

As a friend visitor you can be...



Friend to lonely people

- One-to-one meetings: outdoors, activities, chatting, cinema, etc.
- Online friends
- Family friend to immigrant families or family caregivers

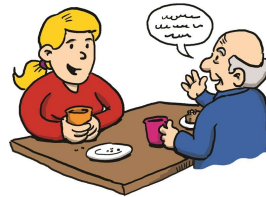


Finnish Red Cross



In the friend visitor service

- Through the service, you can find a friend visitor or a group of friends
- Support and guidance



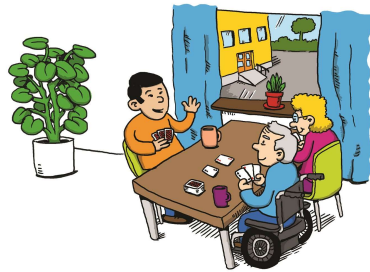
Short-term help

- Short-term help during visits to the doctor, grocery shopping, etc..



As a trainer or a school visitor

- You can train new volunteers for friend activities
- You can visit schools and introduce friendship skills -program



At open meeting places

- Cafes
- Communal dining
- Cross-generational open meetingplaces: Terhokerhot



Friend in assisted living facilities, hospitals or prisons

- Friend visitors visit assisted living facilities and hospitals
- Groups and visits to prison

Groupleader

- Different groups for children, youth, the elderly, immigrants, family caregivers etc.
- Spending time together, chatting, excursions, culture-themed-meetings, singing, crafts etc.
- Face-to-face or online

The basis for friend activities

Voluntary service, functional training system, support and guidance, and widespread networks that are local and close to the people