

A work of heart



Come and **volunteer** with us!

Markant

centrum voor mantelzorg

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Do you have a few hours to spare? Do you want to do good to someone else? Just by being there, listening or doing something fun together? Would you like to meet new people? Or do you want to personally develop yourself? Markant has a lot of volunteer opportunities!

Who do you help?

Markant supports informal caregivers. A informal caregiver is someone who provides unpaid help to a friend or family member needing support. As a volunteer, you support the informal caregiver caring for the help-seeker. You can make a real difference to them and their caregivers.

What can you expect?

By visiting someone who is taken care off, you give the informal caregiver a necessary break. You visit the help-seeker at home, for example for a coffee or talk about your interests. You can also go outside for a walk or to visit a museum or market. We will help you find a good match with a help-seeker, so you will enjoy your volunteering.

How much time does it take?

How much time you want to invest is up to you. Even two hours a week is helpful. Of course you can also commit yourself to volunteer more often or more hours. Or choose a more flexible volunteer schedule, for example 1 hour a week during 5 weeks. Whatever suits you.

What do you get in return?

Besides appreciation and gratitude, you get an expense allowance. And free participation in workshops and training. You can also receive training to support people in their final phase of life. You will meet new people, work on your personal development and it enriches your resume.

Do you want to sign up?

Please do! You can fill out the registration form on our website, call us at 020 886 88 00 or e-mail us: info@markant.org.