

The Centre for Senior Citizen Initiatives

Poznan, Poland

Experience in Volunteering

AWAKE PARTNERSHIP MEETING
9. February, Turin, Italy

The number of old people in Poznań increases: the percentage of citizens over 60 in 2010 was 22% and it could be 26% in 2020, according to prognosis, so one of the priorities is using potential of elderly people for the community in our city



The Centre for Senior Citizen Initiatives

- is a municipal unit
- established by Poznań City Council on 8th December 2009
- the Centre has been operating since January 2010
- the aim of the Centre activities is to improve the quality of seniors' life including increasing their participation in social life, particularly in the area of education, health, culture and art



Centrum Inicjatyw Senioralnych

The scope of Centre activities comprises the following tasks:

- realizing the programme for active ageing,
- researching and analysing social needs of senior environment,
- regarding information and education in the sphere of social inclusion and intergenerational dialogue,
- promoting and encouraging to participation in educating programmes and trainings,

- promotion of the elderly people as a significant and valuable part of the community,
- **promotion and support of seniors' voluntary activities,**
- using knowledge and experience of the oldest generation,
- self-creation and self-realization of the oldest generation in the field of culture,
- providing counselling and advocacy for interests of senior citizens and their families.



Monika Szelażewicz
DIRECTOR



Natalia Wiśniowska
OFFICE



Magdalena Krysińska-Sowa
CONTACT WITH
LOCAL ORGANISATIONS,
PROJECT MANAGER



Maria Sitarska
INFORMATION
AND PROMOTION



Centrum Inicjatyw Senioralnych

CENTER'S TEAM

*Miasto know-how



Adrianna Brzostowska
COORDINATOR OF THE
„RECO” PROJECT

Zofia Machowiak
50+ VOLUNTEERING
CENTRE



- The population of Poznań is over 550 000 people – if the percentage of citizens over 60 is 22%, we have about 120 000 senior citizens in our city (without mentioning about people over 50 !)
- (It's clear that there will be a lot of people to take care of)
- It's necessary to realize to the future seniors that **they should be active as long as it's possible**
- It's a huge potential in those people – knowledge, experience, and mostly a lot of free time

- Survey: Diagnosis of needs and expectations of citizens of Poznan over 50
- Unit about Volunteering – people over 50 in Poznan are not interested in Volunteering

(Reasons for the lack of interest in volunteer work: lack of patience, need of care for family and relatives, lack of interest, “I am not fit for such a role”, age and health condition, lack of willingness and motivation, lack of time)

(Lack of interest in voluntary work is justified in the following way: lack of financial gain, lack of interest in such a form of leisure time activities, fear of disease and suffering of others, poor mental strength and the fear of lack of acceptance for volunteer actions from other people - including lack of understanding and reciprocity on the part of those receiving help.)

- 50+ Volunteering have no tradition in Poland
- Our mission is to realize that Volunteering is **much more** than work without salary, more than a social work – it's a great opportunity to learn, to teach, to derive satisfaction, to have fun, to help others, to stay young. We want to show all benefits seniors can get being a volunteer
- Our task is to show in how **many ways** adult can be a volunteer; we try to encourage and convince them, showing real seniors and effects of their activity

- We promote the idea of voluntary work of 50+ people and manage "50+ Volunteering Centre“:
- We connect ngo's interested in involving volunteers with seniors, and recommend proper organisations to the seniors
- We organize trainings and counselling for seniors and ngo's
- We prepare recommendations and solutions for organisations and institutions how to facilitate 50+ Volunteering



Centrum Inicjatyw Senioralnych



Strona główna

Punkt informacji 50+

Poznański Wolontariat 50+

Szukam
wolontariusza

Chcę być
wolontariuszem

Aktualności

Kontakt

Jesteś tu: Poznański wolontariat 50+

Poznański Wolontariat 50+

Poznański Wolontariat 50+ (PW 50+) jest projektem realizowanym przez Centrum Inicjatyw Senioralnych w Poznaniu.

PW 50+ zachęca do podjęcia wolontariatu osoby w wieku 50+ i pomaga znaleźć im odpowiednie miejsce pracy wolontaryjnej. PW 50+ pośredniczy pomiędzy wolontariuszami a instytucjami i organizacjami pozarządowymi, potrzebującymi ich pomocy, prowadzi szkolenia, udziela wsparcia merytorycznego.

* Miasto know-how

THANK YOU FOR YOUR ATENTION