

JUTTUTAJA  
100%

Tässä  
puheenaihe-  
ehdotuksia:

Guided phone support for seniors belonging to different language and cultural groups who have moved to Finland!

We are Finland's first new type of phone support project offering telephone services in different languages.

**Do you feel lonely?** Do you need a volunteer who speaks your own language, to make everyday life happy and uplifting, to give you a telephone conversation once a week on one of the agreed topics?

**Are you longing for a chat club** so that you can create an outlook to everyday life and that is full of joy? Do you need more information about services for the elderly in your area or are you worried about your memory?

**With a volunteer, or Jututtaja**, you can talk about your own well-being, do a little brain exercise or functional tasks and remember the past: there are many options.



Are you interested?  
**Call us!**

Get in touch with us and we will be happy to tell you more!

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**Kulttuurinen Moninaisuus- Muistikeskus ry** (The Finnish Centre for Cultural Diversity and Memory) **MUKES** is an organization founded in 2020 that promotes culturally sensitive memory work and cooperation between different actors to improve the status of aging people belonging to linguistic and cultural minorities in Finland.

[www.mukes.fi](http://www.mukes.fi)

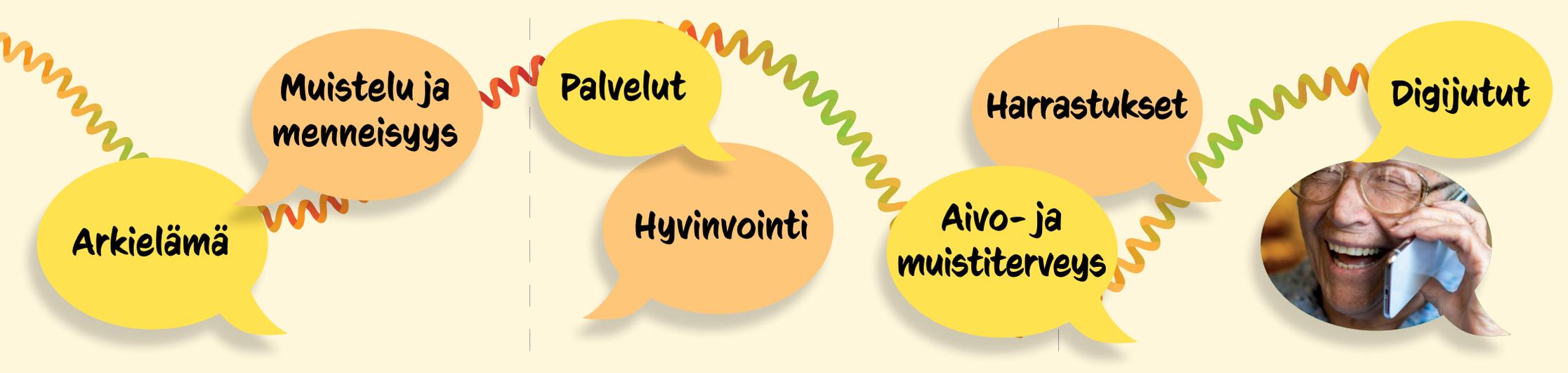
Would you like  
someone  
to talk to you?



Phone support for seniors living at home who belong to different language and cultural groups!



Jututtaja-project 2023–2025



## An introductory call

If you answered yes, then make an appointment for an introductory call, and we will call you at the time you wish! In the introductory call, we discuss your situation, your wishes, your needs, and how we can be of help. If we agree to start, the first call time is agreed upon in the introductory call, which includes the volunteer, the instructor and if necessary, other relatives.

**Chatter calls are always free!**  
You can book a low threshold introductory call and it is not binding. Feel free to contact the project workers.

## Volunteer training

We train all volunteers to talk about different topics such as brain and memory health and services in the area. The narrator has small cheerful tasks at his/her disposal to brighten up everyday life. Through this, we increase the activities in your everyday life.



## Does this sound good?

Background checks are done on all volunteers and the calls can also be connected to the Jututtaja project workers, in which case the phone numbers of the volunteer and yours will only be known to the project workers.

**Soitellaan!**

**JUTTUTAKUUN  
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