to health and social care services. We warmly thank the Evaluation Committee, our supporters, partners, volunteers, and every beneficiary, as their participation and needs have been the driving force and inspiration behind the platform’s continuous improvement and innovation.

Kapa3 also received a significant recognition in 2025, being awarded the **Gold Award** in the category “**NGO of the Year – Health and Social Care**” at the [**Hellenic Responsible Business Awards 2025**](#). This award recognizes our ongoing commitment to holistic support for oncology patients through psychosocial guidance, educational programs, and innovative digital tools. This recognition belongs to our team, volunteers, and members, who make a tangible difference for patients and caregivers every day.

Additionally, Kapa3, in collaboration with the Laboratory of Basic Health Sciences at the University of Peloponnese, was honored with [the Silver Award](#) at the Healthcare Business Awards 2025 for the holistic program **“Community Co-Design and Implementation of Holistic Educational Practices for Nutrition and Mental Health.”** The award recognized the project’s positive social impact, innovative approach, and contribution to improving the quality of life of oncology patients and their caregivers.



Other Development Projects and Participations of Kapa3

- Development of a collaboration with the non-profit organization **DESMOS** for the **provision of free masks and personal antiseptics** to oncology hospitals (**2022**).
- Creation of a dedicated section on the Kapa3 website called [Digital Tools](#), aiming to integrate digitalization into daily practice by leveraging existing knowledge and IT tools (**2022**).
- Participation of Kapa3 in the **Learning Lab: Educational workshops for young people, NGOs, and volunteer groups**, organized by HIGGS and the ActionAid Youth Center, held in Thessaloniki (**2023**).
- Participation of Kapa3 in the **12th Panhellenic Patient Conference**, organized by the Union of Patients of Greece, held on 20–21 November with the theme Co-creating a New National Health System (**2023**).
- Participation in the **1st Open Agora**, focused on Health, Mental Health, and Disability, held on 2–3 December at the Stavros Niarchos Foundation Cultural Center (SNFCC), where the Kapa3 team ran public awareness and information activities on cancer-related topics (**2023**).
- Presence of Kapa3 at the **3-Day Learning Activity** held in **Naples**, as part of the Erasmus+ program E-Health4Cancer, on E-Health Solutions for cancer patients and their caregivers (**2024**).
- Participation in the **51st Panhellenic Nursing Conference (ESNE)**, with an oral presentation titled Healthcare Professionals’ Perceptions on the Use of Digital Applications in Cancer Patient Care, by Evangelí Bista and Maria Lavdaniti (**Naxos, 2024**).
- Participation in the 27th International Nursing Philosophy Conference Social, with a poster presentation titled Determinants of Health: Is there a role for health promotion? The cooperation of three institutions (Public Hospital, University Nursing Research Laboratory, Civil Society

Organization) at Theagenio Hospital. Evangelí Bista, Athanasios E.P. Raptis, Maria Lavdaniti (**September 2024**).

- Participation of Kapa3 in the open event celebrating **100 years of the Thessaloniki Medical Association (September 2024)**.
- Participation of Kapa3 in the **seminar** titled “**Innovation, Entrepreneurship, and Civil Society in Northern Greece**”, where the Development and Operations Manager, **Evangelí Bista**, took part in a discussion panel titled The State as guarantor of transparency and supporter of Civil Society Organizations’ actions (**September 2024**).
- **Evangelí Bista** represented Kapa3 at the **Patient Summit 2024 (September 2024)**.
- **Interview of Evangelí Bista** on **HEALTH Next Generation** as part of the oncology feature (**2024**).
- **Submission for publication** of the article titled Personalized informational needs of cancer patients: A cross-sectional study in Greece by Evangelí Bista, Antonios Kostas, Ioannis Tsoukalidis, Maria Lavdaniti to the journal **Nursing (October 2024)**.
- Participation of **Kapa3** in the roundtable at the **11th Oncology Nursing Symposium**, 1–3 November 2024 in Ioannina, titled An interdisciplinary team discusses the advantages of digital technology with the patient at the center. (**November 2024**)
- Participation of Kapa3 in the Morning Health Talks organized by the **National Documentation Centre** (EKT) on **25/11/2024**, on How Innovative Solutions Can Contribute to the Transformation of Palliative Care.
- **Development of printed material** called **ODIGEIA** – Creation of three print/electronic leaflets in collaboration with scientific institutions covering proper dressing changes, effective patient–doctor communication, and breast cancer prevention and early detection, aiming to improve quality of life for patients and caregivers.
- Development of a **Guide to Benefits and Rights for Persons with Disabilities** in the Municipality of Metamorfosi, Attica.
- Organization of an **online seminar** titled **The Contribution of Local Government in Securing the Rights of Vulnerable Groups**, in collaboration with the **Municipality of Metamorfosi**, Attica.
- Organization and delivery of the seminar **The Contribution of Kapa3’s Mobile Information and Management Unit in Securing the Rights of Oncology Patients: Action Results, Trends, and Prospects** at the **Thessaloniki City Hall**.
- Participation in the online seminar on **The Importance of Psychosocial Support for Lung Cancer Patients, Caregivers, and Their Environment**.
- Participation in the **ARCHIMEDES** Business Accelerator program of the **National and Kapodistrian University of Athens**.
- Conducting the online conference **Quality of Life: Positive Psychology and Cancer**, in collaboration with the non-profit organization IASIS.
- Participation in informational videos by the Union of Patients of Greece, highlighting patients’ rights.

- **Speech by Evangelí Bista:** participation of Bista and Kapa3 in closed online meetings under the project **Creation of a Network of Civil Society Organizations and Groups within the Framework of the UN Sustainable Development Goals**, providing policy texts from Civil Society.
- Participation of Kapa3 in the **5th Workshop for Early Career Researchers (ECRs)**, in the Stories in Entrepreneurship session: The story of an Alumni UAegean Ph.D. student, sharing the organization's vision with European colleagues.
- Creation of a **training program** for volunteers and staff for the Friends of Doctors Volunteer Association – K.E.F.I.
- **Support for the Anagennisi project** by developing internal procedures to improve operations and external outreach of the Parents and Friends of Autistic Persons Anagennisi Association.
- **Creation of the Public Awareness Program** in collaboration with the **Municipality of Nea Filadelfeia – Chalkidona**.
- **Translation** of the website into over three languages, including **Ukrainian**, to improve accessibility and raise awareness, highlighting the importance of inclusion in health.
- Participation of **Kapa3**, represented by **Evangelí Bista**, in the **open event** co-organized by government secretariats (Disability, Social Solidarity & Human Rights, Family Policy & Gender Equality, Quality of Life & Volunteering, and the New Democracy Staff Registry) on **Government Social Welfare Policies**, addressing patient rights, administrative obstacles, social interventions, and the need for collaboration.
- **Participation of Evangelí Bista** in staff training for Bayer on pharmacovigilance, raising awareness on adverse effects of oncology drugs.
- Participation in the **conference Digital Health in Oncology: Tools, Advantages, and Benefits**, organized by EEK-KETA.
- Participation of **Kapa3 in Smart Health** in collaboration with the National Centre for Research and Technological Development (INEVIEKETA).
- Participation of Kapa3 in the launch presentation of the **Support Points program** by the **Bodossaki Foundation**.
- Participation of **Kapa3** in the **consultation on the bill establishing the Marianna V. Vardinoyannis Pediatric Oncology Center – ELPIDA**.
- **Mention of Kapa3** in the **BOUSSIAS publication on Patient Association Actions**, page 103.
- **“A Chain of Giving through Kapa3”:** Patients, caregivers, and social pharmacies donated medications and medical supplies to support beneficiaries who could not afford them or where shortages existed; collection took place at Kapa3's Athen's office and distribution through social pharmacies nationwide.
- Telephone **interview** of Evangelí Bista on City 106.1 radio station (Thessaloniki) with journalist Christos Thanasaina.
- Participation in the **European Parliament Office in Greece** event, organized by the Greek Caregivers Network **EPIONI**, with **Mrs Bista** speaking on Burden and Quality of Life of Oncology Patients' Caregivers.

- **Presentation of Kapa3 to Social Work students at Democritus University of Thrace** prior to their internship.
- Participation in **the Project DPro** certification program by Social Dynamo, funded by the **Bodossaki Foundation**.
- Participation in the **13th Panhellenic Patient Conference** at Novotel Athens, 21–22 November, by the Union of Patients of Greece.
- Participation in the **4th Open Agora Bazaar** at the Stavros Niarchos Foundation Cultural Center, themed **Health, Mental Health, and Disability**.
- Collaboration with **Iasis | Hypatia** in the campaign Together for Prevention: The Importance of Breast Cancer Awareness and Prevention, Thessaloniki.
- Participation in the **EPIONI** Cargivers Network seminar, **Caring for Caregivers**, 17 December at the Day Center of P.E.P.S.A.E.E., presenting Informal Caregivers: The Importance of Self-Care and Social Support Networks.
- Participation of **Evangelí Bista and Kapa3** in the **5th Interdisciplinary Brain & Mind Conference**, 20–22 December, Athens, at Airotel Stratos Vassilikos, focusing on understanding brain functions and human behavior.
- Participation in the educational two-day seminar **New Perspectives in Oncology**, with **Mrs Bista** representing Kapa3 in the session Patients' Rights in Cancer.
- Participation in the **Pan-Macedonian Scientific Meeting of Nurses**, a key event gathering nurses and healthcare professionals from across Macedonia to present modern health challenges.
- Participation in the **Annual Lazord International Conference in Aswan, Egypt**, supported by **HIGGS**, with representative Christina Vaia Stampolidou as a program fellow.
- Participation in the lecture **Local Products, Benefits in Cancer Prevention and Prognosis – Safe Use**, organized with the Laboratory of Basic Health Sciences, Department of Nursing, University of Peloponnese.
- Participation in the **Panhellenic Oncology Conference** Contemporary Oncology Issues, 7–9 March, **Alexandroupoli**, with Mrs Bista presenting at the **Roundtable on Health Policy and Economics in Oncology**.
- Participation in the **7th seminar Caregivers and Depression**, organized by the Greek Caregivers Network **EPIONI** under the auspices of the Hellenic Psychiatric Association.
- **Presentation of Kapa3's work at COST ACTION INE – CSC CA21125**, at the International Conference Inequalities in Cancer Prevention and Care, where representative Athina Frangedaki presented Kapa3's multi-level work in patient support, prevention, and innovation in oncology care.
- **Participation in the Awareness Campaign "The Importance of Breast Self-Examination and Preventive Measures"**, in collaboration with the **Hypatia – IASIS** team.
- Participation in the **Union of Small and Medium Civil Society Organizations of Greece (O.Koi.P.)** to strengthen advocacy, knowledge sharing, networking, and organizational outreach.

Educational Programs

- Participation in the educational program **Accelerator by HIGGS**, targeting Civil Society Organizations.
- **Creation** of a Short Curriculum titled **Marketing and Civil Society**, supporting the **Center for Lifelong Learning of the Athens University of Economics and Business (AUEB)**. The program provided basic theoretical knowledge, practical skills, and tools to understand the importance and contribution of marketing to Civil Society, as well as to design and implement effective marketing strategies and tactics.
- **In collaboration with the International Hellenic University – DI.PA.E.**, Kapa3 designed and delivered the training program *“Skills of Healthcare Professionals in Caring for Cancer Patients and Their Caregivers”*. This innovative program aimed to develop specialized skills for healthcare professionals in oncology care, involving distinguished experts and offering high-level knowledge and practical guidance to optimize patient support.

Membership in Health Associations in Greece

- Officially registered member of the [Hellenic Patients' Association](#).
- Member of the [Hellenic Cancer Federation](#) (ELLOK).
- Member of the Initiative for Transparency: Collaboration for the Common Good.

Organizational Certification Registries

- National registry of private non-profit organizations providing social care services.
- National registry of voluntary non-governmental organizations.
- Registry of Cultural Organizations.
- Special registry of O.Koi.P. for Civil Society Organizations.

Kapa3 Collaborations

- Collaboration with the Center for Clinical Epidemiology and Disease Outcomes ([CLEO](#)).
- Cooperation with the non-profit organization [Exelisso](#).
- Partnership with [ACS Postal Services Greece](#) for the free mailing of correspondence and all personalized updates from Kapa3 to patients and caregivers.
- Collaboration with [Aristotle University of Thessaloniki](#) (AUTH), specifically the Medical School, Clinical Research Unit of the Special Unit for Biomedical Research and Education, contributing scientifically to both pharmaceuticals and new technologies for patients.
- Cooperation with [50+ Hellas](#) to support the elderly.
- Collaboration with the online platform YouBeHero to support Kapa3's work.

- Partnership with Thenamaris under Corporate Social Responsibility initiatives.
- Cooperation with [University of Thessaly](#), Department of Nursing, and the Laboratory for Education and Research in Wound Care and Patient Safety (ER.EK.TR.AS).
- Collaboration with the [International Hellenic University](#) (DI.PA.E.), Department of Nursing, and the Research Laboratory “Care for Adult Cancer Patients” to support Kapa3’s mobile units.
- Joint research with the Research Laboratory “Care for Adult Cancer Patients” of DI.PA.E. and the Theagenio Anticancer Hospital of Thessaloniki on the psychological distress (anxiety, depression), social support, and quality of life of cancer survivors post-COVID-19.
- Collaboration with the Hellenic National Center “Exercise is Medicine – Hellas”, promoting preventive actions linking physical activity and health in older adults (“Exercise Prescription for Health”).
- Partnership with the non-profit DESMOS during the 4th cycle “DESMOS for Youth,” funding a position for social support of beneficiary patients.
- Cooperation with [Physisorg](#), a European organization for the environment and climate change.
- Collaboration with GoodFairy, Greece’s first social enterprise in the insurance market, to financially support Kapa3 through donations.
- Partnership with the [Athens University of Economics and Business](#) (AUEB), Department of Business Administration, conducting research on public attitudes toward civil society organizations working on cancer, with Prof. Baltas as scientific lead.
- Collaboration with the Cultural Education Company of actress/director Stella Fournaraki for the performance “And Now...? We Fight!”, linking social support organizations and contemporary culture.
- Successful completion of the **ERASMUS+ 2021–2027** program, Sharing Good Practices in the Use of Non-Clinical eHealth Solutions for Cancer Patients and Their Caregivers in Europe, recognized by the State Scholarships Foundation (IKY).
- Cooperation with the non-profit Initiative of **Greek Women Gynecologists for Women’s Health**, highlighting women’s health needs in modern society.
- Collaboration with **Yuboto Telecommunications** under corporate social responsibility, supporting a call center to ensure daily communication.
- Personalized support for oncology patients and caregivers in collaboration with **CareAcross**, an internationally recognized digital services company focusing on cancer.
- Cooperation with social pharmacies across Greece to provide medicines to patients in need.
- Partnership with the **University of Lincoln, UK, and CITY College, European Campus of York University**, for the CREATE program, promoting neuroplasticity, creativity, mental empowerment, and improved mental health for oncology patients and caregivers.
- Participation in the **Action4Obesity Network** (“Alliance Against Obesity”), emphasizing the strong link between obesity and malignancies.



Our experience has shown that health depends not only on medical care but also on the social environment, living conditions, and the information each person receives. Prevention and proper guidance can significantly reduce illness and mortality rates, provided that citizens have access to reliable information and support.

It was with this philosophy that Kapa3 was created: a center filling a critical gap in the Greek healthcare system, offering meaningful assistance, guidance, and human presence to cancer patients and their caregivers. Since our inception, we have connected with hospitals and care units, ensuring that every patient receives personalized support within a highly complex and often discouraging system.

At the same time, we invest in collaboration, education, and awareness, so that more people can learn about our services and join our network. The unique position we hold today in the field of social support for oncology patients carries both responsibility and strength: to expand our presence to as many regions of the country as possible and support even more families.

The close of another year of activity and the anticipation of a new one represents for us both continuity and challenge. With a **steady commitment** to the values of prevention, information, and equitable access, **we will continue** to contribute our part toward a healthcare system that sees the person as a whole. **We invite every organization, institution, and citizen who shares this vision to become part of this effort.**

Because together, we can truly change lives.



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