

### FIELD OF ACTION 3: GOVERNANCE AND ASSOCIATIVE LIFE

*The Centre must be a model of ethical behaviour for its environment and contribute to the support of organizations. It must also have democratic management based on the best practices which demonstrate the dynamism and vitality of its associative life. In addition, it must promote the good management of its internal volunteers.*

- Policy on the management of volunteers
- Code of ethics
- Annual general meeting of members
- Board of Directors meetings
- Working committees
- Mechanisms for communication and consultation with members

### PEOPLE REACHED

- The volunteers
- The elderly people and/or with loss of autonomy
- People living in a vulnerable situation
- Organizations of the community

### WHY BECOME A VOLUNTEER?

Because volunteer action:

- Allows you to live enriching, rewarding and motivating human experiences;
- Allows you to offer assistance in your community;
- Allows you to exploit a particular talent and use it for the benefit of the community;
- Allows you to gain experience in a particular field;
- Allows you to develop self-confidence by valuing yourself in a concrete action;
- Allows you to satisfy your need to belong to a group.

***“Your presence makes a difference !”***



CENTRE d'ACTION BÉNÉVOLE  
LE HAUBAN

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CENTRE d'ACTION BÉNÉVOLE  
LE HAUBAN

***“Alone may be  
faster ...  
But together we  
go farther”***



The Centre d'action bénévole Le Hauban inc., a non-profit organization recognized as a charity organization has opened its doors in 1987. Since this time, the Centre has not stopped its promotion of volunteer action on its territory.

Our territory: From Anse-à-Valleau to Coin-du-Banc

Our mission: Promote and develop volunteer action in various sectors of human activity while promoting a space for volunteer engagement around the issues that concern the population of our territory.

The Centre fulfills its role through three fields of action.

#### **FIELD OF ACTION 1: SUPPORT FOR ORGANIZATIONS IN THE DEVELOPMENT, PROMOTION AND RECOGNITION OF VOLUNTEER ACTION.**

*This field contains all actions aiming to develop, promote and recognize volunteer action and support the volunteers in their implication.*

##### **Promotion of Volunteer Action:**

- Volunteer Action Week
- International Volunteer Day
- jebenevole.ca Pairing platform
- Spokesperson for the Hommage bénévolat-Québec award
- Various recognition activities for the volunteers of the community
- Training workshop to support the management of the volunteers in organizations

##### **Support of Volunteers:**

- Recruitment, welcome and orientation
- Training and follow-up
- Documentation



#### **FIELD OF ACTION 2: SUPPORT TO THE COMMUNITY**

*The support to the community englobes all actions that aim to offer services to individuals and support to organizations.*

##### **Services for individuals**

- Identification and analysis of needs
- Referencing and/or accompaniment service toward resources in the community

##### **Transportation assistance**

This service is intended for people of 65 years of age and over. It consists in accompanying the person, by appointment only, to health services. According to our policy, the beneficiary is accompanied by the volunteer throughout the process, until they return home. A 48 hour deadline must be respected for the fulfillment of each transportation assistance request.

##### **Meals on wheels**

This service consists of the delivery of a hot and balanced meal to the home of an elderly person who has needs and who requests the service. The meal is purchased from a caterer and a team of volunteers delivers it to peoples' homes, once a week.

##### **Frozen Meals**

This service consists of delivering delicious and nutritious frozen meals to the homes of seniors or anyone in a vulnerable situation. The meals are purchased from a caterer and a team of volunteers delivers them to peoples' homes.

##### **Friendly visits**

This service consists of a pairing between a volunteer and a person living in solitude in order to break the social and/or physical isolation through a supportive relationship.

##### **Community activities**

Depending on the funding available, the Centre can organize social activities for seniors in order to break the isolation.

##### **Income Tax Assistance Service**

A team of trained volunteers complete tax returns for individuals and families who meet the established eligibility criteria.

##### **"Mésanges" Team**

This service consists of voluntary support in palliative and end-of-life care, the mission of which is to support the person and their loved ones so that they go through this stage of life as calmly as possible. The accompaniments are offered at home by volunteers recognized and accredited by the Federation of the Albatross Movement of Quebec. A referral by a health professional is requested.

##### **Le Relais**

The purpose of this service is to allow caregivers to catch their breath in order to continue their role of support. It aims to inform, raise awareness and support by offering a home respite service, psychosocial support and conferences or workshops useful for the role of a caregiver.

*Certain services may require a financial contribution from the beneficiaries.*

##### **Support for Organisations**

- Consultation
- Training
- Technical support
- Visibility and promotion
- Volunteer referral

