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# Help groups in the Donnersberg district

Here you will find information about our helper groups.

People get involved in the helper groups to help. All help is provided voluntarily, without payment and in their free time.

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## Who are we?

In the Donnersberg district, there are various volunteer groups in the individual municipalities, most of which came together back in 2015. In March 2022, however, we significantly developed the cooperation further. The following decision was made at a meeting organised by the integration officer and the <u>district administrator</u>:

Real help will only reach people quickly, unbureaucratically and in a targeted manner if our district administration, the municipalities and us volunteers work together in a good and coordinated way. And this is how we have been doing it for several years.

# How we work

We are grateful for every volunteer.

There is a lot to do, because we are still looking after the people who came to us in 2015, but since 2022 we have also been looking after people from Ukraine.

It is important to us that the people receive good and qualified help, but it is also important that the people now living with us actively make the contribution they can, because helping is always based on reciprocity.

If you are interested in supporting us, please read the article<u>"How can you help?</u>".

# **Contact us**

Please write to us if you would like to help. We will be happy to get in touch and discuss everything with you.

Here are our contact details.

Donnersberger Integrationsinitiative e.V.

Erika Steinert, erika.steinert@gmail.com

Wolfgang Handt whandt@gmail.com

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# How can YOU help?

Helping is easy, all you need is a little time and **YOUR determination** to help these friendly people from Ukraine.





# What can YOUR help look like? You can find out for yourself

Just imagine **you are alone** or with your children in a foreign country, without a tour guide on an organised trip, without language skills, you can't read any writing, no street signs, no names of products in the supermarket and you can't talk to anyone, you have no money and no suitcase, you have many worries, no future prospects and only what you are wearing.

**If you can really imagine that**, then YOU can certainly imagine **what you would want**. And **THAT is EXACTLY** what these people need - no more and no less.

# A warm welcome

If you are still convinced that you want to help, then **YOU are** very welcome to join a circle of helpers who will never leave you alone, who will help you, who will support you in your work with our new arrivals.

Help with the arrival, in the **"new home**" of these people, with the start into the completely new everyday life, be a trustworthy contact person, drink coffee or tea together, just listen, give safety and security, just be there!

Give it a try, build up contacts with our help, make new friends and get to know these people.

We can't tell you how much time you should give, but you can find out for yourself. **Every hour** helps, just start getting involved and find out what you get back from these people.

Take it easy, don't overextend yourself and don't neglect your life.

⇒ **YOUR HELP** will even enrich you and your family.

Thank you in advance, we look forward to working with you.

# Contact

Erika Steinert, erika.steinert@gmail.com

Wolfgang Handt, whandt@gmail.com

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# Sponsorships

# **Sponsorships**

Are YOU willing to invest a little time together with your family?

Then YOU are in the right place.

Help by taking care of a family. Get to know a family or even individual people who have found a new home here with us. Help these people to find their way around here, talk to them, invite them to visit you and give them your trust. Only through trusting conversations is it possible to learn a foreign language. The refugees of many nationalities living with us learn German at school, but do not learn our language in everyday use or in colloquial speech. However, this is





important for their further development and for their understanding of our culture. The children who are now growing up here also benefit from "German families" who engage with them and help them.

Taking on a sponsorship is a very valuable task and often leads to lifelong friendships between different cultures.

You will certainly have to invest time and energy, but you will receive an immeasurable amount of gratitude and friendship in return.

Give it a try, contact us if you are interested, we will not leave you alone and will support you if you have any questions.

Contact one of the helper groups and give it a try

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#### Insurance for helpers

The state of Rhineland-Palatinate has taken out insurance for people who volunteer in their free time without pay. This is intended to help in the event of damage. The insurance can be taken out if necessary. Further information can be found on this page >> LINK

#### Dates of the help groups

There are various support groups in the Donnersberg district, which often meet regularly.

You can always find the dates of these meetings here: <u>https://integreat.app/donnersberg/de/events</u>

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#### Which support groups are there

Here you can find information about the help groups

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#### Café KOMM Rockenhausen

Café KOMM Rockenhausen

The Begegnungscafè was founded in 2016, during the wave of refugees from Syria, Africa, Afghanistan and many other countries in the town of Rockenhausen.

New arrivals are supported here and receive a lot of help.





You can find the dates of the meetings here: https://integreat.app/donnersberg/de/events

Telephone: 06361 1089 or 06361 7045

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#### **Rockenhausen Welcome Centre**

#### Welcome Centre Rockenhausen

You can find information about the meetings here: https://integreat.app/donnersberg/de/events

We help with all questions and arrange further help if necessary.

- Help for new arrivals
- Filling out forms
- · Arranging appointments with authorities for
  - job centre
  - Immigration office
  - health insurance
  - and others.....

We look forward to your / your visit

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#### Donnersberger Integrationsinitiative e.V. in Rockenhausen

# Our association **Donnersberger Integrationsinitiative e.V**. can be contacted via the **Rockenhausen Welcome Centre**.

Here is a link to the association's homepage: <u>https://donnersberg.org/</u>

The "Donnersberger Integrationsinitiative e. V." association provides help for new arrivals of all nationalities. The organisation helps with individual questions and uses its good contacts with the authorities. All information is treated confidentially.

Trust us - we will help you

If you have any questions or problems, you can also contact us by email

Erika Steinert, erika.steinert@gmail.com

Wolfgang Handt, whandt@gmail.com

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## Café Helfende Hände - Winnweiler

Café Helfende Hände - Winnweiler





Address: Parish Centre Parish of the Holy Cross, Kirchstraße, 67722 Winnweiler

The aim of our meeting place is to offer refugees who now live in our municipality a welcoming meeting point: A cosy café (where you can also get really good coffee or tea) and friendly hosts who are open to practical questions and concerns - and see how they can provide support. In addition, all people who are in need or just want to drop in are welcome. Our clothing store will also be open during the café's opening hours. Our aim is not to always have an immediate solution at hand. We can't do that. However, the team on site has a list of committed people and help centres, which we use to see who is best placed to provide support in a specific problem. We then refer people to these organisations and establish contacts. The café will initially run as a "trial balloon" until the start of the summer holidays. Then we will reflect and check whether and how this offer was accepted - and then see whether and how it can be continued. Or not. We are simply being brave and open here - with the risk of failure or success. Better than doing nothing, right?

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## Kirchheimbolanden - International storytelling café

The International Storytelling Café was launched in 2015 and resumed its programme in April 2022 after a short break.

# Meeting place: Every Friday from 4 to 6 pm at the Freie evangelische Gemeinde, Am Bahndamm 13, Kirchheimbolanden.

#### We have no room for cultural reservations or political conflicts.

We value community, networking, togetherness, appreciation and having fun together.

Our meetings are regularly attended by an average of 25 people from different countries of origin. This results in many friendships and contacts. Over time, the participants develop a greater sense of self-esteem. They learn to understand and speak German better. They develop a better understanding of life in Germany because many questions can be answered here.

We organise

- Parties with an international buffet
- · Baking and cooking with international cuisine
- handicrafts
- Hikes
- · Reading fairy tales and poems from different countries
- International dancing
- Team building
- Singing together
- The countries of the people living with us are introduced with their customs and ways of life
- All guests help on a voluntary basis by offering their skills. These include hairdressing, sewing, help with PCs and smartphones.





• Twice a year, we organise a clothes bazaar, where toys are offered alongside clothes for adults and children. The bazaar is attended by many people from different cultures.

We have already organised the following activities several times in the past:

- Career guidance with a presentation by HWK Pfalz
- Visits to the fire brigade and the old people's home
- Visit to the public library
- Guided tour of the town
- Contact with public authorities
- Promotion of democracy
- Job and training placement

We look forward to your visit

on behalf of the staff: Jessika Blöcher (0177 6801495), Eva Franzreb (0151 62478336), Dr Mayr (0151 700 5151 6)

# Kirchheimbolanden support group

There is a very small circle of helpers in Kirchheimbolanden.

Please contact these email addresses if you need help:

Silvia-Koenig@gmx.de

Fam.Morschhaeuser@t-online.de

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