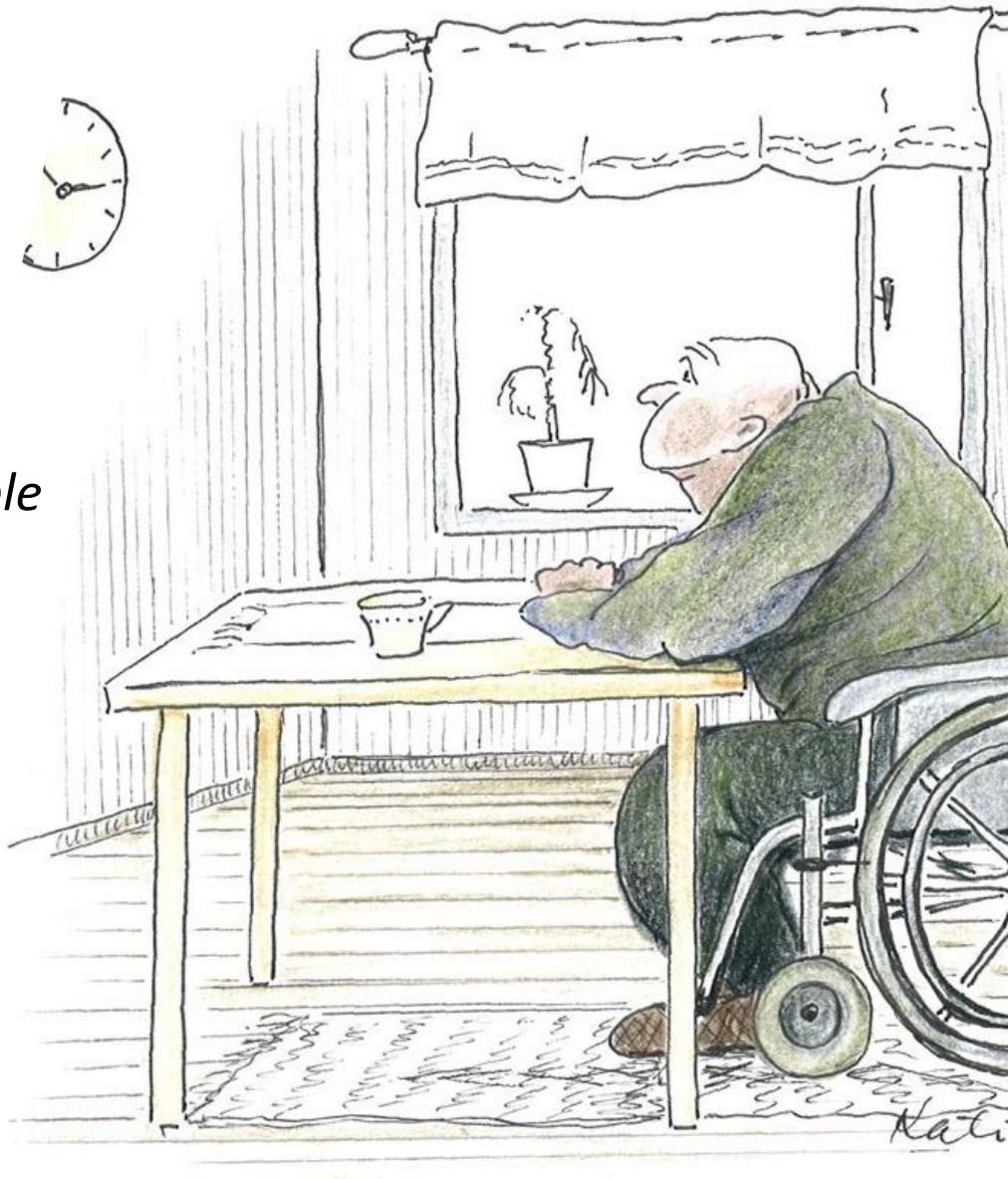
Welcome!

Find out how you can help older people as a Mummon Kammari volunteer!

- What is ”Mummon Kammari”?
- Guidelines and rules for all volunteers

5-minute break

- What kind of volunteer roles does Mummon Kammari have? What do our volunteers do?
- If you’re interested, you can schedule a meeting with our coordinator now!



MUMMON KAMMARI

Mummon Kammari is a center of volunteer activities and a gathering place for people of all ages.

- Our volunteers have helped others since 1989 – with ordinary, everyday skills
- Mummon Kammari is part of the Federation of Tampere Evangelical Lutheran Parishes, as well as the Evangelical Lutheran Church of Finland



MUMMON KAMMARI ACTIVITIES

- Mummon Kammari volunteers help older people (65+) in Tampere
- Mummon Kammari is also a gathering place open for all, located in Hämeenkatu 28.

  Volunteers take care of the daily activities in the gathering place, with the support of our coordinators.



Volunteering means helping others without payment.
It should be fun and meaningful for the volunteer.
It’s irreplaceably important for the people they help.

MUMMON KAMMARI MISSION STATEMENT

Our mission is to:

- Support functional ability of and reduce loneliness experienced by older people living in Tampere
- Promote a culture of caring and a sense of community
- Give volunteers an opportunity to participate in a meaningful way





MUMMON KAMMARI IN NUMBERS (2025)

- 700 volunteers of different ages
- 7 employees and 9 seasonal workers
- 62 students
- Over 800 requests for help answered
- 160 volunteer friends for older people
- 116 volunteers in assisted living facilities
- More than 11 000 visits at the gathering place
- More than 1400 donated knitworks
- Variety of volunteer roles

HOW TO BECOME OUR VOLUNTEER

New volunteers have to
attend an orientation
and sign our volunteer contract.

1. Learn basic information
about Mummon Kammari in a group.

2. Interview with a coordinator:
- Tell us what you'd like to do!
- We'll tell you more about your volunteer role.
- Sign a volunteer contract and
  a non-disclosure agreement.
- Coordinator checks your ID.

3. You can take time off from volunteering and you can switch to a different role.

4. It's all right if you need to stop volunteering for any reason!

- Please remember to tell your coordinator!
- Certificate for volunteering upon request
- Your information is deleted from our register



RULES AND GUIDELINES FOR ALL VOLUNTEERS

These guidelines and rules
are for everyone.
Different volunteer roles
also have their own guidelines.

When in the role of a volunteer, please:

- Do not do any professional work for the people you help as a volunteer.
- Do not do service coordination.
- Respect the values of others.
- Do not accept money or gifts.
- Do not handle the older person's money, credit cards or online banking credentials.
- Do not drive the older people you are helping.

You do not have to be a member of the Evangelical Lutheran Church.

You are insured when you are volunteering.



CONFIDENTIALITY

When you protect the private information of the older person, you show them respect.

- All volunteers must protect clients' and other volunteers' private information and never share it with outsiders.
- Confidentiality is based on Finnish law.
- Confidentiality is for life.
- If you share private information of others with outsiders, you can not volunteer at Mummon Kammari anymore.



Confidential information means…

- Identifying information (such as names, addresses). If you can recognize a person from the information, it is identifying information.
- Information about someone's health and other private matters.

You must not share this information with outsiders, such as:

- Neighbors
- Your family or friends
- Media and social media

Please never talk about these matters where outsiders can hear you.

You can talk with:

- Mummon Kammari coordinator (in private)
- The older person's family, home care team or assisted living staff, but only if you have a permission
- Other volunteers in peer meetings – but do not mention clients' names.



SUPPORT FOR VOLUNTEERS

Coordinators' job
is to support volunteers.
We're here for you!

- Every volunteer has a coordinator who is responsible for supporting them
    - Please tell your coordinator how you are doing at least every six months
- Volunteer meeting for all volunteers every month
- Meetings led by your coordinator twice a year
- Volunteers are always welcome to visit our gathering place
- Courses and trainings
- Recreational, fun activities



HOW WE COMMUNICATE WITH OUR VOLUNTEERS:

Website: www.mummonkammari.fi

- up-to-date information
- volunteers' toolbox

Kammarikirje is our newsletter.
We use it to communicate with our volunteers.

- 5 letters / year
- Includes information about current events, trainings, and changes in volunteer guidelines
- Sent via email
  Sender: Katrina-Vapaaehtoispankki

Mummon Kammari in social media:

Follow, like, comment, share and spread the word!



Kammarikirje 3/2026

Kesän lähestyessä!

Kevät on tuonut mukanaan valoa, luonnon heräilyä ja ennen kaikkea kohtaamisia. Mummon Kammarilla kevääseen on kuulunut virkistysretkiä, vertaistapaamisia ja muita yhteisiä hetkiä, jotka kantavat vapaaehtoistoiminnan arjessa.

Kesä kolkuttelee jo ovella ja tuo mukanaan mahdollisuuden hengähtää ja höllätä tahtia. Vapaaehtoistehtävissä kesätauko on aina sallittu, mutta ei pakollinen. Voit valita itsellesi sopivan rytmin: vetäytyä hetkeksi tai jatkaa mukana omalla tavallasi.

Toivomme, että löydät kesästä sekä lepoa että yhdessäoloa – juuri sen verran kuin sinulle tuntuu hyvältä.

Mummon Kammarin työntekijöiden puolesta, Alma

Käsityönä tehty Mummon Kammari -kyltti Erkin ja Marja-Leenan mukana Tampereen keskustorilla.

Mummon Puodin alennusmyynnit

Tervetuloa tekemään hyviä ja hyvää tekeviä löytöjä Mummon Puotiin! Koko valikoima -50 % alennuksessa 18.5.–28.5.

Tuotto nuorten työllistämiseen vanhusten ulkoilu- ja asiointiavuksi sekä vapaaehtoisen vanhustyön hyväksi.

Mummon Puodista löydät mm. lämmöllä neulottuja villasukkia, ilahduttavia onnittelukortteja sekä muita käsityöaarteita – Mummon Kammarin vapaaehtoisten tekemiä ♥

WE ARE STRONGER TOGETHER

Mummon Kammari partners with:

- Wellbeing Services County of Pirkanmaa (Pirha), City of Tampere, educational institutes, private companies, NGOs, parishes, media companies
- New partners welcome!

As a volunteer, you can represent Mummon Kammari and support the rights of older people!



5-MINUTE BREAK



ASSISTANCE FOR ANYONE 65+ IN TAMPERE

Call us:

Mon-Thu 9AM-11AM

tel. 03 219 0711

Fill our online form:

www.mummonkammari.fi/avuntarvitsijat

- Our coordinators forward requests to the volunteers
- Free of charge



DIFFERENT VOLUNTEER ROLES

Our volunteers do many different things.

What would you like to do?



HELPING OLDER PEOPLE WITH ONE THING AT A TIME – ”KEIKAT”

Sometimes older people need help with a specific thing, for example:

- They have a doctor’s appointment but they need help getting there.
- They need a helping hand during a shopping trip.
- Usually during office hours
- Coordinator contacts volunteers two days in advance, and they can accept or tell the coordinator that this time they can’t go.



TALKKARI PIKKARAINEN

is a volunteer who helps older people with small jobs in homes and yards.

Talkkari pikkarainen helps with:

- Changing light bulbs, batteries and fire alarms
- Hanging paintings
- Computers and phones
- Light yardwork
- Mummon Kammari events

One-time-only or seasonal

Volunteer calls the older person and they decide together when the volunteer goes to help the older person.



FRIEND VOLUNTEERS

spend time with an older person
in the older person's home
and in the neighborhood



Usually, this means:

- Walking outside together and talking about the older person's life and experiences

Other activities:

- Playing games, looking at photographs, running errands together

FRIEND VOLUNTEERS

Mummon Kammari friend volunteers visit older people all around Tampere. These older people often need help so that they can leave their home or do things that are important to them.

- Coordinator interviews the older person before they meet a volunteer.
- ”Match” is based on the wishes of both the older person and the volunteer.
- You can first get to know each other and then decide if you’d like to continue as Mummon Kammari friends.
- 2-4 visits a month, 1-2 hours a visit.
- If the older person or the volunteer no longer wishes to meet, they can stop the visits at any point.



VOLUNTEERING IN A CARE HOME

In care homes,
older people have their own rooms,
but nurses are always present
to help them.

- Mummon Kammari volunteers visit many different care homes in Tampere, for example:
  - Koukkuniemi: the largest care home in Nordic countries
- Even a short visit brightens the day of the whole unit
- Visits during daytime
- Voluteers can either visit one resident or visit the whole unit as “everyone’s volunteer friend”



WHAT KINDS OF THINGS CAN YOU HELP WITH IN CARE HOMES?

Ask the residents and the nurses! Different care homes have different needs. Share your own ideas, too!

- You can help residents during events and activities, listen to their stories or go for a walk with them, assisting them with their wheelchairs or rollators.

- You can read the newspaper to the residents or simply sit by their bedside.

- You can share your photographs, play an instrument or visit with a pet.



MUMMON KAMMARI GATHERING PLACE

Volunteer team of the gathering place has volunteers in many different roles!

- Isäntä: Welcomes and assists visitors when they arrive and leave.
- Emäntä: Makes sure everyone can find a seat, informs visitors about activities.
- Information desk & boutique volunteers
- Group leaders for activity groups
- Accompanists, sing-along lead singers
- Bakers
- Kitchen volunteers
- Digital support volunteers



PRODUCTS BY OUR TALENTED CRAFTSMAKERS

Volunteers make crafts, such as knitworks, cards and charms, either to be sold in our shop or to be given directly for charity.

- All crafts in our shop “Mummon Puoti” are made by volunteers.
- With Mummon Puoti revenue, we hire young people to help older clients in spring/summer. It is also used for volunteer activities.
- Direct donations for charity:
  - Woolen blankets for disaster areas (through Finnish Red Cross)
  - Knits for Tampere University Hospital and shelters
- We receive yarn donations and products are partly made from donated yarn.



MYÖTÄTUULI

Together for the well-being of people with disabilities

Tasks for volunteers:

- Assisting during meetings
- Serving coffee
- Being a conversation partner

Myötätuuli activities include:

- Bible ja discussion group
- Men’s group
- Myötätuuli Thursday
- Sign language speakers’ division in the parish

Myötätuuli activities are directed by special deacons responsible for work with people with visual impairments and sign language work



OTHER ROLES AND TASKS

- Tampereen Työväen Teatteri theatre volunteers assist theatre-goers who use mobility aids
- Volunteer Finnish teachers for older people
- Volunteer presenters who tell about Mummon Kammari to groups and interested individuals
- Please share your ideas – you can use your unique skills as a volunteer!



Volunteering opportunities right now:



This slide is a bit different in English!

Both slides highlight current volunteering opportunities at Mummon Kammari.

It is easier to begin with certain volunteer tasks when you are still learning Finnish.

Right now, the best way to start volunteering is:

1. As a volunteer friend for an older person living in a private home or a care home
2. Becoming a craftsmaker at the gathering place and making knitted or crocheted products or other crafts for sale and for charity

THANK YOU!

MUMMON KAMMARI



What next?

If you'd like to become a volunteer,
please talk with a presenter,
and schedule an interview.
You can also think about it some more
and contact us later.