

SINDHUSET

Description of the project

Sindhuset is an activity house for psychiatric patients who are alcoholics or abusers of medicine, and people who need a place to meet with other people. The age ranges between 20-75 years old, but most people are between 35 and 55 years old. An average week in Sindhuset will have about 60-70 different people visiting the house and the visitors can come without the interference of the authorities and be anonymous.

Sindhuset does no specific therapeutical work or treatment with the visitors. The keywords are presence and being together.

Sindhuset is situated in a small house with our own garden in walking distance from the center of the town Skive. We have two living rooms where we organize activities and spend time together, a small kitchen, an office for the staff and a computer room in the basement. We have a nice garden with a terrace, which we enjoy using during summertime.

Volunteer profile

- good at English and good at non-verbal communication since few visitors speak English
- willingness to learn Danish fast is essential
- quiet, patient, and tolerant
- mentally and psychologically well-balanced
- good spirits
- extrovert and wanting to take initiative in creating contact to the visitors
- interested in working with people in a personal difficult situation

Volunteering at the project

- volunteers will learn how to be and work with people with different mental and social problems
- volunteers will learn about different psychiatric diagnosis, reasons for abuse and their reaction patterns, social problems and their effect on the individual
- volunteers will be offered relevant courses and training
- volunteers will have the possibility to plan and run activities according to their interest and special talents
- General working day:
 - 60% Talking and being with visitors when at the coffee table, creating a cosy atmosphere, playing a card game or board game or another "quiet" activity

- 25% Activities like creative hobbies, sport activities, bowling, excursions out of the house
- 15% Cooking or other kitchen activity (dish washing and cleaning)
- volunteers with live with host families

Receiving Organization

Sindhuset

Reservevej 17, 7800 Skive

Website: www.sindhus.dk/

Facebook: www.facebook.com/sindhuset

PIC number: 946576635

EI reference number: 2014-1-DK01-KA110-004040

Next volunteer period: 1 September 2017-1 July 2017

Deadline for application: 26 March 2017

Number of volunteers: 1