



Sozialdienst katholischer Frauen e.V. Langenfeld
SkF Langenfeld ARBEIT+INTEGRATION gGmbH

Project OpenDoors

Mitten drin statt außen vor.



Aims

- We combine Erasmus+ with the aims of our project "Open Doors".
- Volunteers support the disadvantaged families on a mostly very low-threshold way.
- Tandems are formed: Volunteers and families are brought together. The "matching" is as precise as possible and is professionally accompanied by an experienced socialworker



What are they doing?

- shopping or spending their free time together
- going for a walk
- helping with childcare
- accompanying them to doctor's appointments or when they need to go to the authorities
- helping them move house or tutoring the children



What has been done so far?

The team of volunteers currently consists of 6 people. At the introductory event the tasks of the volunteers were presented.

The following tandems were founded. Tandem 1 is of interest for us in Erasmus+:

Tandem 1 - healthy eating, exercise

Tandem 2 - official matters, language support

Tandem 3 - support with job application training, career prospects



Cooking course - Healthy and inexpensive

- A cooking course instructor gave the participants numerous tips on healthy and inexpensive shopping.
- People who receive social assistance have to look carefully what they can afford to buy or what is beyond their financial limits. But this does not mean that they have to cook without healthy food.



Cooking course - Healthy and inexpensive

- Cooking for yourself is often cheaper than you might think. Especially because you usually cook several portions that you can then freeze or eat the next day.
- The participants learned a few tricks and cooked healthy meals, which they then ate together. The participants were allowed to take the recipes and the remaining food home with them



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The offer Being a part of the society

- Social participation is an important aspect for us to promote mental health. The participants shared their thoughts on this with each other.
- Afterwards, they painted a picture together under the guidance of an art therapist.



The offer Being a part of the society

- People must be able to participate in society to develop as a human being. This is the basic idea for approaching the topic and creating a common picture.
- The picture became part of a calendar that was printed and presented on the World Day of the poor on 13.11.2022 in the “Cathedral Forum” in Cologne.



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Mothers' meeting

- Currently, 4 single mothers, meet to discuss their interests, wishes and needs. Here the mothers have the opportunity to make and maintain contacts.
- There they get tips on organising the household, childcare, offers for mothers, networking with other mothers, balancing family and work or time management.



Planned activities and their aims

- Christmas breakfast on 16.12.2022
- electricity saving check - energy advice on the topic "Saving energy in the household".
- healthy breakfast - A common, healthy breakfast is to be prepared by a nutrition expert. The ingredients are bought together.
- leisure activities - social participation, free activities.



Thank you!

Do you have questions?