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# Children, young people and family

#### Support services for families

Children and families are under special protection in Germany.

This protection already begins during pregnancy and lasts until the child is 18 years old(= of age).

#### Every child must go to school.

In Germany it is forbidden to hit children. Violence in marriage is also prohibited. There are **authorities** who ensure that a child is not harmed by its environment (including the family).

You are not alone with your questions, worries and problems. There are <u>various counselling</u> <u>centres</u> in the district of Minden-Lübbecke.

#### Youth Welfare Offices in the Minden-Lübbecke District

The district of Minden-Lübbecke has four youth welfare offices:

The <u>Youth Welfare Office of the Minden-Lübbecke District</u> is responsible for Espelkamp, Rahden, Stemwede, Preußisch Oldendorf, Lübbecke, Petershagen, Hille and Hüllhorst

The Youth Welfare Office of the City of M inden is responsible for Minden.

The <u>Youth Welfare Office of the City of Bad Oeynhausen</u> is responsible for Bad Oeynhausen

The Youth Welfare Office of the City of Porta Westfalica is responsible for Porta Westfalica

Its mission is child welfare, youth welfare and family welfare. The "Jugendamt" (Youth Welfare Office) regulates:

- Child day care in kindergartens or with day care workers
- It supports families when they need help
- · It protects the children when there are problems in the family

The welfare and protection of the child are important tasks of the Youth Welfare Office. Violence towards children is prohibited in Germany. If there is a suspicion that children are being neglected or abused, then the Youth Welfare Office can even take the child out of the family to protect it in an emergency.

When your child is born, the Youth Welfare Office (Jugendamt) will contact you after a few weeks in order to make a home visit and introduce themselves. Then you will receive a whole folder with information and services for your child and your family.

If you need support or help with parenting, you can contact the youth welfare office or a counselling centre.

## General Social Service (=ASD)





# The ASD of the district of Minden-Lübbecke offers help and counselling in all matters of upbringing, care and support.

Its task is to support young people in their development, to support parents in their right to care for and bring up their children, to take action to protect children and young people and to provide information and advice on social matters.

#### Important services for families are:

- Counselling and care for children, young people and adults
- · Intensive outpatient socio-educational family assistance
- Participation in court proceedings in the event of separation and divorce
- provisional protection measures, such as taking into care and emergency admission of children and young people
- Placement of children and young people, for example, in residential institutions, foster families and residential groups

#### More offers:

- · Foster child service, full-time care
- Day care, weekly care
- · Care measures in day groups, school afternoon groups and other afternoon offers
- Advice and information for single parents
- Support with placement in day care centres
- Cooperation with institutions such as schools, day-care centres, police, courts, child psychiatry and youth psychiatry etc.

#### The outpatient and part-time inpatient flexible educational support such as:

- In the district of Minden-Lübbecke, social-pedagogical family support, educational assistance and social group work are carried out by the staff of the independent youth welfare organisations; these include the Arbeiterwohlfahrt (AWO), Caritas, Diakonisches Werk and the Paritätische Wohlfahrtsverband.
- The counselling by the socio-educational professionals is free of charge and confidential.

## Who can contact the ASD?

# Children, adolescents and young adults up to the age of 21. The ASD provides counselling when ..

- they need advice and support
- · they have problems at home or where they live
- they have difficulties at school and/or with friends
- they want to change something in their current life situation and need help to do so
- they are exposed to physical, psychological, sexual or any other form of violence
- they are threatened and need protection
- they have come into conflict with the law

## The ASD advises mothers and fathers when ..





- · Problems occur during education
- · they feel overwhelmed with their situation
- they have questions when looking for a suitable childcare option for their children
- · the children are unprovided for in emergency situations
- · there are problems at school
- they need advice and support on partnership issues
- they are in separation or divorce situations
- they have questions about custody and access arrangements
- · their children have been in conflict with the law

# **Contact counselling ASD**

#### Lübbecke, Hüllhorst

Osnabrücker Strasse 28, 32312 Lübbecke

## **\\_**0571/80715600

Mon. - Thurs. 08:00 - 12:30 and 13:30 - 16:30

Fri 08:00 - 12:30

#### **Prussian Oldendorf**

Rathausstr. 3

Every 1st and 3rd Thursday a month from 15:00 - 17:00

Espelkamp, Rahden, Stemwede

Trakehner Str. 8, 32339 Espelkamp

## 0571/80715500

Mon. - Thurs. 8:00 - 12:30 and 13:30 - 16:30

Fri. 8:00 - 12:30

# Petershagen

Phauptstraße 42, Petershagen

Mon. - Thurs. 08:00 - 12:30 and 13:30 - 16:30

Fri 08:00 - 12:30

## 0571/80715700

## Hille

Gemeindeverwaltung (Sozialamt - Am Rathaus 4, Hille Hartum)





©Wednesday 14:00 - 16:30

**\**0571/4044281

#### Minden

**♀**Kleiner Domhof 17, 32423 Minden

**\**0571/89356

Mon, Tue, Thu, Fri: 08.00 - 12.00 Mon, Tues: 14.00 - 16.00, Thu: 2.00 PM - 6.00 PM

## **Bad Oeynhausen**

Steinstraße 20, 32425 Bad Oeynhausen

05731/144116

#### Porta Westfalica

Phauptstraße 14, 32457 Porta Westfalica

**\\_**0571/791188

## Pregnancy and childbirth

Pregnant women are under special protection in Germany. You can get advice. You will be looked after by a doctor. In addition, the state supports you with new purchases for the child. More information in the following sections.

# **Pregnancy advice**

If you are pregnant, you will find many counselling centres in the district of Minden-Lübbecke that can support you. You can get advice there on any legal, financial or medical questions that you have. Even if you are not sure if you want to have the baby or if you have special difficulties. The counselling centres are also there for you after the birth if you need support for yourself or your baby.

The consultation is free of charge, anonymous, non-binding and impartial.

Pregnancy counselling centres in the district of Minden-Lübbecke

## Helpline for pregnant women in distress

Pregnant women in difficult life situations and who do not know what to do or want to hide their pregnancy can call the helpline anonymously and free of charge. You will receive confidential advice in 18 languages there.





**\**0800/4040020

## **Gynaecologists**

If you are pregnant, the first step is to visit a gynaecologist (women's doctor). The gynaecologist will carry out a medical check-up. You will then receive a maternity card. The maternity card is a document with important information about your pregnancy. It also includes information about your health. And your child's health. Always have your maternity card with you in case of emergencies. Here is a sample of the mother's passport in English translation.

## **Maternity protection**

If you go to work, school or university and you are pregnant, you are entitled to maternity leave. From six weeks before the due date until eight weeks after the birth, you may only engage in the above activities if you agree to it and you are not allowed to be fired. If you are entitled to maternity pay, your income will not fall during this time. Ask at a pregnancy counselling centre (link) whether this entitlement exists for you and how you can apply for maternity benefit.

#### Midwife

Midwives are there to support women and their families from the beginning of pregnancy up until the end of breastfeeding. Midwives will give you advice during your pregnancy. They can help you give birth. After the birth, they can help you start breastfeeding. They also focus on your physical and psychological recovery. Every woman is able to get the help of a midwife. Most services are paid for by your health insurance provider.

Midwives Association Website

#### **Delivery and aftercare**

Your gynaecologist will refer you to a maternity hospital. After delivery, ask for a midwife for post-natal care at your accommodation. You will receive a birth confirmation letter from the clinic.

## Notification to the registry office

Newborn babies must be registered the Registry Office (Standesamt). Do you live in a hostel? The you must report the birth to the hostel management. The maternity clinic reports the birth to the Registry Office. They will give you the (temporary) birth certificate for your child. Please bring your ID card with you. You also need the confirmation of birth from the hospital. Are you





married? Then bring your marriage certificate too.

 $\mathbb{Q}$  Please present only original documents. For documents in a foreign language, an officially certified German translation is required.

Do you live in a shared accommodation facility? Give a copy of the birth certificate to your accommodation facility management. Your child will then be registered.

## Paediatricians (children's doctors)

There are ten screening tests (U1-U9 and J1). Until the age of 6, children are regularly examined. The paediatrician will monitor your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician.

Proof of complete early detection examinations may be required when <u>applying to the</u> day-care centre.

The counselling centres are still there for you if you or your baby need support, even after you give birth.

The consultation is free of charge, anonymous, non-binding and impartial.

## Family counselling

Difficulties can arise from time to time in parenting or family life. You and your children can overcome many problems on your own. Sometimes, however, things don't seem to be going any further and the problems can get out of hand. Then it's good to seek support. Family counseling can help with all questions and problems in family life. The help is there for parents, children, siblings and grandparents.

Here are some examples:

- Relationship problems between parents and children
- Developmental and behavioural disorders
- · Educational insecurities
- Sibling rivalries
- Physical and sexual violence in the family
- Critical developmental phases (age of defiance, puberty)t...)
- Traumatisation
- Separation and divorce
- Processing illness and death

For Lübbecke, Rahden, Stemwede, Espelkamp, Preußisch Oldendorf, Hüllhorst

## **Diakonie Lübbecke**





Pfarrstraße 5, 32312 Lübbecke

**\**05741/9559

Those seeking advice can call in at Pfarrstraße 5, in Lübbecke, in the immediate vicinity of the "Die Brücke" meeting centre, after making an appointment by telephone (05741/9559).

You can find more information here

For Minden, Petershagen, Hille, Porta Westfalica, Bad Oeynhausen

# Counselling Centre for School Issues and Family Matters of the District of Minden-Lübbecke

Portastraße 13, 32423 Minden

**\**0571/80712000

@schul-undfamilienberatung@minden-luebbecke.de

You can find more information here

#### **District Mothers Minden**

District mothers are women, or rather mothers with a history of migration, who want to support other families with a history of migration. They advise newly immigrated families on issues relating to parenting, education and childcare. They also help with language difficulties. The local service is free of charge.

Contact persons:

Sarah Lahr 4 015115206305

Simone Fangmeyer-Strecker 📞 <u>01772630746</u>

@stadtteilmuetter@parisozial-mlh.de

Bärenkämpen Meeting Centre

Sieben Bauern 20A, 32425 Minden

## Family benefits

## Parental allowance

Parental allowance (Elterngeld) compensates for the limitation to parents' income that results from working less or not at all after the birth of their child. Even parents who are separated and do not live together can receive parental allowance. The amount of parental allowance depends on the respective parent's income before accessing the allowance. You can receive parental





allowance if you have a specific kind of residence permit in Germany: a "Niederlassungserlaubnis" or an "Aufenthaltserlaubnis". You can find more detailed information here. The parental allowance office of the district of Minden-Lübbeckeis responsible.

**\**0571/80724600

Central e-mail address:

@elterngeld@minden-luebbecke.de

#### Child benefit

All parents with a "Niederlassungserlaubnis" or an "Aufenthaltserlaubnis" in Germany have the right to receive child benefits (Kindergeld). Child benefit is paid for each child from birth until at least the age of 18. The pension will be paid out at the age of 60. You must apply for child benefit yourself at the Federal Employment Agency. You can find more detailed information in German, English, Turkish and Russian <a href="https://example.com/here/english/">here</a>.

Note for asylum applicants: You cannot receive child benefits during the asylum procedure. This is only possible when you have a positive decision from the BAMF.

For further information, please visit the <a href="https://homepage.or/">homepage of the family</a> benefits office!

# **Child supplement**

If you receive child benefit and only have a low income, you can receive a so-called "Kinderzuschlag" (child supplement). Find out more information <a href="here">here</a> on the most important points about this benefit.

If you would like to find out in advance whether you are entitled to the child supplement, you are welcome to try out our KiZ-Lotsen .

You can get more information from the familybenefits office here.

#### Support for Women and Children

## Help for Women and Children (Experiences of Violence and Abuse)

Crises and disputes occur in every family. But if you argue often and even experience violence, you should seek professional support. In Germany, everyone – including parents and spouses – is prohibited from physically and mentally mistreating other people and from sexually harassing and abusing other people. There are places that will advise you free of charge and where you can remain anonymous.

### Immediate help:

Women's shelter and 24 h helpline <u>01805446444</u> or via the police emergency number 110



#### Nationwide helpline for violence against women 08000116016

#### **Crisis intervention**

## **Child Protection Unit and Youth Protection Unit**

Taking children and young people up to the age of 18 into care

24-hour on-call service for contracted youth welfare offices (for non-contracted youth welfare offices only within business hours)

**\\_**0571/404858

## Elsa Brandström Youth Aid

Maulbeerkamp 34, 32425 Minden

## Women's shelter and 24 h helpline

## **Espelkamp Women's Shelter**

**\**05772/973722

@frauenhaus@hexenhaus-espelkamp.de

**\**24 h Helpline Tel: <u>01805446444</u>

## Women's counselling

## Women's Counselling Centre "Hexenhaus

<u>05772/973744</u> or <u>05772/973745</u>

Schweidnitzer Weg 18, 32339 Espelkamp

@frauenberatung@hexenhaus-espelkamp.de

# **Sexual Violence**

#### Wildwasser Minden e.V.

**0571/87677** 

Specialist counselling centre against sexualised violence against girls and young women





## @verein@wildwasser-minden.de

**♀** Weberberg 2, 32423 Minden

# **Human trafficking and prostitution**

## **NADESHDA**

# **\\_**05221/840200

Women's counselling centre for victims of human trafficking

## @info@nadeschda-owl.de

Sielefelder Straße 25, 32051 Herford

#### **Theodora**

Prostitute counselling and exit counselling

05221/3427111

 ♥ Bielefelder Straße 25, 32051 Herford

@info@theodora-owl.de

## Women and housing

# **Housing project**

LEARNING TO LIVE ALONE

Parandenburger Ring 1A, 32339 Espelkamp

**\\_**05772/936666

and

**♀** Falkenstraße 19 b, 32429 Minden

@alleinelebenlernen-te1@hexenhaus-espelkamp.de

**\.**0571/3856750

@alleinelebenlernen-te2@hexenhaus-espelkamp.de

Promotion of children and youth





The specialists advise independent organizations, associations and clubs as well as youth groups on measures to promote children and young people.

They plan, for example:

- Holiday activities
- · international encounters
- · Youth cultural work measures
- · Child protection measures and measures for the protection of minors
- Projects of extracurricular education and gender-specific work
- They also train youth group leaders, contribute to youth welfare planning and draw up the child and youth development plan.

Contact person and contact details:

### Minden-Lübbecke district

Youth Welfare Office (Jugendamt)

Portastr. 13, 32423 Minden

Ms Dörte Heger

**\**0571/80723700

@d.heger@minden-luebbecke.de

Ms Jaci Walther

0571/80723701

@j.walther@minden-luebbecke.de

Ms Susanne Schwarze

**\**0571/80724730

@s.schwarze@minden-luebbecke.de

# **City Youth Welfare Offices**

# City of Bad Oeynhausen

Department of Youth and Education

Steinstr. 20, 32547 Bad Oeynhausen





#### Mrs Petra Scholz

**\**05731/144200

@p.scholz@badoeynhausen.de

#### **City of Minden**

Area of youth work/youth protection

**♀**Kleiner Domhof 17, 32423 Minden

#### Ms Daniela Thoring

**\**0571/89467

@d.thoring@minden.de

#### City of Porta Westfalica

Office for Youth, Education, Sport and Culture

Phauptstr. 14, 32457 Porta Westfalica

#### Mr Olaf Böhne

0571/791148158

@olaf.boehne@portawestfalica.de

## **Unaccompanied Minor Refugees**

Refugees under the age of 18, who have travelled to Germany unaccompanied, are considered unaccompanied foreign minors. These young people are reported to the youth welfare office. Youth Welfare Office will talk to them, and will find out how old they are.

- If they are under the age of 18, they are considered minors. The Youth Welfare Office will look after them. They will take them to an accommodation centre for young people.
- If they are over the age of 18, they are considered to be of age. They will be given a rejection notice. Or they will be treated as an adult.

 $\mathbb{Q}$  The Youth Welfare Office will provide an interpreter for the appointment.

Q Does your proof of arrival (Ankunftsnachweis) say you are not yet 18 years old? Despite this, has the Youth Welfare Office given you a rejection notice? Then the Youth Welfare Office must enter a new date of birth on the notice. Only then can you have your documents changed by the Immigration Office (Ausländerbehörde) and the Social Welfare Office (Sozialamt).

Some minors (people under the age of 18) enter the country **with relatives**. For example with an uncle or aunt. Or cousins or older siblings. Your accommodation support will report this to the Youth Welfare Office after your arrival. The Youth Welfare Office will talk to the minor and their





adult relatives. They will check whether the minors can stay there. In addition, the Youth Welfare Office decides whether to give the young person a guardian. The Youth Welfare Office will provide an interpreter for the appointment.

 $\bigcirc$  Adult relatives can also go to the Family Court to apply to be the child's official guardian. If they are given guardianship, the relative(s) take full responsibility for the minor(s) in place of their parents.

## Youth Welfare Office (Jugendamt)

## Specialist service for unaccompanied minor refugees

## Minden-Lübbecke district

Portastraße 13, 32423 Minden

Ms Julia Lambrecht

**\\_**0571/80723710

Ms Derya Yildirim

**\\_**0571/80723711

Ms Gudrun Müller

**\**0571/80723712

## Leisure activities for children and teenagers

Children enjoy playing. Children enjoy learning. Children enjoy doing sports. There are many opportunities for children in the <u>district of Minden-Lübbecke</u>. Children and families can spend time together here. They can also meet up with their friends.

And there are lots of services for teenagers as well. They can spend time here with their friends.

## **Meeting centres**

Parents have many opportunities in the district of Minden-Lübbecke to go to places of encounter where they can exchange ideas and learn new things or simply have a good time.

#### Minden

#### **Cultural Centre BüZ**

Office: Tues. + Fri. from 9.00 to 13.00 Wed. from 11.30 to 15.00.

**\**0571/23939

Seidenbeutel 1, 32423 Minden





# Bärenkämpen Meeting Centre

## Opening hours

Monday 09:30-16:30

Tuesday 09:30-16:30

Wednesday 09:30-16:30

Thursday 09:30-16:30

Friday 09:30-16:30

Saturday Closed

Sunday Closed

## <u>0571/38874936</u>

Office hours and offers can be found here.

Sieben Bauern 20A, 32425 Minden

#### **House of Encounter Rodenbeck**

## **\**0571/38868534

Office hours and offers can be found here.

**♀**Zehlendorfer Weg 2-4, 32429 Minden

# Neighbourhood office right Weser side

Office hours and offers can be found here.

Am Exerzierplatz 7, Minden 32423

#### Lübbecke

## Café International - contact café for all people

Every Wednesday from 3 p.m. to 6 p.m. at JAM, Youth Centre at St. Andrew's Church.

Am Markt 23, 32312 Lübbecke

#### **Women's Café**

Every 1. Saturday of the month from 2 to 5 p.m. in the "Brücke".





## **♀**Kapitelstraße 9, 32312 Lübbecke

## **Meeting place PariSozial**

## Opening hours

Monday 09:00-12:30

Tuesday 14:00-17:00

Wednesday 09:00-12:30

Thursday 09:00-12:30 and 14:00 - 16:00

Friday 09:00-12:30

Saturday Closed

Sunday Closed

## **\**05741/34240

Pahnhofstr. 27 – 29, 32423 Lübbecke

## Bicycle repair shop

Every Tuesday from 3 to 6 pm.

PBohlenstraße 87, 32312 Lübbecke

## **Espelkamp**

## Women's counselling hexenhaus

Mothers' group - Calm through the daily madness

All questions around the child.

In this open group, mothers can talk about all topics related to children:

- Set boundaries
- · Children's needs
- No longer being a couple, but remaining parents
- Self-management

and all other topics that interest mothers. A social pedagogue leads the group and is available to answer questions.

Registrations under 📞 <u>05772/973745</u> with Mrs Krüger

Schweidnitzer Weg 19, 32339 Espelkamp





# **Bad Oeynhausen**

# Meeting and counselling centre

**♀**Tannenbergstr. 23, 32457 Bad Oeynhausen

Opening hours

Monday 09:00-16:00

Tuesday 09:00-16:00

Wednesday 09:00-16:00

Thursday 09:00-16:00

Friday 09:00-13:00

Saturday Closed

Sunday Closed

**\\_**05731/309169

#### Stemwede

# **Meeting place Wehdem**

Am Schulzentrum 10, 32351 Stemwede

**\\_**05745/78899592

## **Life House**

Am Schulzentrum 14, 32351 Stemwede

05773/991401

## Hüllhorst

## **Meeting centre**

Eickhorst 12, 32609 Hüllhorst (Parish hall of the Evangelical Lutheran parish)





#### **Prussian Oldendorf**

#### **Cafe Stroller**

In the rooms of Café Mosaik at Spiegelstraße 3, every 2nd day of the week. The Café Kinderwagen, in cooperation with the Early Intervention Services of the Minden-Lübbecke Youth Welfare Office, a family midwife and a paediatric nurse, takes place on Thursdays of the month from 10-12. Here parents, together with their children up to three years old, or single parents and pregnant women can meet, exchange ideas and get tips about children.

Every second Thursday of the month from 10am to 12pm.

05742/93110

Spiegelstraße 3, 32361 Preußisch Oldendorf

#### Youth centres

Youth centres are aimed at children and young people from the age of 6 (as a rule). Youth centres are open facilities and can normally be visited without an appointment. Opening hours are mostly in the afternoons and evenings. Children and young people can spend time together here under supervision and exchange ideas with their peers. The staff of the youth centres are also contact persons and confidants. Often there are additional special offers and projects. Don't be afraid to visit one of the many youth centres in the district and anchor your children there.

# **Minden**

#### Children's Creative Centre and Anne Frank Youth Creative Centre

Salierstraße 40, 32423 Minden

**\**0571/880152

@annefrank@minden.de

**₩ebsite** 

Opening hours:

Monday to Friday 12.00 - 18.00 hrs

#### Youth House Geschwister Scholl

♀In den Bärenkämpen 52, 32425 Minden

**0571/649213** 





## @geschwisterscholl@minden.de

## Opening hours:

Tuesday to Thursday 3.30 - 8.00 p.m

Friday 3.30 - 9.00 p.m

Saturday 3pm - 6pm

# Westside children's and youth club

Piwittskamp 38, 32429 Minden

**\\_**0571/9726264

@westside@minden.de

©Children's meeting:

Tuesday to Thursday 3.00 - 6.00 p.m

Friday 3pm - 7pm

Saturday 13.00 - 18.00

Youth club:

Tuesday to Thursday 13.00 - 19.00

Friday 2pm - 8pm

Saturday 13.00 - 18.00

## Youth centre Alte Schmiede

**Q** Zur Schmiede 7, 32423 Minden

**0571/9726757** 

@alteschmiede@minden.de

**₩ebsite** 

Opening hours:

Tuesday to Friday 3.00 - 8.00 p.m

Saturday 14.00 - 18.00 hrs





# Juxbude (youth centre of the city of Minden)

**♀**Königswall 105, 32423 Minden

<u>0571/840345</u>

@juxbude@minden.de

© Opening hours:

Monday, Wednesday, Thursday 3.00 - 8.00 p.m

Tuesday and Friday 13.00 - 18.00

# **Porta Westfalica**

## Youth club 71

**Q** Zur Porta 71, 32457 Porta Westfalica

**\\_**0571/75496

WhatsApp <u>015201017123</u>

**<u>Website</u>** 

## Hausberge children's and youth club

**♀** Kirchsiek 7, 32457 Porta Westfalica

015114328457

## Hüllhorst

## **Youth Club Ilex**

Bünder Str. 4, 32609 Hüllhorst

<u>05744/9315118</u>

# Opening hours:

Tuesday 13.00 - 18.00

Wednesday 16.00 - 18.00 hrs

Thursday 3.00 - 6.00 p.m

Friday 2.15 - 4.15 p.m





# **Rahden**

## Youth Café Rahden

Q Lange Str. 24, 32369 Rahden

**\\_**05771/3650

**Website** 

Opening hours:

Wednesday to Friday 3.00 - 8.00 p.m

Saturday 3pm - 7pm

# YMCA Youth Meeting at the Wehme

Am Kirchplatz 4, 32369 Rahden

<u>05771/3650</u>

**Website** 

# **Espelkamp**

# **Isy7 Sociocultural Centre**

**♀** Isenstedter Str. 7, 32339 Espelkamp

<u>05772/6107</u> or <u>017645981549</u>

@info@isy7.de

**Website** 

Open youth meeting (from 12 years):

Monday, Wednesday, Thursday, Friday 3.00 - 8.00 p.m

Tuesday closed

Sunday 3pm - 7pm

Children's shop (6-12 years):

Wednesday 3.30 - 5.30 pm

Friday 3.30 - 5.30 p.m





#### **Real Life Youth Club**

**Q** Am Bahnhof 1, 32339 Espelkamp

<u>017670781744</u>

@anton@the-real-life.de

**Website** 

Opening hours:

Tuesday 14.00 - 18.00

Wednesday 4pm - 8pm

Friday 4pm - 10pm

Saturday 6pm - 10pm

# **Prussian Oldendorf**

# Jugendtreff (Youth Club):

Q Langenhegge 6, 32361 Preußisch Oldendorf

**\\_**05742/702902

@a.keller@preussischoldendorf.de

**€** Website

Opening hours:

Monday, Wednesday, Friday 4.00 - 8.00 p.m

## **Bad Oeynhausen**

# Four C. Youth Meeting North

PHedingsener Str. 196, 32549 Bad Oeynhausen

<u>05734/665286</u>

@baerbel.meyer@jugendreferat-vlotho.de

**₩ebsite** 

Opening hours:

Tuesday, Thursday 3.00 p.m. - 7.30 p.m





Friday 13.30 - 19.00

Sunday 2pm - 6pm

## Youth Café "Sonderfahrt

**♀** Weserstraße 19, 32547 Bad Oeynhausen

**\\_**05731/301733

@n.stucke@badoeynhausen.de

Opening hours:

Monday 16.00 -19.00 (girls' day)

Thursday 3pm - 7pm

Friday 3pm - 8pm

Sunday 2pm - 7pm

# Haus der Jugend (in the clubhouse of FC Bad Oeynhausen e.V.)

**♀** Eidinghausener Straße 11, 32549 Bad Oeynhausen

**\\_**05731/144207

@m.rixe@badoeynhausen.de

Opening hours:

Tuesday to Friday, Sunday 3.00 - 8.00 p.m

# Open children's meeting and youth meeting of the DKSB

Lenné Square

Pherforder Straße 51, 32545 Bad Oeynhausen

05731/1535888

@okuja@dksb-minden.de

**Website** 





# <u>Petershagen</u>

#### Youth centre

Phauptstraße 17, 32469 Petershagen

**\**05707/2387

@k.makrogiannis@petershagen.de or a.hoffmann@petershagen.de

**€**Website

# **Lübbecke**

## JAM - Youth Centre at the Market

Am Markt 23, 32312 Lübbecke

**\\_**05741/4583

@info@cvjm-luebbecke.de

**Website** 

Opening hours:

Monday to Wednesday, Sunday 3.00 - 7.00 p.m

Thursday, Friday 3.00 - 6.00 p.m

## Stemwede

## Life House

Am Schulzentrum 14, 32351 Stemwede

**\**05773/991402

@info@jfk-stemwede.de

**<u>Website</u>** 

# **Sports and Exercise**

#### Clubs

"Vereine" (associations) are of great social importance in Germany. They offer people the opportunity to achieve common goals and improve language skills. These goals can be of different kinds: sporting activity, leisure activities, commitment to the needy and disadvantaged, protection of nature or contact with like-minded people.





There are many sports clubs for various sports in the district of Minden-Lübbecke: Football, handball, basketball, gymnastics, athletics, volleyball, swimming and much more.

Normally, you must pay an annual membership fee to be a member. However, you can get more detailed information about this directly from the association.

Important: In the case of low incomes, subsidies for membership fees in clubs for children and young people can be granted within the framework of the education and participation package.

Find out in your community as to which associations are available. You can find an overview here

# **Swimming pools**

There are numerous indoor and outdoor swimming pools in the district of Minden-Lübbecke. Many offer swimming lessons for children.

Here you will find the addresses of the swimming pools in our region.

#### Fitness studios

In your free time, you can also go to fitness studios. These exist in Minden and in many municipalities of the district.

Important: Compare the offers of the different studios. In most studios you can also do a trial training. This is often free of charge.

In very many gyms you have to sign a contract. Pay close attention to the contract terms, notice periods, automatic contract extensions and membership fees. Take the contract with you and read it at home in peace and guiet before you sign.

