

D-STATIONS

a platform for active citizens and services

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HELSINGIN DIAKONISSALAITOS



ROHKEUTTA VÄLITTÄÄ.

D-stations are meeting points for empowering active citizenship programmes and different kinds of services, each tailored to the target group. D-stations are open for everyone, especially to those facing social exclusion. Different realities in different neighbourhoods are the starting point to our work.





D-STATION KTA

- KTA stands for "kansalaistoiminta-areena", ie. Citizens' Arena
- Located in the Kallio neighbourhood, Helsinki
- Café open Mon-Fri from 9 am to 2 pm, as well on Saturdays at from 10 am
- Possibility to volunteer and act as a peer mentor
- Peer Mentoring learning centre
- Art, Culture & sports in the core of the activities
- TapahtumaKontti (EventContainer) hosts events around the year in the yard

D-STATION KURVI

- Located in the Sörnäinen area of Helsinki
- Services (laundry, shower) for the homeless + needle and injection exchange free of charge (for IV drug users) + doctor available twice a week
- Café open Mon-Fri from 12 am to 4 pm
- Peer Mentoring, meaningful things to do
- Multi-disciplinary staff: nurses & care workers take care of the health care services, also community workers

D-STATION KONTULA

- Located at Kontula metro station (east Helsinki)
- Learning centre for active citizenship in eastern Helsinki and eastern Vantaa
- Fast track for anyone interested in becoming a volunteer or peer mentor
- We provide CABLE-training for partnering organisations. CABLE stands for community action-based learning for empowerment
- D-station is a place for various volunteer groups to meet and organise a variety of activities
- We work a lot in local networks and develop our work together with the networks

D-STATION KANNELMÄKI (Kannelmäki community project)

- Joint project with VVA
- Large network of partners
- Community centre which is open Mon – Fri from 9 am to 2pm
- Volunteers cook meals daily
- Different volunteer-led groups
- Possibility for locals to engage; also to seek employment opportunities
- The City of Helsinki's outreach work comes to our facilities

VERTSI – PEER MENTORING TRAINING PROGRAMME

- The aim of the **Vertsi – Peer mentoring training** is to lift the trainees' self esteem, improve their interaction skills with others as well as using one's life experience as a strength for oneself and for others in a similar life situation.
- The training lasts for 12 weeks: theory & practice once a week
- The total duration is 93 hours, out of which 35 theory as well as 14 hrs of study visits to different places that also offer a chance to work as a peer mentor
- 44 hours of practical training in a housing unit or at a D-station
- The Vertsi training is equivalent to 4 credit units of secondary education
- The training has a clear structure, yet it is always tailored to the group
- Each trainee will get their individual & tailored model of working as a peer mentor
- Vertsi is a low threshold training in which you don't need to change their lifestyle or be fully sober.
- However, when in training or in practice one should commit and be fully functional (even if not 100% sober)

KEY COMPONENTS OF THE VERTSI – PEER MENTORING TRAINING PROGRAMME



Key elements to success

everyone is a winner – there is no separation between the one who helps and the one in the "receiving end"

Peer Mentoring is in the core of everything – we believe in, train and support our peer mentors

Community training enables us to focus on the positive

Culture belongs to everyone

Professionals work with their personality, not as "experts"

We are not trying to do the same as others, we are trying to fill the gap in each area we operate in



Kiitos!

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