# Volunteer Health guides needed for homeless Families!

Do you have time and want to offer your support to families in a homeless shelter near U3 Oberwiesenfeld? We aim to reach families with various attractive activities and offerings on the topic of health – and we need you to make this happen!

Around 10,000 people in Munich are without a home, including about 1,700 children. They are homeless, living in emergency shelters, mother-child facilities, or clearing houses.

With our volunteer health guides, we are here for homeless families in a shelter in Munich. Our volunteers support those affected through various activities and offerings as part of a holistic health concept.



Cooking healthy together



Winter fleamarket in the shelter

# Volunteer support

## How can I help?

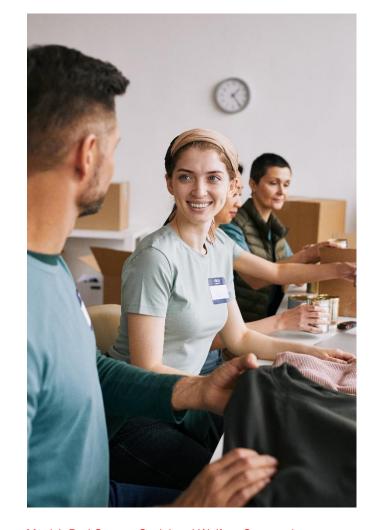
- Leisure activities for families, children, teenagers and seniors
- Organizing sports and leisure activities (e.g., group walking, fitness exercises)
- Cooking together and promoting healthy eating topics
- · First aid courses for residents
- Assistance in accessing medical services
- Help with documents (e.g., explaining child health records, clarifying health insurance letters)
- Accompanying and providing language support in the health care system
- Acting as a trusted person for medical topics
- Support for expectant mothers
- Regular consultation hours at a shelter for homeless people, offering assistance in accessing medical services

The following language skills are an advantage: Arabic, Bulgarian, Dari, Farsi, Greek, Italian, Croatian, Romanian, Somali, Turkish, Hungarian.

Since not all families speak German, we also collaborate with interpreters to implement our services.

BRK Kreisverband München





Munich Red Cross - Social and Welfare Community

# Volunteering for homeless families



Being active through sports

## What should I bring to the role?

- · Reliability, communication skills, intercultural sensitivity
- Willingness to engage openly with people experiencing homelessness

#### What is the time commitment?

Once a month on designated Saturdays for about 3 hours

## What does the BRK offer?

- · Continuous professional support
- Insurance coverage (liability and accident insurance)
- Reimbursement for travel costs and expenses
- Opportunity for a free membership in the Red Cross
- Various forms of recognition (events etc.)

### Where is the volunteer location?

Shelter of the Internationaler Bund Wilhelmine-Reichard-Straße 20 80935 Munich (near the Oberwiesenfeld subway station)



"Being involved as a volunteer health guide means showing homeless people that they are not alone and that their health matters."

Volunteers of the Homeless Project

# **Are you interested?**

We are happy to share more information with you personally – please feel free to contact the

Servicestelle Ehrenamt (Volunteer Service Center)
Phone: 089/2373285 (Mon - Thu 09:00 AM - 12:00 PM)
Email: servicestelle-ehrenamt@brk-muenchen.de

For more information about this project please have a look at our website: https://www.brk-muenchen.de/angebote/wohnen-und-betreuung/gesundheitslotsen-wohnungslose/

A collaboration between the Munich Red Cross and homeless shelters of the Internationaler Bund in Munich

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#### **BRK-Kreisverband München**

Social and Welfare Community Perchtinger Straße 5 81379 München

Tel. 089/2373145 wus@brk-muenchen.de www.wus.brk-muenchen.de