



# Sirkkulanpuisto Activity Association

Sirkkulanpuiston toimintayhdistys ry

## WHO ARE WE?

Sirkkulanpuisto Activity Association (Sirkkulanpuiston toimintayhdistys ry) is a **public health organization based in Kuopio, Finland**. It participates in the provision of regional social services as a purchased service. The organization offers **diverse housing services for adults struggling with mental health and substance abuse issues**.

In addition to providing housing services, the organization **engages in extensive development and experimental activities based on civic participation**. The goal is **to prevent social exclusion and homelessness while supporting those already affected by disadvantage and various social problems**.

The association continuously **seeks to develop new operational models** to respond to emerging needs within its environment.

## Keltsu - community meeting place

The goal of Keltsu's community meeting place is **to provide meaningful activities for the most vulnerable** population groups, enhancing their **well-being, daily life management, social networks, and sense of inclusion**.

Keltsu is a warm and welcoming community space that **values equality and togetherness**. It is **open to everyone looking for social connections, meaningful activities, and a sense of purpose in their daily lives**. During open hours, visitors can **read the daily newspaper, enjoy a cup of coffee, chat, take care of official matters via phone or computer, and be accepted just as they are**. While **sobriety is not a requirement**, we emphasize a **respectful and safe environment** where everyone feels secure.

Keltsu also offers **help and support in managing personal matters**, including accompaniment and guidance in navigating social, healthcare, and substance abuse services, assistance with Kela-related issues, and more. **Urgent support needs** are addressed as quickly as possible—often on the same day—while **non-urgent matters** can be scheduled for Mondays and Fridays.

Outside of open hours, we offer **various group activities** (4–6 per week) led by **volunteers and/or staff**, including **exercise, crafts, cooking, nature outings, and more**. Activities are arranged based on **visitor preferences** and are **free of charge**. The weekly schedule is updated on Keltsu's Facebook page and on the notice board at Keltsu.

Keltsu is located at **Kuninkaankatu 30**, with open hours on **Tuesdays, Wednesdays, and Thursdays from 10 AM to 2 PM**. **Group activities** are generally held on **Tuesdays, Wednesdays, Thursdays, and Fridays from 1 PM to 3 PM**.

Welcome to Keltsu!

## TuNe – Sirkkulanpuisto Support and Counseling Work

The goal of TuNe's activities is to **enhance the quality of life and daily management** of individuals facing challenging life situations through **outreach-based support and counseling**. The primary target group consists of **adults in Kuopio who are homeless or at risk of homelessness**.

### For Clients:

This service may be suitable for you if you **need support in managing your daily life and would benefit from someone walking alongside you** through everyday challenges. **We can assist you** with housing applications, official matters, accessing necessary services, and **finding meaningful ways to spend your time**.

Services can also be accessed **anonymously, and we do not collect personal data**.

## Onni-Activity

Increasingly visible **substance abuse issues, rising homelessness, and housing problems** have raised concerns in Kuopio. One of the key challenges is bridging the gap between the target group and available services—what services are accessible to clients and how they can be guided toward them.

The demand for services has intensified following the COVID-19 pandemic, as **mental health and substance abuse issues, along with homelessness, have increased**.

**Onni-activity** operates through **three key approaches: individual support, community-based house activities, and advocacy work**. **Collaboration with different service providers** is an essential part of the initiative, with efforts made to strengthen these partnerships.

Forms of **individual support** include low-threshold guidance and assistance in accessing services and recreational activities, as well as accompaniment to social and healthcare services.

Activities are **tailored to each client's needs, preferences, and personal circumstances**, with the overarching goal of **fostering engagement and social inclusion**.

**Community-based house activities** take place at **Sateenkaaritalo** as well as through **pop-up events** held across the city. Additionally, Onni-activity includes **information dissemination and advocacy work**. The project collects data on clients' life situations **to improve service development and support decision-making**.

## **Silmu – Sirkkulanpuisto's Change-Supporting Development Project**

Silmu is a development project aimed at **supporting change**, running from 2023 to 2025 and funded by STEA.

The primary goal of the project is to **enhance the target group's life management skills, social inclusion, and readiness for work or studies**.

Through the operational model developed during the project, individuals will **receive support in engaging with essential public services and progressing toward their personal goals in a structured and guided manner**.

The target group consists of **working-age individuals** in Kuopio with **backgrounds in substance abuse and criminal activity**. These individuals require **special support** and often lack the ability to **commit to available public services**, or their **early-stage rehabilitation** prevents them from accessing existing services.

**Project activities** include low-threshold **workshop-style sessions, coaching-based courses, and individualized support**. A key objective is to develop close **cooperation with social and healthcare services, employment and education sectors, substance abuse services, and the criminal justice system** to align with clients' needs.

**Support for sobriety, life management, and the development of skills** needed for employment or studies form a seamless pathway. This pathway enables individuals to **transition into working life or education**—or into other **meaningful activities** that align with their **personal goals**.

## **SiSu Project**

The Sirkkulanpuisto Bereavement Work (SiSu) project aims to **develop and implement grief and crisis support for peer networks of individuals who have lost loved ones due to substance use**. This support is provided **independently of any religious or ideological worldview**.

The project's key activities include **peer support groups, individual support, organizing events** (such as memorial services), **and advocacy work in collaboration with the target group**.

SiSu (2024–2026) is a subproject within the Näkymättömät (The Invisible) grant program, funded by STEA.

## Day Center Rubla

Sirkkulanpuisto Activity Association provides a **statutory day center** service for individuals **struggling with substance use** on behalf of the North Savo Wellbeing Services County.

The day center Rubla is open **Monday to Friday from 9 AM to 2 PM**. The center is located at **Maaherrankatu 27, 70100 Kuopio** (entrance from the courtyard side).

## Sateenkaaritalo - Supported Housing and Community Activities

Sateenkaaritalo is located in the **Linnanpelto** neighborhood, just **1.5 kilometers from Kuopio city center**. It is part of a charming wooden house district, showcasing the best of traditional Kuopio architecture.

Sateenkaaritalo provides **ten supported housing units** for individuals who need assistance with daily life and life management in addition to a home. Residents are referred through **social services' specialized housing services**. In addition to apartments, the house features **communal living spaces**. Sateenkaaritalo operates as a **substance-tolerant community**, meaning that participation in activities does not require sobriety. The house also manages rental-related matters for **intermediary rental apartments**, which are located in the neighboring block, close to the house.

### Community Activities and Opening Hours

- Open community activities: Mondays and Thursdays from **8 AM to 4 PM**
- For residents: Monday to Thursday **8 AM to 4 PM**, Friday **8 AM to 2 PM**

The house is staffed by **housing counselors** employed by the association, as well as **employees in various work roles**.

### Daily Life at Sateenkaaritalo

The **daily program** at Sateenkaaritalo is built around **community living**. Visitors and residents can enjoy **morning coffee, breakfast, and afternoon coffee**, access the internet, read daily newspapers, and engage in discussions with **counselors, residents, and other visitors**.

The **Sateenkaaritalo team** consists of professionals from diverse backgrounds in **social and healthcare services**, each with unique educational and life experiences. Their work is guided by a **people-centered approach, individual support, fairness, and interactive communication**. Collaboration with other professionals in the field is also highly valued.

At Sateenkaaritalo, the aim is to ensure that **everyone feels comfortable and supported** in their daily lives. This means that **certain rules** for housing and community living are upheld while also considering each person's situation individually and contextually. The house strives to **help, encourage, and provide support** whenever someone's life situation requires it.

# Likolahti Residential Community - Support for Housing and Rehabilitation for Men

Located in **Kellolahti, Kuopio**, Likolahti Residential Community provides **supported housing and rehabilitative housing** for middle-aged and older men struggling with **alcohol-related issues**. The community is situated in a **scenic lakeside location** by Lake Kallavesi, approximately **four kilometers from Kuopio city center**.

## Housing and Facilities

Likolahti consists of **ten row house apartments**, each 21.5 m<sup>2</sup>, equipped with a **living area with a kitchenette and a bathroom with a shower**. Given its **lakefront setting**, the residents also have access to a **shared lakeside sauna**.

In addition to the row houses, the community includes a **separate building housing a day center**, which is open to residents **on weekdays from 8 AM to 2 PM (or 4 PM)**. Residents can **enjoy breakfast and afternoon coffee** at the center and have the option to **order a self-funded lunch**. The day center also provides **facilities for laundry and clothing care**, and a **workshop space** is available for use.

## Support and Services

During weekdays, **at least two trained social and healthcare professionals** are present in Likolahti. Staff members meet with residents **twice daily on weekdays**, and **24/7 safety services** are also available. In addition to Sirkkulanpuisto's employed staff, the team may include **other personnel in various employment programs and social and healthcare students**.

What makes **Sirkkulanpuisto Activity Association unique** in the Kuopio region is that its housing services **do not require total sobriety**. This principle also applies to Likolahti. **Alcohol consumption is not allowed in shared spaces**, but residents may drink **in their own apartments** as long as it does not disturb the community and they adhere to the community rules.

## Individualized Housing Plans

Each resident at Likolahti receives a **tailored housing and rehabilitation plan**, considering their **needs, strengths, and personal goals**. Likolahti works in close collaboration with **other Sirkkulanpuisto facilities**, as well as **Kuopio's social services, health centers, employment offices, and other social and healthcare providers** in the region.