Frivilligcentralen i Umeå

Umeå Volunteer Center
Umeå Volunteer Center is…

- A non-political and non-religious organization that has been active in Umeå since 1999
- In co-operation with the Red Cross and five of the largest senior’s organizations in Umeå (PRO, RPG, SKPF, SPF and SPRF)
- Financially supported by Umeå municipality and Västerbotten County Council
- An organization with between 180 – 200 active volunteers in different ages participating with social voluntary work
The objectives

• Umeå Volunteer Center shall offer voluntary social activities to persons living in the central parts of Umeå

• Umeå Volunteer Center shall contribute to reduce isolation, create togetherness and promote a heightened quality of life by means of a humanistic approach

• Umeå Volunteer Center voluntary program shall support the social efforts of the common society

• Umeå Volunteer Center shall promote further development of the voluntary sector in cooperation with other organizations and public as well as private actors
Compassion, joyfulness and togetherness

Umeå Volunteer Center connects people that want to receive help and support with people that want to participate in doing a compassionate contribution to someone else.

The ambition is to offer activities that contributes to well-being and togetherness, and that enhance the over-all quality of life.
A voluntary activity can be:

- To visit someone that is usually lonely for a chat, a walk or to do something else together
- To keep someone company at a hospital visit, when shopping, at a cultural event or at church
- To give someone that is caring for a relative a short relief
- To sing, play instruments, tell stories, read and play games together with others
- To arrange and host different kinds of well-being activities
- To be an extra grand mother or grand father to someone
- To do smaller reparation and maintenance works at someones home
Umeå Volunteer Center

Steering committee

Coordinator
Umeå Municipality

Host

180-200 volunteers

Administration
Companion services
Well-being activities
Help with maintenance work
Extra grand mother/grand father
Relatives
Visits
Oncologist

Group leader
Group leader
Group leader
Group leader
Group leader
Group leader
Phone operator

App 600 people in Umeå
Introductional training for volunteers

- Knowledge and understanding about the purpose of the voluntary commitment
- Detailed knowledge and awareness about the voluntary commitment within Umeå Volunteer Center
- Common understanding about vital values for the relations between people and actors and for the organization itself
- Strengthen the confidence among the volunteers in their voluntary work
- Supply of qualified volunteers
Why engage in voluntary work?

"I experience so much happiness and acknowledgement"

"I feel appreciated"

"I like to be able to do something for someone else"

"I feel that I do something meaningful"

"I acquire new experiences"

"It’s exciting to meet new people"

"I meet a lot of new friends"

"I feel like I belong to something bigger than myself"

"My knowledge and experiences are useful in my voluntary work"

"Voluntary work is a merit when I apply for a job"

"I can decide for myself how much time I will spend on engaging in voluntary work"