



TiM



Have you met
each other yet?
Introducing TiM

The magazine on how to find what you need in your district

Contents

What you're looking for is nearby

This is TiM Magazine, the new magazine for the municipality of Maastricht that, from now on, will hit your letterbox twice a year. We love letting you know what's going on in our beautiful city and districts.

Maps

What's going on where? Where can you play sports or exercise? Where can you relax? And who do you turn to when you need help? You'll find this information on the social maps which include the names, addresses, phone numbers or websites of several of the organisations and locations in the city. There are 8 maps; 1 general map and 7 with information per area and the districts they include.

Stories

TiM Magazine also contains stories from residents who have experience with these organisations and locations.

Website

You'll find even more organisations and services on www.socialekaartmaastricht.nl. Need help with your online search? The staff at the Digital Government Information Point at Centre Céramique are happy to assist. Be sure to call first for an appointment: 043 350 56 00.



Stories

- 3 District residents talk to members of the municipal executive about TiM Magazine, Nazareth and how to build a stronger district**
- 5 Because they want many more years together:**
Bep and Ger Ritzen took a fall prevention course
- 7 De Wiemerink neighbourhood centre broadens your horizons** no matter where you're from
- 9 Steunpunt Mantelzorg Zuid**
and humour go a long way
- 10 Want to make new friends?**
Join us at the NOAH Community Dinner
- 11 7 questions for André Kruse**
He's taking the Klik & Tik class

And more ...

Who put this magazine together?

Text	Pascal Panis
Photos	Philip Driessen
Design and final editing	Gemeente Maastricht
Print circulation	70,000
Printer	Impreso
Delivery	Business Post



Maps

- 13** Central Maastricht
- 14** North Maastricht
- 15** North West Maastricht
- 16** East Maastricht
- 17** West Maastricht
- 18** South Maastricht
- 19** South West Maastricht
- 20** For the entire city



“We want to keep the people of Nazareth in Nazareth”

From left to right: Ted de Vrees, May Voorjans, Jeroen Hoenderkamp and Frans Bastiaens

A conversation between district residents and members of the municipal executive

Building a stronger Nazareth



They meet at the Nazareth meeting point, the local community centre. “They” are members of the Maastricht municipal executive Frans Bastiaens and Jeroen Hoenderkamp as well as district residents May Voorjans and Ted de Vrees. May is a neighbourhood volunteer and Ted is the chairman of the neighbourhood network. The foursome discusses TiM Magazine, Nazareth and how to build a stronger district.

TiM Magazine in every letterbox

‘This conversation will be published in the first issue of TiM Magazine,’ says May. ‘Why will 70,000 Maastricht households receive this magazine in their letterboxes twice a year?’ Jeroen: ‘This was the municipal council’s idea; there are so many social activities in Maastricht and not everyone’s aware of that. This is why we have included a social map in the magazine for each of the city’s 7 areas.’

‘The map shows you all the things happening in your district. Some people would rather read a paper version of a magazine than view it on a computer.’ Frans: ‘The municipality used to publish the magazine Kwiek (‘fit’) for older residents. TiM Magazine features interesting topics for everyone 35 and older.’

Modern village

Frans asks May and Ted what they think should Nazareth look like in 10 years. May: ‘I think it should look more like a modern village. More than anything else, we need more housing; there aren’t enough homes for the children of the residents who were born and raised here. After a while, these children will have to live somewhere else, and that’s a pity. We want to keep the people of Nazareth in Nazareth.’

‘This also presents problems for the associations. There are people living in Nazareth who seem to have hardly any ties to the neighbourhood.’ Ted: ‘We’re renovating the schoolyard, and people who live in the adjacent streets can voice their opinions about what they want done with it. But they don’t, and we don’t know why. It’s a pity.’ >



‘You can’t build a resilient district if you give up after 2 or 4 years’

Meeting others

Frans: ‘So how can we get more people to participate?’ Ted: ‘We can’t give up. We need to reach people through activities. There are good examples of this such as the Christmas market we held last year with loads of stalls. The turnout was great, so that was really nice.’ May: ‘Two years ago, we held a mini-Preuvenemint for the people from the 49 other countries who live here. Over 400 people attended, proving it is possible!’

Frans: ‘It’s definitely possible. If you ask district residents what’s important to them, meeting other people is always in the top 3.’ May: ‘I have another example. We’re installing a “meeting bench”. Depicted on the bench is 1 dark-skinned hand and 1 light-skinned hand. Below this is the text, “Ask for help”. This is a great way to connect people.’

Pleasant lives

Jeroen: ‘Nazareth and Pottenberg are the 2 resilient districts in Maastricht. Many people don’t know exactly what “resilient” means, so I’ll explain it. A resilient district is all about the residents’ wishes. What do they need in order to make their lives pleasant as a community?’

‘There’s another important element. Some people also need help “behind closed doors”. Take, for instance, people who struggle with speaking Dutch, are on their own or don’t have a job. They help one another. If all else fails, there is professional help available from the municipality or from organisations active in the neighbourhood.’

Long-term project

Ted: ‘We as well as the community believe that Nazareth should be a long-term project. We’ve only been working on this for a year and it might take another 20 years. You can’t build a resilient district if you give up after 2 or 4 years.’ May: ‘It seems to be taking forever as it is! We meet a lot but the ideas have to be submitted to the municipal council first.’

Frans: ‘This is why we want to make the connections between the staff of the various district organisations and the residents even better. They know best what we need to make Nazareth stronger and this should help in taking decisions faster.’

We’ll figure it out together

May: ‘There’s 1 more point I want to make. The municipality has to be more involved in Nazareth. You’re here today, but the district residents don’t know who you are.’

Frans: ‘Yes, but there are other people from the municipality that spend time in Nazareth. May: ‘That’s true, and we’ll figure it out together. I only say this because I have lived here for almost 15 years. Nazareth is where I really feel at home.’ Ted: ‘I’ve been living here for 30 years. People sometimes ask me if I would want to live in another part of Maastricht. My answer is straight from the heart: ‘I wouldn’t be caught dead on the other side of the Maas.’

‘The course wasn’t difficult and we learned a lot’



Because they want many more years together

Bep and Ger Ritzen took a fall prevention course

‘When did you fall for your wife, Ger?’ He can’t suppress a laugh. After all, this article is actually about how to prevent falls when you are over 65. Bep (78) and Ger (79) Ritzen took a fall prevention course. In the photo, you can see that he still falls for her – and she for him.

Maastricht Sport

On behalf of the municipality of Maastricht, Maastricht Sport is committed to ensuring all Maastricht residents can participate in lifelong sports and exercise. Residents do this at their own level and pace and with an activity that interests them. Fall prevention is 1 of these activities.

Since 1961

Bep and Ger are both from Maastricht and met during carnival in 1961. They have played many sports in their lives. Bep preferred handball and gymnastics while Ger was a footballer, runner and surfer. A couple of years ago, Bep had a fall at home. And then another one later on. ‘I was too rushed.’ At the doctor’s office, she saw a Maastricht Sport brochure about a fall prevention course. She wanted to do the course with Ger.

Via Maastricht Sport to Fysio Zuid

They ended up at Fysio Zuid in Daalhof, where they live, via Maastricht Sport. First, tests were performed to evaluate their walking skills, the strength in their hands and how good their balance was. The course began after that, and for 14 weeks, Bep and Ger went to Fysio Zuid every Tuesday and Thursday.

What did they learn?

Bep and Ger: ‘The training wasn’t difficult and we learned a lot. We did different exercises and were given tips like “pick up your feet” and “no loose rugs on the floor”. Another tip was: “Make sure you have enough light and don’t put any cloths or other slippery objects on the stairs.” We also learned the balance dance, a slow dance to improve your balance.’



From 5 to 20 seconds!

The training was a huge help. Ger: ‘At first, I could only stand on 1 leg for 5 seconds, but after the course I could do it for 20! Our muscles don’t get sore anymore either.’ Bep and Ger still go to Fysio Zuid every week where they walk on the treadmill and do weight training to build muscle strength. They do it with and for each other.

Further information *(only in Dutch)*

Visit www.maastrichtsport.nl/valpreventie.

Painting at the studio on Heimoweg

Interested in painting (or learning to paint) with people your age? Daniëlle Brouns' artist's studio at Heimoweg 21 in Mariaberg offers painting classes every week to small groups of the elderly, for example. Riny Geurts is 1 of the participants.

How did you find out about Daniëlle?

'I make my own art and my home is filled with it. I have a clay statue of the Sterre der Zee (a well-known statue of Mary in Maastricht), paintings of flowers and a colourful vase made of glass and stone. I took painting classes from Daniëlle via a project started by Trajekt and Cultuurmakers Maastricht. When the project ended, I wanted to carry on painting but painting classes and supplies aren't cheap. Someone from Trajekt told me about the Volwassenenfonds Sport en Cultuur Limburg (Adult Fund Sport and Culture Limburg). She also submitted the application for me. The classes are paid for via the fund, so I can keep painting.'

What was the first thing you made at the studio?

'It was a painting in 3 parts about 3 seasons in a Chinese landscape: spring, summer and winter. I used acrylic paint on wood. 1 of my most recent paintings is of a field in Oud-Caberg. I also used acrylic paint for that one since acrylics dry faster, allowing you to paint over them again fairly quickly.'

What did you learn from Danielle?

'She taught me better ways of applying different layers of paint on a canvas. I also learned the best way to mix colours; it's harder than you might think.'

Why do you make art?

'It makes me happy. I also want to make other people a little happier by showing them how beautiful life is. My message is always: celebrate life! Life is in motion which is why I want to inject motion in my paintings.'



Riny Geurts

'I make an effort for a community where everyone counts'

Your message is to celebrate life. Can anyone do this?

'This can often be difficult for some people which is why I make an effort for a community where everyone counts. I was a volunteer at the Basilica of St. Servatius where I spoke to refugees who didn't know how to get on with their lives. I put them in touch with organisations that could help them.'

Any other examples?

'I am actively helping out at the Oud-Caberg parish diaconate. A diaconate is a group of people within a church who help other people in difficulty. I also made arrangements for a 93-year-old upstairs neighbour in my apartment complex in Caberg to receive home care.'

Another example?

'I got a friend from Rwanda enthusiastic about the painting studio. She had never held a brush before but now she has created a beautiful landscape painting of the region she's from. Isn't that wonderful?'

Further information *(only in Dutch)*

Visit www.gemeentemaastricht.nl/volwassenenfonds for information on financial assistance from the municipality if you want to make art in your free time.

‘The people I encounter here all have a big heart’



Elly Reneerkens-Boumans (left in the photo) and Sheak Lin Lee

De Wiemerink neighbourhood centre broadens your horizons

In neighbourhood centre De Wiemerink, you can join various activities and meet new people. It's located in Caberg and everyone is welcome - no matter where you're from.

From Malaysia

Born in Malaysia, Sheak Lin Lee lives in Caberg. She lost her son in an accident 15 years ago and still misses him terribly. She also misses her family and the warm climate in Malaysia.

Home alone

'I worked as a cleaner for a large factory at the Beatrixhaven business park in Maastricht. After a while, my body couldn't cope anymore so I had to stop working. I just sat at home and felt lonely. My husband works at a Chinese restaurant in Maastricht and isn't home very often. One day, I received a card in the post from an energy coach, announcing a meeting at De Wiemerink where they were going to give people tips on how to save energy.'

Welcomed with open arms

'And that was how I learned about the neighbourhood centre. They welcomed me with open arms and told me about all the things you can do there. I crochet table runners and scarves in the textile studio. We also make Christmas centrepieces, cook together and play games like bingo and Rummikub. I've even taken a first-aid course there which gave me more self-confidence. Just like the people I encounter here; not only have they broadened my horizons, but they also all have a big heart.'

Caring for people

Elly Reneerkens-Boumans used to work in healthcare and caring for people is something she still enjoys doing. 'I'm a carer for my neighbour and have also provided palliative care for people who were dying.'

I discovered De Wiemerink a year ago during a street party in Caberg. It was raining so hard we all ran into the community centre to shelter from the downpour.'

Attic finds

'On Mondays, I work in the sewing workshop and also take part in the discussion group. I help out with bingo on Thursdays, and that's when I usually bring items from my attic at home with me. A coffeemaker, a raclette set, a lamp; all things people playing bingo can win as prizes. I encounter people from different countries at De Wiemerink but I also invite people from the neighbourhood to join me now and then, such as a Turkish friend of mine. She's improving her Dutch at De Wiemerink.'



Bright sides of life

'I also go for me, to get a break from thinking about my illness. I have the pulmonary disease COPD. You have COPD 1, 2, 3 and 4; I have 4, the worst form. Sometimes it gets so hard to breathe that I worry I'm going to die. And yet, I still try to look at the bright side of life, just like the others at De Wemerink.'

Further information

Curious about what De Wiemerink can do for you? Drop in sometime on Mondays between 13.00 and 15.00 or Thursdays between 14.00 and 16.00. The address is Spinetlaan 25. You're more than welcome!



A stroll with residents of the asylum seekers'

Serve the City Maastricht is a volunteer organisation that connects people in the city by enabling them to help each other. Volunteers from Serve the City Maastricht set out the first Wednesday of every month with residents of the asylum seekers' centre (AZC) and other Maastricht locals. TiM Magazine joined them on 1 of these walks in January.

Destination: the Werkhuis

Comprising more than 20 people, the group met at 13.00 outside of the entrance to the asylum seekers' centre in François de Veyestraat. The building can accommodate 650 people, and the residents come from Syria, Iran, Ecuador and many more countries. In addition to "ordinary" Maastricht locals, AZC and Trajekt employees also joined the walk. The group walked via the Groene Loper to the Werkhuis at Hunnenweg in Scharn.

At the Werkhuis

During their walk, participants chatted about a variety of topics. Local landmarks such as the Maastricht fire station were pointed out, but they also discussed issues such as how to make a hospital appointment as an AZC resident or how to get a library card. The group drank coffee and tea at the Werkhuis followed by a tour through the building's workspaces. They offer several creative activities here, from making furniture and candles to painting and gardening.

Meeting other city residents



Ingeborg Dijkstra

Ingeborg Dijkstra works at Serve the City Maastricht. 'AZC residents are also more than welcome at the Werkhuis, and we like showing it to them so they can come here on their own later. They get to know Maastricht better and have the chance to meet other people from Maastricht. Nearly all of them are motivated to become part of their new environment which is also why they do their best to learn Dutch.'

A safe place to live and thrive

'I want to share this positive message with everyone. People sometimes forget that asylum seekers were fleeing a war in their own country. Or that they were forced to leave because of their religion or other reasons. They just want a safe place to live and thrive, like everyone.'

No name

1 of the people on the walk is a teacher from Syria. This article doesn't mention her name or the subject she taught because she could still be persecuted by her country of origin, even though she now lives thousands of kilometres away and former President Assad is no longer in power in Syria. For now, she prefers to stay at the AZC in Maastricht.

Encounters foster understanding

The group headed back to the AZC around 15.00, concluding an afternoon that made good on its promise: to provide an opportunity for more encounters as well as understanding between people from different countries and cultures.



Further information

Want to make a difference for someone else? Check out www.stcmaastricht.nl for all Serve the City Maastricht activities.



'We're level-headed people; we don't beat about the bush'

Steunpunt Mantelzorg Zuid and humour go a long way

Wilma and Peter Wetzels-Zanders are celebrating their 60th wedding anniversary this year. Peter is sick. He has metastatic prostate cancer and no-one knows how long he has to live. Wilma is his carer.

Am I forgetting something?

Peter isn't home when we visit Wilma. He's at the daycare centre at Envida's Koepelhof, right next-door to their home on Koepelstraat in Maastricht. Wilma: 'I'm from Heerlen and Peter is from Kerkrade. We're level-headed people; we don't beat about the bush. Peter has had major heart surgery and also has COPD and diabetes. Am I forgetting anything? Oh yes, prostate cancer. "That's yours to keep," I say. And sometimes I tell him, "Well, old chap, that's what people from Kerkrade are like. They want it all".'

'I spent hours on the phone'

A difficult time

Wilma knows you can't laugh everything off. It was tough to hear that Peter is terminally ill. We went through a difficult time which only got harder because of all the arrangements that had to be made. 'There were so many doctors: an oncologist, a urologist, and a neurologist.

The oncologist and urologist were for his prostate cancer. Peter needed a neurologist because of the metastases in his back resulting in nerve damage. I spent hours on the phone with all the "ologists".'

Wheelchair

'After that, Peter then went to Vitala+ in Maastricht for 3 months where he got the care he needed. He was already in a wheelchair by then. There was so much paperwork: sorting out home help, arranging transport to visit your husband every day, and so on. I contacted Steunpunt Mantelzorg Zuid (a support centre for informal carers) to help me with it all.'

Home help and transport

'2 employees really helped us by handling the request for 2 hours of home help per week and transport. That was a huge help. This boosted my spirits. What does get me down is when people ask why I don't just bring my husband to a nursing home. It's hurtful. That's not what marriage is about, at least not mine.'

Cup of coffee

'Does Peter have as much humour as I do? Yes, I believe he does. The other day he asked if I could make him a cup of coffee. I told him to make his own coffee. Peter said, "I only have 10 minutes to live. Are these the types of things I should be doing? That's not very nice of you."' At the end of our conversation, Wilma asks, 'Can we also take a picture of Peter and me together? Let's go to the building next door.' No problem.

Further information *(only in Dutch)*

Are you an informal carer? If you would like information on how the support centre can help you, visit www.mantelzorgzuid.nl or call 043 321 5046.



NOAH Community Dinner

Want to make new friends? Join us for dinner!

Every 2nd Tuesday of the month, volunteer organisation Serve the City Maastricht organises the NOAH Community Dinner. The name 'NOAH' may not have a specific significance, but the dinners definitely do: they're organised specially for people who want to make new friends.

From 19.00 to 21.00

These monthly get-togethers are held at The Social Hub, near the Pathé Cinema in the Sphinxkwartier. From 19.00 to 21.00, 35 to 50 guests can enjoy free drinks and dinner plus great conversation.

Meet people from other countries

You will meet people of all ages and from different countries at these dinners. Some of them are living in Maastricht temporarily, such as students and people who work here. Some of the guests are residents of the asylum seekers' centre. But there are also people from the Netherlands and Maastricht who want to enlarge their social circle.

Kindness is the key

Serve the City Maastricht volunteers do their best to make it an enjoyable evening for everyone. You'll recognise them from their blue T-shirts that read: "Kindness starts with me!" The dining area boasts friendly messages such as: "This smile is for you!" and "How are you doing today?".

Have you met each other yet?

If you can only speak your own language, the volunteers will help you find tablemates who also speak your language. This is just one way of ensuring new guests quickly feel comfortable. Often a simple question such as "Have you met each other yet?" can be enough to start a conversation.



Meet Rosalie, *1 of the guests*

Her children have left home and her parents are deceased. Plenty of motivation for Rosalie Laveaux to make the move from the quiet town of Kessel in northern Limburg to the lively city of Maastricht a year and a half ago. She takes yoga classes, tap dances and performs on stage as a singer – all great ways to meet new people. She's also a frequent guest at the NOAH Community Dinner.

Extra special

Rosalie has lived in many different places around the world and met people in each place who have their own culture and customs. This still fascinates her and is what makes a visit to The Social Hub extra special.

Further information

Would you like to join us for a meal? Sign up at www.stcmaastricht.nl. There, you can also see which other NOAH activities you can participate in.



‘Sitting at home all day is not for me’

André Kruse

Every Tuesday and Friday from 10.00 to 12.00 at Centre Céramique

Learn more about computers and the internet

Do you have little or no experience with computers and the internet? During the free Klik & Tik (Click & Tap) class, you’ll learn more about computers such as how to send an email, find information on the Internet and make a purchase online or book a trip. 1 of the participants in the class, André Kruse, answers 7 questions.

Why are you taking the class?

‘A friend of mine had already taken it and recommended that I sign up. I started in September 2024 because like my friend, I also wanted to work on my development. I saw how good my grandchildren were with computers and mobile phones and thought, why can’t I do that too? There’s another reason. I used to be a tanker driver but retired almost a year ago. Sitting at home all day is not for me.’

How do you practice?

‘Centre Céramique has 8 computers we use to practice. You work with the website www.oefenen.nl where you watch short videos of a man and woman giving explanations about computers, the Internet and mobile phones. But also about language, maths, money and healthy living, for example. After each video, you answer questions. You also get a paper workbook with extra information.’

Who helps you when you can’t figure something out?

‘A volunteer is available every Tuesday and Friday to help. You can always ask them any questions you have.’

What do you need to bring to the class?

‘Headphones and a pen and paper; that’s all you need. The headphones are so you can listen to the videos without disturbing the other students. The pen and paper are for taking notes so you can remember the explanation.’

Is it a difficult class?

‘I don’t think so. What is important is that you listen to and read the information at your own pace.’

What did you learn the most about?

‘I now know exactly how a keyboard works. That’s where it all begins; after all, you need a keyboard for everything.’

What device do you use at home?

‘At home, I have a laptop, a portable computer, which allows me to work at different locations. I always enjoy coming back to Centre Céramique, though. I always learn something new there. I already know what my next topic will be: internet safety.’

Registration

Would you like to participate in the Klik & Tik class?

Call 043 350 56 00 or register via publieksservice@maastricht.nl.



Gerda Wassink's Takecarebnb offered Saad Alhndi relief at a difficult time

Takecarebnb is an organisation for refugees allowed to stay in the Netherlands, offering them temporary accommodation in private homes. Syrian ear, nose and throat specialist Saad Alhndi found this with Gerda Wassink in Meerssen. It gave him the chance to immerse himself in the Dutch language, culture and customs.

A family trait

Gerda: 'Saad lived with me for almost a year but now lives with his family in an asylum seekers' centre in Maastricht. I wanted to help Saad because I like caring for other people; I get it from my family. My parents did volunteer work, and my grandparents helped Jewish people go into hiding during World War II. People sometimes ask me if taking someone into my home doesn't mean a loss of freedom. It doesn't. If anyone has lost their freedom, it's Saad. Besides, I have plenty of room in my house.'

Dangerous situation in Syria

Saad: 'I fled Syria in 2022 when I no longer felt safe there. One day, a surgeon who worked in the same hospital as me was leaving and was shot dead in front of the door. I have no idea why. When I first got to the Netherlands, I was alone, without my family. I lived in asylum seekers' centres in Hoogeveen and later in Budel. I wanted to learn Dutch fast so I could work as an ear, nose and throat specialist again. In Hoogeveen, I shared a small room with 9 other refugees, so it was hard. It was hard to focus on studying.'

100 trips to the letterbox

'In 2023, I wanted to go to Maastricht; it's such a quiet and beautiful city. I sent an email to Takecarebnb and that's how I came in contact with Gerda. I had an amazing time with her and felt at home. Right before the summer of 2024, I received a letter from the Dutch government informing me my family was allowed to come to the Netherlands! I had already made 100 trips to Gerda's letterbox to check if there was any post for me. I have a wife. I have 5 children between the ages of 4 and 12. We are currently living at the asylum seekers' centre in Maastricht but will be moving to a home in Nazareth soon.'

Waving at planes

'My Dutch is getting better and better. I go to a language café at VISTA college 3 times a week. We feel safe here in the Netherlands. For example, in Syria, my children were afraid when they saw a plane and would take cover. Here, they wave at the planes.'

Further information

Interested in learning more about Takecarebnb? Visit www.takecarebnb.org.

Central Maastricht

Binnenstad, Boschstraatkwartier, Statenkwartier, Kommelkwartier
Jekerkwartier, Sint Maartenspoort, Wyck



Meeting & interacting

- 1 Maastricht ADHD Café**
Meeting place for anyone with ADHD or those around them.
The InnBetween, Capucijnenstraat 122
www.adhdcafemaastricht.com
- 2 Café Rosé**
LGBTI café in Maastricht where everyone's welcome. LGBTI stands for lesbian, gay, bisexual, transgender and intersex.
Bogaardenstraat 43
043 321 83 37 (during office hours)
www.caferose.nl
- 3 De Fronten community lounge**
Enjoying others' company, good conversation, drinking coffee and playing games.
Grote Gracht 60A
06 30 84 11 86
www.huiskamerdefronten.nl

Neighbourhood networks and associations

Neighbourhood networks, platforms and associations are there to serve the neighbourhood. They organise activities and are committed to the residents, providing opportunities to meet up and connect with one another.

- 4 Jekerkwartier residents' association**
www.bewonersjekerkwartier.nl
- 5 Binnenstad neighbourhood network**
06 11 35 72 00
www.binnenstadmaastricht.nl
- 6 Boschstraatkwartier neighbourhood network**
06 51 10 77 35
www.boschstraatkwartier.nl
- 7 Céramique neighbourhood network**
www.bpfceramique.nl
- 8 Kommelkwartier neighbourhood network**
www.kommelkwartier.nl
- 9 US Sint Maartenspoort neighbourhood network**
buurtnetwerk.usmaartenspoort@gmail.com
- 10 Wyck neighbourhood platform foundation**
Wilhelminasingel 4
www.bpf-wyck.nl

Health

- 11 VeerMestreech**
Restaurant, studio and monastery garden where people with disabilities work. Everyone is welcome.
Grote Gracht 74
06 15 31 02 38
www.veermestreech.nl
- 12 Larisa assisted living centre (Envida)**
Neighbourhood residents are welcome at the restaurant.
Polvertorenstraat 20
043 851 10 45
www.envida.nl
- 13 Lenculenhof assisted living centre (Envida)**
Neighbourhood residents are welcome at the restaurant. Please book first. You can also hire a mobility scooter here.
Abtstraat 13
043 631 47 60
www.envida.nl

Sports and exercise

Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email to info@maastrichtsport.nl. We'd be happy to help.

- 14 Basketball court and football pitch**
Sint Teunisstraat
- 15 Basketball court, skate park and sports cage**
Grote Griend
- 16 Boule courts**
There are boule courts on the following streets and squares: Grote Looiersstraat, Franciscus Romanushof, Misericordeplein and Bourgogneplein.
- 17 Judoclub Tsukuri Maastricht**
Statensingel 151
www.tsukuri.nl
- 18 Yoga for seniors (70+)**
Hoogbrugstraat 42
www.maastrichtsport.nl

Caring for a loved one

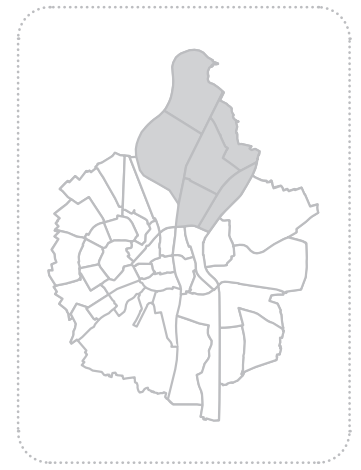
- 19 Elisabeth Strouvenfonds**
Get financial assistance for your great idea that helps other people, nature or culture in the city.
Abtstraat 3
043 763 08 99
www.elisabethstrouvenfonds.nl
- 20 Maastricht Doet!**
Helps volunteers and brings volunteers and organisations looking for volunteers in contact with each other.
Avenue Céramique 50
043 763 00 00
www.maastrichtdoet.nl
- 21 Stichting Samen Onbeperkt**
Activities for people with disabilities.
Zwanenstraat 4
06 83 82 46 85
www.samenonbeperkt.nl
- 22 Maastricht St. Vincent de Paul Society**
Helps people in poverty.
Alexander Battalaan 9
www.vincentiusmaastricht.nl



For further information: www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the Central Maastricht area director for the municipality of Maastricht, Erwin Gerardu, email address: stadsdeel.centrum@maastricht.nl or call 14 043.

North Maastricht

Beatrixhaven, Borgharen, Itteren, Limmel, Meerssenhoven, Nazareth



Meeting & interacting

1 Nazareth neighbourhood centre
Meet up, drink coffee, go for a walk, play games. You can also hire a mobility scooter at this community centre.

Miradorplein 39
043 363 27 00
www.buurtcentrum-nazareth.nl

2 Kapelaan Lochtmanhuis community centre

Meet up, drink coffee, play bingo and take part in other activities.

Populierweg 36
043 363 64 38
lochtmanhuis@ziggo.nl

3 De Aw Sjaol community centre
Drink coffee, go for a walk, play games, attend lectures.

Kapelaanstraat 71
06 21 63 51 22
www.itteren.nl

4 Haarderhof community centre
Meetings, parties, rehearsals and casual meet ups.

Schoolstraat 8
06 25 09 77 30
www.stichtinghaarderhof.nl

5 Limmel community lounge
Meet ups, coffee, language café, Trajekt office hours, card games and more.

Emmausstraat 61
06 52 80 75 96
nel.knapen@trajekt.nl

6 Aan de Maas community centre
Meet ups, coffee and more.

Schoolstraat 27a
eretz@ziggo.nl

7 Limmel petting zoo

Judeaweg 110a
06 34 11 26 20
www.kinderboerderijlimmel.nl

8 Aansjuive social restaurant
Healthy and affordable food.

For residents aged 60+
Kapelaanstraat 71
06 30 20 52 47
www.itteren.nl

9 Language café (Trajekt)
A fun way to practise and improve your Dutch.

Emmausstraat 61
06 52 80 75 96
www.trajekt.nl

10 Nazareth meeting point
Coffee, activities, language lessons, Kredietbank office hours.

Kasteel Schaloenstraat 54
06 52 80 75 96
nel.knapen@trajekt.nl
www.trajekt.nl

Neighbourhood networks and associations

Neighbourhood networks, platforms and associations are there to serve the neighbourhood. They organise activities and are committed to the residents, providing opportunities to meet up and connect with one another.

11 Nazareth community interests

Meerssenerweg 69A
06 25 17 49 09
buurtbelangen-nazareth.nl

12 Borgharen neighbourhood network

buurtnetwerkborgharen@gmail.com

13 Limmel neighbourhood council

Emmausstraat 65
buurtraadlimmel@gmail.com

Health

Check the other area pages or the general page for addresses.

Sports and exercise

Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email to info@maastrichtsport.nl. We'd be happy to help.

14 Maastrichtse Gehandicapten Sportvereniging
Sports club where people with (and without) disabilities can play sports together.

Het Kempke 14
06 46 54 14 73
www.mgs-maastricht.nl

15 Boules

Schoolstraat 3
www.pclebutborgharen.nl

16 Gymclub Itteren

043 364 53 49
www.itteren.nl

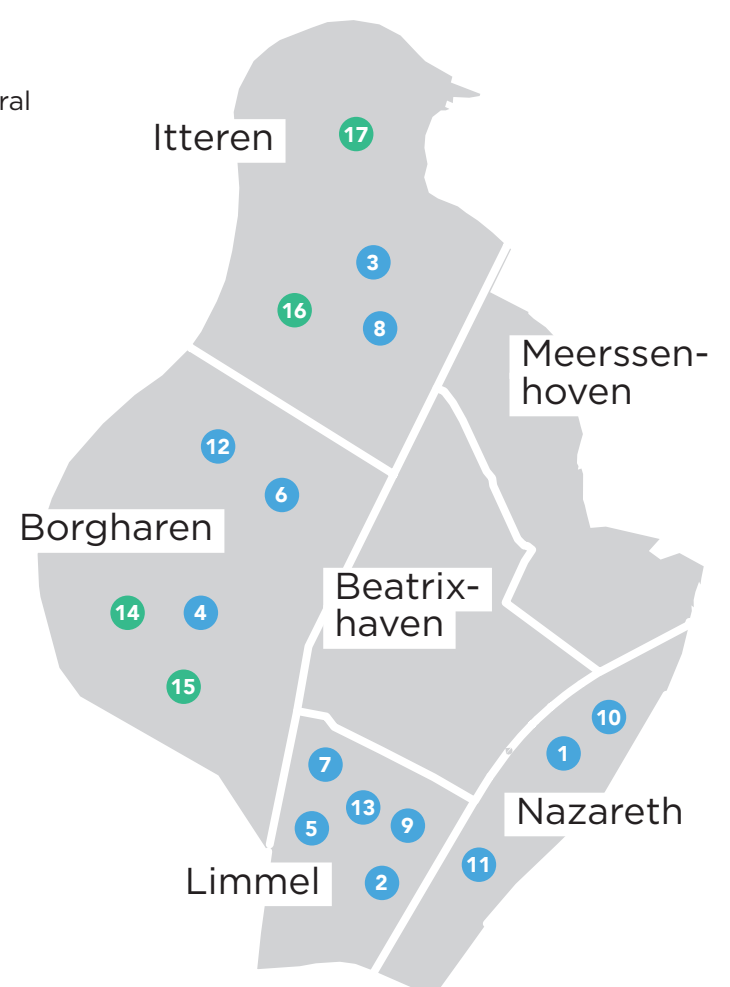
17 De Maasleupers hiking club

This club meets at and leaves from the church in Itteren.

Brigidastraat 66
06 21 61 18 13
www.itteren.nl

Caring for a loved one

Check the other area pages or the general page for addresses.



For further information: www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the North Maastricht area director for the municipality of Maastricht, Mariëlle Munnecom, email address: stadsdeel.noord@maastricht.nl or call 14 043.

North West Maastricht

Belvédère, Bosscherveld, Boschpoort, Caberg, Frontenkwartier, Lanakerveld, Malpertuis, Oud-Caberg, Pottenberg



Meeting & interacting

- 1 Azaro**
Adult day care centre where everyone's welcome.
Pastoor Moormanstraat 80
06 13 46 87 58
www.azaro.nu
- 2 Malpertuis library service point**
Borrow books, attend lectures, workshops and exhibitions. Learn to write better Dutch. Learn to use your phone, computer and the Internet better.
Sproetepad 20
043 350 56 00
www.bibliotheek.centreceramique.nl
- 3 't Plekske Malpertuis community centre**
Get answers to questions about computers, the Internet and phones. Bingo and creative activities.
Sproetepad 20
06 52 59 30 81
www.trajekt.nl
- 4 't Potterieke community centre**
Meet ups, coffee and food.
Terra Cottaplein 18
043 851 50 02
www.trajekt.nl
- 5 Aw Sjaol community centre**
Meet ups, relaxation, dancing, day care.
Pastoor Moormanstraat 80
www.buurthuisawsjaol.nl
- 6 De Luibe neighbourhood centre**
Meet ups, dancing.
Van Akenweg 15
043 343 07 22
- 7 De Romein neighbourhood centre**
Services for the elderly and youth work, bread bank.
Potteriestraat 30
043 347 30 09
- 8 De Wiemerink neighbourhood centre**
Coffee, community theatre, bingo, painting and more.
Spinetlaan 25
043 347 32 46
www.trajekt.nl
- 9 Buurtopera Zuid (Studio Malpertuis)**
Opera and musical theatre for people of all ages.
Malpertuisplein 60
043 321 01 66
www.operazuid.nl

10 Speelplan West
Meet ups and help for parents. You can also borrow games and take part in other activities.
Sproetepad 20
06 11 87 41 62
www.trajekt.nl

11 De Rink
De Rink is home to several organisations that can help with food, a bicycle, clothing and personal care products. They can also help with questions about computers, tablets and phones.
Zoetmanstraat 75
06 54 33 89 59
www.de-rink.nl

Health

Check the other area pages or the general page for addresses.

12 SGL Maastricht
Information, help and advice for people with brain damage. They weren't born with this damage (non-congenital brain injury). Family and friends are also welcome.
Symphoniesingel 60
043 347 84 44
www.sgl-zorg.nl

Sports and exercise

Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email info@maastrichtsport.nl. We'd be happy to help.

13 Exercise for free at De Wiemerink neighbourhood centre
Country dancing, line dancing, yoga, gymnastics for different ages.
Spinetlaan 25
043 350 45 00
www.maastrichtsport.nl

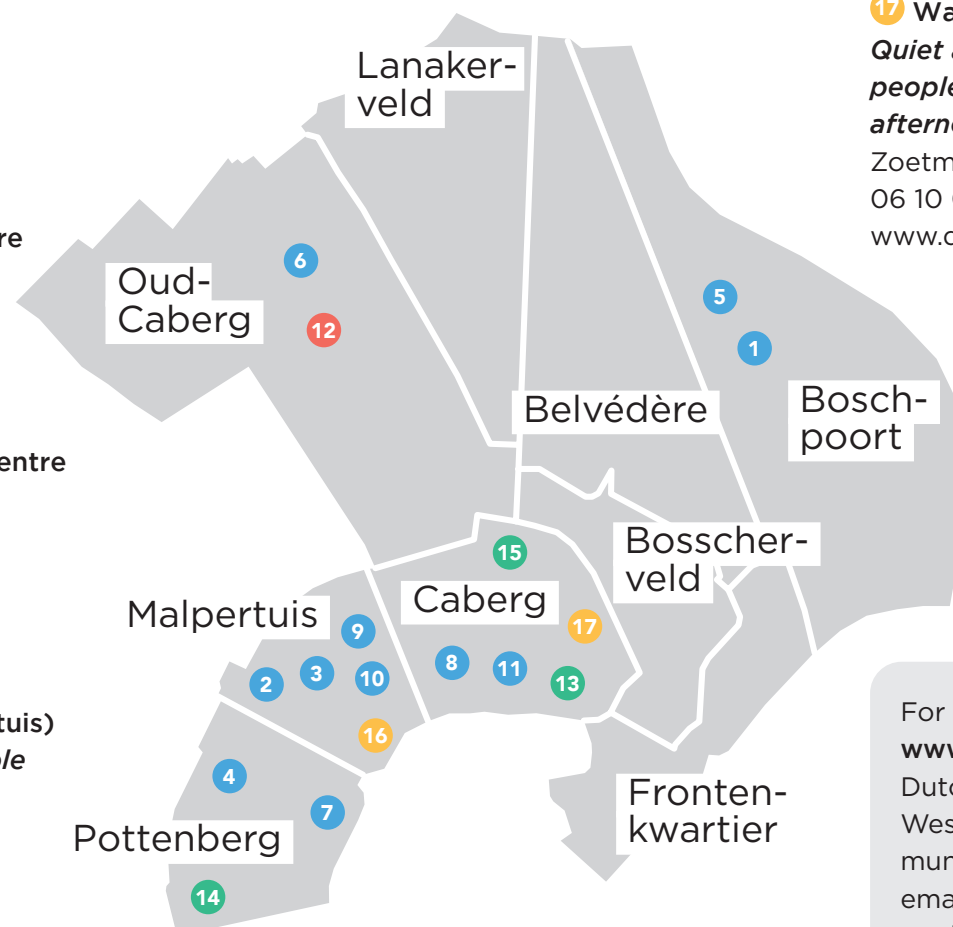
14 Olympic Taekwondo Maastricht
Opalinesstraat 36
06 20 40 61 47
www.olympictaekwondo.nl

15 Fort Willem playground
Kastanjelaan 50
043 321 13 97
www.speeltuinfortwillem.nl

Caring for a loved one

16 Support for informal carers
Information and advice for informal carers.
Reinaartsingel 37
06 11 06 87 04
www.smo-mantelers.nl

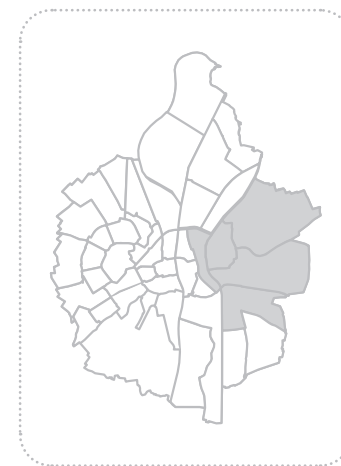
17 Walk-in at Quiet
Quiet alleviates poverty and empowers people. Drop by on a Monday or Wednesday afternoon - the coffee's always ready.
Zoetmanstraat 75
06 10 03 13 60
www.quiet.nl/quiet-maastricht



For further information:
www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the North West Maastricht area director for the municipality of Maastricht, Luca Azzarito, email address: stadsdeel.noord-west@maastricht.nl or call 14 043.

East Maastricht

Amby, Heer, Scharn, Wittevrouwenveld, Wyckerpoort



Meeting & interacting

- 1 Heer library service point**
Borrow books, attend lectures, workshops and exhibitions.
Concordiastraat 1
043 350 56 00
www.bibliotheek.centreceramique.nl
- 2 Amyerhoof community centre**
Play bridge, paint, sing, put on plays, gymnastics and more.
Severenplein 27
043 363 46 51
www.amyerhoof.nl
- 3 Amby community lounge (De Koffiepot)**
Meet ups, activities and office hours.
Arenborghoeve 2
06 36 40 84 24
www.buurtplatform-amby.nl
- 4 Sjuif a-en community lounge**
Meet people from the neighbourhood.
Gerard Walravenstraat 92A
06 20 70 38 97
www.buurtplatformheer.nl
- 5 De Kern community lounge**
Meet ups, coffee, crafts and more.
Prof. Kernstraat 7
www.wyckerpoortmaastricht.nl
- 6 Aen de Wan meeting place**
Meet ups, sports, gymnastics, make music, culture and more.
Einsteinstraat 32
043 361 22 46
www.aendewan.nl
- 7 Salvation Army shop**
Meet ups, coffee, food and clothing.
Adelbert van Scharnlaan 5D
06 25 76 55 04
eline.boersema@legerdesheils.nl
- 8 Resto VanHarte social restaurant**
Enjoy a healthy, affordable meal with others.
In Amby: Lovendaalhoeve 30
In Wittevrouwenveld: Edisonstraat 4
0900 900 30 30
www.restovanharte.nl/maastricht
- 9 Wittevrouwenveld meeting place**
Social restaurant, sports, Trajekt evening office hours, cooking club for people with Alzheimer's.
Edisonstraat 4
043 763 00 10
trefwvv@xs4all.nl

- 10 Moetiara Maloekoe**
Advocates for the Moluccan community and organises activities for all.
Godefridus van Heerstraat 38
043 367 18 15
www.moetiaramaloekoe.com

Neighbourhood networks and associations
Neighbourhood networks, platforms and associations are there to serve the neighbourhood. They organise activities and are committed to the residents, providing opportunities to meet up and connect with one another.

- 11 Amby neighbourhood platform**
06 36 40 84 24
www.buurtplatform-amby.nl
- 12 Heer neighbourhood platform**
06 31 17 69 49
www.buurtplatformheer.nl
- 13 Wyckerpoort neighbourhood network**
www.wyckerpoortmaastricht.nl
- 14 Wittevrouwenveld neighbourhood network**
www.buurtnetwerkwvv.nl
- 15 Scharn neighbourhood network**
www.buurtnetwerkscharn.nl

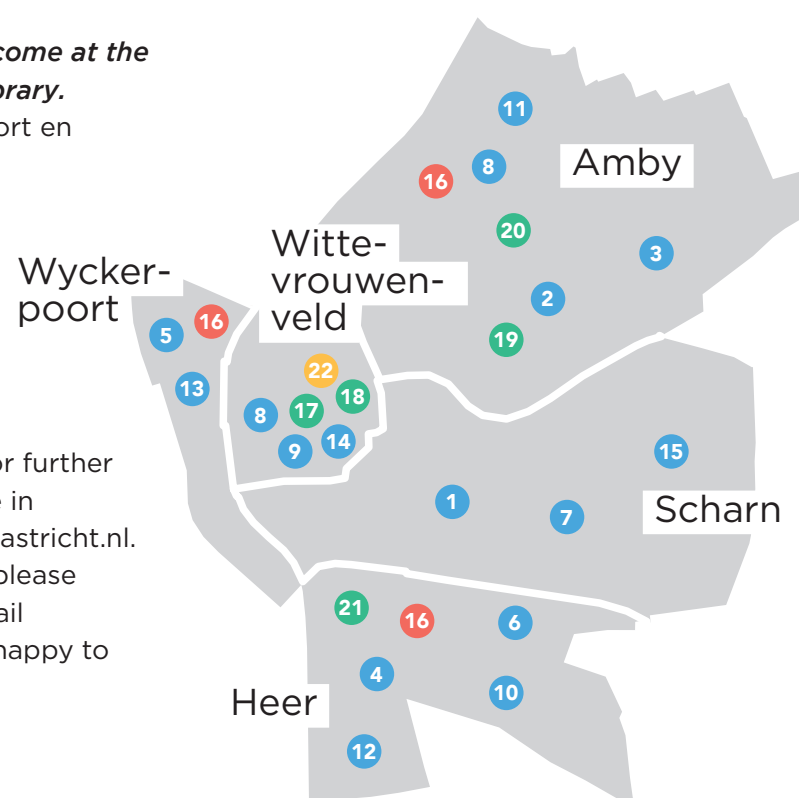
Health

- 16 Woonzorgcentra Envida**
Neighbourhood residents are welcome at the shop, restaurant, hair salon and library.
3 in Amby: Lindenhoven, Hagerpoort en De Zeven Bronnen
1 in Heer: Croonenhoff
1 in Wyckerpoort: Koepelhof
0900 223 34 40
www.envida.nl

Sports and exercise

Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email info@maastrichtsport.nl. We'd be happy to help.

- 17 Exercise for Women (Maastricht Sport)**
For women of all ages who want to exercise more.
Edisonstraat 4
www.beweeginmaastricht.nl
 - 18 Bodytraining (Maastricht Sport)**
Exercising to music.
Amalbergastraat 21
www.beweeginmaastricht.nl
 - 19 Geusseltbad swimming pool**
Swimming, swimming lessons, restaurant.
Discusworp 4
043 350 45 00
www.geusseltbad.nl
 - 20 Outdoor fitness and hiking (Maastricht Sport)**
Sportpark Geusselt Noord, Discusworp 8
www.beweeginmaastricht.nl
 - 21 Heer playground**
Akersteenweg 71
06 41 68 97 38
www.speeltuinhoer.wordpress.com
- Caring for a loved one**
- 22 North East District Service Point (WSP)**
Edisonstraat 4
043 763 00 10
www.trajekt.nl



For further information: www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the East Maastricht area director for the municipality of Maastricht, Roland Olvers, email address: stadsdeel.oost@maastricht.nl or call 14 043.

West Maastricht

Belfort, Brusselsepoort, Daalhof,
Dousberg-Hazendans, Malberg, Mariaberg



Meeting & interacting

- 1 Daalhoeve farm**
Petting zoo and care farm.
Alesiahof 40
043 347 47 86
www.daalhoeve.nl
- 2 Manjefiek neighbourhood bistro**
Healthy, fun meals with others.
Malbergsingel 70
06 47 77 18 72
www.trajekt.nl
- 3 Mariaberg neighbourhood centre**
Meet ups, coffee, second-hand items, meals with others.
Louisestraat 16
043 763 00 00
www.trajekt.nl
- 4 Atrium neighbourhood centre**
Drinking coffee, bingo, exercising.
Aureliushof 160
043 354 05 18
www.buurtcentrumdaalhof.nl
- 5 Mariaberg neighbourhood centre**
Meet ups, coffee, answers to questions on computers and mobile phones.
Anjelierenstraat 35
043 763 00 00
www.trajekt.nl
- 6 Het Beihuis community lounge**
Coffee, health café, jumble sales and more.
Brusselsepoort 1
www.buurtnetwerkbrusselsepoort.nl
- 7 Veer Zien Malberg community lounge**
Meet ups, enjoy meals and singing with others and more.
Daaldersruwe 93
www.veerzienmalberg.nl
- 8 Het Ruweel district centre**
Yoga, gymnastics, singing, bingo and bridge.
Malbergsingel 62
043 347 42 59
www.hetruweel.nl
- 9 Centre Manjefiek Malberg**
Manjefiek Kindcentrum, MIK Kinderopvang and Trajekt welfare work.
Malbergsingel 72
043 763 00 30

Neighbourhood networks and associations

Neighbourhood networks, platforms and associations are there to serve the neighbourhood. They organise activities and are committed to the residents, providing opportunities to meet up and connect with one another.

- 10 Belfort-Daalhof neighbourhood network**
Aureliushof 160
buurtnetwerkbd@gmail.com
- 11 Brusselsepoort neighbourhood network**
Brusselsepoort 1
www.buurtnetwerkbrusselsepoort.nl
- 12 Mariaberg neighbourhood network**
Anjelierenstraat 35
buurtnetwerkmariaberg@gmail.com
- 13 Hazendans work group foundation neighbourhood network**
Hazendansplein 17
buurtnetwerkhazendans@gmail.com
- 14 Veer Zien Malberg neighbourhood network**
www.veerzienmalberg.nl

Health

- 15 Envida Herculeshof multifunctional centre**
Meet ups with activities for and by the neighbourhood.
Herculeshof 20
www.envida.nl
- 16 Scharwyerveld assisted living centre (Sevagram)**
Neighbourhood residents are welcome at the hair salon and restaurant. You can also hire a mobility scooter here.
Daaldersruwe 93
088 991 32 00
www.sevagram.nl
- 17 De Mins assisted living centre (Envida)**
Neighbourhood residents are welcome at the restaurant.
Ponjaardruwe 91
043 851 12 00
www.envida.nl

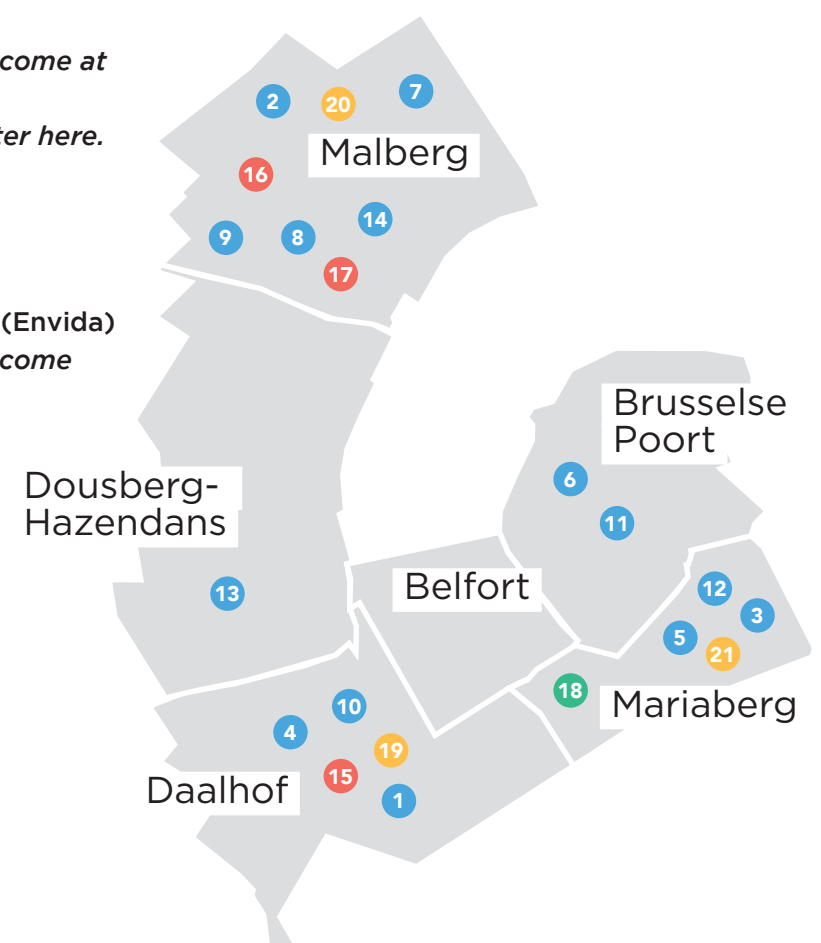
Sports and exercise

Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email info@maastrichtsport.nl. We'd be happy to help.

- 18 Cycling lessons from Traffic Safety Group (VVG) Maastricht**
Floresstraat 5
06 53 77 19 52

Caring for a loved one

- 19 Herculeshof informal care café**
Meeting place for informal carers: people who care for someone for a long time.
Aureliushof 160
043 354 05 18
www.mantelzorgzuid.nl
- 20 North West District Service Point (WSP)**
Answers to questions on income, housing, work and life.
Malbergsingel 70
043 763 00 30
www.trajekt.nl
- 21 South West District Service Point (WSP)**
Answers to questions on income, housing, work and life.
Anjelierenstraat 35
043 763 00 40
www.trajekt.nl



For further information: www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the West Maastricht area director for the municipality of Maastricht, Liliane Geraerds, email address: stadsdeel.west@maastricht.nl or call 14 043.

South Maastricht

De Heeg, Heugem, Heugemerveld, Randwyck, Vroendaal



Meeting & interacting

- 1 Breincafé**
Meeting place for people with brain damage who weren't born with it (non-congenital brain injury). Family and friends are also welcome.
Roserije 410
043 763 00 74
www.sgl-zorg.nl
- 2 De Boeckel neighbourhood centre**
Coffee, activities and assistance.
Roserije 410
043 763 00 20
www.trajekt.nl
- 3 De Klaekeburg community centre**
Meet ups, meetings, making music, plays.
Gronsvelderweg 142
043 361 22 30
www.deklaekeburg.nl
- 4 Heugem community lounge**
Food, darts, cards and other activities.
Gronsvelderweg 90
www.smile043.nl
- 5 La Bellettsa community lounge**
Coffee, bingo, crafts, games, lunch.
Kardinaal van Rossumplein 99
06 22 13 07 29
www.trajekt.nl
- 6 H't Heegeneerke community lounge**
Walks, bingo, coffee, social restaurant and more.
Roserije 410
043 763 00 74
www.heegeneerke.nl
- 7 De Heeg petting zoo and care farm**
Maastrichterweg 2B
06 82 69 36 39
www.kinderboerderijdeheeg.com
- 8 Parkinson Café Maastricht**
Meeting place for people with Parkinson's disease and their family and friends.
Buurtcentrum De Boeckel
Roserije 410
www.parkinson-vereniging.nl

Neighbourhood networks and associations
Neighbourhood networks, platforms and associations are there to serve the neighbourhood. They organise activities and are committed to the residents, providing opportunities to meet up and connect with one another.

- 9 Heugemerveld neighbourhood network**
bnw.heugemerveld@gmail.com
- 10 Like de Heeg neighbourhood network foundation**
Roserije 410
www.buurtnetwerklikedehieg.jouwweb.nl

Health

- 11 Zorgatelier Maastricht**
Offers day care activities for adults among other services.
Heugemerstraat 267
043 343 41 39
www.zorgateliermaastricht.nl

Sports and exercise

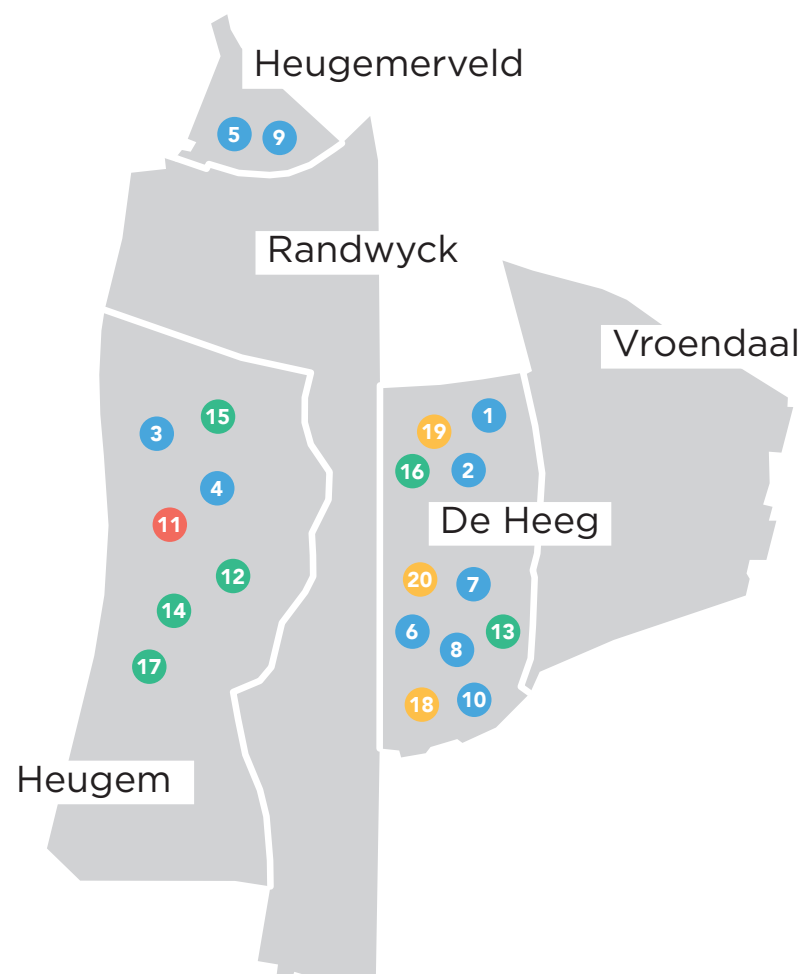
Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email info@maastrichtsport.nl. We'd be happy to help.

- 12 SMILE Foundation**
Meet people, exercise and learn to live a healthier lifestyle.
Gronsvelderweg 90
www.smile043.nl
- 13 Velorium Outdoor Sports & Bikepark**
Cycling lessons for beginners of all ages.
Maastrichterweg 7
06 42 17 34 54
www.velorium.nl
- 14 Tennisclub LTV Heugem**
Gronsvelderweg 100
043 361 61 64
www.ltv-heugem.nl

- 15 Voetbalclub RKHSV**
Gronsvelderweg 90
www.rkhsv.nl
- 16 Volleybalclub Jokers V.C.**
Roserije 500
06 18 26 80 50
www.jokersvc.nl
- 17 Randwijck water sports association**
Lage Weerd 10
043 361 44 37
www.wsvrandwijck.nl

Caring for a loved one

- 18 South East District Service Point (WSP)**
Answers to questions on income, housing, work and well-being.
Roserije 410
06 39 55 03 23
www.trajekt.nl
- 19 De Heeg general social work centre**
Roserije 410
043 763 00 20
www.trajekt.nl
- 20 Weggeefwinkel De Heeg**
At this shop, you can donate items you no longer need or take home whatever comes in handy. Everything is free.
Roserije 119
043 763 00 00
www.trajekt.nl



For further information: www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the South Maastricht area director for the municipality of Maastricht, Luuke Schmidt, email address: stadsdeel.zuid@maastricht.nl or call 14 043.

South West Maastricht

Biesland, Campagne, Jekerdal, Sint Pieter, Villapark, Wolder



Meeting & interacting

- 1 Athos Eet-Maakt-Doet**
Meet ups, enjoying meals, learning and working together.
Athoslaan 12A
088 350 50 63
www.athos-maastricht.nl
- 2 Sint Pieter neighbourhood centre**
Meet ups, learning, relaxing and taking care of each other.
Pastor Kribsweg 14A
06 19 12 06 03
www.buurtcentrumsintpieter.nl
- 3 Samen Tuinieren community garden**
Work in the garden and meet people.
Pastoor Kribsweg 14A
www.pieterbuurt.nl
- 4 Blije Burenhulp community lounge**
Meet ups, coffee and more.
Monseigneur Vranckenplein 2
Di 14.00 - 16.30 uur
- 5 De Foyer community lounge**
Meet ups, coffee and more.
Tongerseweg 400
www.aangenaamwoldercampagne.nl
- 6 Belfort society for the elderly**
Card games, music, coffee and more.
Tongersestraat 335A (Parochiehuis)
06 30 81 60 44
- 7 Repair Café Maastricht-West**
Free repairs of household appliances and clothing.
Ursulinenweg 20
06 40 19 02 45
- 8 Jekerdal friends of natural gardens association**
Learn about gardening, take part in activities or just enjoy nature.
Drabbelstraat 7
06 12 02 26 20

Neighbourhood networks and associations
Neighbourhood networks, platforms and associations are there to serve the neighbourhood. They organise activities and are committed to the residents, providing opportunities to meet up and connect with one another.

- 9 Campagne neighbourhood network**
www.buurtcampagne.nl
- 10 St. Pieterbuurt neighbourhood network**
info@pieterbuurt.nl
www.pieterbuurt.nl

Health

- 11 Campagne assisted living centre (Sevagram)**
Neighbourhood residents are welcome to join afternoons for the elderly. You can also hire a mobility scooter here.
Médoclaan 66
043 354 93 31
www.sevagram.nl
- 12 Residentie Gerlachus assisted living centre**
Bieslanderweg 60
085 130 55 70
www.gerlachusmaastricht.nl
- 13 Licht en Liefde assisted living centre (Sevagram)**
Neighbourhood residents are welcome to join afternoons for the elderly.
Prins Bisschopsingel 20
088 991 31 00
www.sevagram.nl

Sports and exercise

Note: this is not a complete list. For further information on sports and exercise in Maastricht, visit www.beweeginmaastricht.nl. For questions or personal advice, please call 043 350 45 00 or send an email info@maastrichtsport.nl. We'd be happy to help.

- 14 Maastricht athletics club**
Mergelweg 140
043 325 13 40
www.atletiekmaastricht.nl
- 15 Kimbria Racket Club**
Tennis and padel.
Mergelweg 120
043 321 47 78
www.kimbriaracketclub.nl

- 16 Lawn tennis club (LTC) Maasvogels Tennis.**
Nekummerweg 6
043 852 16 22
www.ltcmaasvogels.nl

- 17 De Mergelhoof natural playground**
Heiweg 1
www.natuurspeeltuindemergelhoof.nl

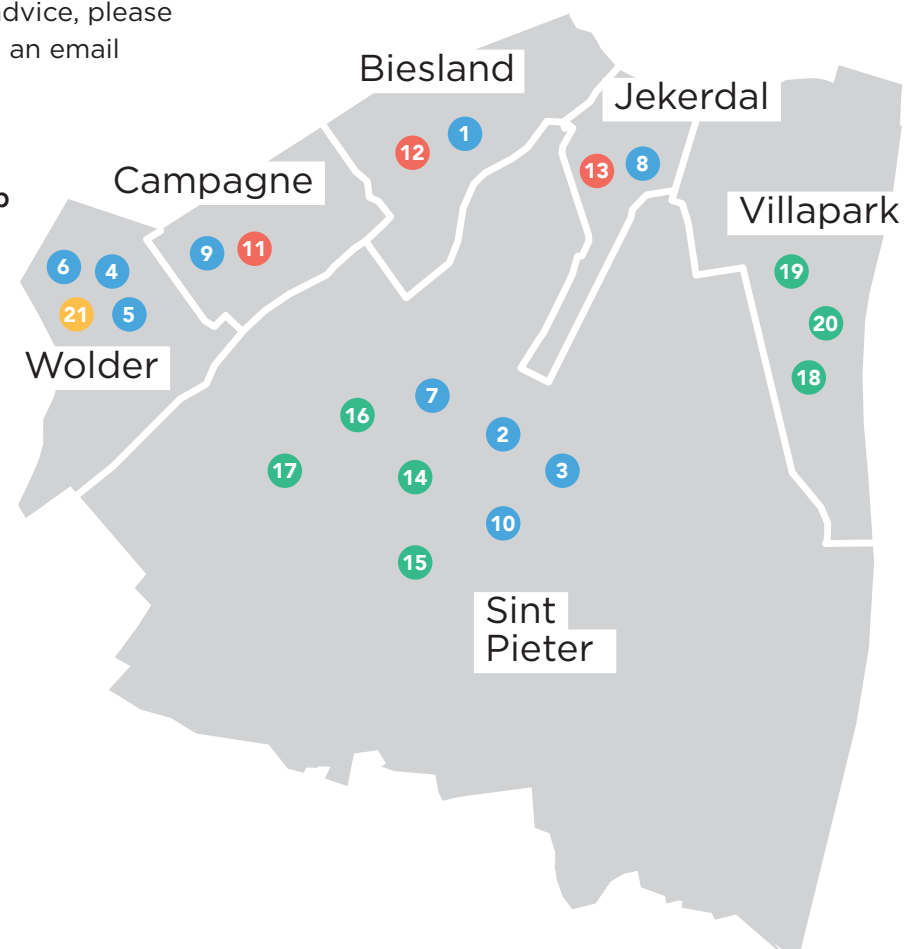
- 18 Jan van Gent waterscouting club**
Become a volunteer and supervise children on adventures on and around the water.
www.waterscoutingjanvangent.nl

- 19 MCC water sports association**
Hoge Kanaaldijk 80
06 43 41 12 73
www.mccmaastricht.nl

- 20 Treech '42 water sports club (WSC)**
Hoge kanaaldijk 70
06 20 31 78 46
www.treech42.nl

Caring for a loved one

- 21 Blije Buren Hulp**
Neighbours help each other with odd jobs and do fun things together.
Tongerseweg 380
06 83 19 20 70
www.aangenaamwoldercampagne.nl



For further information: www.socialekaartmaastricht.nl (only in Dutch). Or send an email to the South West Maastricht area director for the municipality of Maastricht, Rieneke Soumete, email address: stadsdeel.zuid-west@maastricht.nl or call 14 043.

For the entire city

Locations and organisations in the city
you can contact for assistance and/or activities



1 Maastricht Library at Centre Céramique

Explore, meet up, learn, develop, share knowledge, work, enjoy and relax.

Avenue Céramique 50
043 350 56 00
www.centreceramique.nl

2 Sexual Health Centre - GGD Zuid-Limburg

Help and advice for sexual health.

Brouwersweg 100
088 880 50 44
www.ggdzl.nl

3 Deken Hanneman Foundation

This foundation connects people who need help at home with volunteers.

06 29 35 77 72
www.dekenhannemanstichting.nl

4 Limburg Heart for Pets pet food bank

This food bank offers packages of pet food for those in need.

Anjelierenstraat 35
06 17 11 73 72
www.hvhlimburg.nl

5 Humanitas Maastricht-Heuvelland

Get help to do something about your situation, such as if you're feeling lonely.

Baron van Hövellstraat 4
043 356 04 48 (general) of
06 51 08 87 53 (if you're feeling lonely)
www.humanitas.nl/maastricht-heuvelland

6 Limburg autism support group

Meet other adults with autism (ASD).

Vijverdalseweg 1
06 48 36 89 55
www.lgal.nl

7 Maastricht Sport

Gets you moving.

Discusworp 4
043 350 45 00
www.maastrichtsport.nl

8 Mondriaan - for mental health

Classes, lectures, film nights and workshops on mental health for everyone. Help with mental health problems.

Vijverdalseweg 1 (hoofdlocatie in Maastricht)
088 506 94 44
www.mondriaan.eu

9 Serve the City

Helping others creates connection in the city.

Sphinxcour 9A (inside The Social Hub)
06 11 06 87 87
www.stcmaastricht.nl

10 Steunpunt Mantelzorg Zuid

Support centre offering information and advice for (informal) caregivers who care for someone for a long time.

Mockstraat 1
043 321 50 46
www.mantelzorgzuid.nl

11 Ouders voor Ouders foundation

Help for and by parents of a child who needs extra care.

Galjoenweg 64
06 55 39 77 82
www.stichtingoudersvoorouders.nl

12 Takecarebnb

Become a host family for refugees.

085 773 11 21 (on Tues. and Thurs. between 9.00 and 17.00)
www.takecarebnb.org

13 Toon Hermans Huis Maastricht

A place for (former) cancer patients and their family and friends offering activities, workshops and meetings.

Sint Servaasklooster 33
043 326 10 00
www.toonhermanshuismaastricht.nl

14 VluchtelingenWerk

Helps refugees and asylum seekers.

Hertogsingel, between numbers 98 and 100
043 321 13 86
www.vluchtelingenwerk.nl

15 South Limburg food bank

This food bank offers packages of food for those in need.

045 533 19 33
www.voedselbanklimburg-zuid.nl

16 Adult Fund Sport and Culture Limburg

Funding to help play sports or for a cultural hobby.

14 043
www.gemeentemaastricht.nl/volwassenenfonds

17 Quiet Maastricht

Helps you when you don't have enough money to live.

Aartshertogenplein 24
06 10 03 13 60
www.quiet.nl/quiet-maastricht

Finished reading?

You can also find us on www.socialekaartmaastricht.nl
or www.thuisinmaastricht.nl.

TiM would love to hear about your favourite organisation or spot in town. Share your story or idea. Send us an email: redactie@thuisinmaastricht.nl or call **14 043** (ask for Communications). Feel free to contact us with any questions on the content of this magazine.



Gemeente Maastricht