

Rules for SAMS friends

Here we explain the rules for SAMS vänverksamhet, which we want you to follow when you are a member of our organisation.

Background

SAMS vänverksamhet is a part of SAMS – Samarbetsförbundet kring funktionshinder r.f. SAMS purpose is to promote and implement equity and full participation in the society for people with disabilities and their relatives within the Swedish-speaking population in Finland. SAMS vänverksamhet counteracts loneliness by mediating friends. Friends are matched based on wishes and interests.

Friendships

Everyone who is involved in SAMS vänverksamhet is called SAMS friends. A friendship is formed between a person who seeks a friend and a volunteer friend. A pair of friends meet for 4–10 hours a month and agree on an leisure activity that both enjoy doing, depending on what common interests you have. You don't need any special skills or training to become a friend. As a volunteer friend, you are a helping hand when needed. The friendship is based on humaneness.

A pair of friends signs a friendship contract. When the contract is signed the volunteer friend is insured during the meetings. If the person seeking a friend has a support person decision from their wellbeing services countie, the volunteer friend can lift a fee and their expenses are reimbursed by the wellbeing services countie. For this, a separate contract is signed, which the volunteer coordinator helps with. If a child participates in the meetings, SAMS procedures and principles to increase children's safety are followed.

The volunteer coordinator helps if there are questions, concerns or challenges. All information that you gives are treated with confidence and the volunteer coordinator has a duty of confidentiality. It is important that you are honest so that we can support you in the best possible way.

What is expected from you?

- A friend shows respect for each other's opinions, independence and boundaries.
- A friend has a duty of confidentiality that applies even after the contact ends.
- A pair of friends meet until further notice, at least 6 months or for an agreed period of time.
- If you can't attend a meeting, you let your friend know.
- If you haven't been in contact with your friend for more than 2 months or if you want to end the contact, you must notify the volunteer coordinator.

Events and communication

SAMS vänverksamhet organises events to which all SAMS friends are invited. You can participate with or without a friend. As a SAMS friend, you will receive a newsletter sent to you by e-mail. SAMS vänverksamhet are also active on social media and there is a group for SAMS friends on Facebook.