



[www.stichtingvtv.nl](http://www.stichtingvtv.nl)

The Stichting Vrijtijdsbesteding, Thuishulp en Vormingsactiviteiten (VTV) organises, coordinates and supports leisure and educational activities for people with a disability and links the demands of parents or carers to the supply of volunteers.

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## At VTV everyone joins in!

### Activities

VTV coordinates a comprehensive and meaningful leisure and training provision for people with disabilities in the Delft, The Hague and Leiden regions. For all activities organised by VTV, meeting each other in a friendly atmosphere is of central importance. VTV activities have a relaxing, creative, sporting or educational character. The educational activities are usually given within the context of a course. Regularly, there are also major events for all participants in the regions. VTV also organises activities for the participants during the vacation periods. More and more often, this is done in collaboration with a community centre, school or welfare organisation.

### Target Group

VTV has a large selection of leisure and educational activities for people with a disability. There is a specific range of services for children, adolescents, adults and seniors. There are a large number of extremely varied activities. Information on the activities is available in every region. A great deal of information about the activities can also be found on the website: [www.stichtingvtv.nl](http://www.stichtingvtv.nl)

## Volunteers and VTV

### Volunteers

What would VTV be without volunteers? Throughout the region of Zuid-Holland Noord, there are around five hundred active volunteers working at VTV. They provide support for activities, arrange practical matters and are usually present at the activities. Volunteers are often the first point of contact for participants and parents.

### **Voluntary home assistance**

In addition, VTV mediates in Vrijwillige Thuishulp (Voluntary Home Assistance) in the Delft and The Hague regions. Children and adults with a disability sometimes need others in order to be able to participate in normal life. In order to do something at home together or just to get out of the house. Most of the time, this problem cannot be solved with standard home care. That is why Vrijwillige Thuishulp links the demand of parents or carers to the supply of volunteers. The volunteer has one-to-one contact with the participant at fixed times. In this way, the parents or carers have a number of hours per week or month for themselves or for their other children.

### **Becoming a volunteer**

Volunteers help people with a disability in the implementation of meaningful leisure activities. The directness, enthusiasm and openness of the participants is extremely motivating. The nice thing about volunteering is that mutual friendships develop regularly. For the volunteers at Vrijwillige Thuishulp it is all about one-to-one contact with those seeking help. This often results in a great sense of satisfaction.

For information on becoming a volunteer or to sign up, please visit our website: [www.stichtingvtv.nl](http://www.stichtingvtv.nl). For an introductory meeting, you may also contact the leisure centre in the region or Vrijwillige Thuishulp.

### **Funding**

For the development of new projects, VTV is entirely dependent on donations by third parties. VTV is therefore also active in the area of fund-raising. Many special projects have been made possible in this way. Further information about this can be found on our website:

## **Activities, parties, courses, workshops**

### **Our own range of services, but there is more**

VTV is the organisation that, with the deployment of a large number of volunteers, supports people with a disability. VTV initiates and organises leisure and training activities and supports mainstream voluntary organisations by giving advice, by offering professional development for volunteers and by helping with coordination tasks.

In addition, VTV supports - also through the efforts of volunteers - people with a disability and their parents and carers at home. This is done with activities such as babysitting, host families, circles of friends, lodging addresses and buddy projects.

### **Integration**

VTV would like to make a contribution to the integration of people with a disability into society. Therefore, VTV also organises activities outside of their own leisure centres and special projects focusing on integration. VTV consultants give advice to mainstream organisations who want to set up activities for people with a disability or who want to make their own activities accessible to this group.

### **Information**

Providing information is an important task for VTV. In various ways, VTV provides parents, residential facilities and participants with the correct information. The consultants also provide individual advice to participants concerning leisure activities and education.

## **Forming an image**

By going public with as many initiatives as possible, VTV is trying to make a positive contribution to the image formation of people with a disability.

## **VTV in Zuid-Holland Noord**

### **VTV The Hague region**

Leisure Centre 'Parkoers'  
Marie Heinenweg 3  
Postbus 43551 | 2504 AN Den Haag  
T 070 305 19 19  
F 070 305 19 18  
E [vtvdenhaag@vtvzhn.nl](mailto:vtvdenhaag@vtvzhn.nl)  
W [www.parkoers-zuiderpark.nl](http://www.parkoers-zuiderpark.nl)

### **Vrijwillige Thuishulp The Hague**

Torenstraat 172  
Postbus 346 | 2501 CH Den Haag  
T 070 3 123 123  
E [vtvdenhaag@vtvzhn.nl](mailto:vtvdenhaag@vtvzhn.nl)

### **VTV Delft region**

Leisure centre 'De Wipmolen'  
Prof Oudemansstraat 56a | 2628 KG Delft  
T 015 2 618 648  
F 015 2 625 713  
E [vtvdelft@vtvzhn.nl](mailto:vtvdelft@vtvzhn.nl)

### **Vrijwillige Thuishulp Delft, Westland, Oostland**

Hooikade 30  
2627 AB Delft  
T 015 2 131 151  
E [vtvdelft@vtvzhn.nl](mailto:vtvdelft@vtvzhn.nl)

### **VTV Leiden region**

Leisure centre 'VTV Leiden'  
Gabriël Metzstraat 4 | 2316 AJ Leiden  
T 071 5230 800  
F 071 5230 888  
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