

Need to talk?

*Take action,
but how?*

GUIDE

Oosterhout provides information or support in many places. This overview is a selection of activities to enjoy and places where you can drop in.

*Want to volunteer
to help out?*



**Gemeente
Oosterhout**

Meer voor elkaar.

CONTACT DETAILS ORGANISATIONS:

1 Surplus Welzijn

Klappeijstraat 44, Oosterhout

☎ (0162) 74 86 00

🌐 surpluswelzijn.nl



4 Library Theek 5

Torenstraat 8, Oosterhout

☎ (085) 74 41 052

🌐 theek5.nl

de Bibliotheek
Theek 5



**2 Oosterhoutvoorelkaar &
Centrum voor Wonen & Welzijn**

Kerkstraat 19, Oosterhout

☎ (0162) 47 11 15

🌐 oosterhoutvoorelkaar.nl



5 MEE West-Brabant

Dillehof 71, Oosterhout

☎ (0416) 67 55 00

🌐 meewestbrabant.nl



3 Municipality of Oosterhout

Slotjesveld 1, Oosterhout

☎ 14 0162

🌐 oosterhout.nl



Gemeente
Oosterhout

6 GGD West-Brabant

0-4 yrs Dillehof 75, Oosterhout

4+ yrs Dillehof 3, Oosterhout

☎ 088 63 92 051

🌐 ggdwestbrabant.nl



West-Brabant



**Help and assistance.
More info? Check Infoplein.**

All facilities are described in detail here.

Scan the QR code or visit <https://infoplein.oosterhout.nl/>



INDEPENDENT CLIENT SUPPORT



Need advice or support with regard to housing, income, work, daytime activities or care? Please contact an independent client support worker, someone who can think along with you free of charge and without a referral and who can help you sort things out together. They know the laws and regulations, which options are available and show you the way. In Oosterhout, you can contact:

MEE West-Brabant 5

FINANCES



Budget Advies Centrum: free advice about your situation and support. No-appointment drop-in:

- Monday and Friday from 09:00 to 11:30
- Tuesday afternoon from 13:00 to 15:30
- Thursday from 16:00 to 19:30 3

Debt assistance: free help with debts. Drop in for a consultation. No-appointment drop-in:

- Monday and Friday from 09:00 to 11:30
- Tuesday afternoon from 13:00 to 15:30
- Thursday from 16:00 to 19:30 3

Money and Law Team: for help with questions about income, benefits, debts, allowances, taxes or reading or completing forms. 1

Over Rood: (former) entrepreneurs help other entrepreneurs to prevent and solve financial problems. www.overrood.nl

Stichting Leergeld: reimburses low-income family children for items such as a PC, bike and participation in sports and culture. www.leergeldwbo.nl

Goederenbank De Baronie: food, clothing and goods for families who do not have enough money to support themselves. www.voedselbankoosterhout.nl

Team Vroeg Eropaf: can't pay invoices, in payment arrears or worried about paying your bills? We will help you. Contact us on vroegeeropaf@oosterhout.nl or 14 0162. 3



HEALTH



General practice nurse:

helps without you needing a referral to a psychologist, for example. Ask your GP about the possibilities.

Dementheek: this special cabinet in the library is full of books about dementia. There are also themed bags and games to reminisce with people with dementia. 4

Dementia Meeting Place: every Tuesday and Thursday: 10:00 to 12:00, activity centre De Slotjes.

Alzheimers Café: every last Monday of the month, walk-in from 19:30, activity centre De Slotjes.

Voluntary home help: for help and support, e.g. for doing the groceries together. 1

Buddyzorg: helps with coping with a long-term, chronic or life-threatening illness, and with looking ahead and finding new possibilities in life. 1

Voluntary palliative terminal care: trained volunteers support family and friends in the final phase of life of their relative or friend. 1

Inloophuis Poppy's: meeting place for people affected by cancer. www.inloophuispoppys.nl

Welzijn op Recept: not feeling well? Contact the welfare coach to find solutions together. 1

INFORMAL CARE:

Informal care support: support for young and adult informal carers with information, advice, education, (practical) support, guidance and professional development. 1

Informal carer appreciation: give your informal carers the appreciation they deserve. 3

Informal carer's week: Surplus organises a week of fun activities for informal carers every year. 1

Informal care coach: trained volunteers support informal carers, for example, with paperwork and administrative tasks. 1

MantelzorgOosterhout: website with information, advice, informative videos and planned activities for informal carers. <https://mantelzorgoosterhout.nl/>

Welzijn op Recept: not feeling well? Contact the welfare coach to find solutions together. 1

SPARE TIME



ACTIVITY CENTRES AND VILLAGE HALLS:

these offer plenty of activities by and for residents that you can just drop in to.

- **De Bunthoef** Bloemenhof 2, Oosterhout
- **De Slotjes** Slotjesveld 15, Oosterhout
- **Dommelbergen** Arkendonk 90, Oosterhout
- **Dorpshuis Den Brink** Houtse Heuvel 24-a, Den Hout
- **Dorpshuis Oostquartier** Provincialeweg 96, Oosteind
- **Dorpshuis De Klip** Sint Franciscusstraat 8, Dorst

Taalmaatjesproject: want to improve your spoken Dutch? Taalmaatjes links you up with a volunteer. You practise Dutch together. 4

BeweegSaam: supervised swimming activity for people with dementia or other cognitive disabilities at De Warande recreation park. www.de-warande.nl

Zomerschool: want to gain new inspiration in the summer? The summer school organises fun activities for people over 50. www.zomerschooloosterhout.nl

www.inoosterhout.nl: overview of all sports and cultural activities in Oosterhout.

Digi-taalhuis Theek 5: for language questions: practising with a language volunteer, language and computer courses or learning to use the Internet and email. 4

Oosterhoutvoorelkaar: have a minor request for assistance or looking for suitable volunteer work? Help can be offered and requested at www.oosterhoutvoorelkaar.nl

MOOVE: sports and exercise advice for adults and children. T: 06 23 582 668

Uniek Sporten: sports and exercise advice for people with disabilities. www.unieksporten.nl

FOR A NICE WAY TO SPEND YOUR DAY:

De Pastorie: experience the homely atmosphere in the rectory for a moment of rest or to participate in activities. Provincialeweg 84, Oosteind. www.depastorie-oosteind.nl

Nieuwe Dag: free entry for young and old. Tuesday: 13:00-16:00 and Thursday: 09:30-12:30, Pannehoef

De Buurtkamer: enjoy a wonderful day together in a hospitable, homely room. Monday and Wednesday: 10:00-16:00, activity centre De Slotjes.



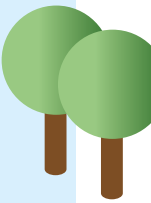
Floralia Park: enjoy this green oasis with a cup of coffee or an activity or show off your green fingers. Beneluxweg 63, Oosterhout. www.floraliapark.nl

De Aanloop: to meet others, dispel loneliness, find a listening ear and feel belonged in a safe environment (again).

- Bunthoef activity centre drop-in:
 - Tuesday: 13:30-16:30
- Dommelbergen activity centre drop-in:
 - Thursday: 14:00-20:00
 - Friday: 13:30-16:30

Buurtplein: in a dedicated group, you will talk to each other with a coach and undertake activities in the neighbourhood. Tuesdays: 15:00-16:30, Dommelbergen activity centre.

Samen Scholen: workshops and activities every weekday, Pannehoef.



YOUTH AND FAMILY



Social work (for youths): questions or problems you want to talk to someone about, e.g. about relationships, loneliness or work? Social workers listen and think along with you. 1

Youth work: for all young people who want to organise something, who could use some light support with everyday things, or if you just want to chill out. 1

Guidance: looking for guidance in daily life for yourself or your child for a short or long period of time? MEE West-Brabant offers assistance to people with disabilities. 5

General practice nurse for youths: helps without you needing a referral to a psychologist, for example. Ask your GP about the possibilities.

Youth healthcare: for answers to questions about the health, development and upbringing of children and youngsters up to age 19. If you want to follow an e-learning course on, e.g., your child's alcohol or media use, visit: www.ggdwb.nl/cursussen 6

Support parent: raising children is quite a task. Need some assistance from a volunteer? Why not consider a support parent? 1

ROGER THAT INSPIRATIELAB: a cool and pleasant meeting place for youngsters aged 11 to 25. Just drop in @Arendshof 229. www.inspiratie-lab.nl/labs/oosterhout

Samen Uit Elkaar: guides you and your ex-partner to communicate with each other in the interest of your children. www.vrijwilligenco.nl

SAFETY:

Neighbourhood watch teams: together, local residents ensure a liveable and safe living environment. The police and municipality are also involved. www.buurtpreventieoosterhout.nl

Veilig Thuis: if you suspect or experience domestic violence, you can seek advice from Veilig Thuis West-Brabant, 0800 2000. **Immediate danger:** don't hesitate, call 112.

De cirkel is rond: dealing with domestic violence? Our experience experts received help from others to break the circle of violence. They offer a listening ear and can also help and guide you in your process. www.cirkelisrond.nl/contact

West-Brabant crisis care reporting point: concerned about someone who displays confused behaviour, has problems, or will endanger himself or others? Experiencing nuisance and suspect more going on? Call 0800 5099.

Youth prevention team: the youth prevention team is in the neighbourhood during school holidays and public holidays to promote safety. 3

MOBILITY

ANWB Automaatje: let a fellow citizen transport you for a small fee. 2

Oosterhoutvoorelkaar: volunteers help you use public transport by explaining things and/or travelling with you. 2

Mobility scooter pool: need a mobility scooter at times? We deliver it to you and collect it again. Monday to Friday: 14:00-17:00. NB: you first need an approved application via the municipality. 3

LIVING

Special loan: to adapt your home so you can continue to live independently for longer. 3

Centre for living: an accessible place for elderly and young residents. For information, advice and guidance so you can continue your safe and comfortable independent lifestyle. 2

Community mediation: for mediation in conflicts with your neighbours. 1

Handyman: volunteers do odd jobs in and around the house you cannot do yourself. The handyman hangs your curtains, repairs your leaking tap or connects your equipment. 1

Meal service Menu Surplus: for a fresh, varied and healthy meal delivered to your home every day of the week. 1

ANONYMOUS LISTENING EAR:

When you want to talk about something, the people at the helpline will listen. They think along, stand next to you, listening to your story:

- **De Luisterlijn:** 0900 0767, 24 hours a day or via chat or mail
- **De Kindertelefoon:** 0800 0432, every day, 11:00-21:00, or via chat or forum



Need further support?

Contact the social team of the municipality of Oosterhout on 14 0162.



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