

Foundation for Social Support Wassenaar (SMOW) =  
**Stichting Maatschappelijke Ondersteuning Wassenaar (SMOW)**  
**Van Heeckerenstraat 2**  
**2242GX Wassenaar**  
[www.smowassenaar.nl](http://www.smowassenaar.nl)

**About us:**

Our goal is for the residents of Wassenaar to be able to live as independent as possible, whether it concerns money matters and prevention of financial problems, advice on informal care, or getting active in Wassenaar. Our help is free of charge. We have a team of enthusiastic employees and dedicated volunteers. Together, we try to ensure that everyone can participate in society.

**What we do:**

**Support for Caregivers**

Many people are an informal caregiver and take long-term care for someone else, for example, because the other person is ill. Being an informal caregiver can be quite a responsibility and a difficult task with the many questions that may come up. We provide independent professional advice.

**Money & Regulation**

Nowadays, it is quite difficult for many people to make ends meet. Keeping an overview of your financial situation can also be quite difficult. It is nice to have someone next to you who can show you the way with possible solutions that help. We offer support.

**Participate and meet**

Participating in society is important for everyone. Sometimes problems arise and you need extra help. We organize activities that allow residents of Wassenaar to meet each other and live a healthy life. Also we provide – only for people who do not have other options such as Taxi, Bijbus, etc. - a transport option with AutoMaatje (for example to go to the hospital or eye care).

**Volunteers**

We can't do all this without the help of our volunteers! Being a volunteer for SMOW also gives a nice meaningful use to your time. That is why we ask you if you would like to become a volunteer and commit to one of our activities. This can be done with only a few hours a week, for example by going with someone as a buddy to go shopping; or as a volunteer driver of AutoMaatje, where you take lesser abled people to and from a desired location for a small fee of € 0.35 per km; or by acting as a host/hostess of one of the nice workshops or courses that we organize.

You can also find these activities in the program booklet on our website: <https://smowassenaar.nl/programmaboekje-januari-maart/> (in Dutch)

**Want to know more, or do you want to sign up as a volunteer?**

Please contact us at:

[Info@smowassenaar.nl](mailto:Info@smowassenaar.nl)

070-5112226 (from 09.00 tot 14.00 on weekdays)

Stichting Maatschappelijke Ondersteuning Wassenaar (SMOW) maakt deel uit van het Sociaalteam Wassenaar  
Stichting Maatschappelijke Ondersteuning Wassenaar (SMOW) is part of Sociaalteam Wassenaar

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