

"Let's keep in touch!"



Social Guide Uilenstede 2021-2022

IN AN EMERGENCY, CALL 112

Call the emergency number 112 for urgent assistance in life-threatening situations or if you witness a crime.

This leaflet is the guidepost to organizations and institutions that can offer specific help, support or activities for the residents of Uilenstede.

CONTACT DETAILS

VBU

Vereniging Bewoners Uilenstede is the tenants organization of the Campus Uilenstede. We represent all tenants living at the campus. For all your ideas, issues and suggestions, you can visit us during our contact hours. You can find our office above Il Caffè. Check our website www.vbu.nl for the opening hours. Location: Uilenstede 346a, info@vbu.nl, 06 83147714 or Facebook (VerenigingBewonersUilenstede)

DUWO

Do you have problems living at Uilenstede? For example with your neighbors or something in daily life? Please contact the Social Administrator of DUWO via 0900 2353896 or by filling in a contact form at www.duwo.nl/over-duwo/contactformulier

THE POLICE

Contact the police for questions about internet fraud, cybercrime and burglary. Also, you can get advice about: - How to deal with receiving strange packages from foreign countries; - How to host a save party; How to help your fellow tenants with their well-being (depression, addiction, etc.).

Christian Phylipsen: 0900 8844 or

christian.phylipsen@politie.nl, www.politie.nl



FIRE DEPARTMENT AMSTERDAM-AMSTELLAND

Is your home fireproof? Make an appointment with the Fire Department for personal advice and a free smoke detector. Check it out at www.brandweer.nl/amsterdamamstelland

SOCIAL WORK PARTICIPE AMSTELLAND

For your personal well-being, counseling and support. Contact: a.van.maanen@participe.nu, www.participe-amstelland.nu

WIJKCOACH PARTICIPE AMSTELLAND

If you have other questions that are not listed here you can contact the wijkcoach g.janmohamed@participe.nu, www.participe-amstelland.nu

BRIJDER

When exactly is it dangerous to take XTC and what are the risks? How can smoking weed become a problem? Any questions you might have regarding alcohol, drugs and gaming, you can address to Sjoerd Wieten, prevention expert with Brijder. All conversations can be anonymous and non committal. Feel free to contact Ester via call, text or Whatsapp: 06 23793914 or via e-mail: ester.teunen@brijder.nl, www.brijder.nl

VU SPORTSCENTRE

At VU Sportscentre you can do individual sports and team sports, from basketball to spinning, kickboxing to volleyball or just fitness; everything is possible!

Uilenstede 100, 020 5985090, info@sportcentrumvu.nl, <https://sportcentrumvu.nl/en/>

MEDICAL CENTER RANDWIJCK

Primary health care with six general practitioners, pharmacy, physiotherapy and psychology.

Hoeksewaard 147 a-d, 020-6430130, www.mcrandwijck.nl

AMSTELVEENLOKET

For help from the municipality you can contact the Amstelveenloket: www.amstelveen.nl/english, Laan Nieuwer Amstel 1, 020 5404911 or amstelveenloket@amstelveen.nl

YOUTH WORK

Having problems concerning justice, finance, housing, addiction, or family and friends email to youth work:

jongerenwerk@amstelveen.nl, www.amstelveen.nl/jongerenwerk

HEY SMART PEOPLE...
SAFETY IS STUPIDLY SIMPLE.

