



GEWOBA

Welcome to
Lüssum-Bockhorn

Contact information, facilities
Help and advice
Course and leisure activities



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Dear tenants!

We welcome you whole-heartedly in our residential neighbourhood! We want to introduce all your neighbourhood's offers in this brochure so you can find your way around here.

There is a community centre in Lüssum, Lüssumer Heide 6, it is called *Haus der Zukunft* ("House of the future"). It offers a lot of activities for parents and children, for German lessons or support for everything related to your everyday life.

There are three day-care facilities for children in this area, the "Kinder- und Familienzentrum Fillerkamp" in Lämmerweg, the day-care centre "Herrschaftliche Tannen" in Lüssumer Ring/ Herrschaftliche Tannen and the protestant day-care centre Lüssum in Neuenkirchener Weg 29.

Right in the centre of the area is the primary school "Tami Oelfken" in Lüssumer Ring 55. Two secondary schools, OS In den Sandwehen and OS Lehmhorster Strasse are also reachable within walking distance.

Two GEWOBA caretakers are available for everything related to your apartments. They are based in Lüssumer Ring 57 and Lüssumer Heide 25. For any official matters related to public authorities please contact the Büro für Sozialberatung (social counselling service) in Lüssumer Heide 38.

Service about your apartment

Opening & office hours

Caretaker

Office: Lüssumer Heide 25
Phone: 0421 3672 - 823

Monday to Friday 9:00 - 10:00
and Monday 17:00 - 18:00

Caretaker

Office: Lüssumer Ring 57
Phone: 0421 36 72 - 829
E-Mail: luessum@gewoba.de

Monday to Friday 9:00 - 10:00
and Monday 17:00 - 18:00

Tenancy/ rent account

Rembertiring 27, 28195 Bremen

Monday, Wednesday and
Thursday 8:30 - 16:00
and Friday 8:30 - 12:30

Tenancy/ rent account

Local help desk in Lüssum

Phone: 0421 3672 - 522

Tuesday 9:00 - 12:30
at Lüssumer Ring 57
Tuesday 13:30 - 16:00
at Lüssumer Heide 25

Emergency Service

Phone: 0421 2775533

Only out of normal office hours and at weekends

Community social work and counselling

Counselling, support, guidance at the

neighbourhood office: Lüssumer Heide 38
Phone: 0421 848 277 10
Mobile phone: 0157 339 186 20

Monday, Tuesday, Thursday
and Friday 9:00-11:00
and by appointment





In good neighbourhood

The *Haus der Zukunft* - multi-generation house in your immediate area offers a wide range of services under one roof. It is both a contact point for civic involvement and an important point of contact for new citizens. It is a hub for lived, practised and genuine networking and fulfils an important task in the neighbourhood. Leisure activities, further education, comprehensive advice and assistance or simply good neighbourhood can be found here.

- 1 *Haus der Zukunft* > Lüssumer Heide 6
- 2 Caretaker office > Lüssumer Heide 25
- 3 Outreach work > Lüssumer Heide 38
- 4 Art Shop > Lüssumer Heide 6
- 5 Local police station > Lüssumer Heide 27
- 6 Playhouse | Kita-Treff | Bake house > Lüssumer Heide 50
- 7 Ev. KiTa Lüssum (protestant day-care centre) > Neuenkirchener Weg 29
- 8 Community garden > next to the high-rise building Lüssumer Ring 90
- 9 Caretaker office > Lüssumer Ring 57
- 10 Children & Family Center Fillerkamp > Lämmerweg 65
- 11 KiTa | AWO (day-care centre) > Herrschaftliche Tannen 2
- 12 Tami-Oelfken-School > Lüssumer Ring 55



HDZ > Multi-generation House



Assistance and advice

Coordination and switch board for offers.
A lot of support, counselling and courses take place at *Haus der Zukunft*.

Lüssumer Heide 6
28777 Bremen

Arriving in the neighbourhood ("Ankommen im Quartier")

For refugees
Phone: 0421 361 17 369

House for the Family ("Haus der Familie")

for parents and children
Phone: 0421 361 79 292

Guiding kindness ("Wegweisende Freundlichkeit")

Guidance and counselling
Phone: 0421 361 79295

Integration- and German Language courses

for immigrants
Phone: 0421 361 79 292

German Language Courses

Three-Day-Courses for new immigrants
Courses for women and men in preparation for a job.
Information and registration
Phone: 0421 66 08 677

Mediation in neighbourhoods

A conflict can make lives difficult.
Loud music, stolen mail, alcoholised neighbours, cellars broken open etc. If you find yourself in a conflict with a neighbour and need help with conflict resolution, get in touch with an impartial mediator in order to talk about it and to find a solution.

Phone: 0421 666 460 Thursday 14:00 - 18:00

Migration & Integration Service

Landrat-Christians-Straße. 99b, 28779 Bremen By appointment only

Youth migration service

Phone: 0421 98 88 2410

Adult migration service

Phone: 0421 98 88 2411

Counselling for refugees

Phone: 0421 98 88 2416 or
Phone: 0421 98 88 2412

Opening
& office hours

Monday to Thursday 9:00 - 17:00
Friday 9:00 - 15:00

HDZ > Families & children



Haus der Familie (House for the family)

The House for families at *Haus der Zukunft* offers activities for parents and children, where they can meet and explore things together. It also offers advice and support.

Offers in detail:

- Parent-child-groups (once a week from infant age)
- Moving and rollicking for toddlers
- Excursions and trips
- Counselling
- German language course (together with other providers)
- Play-group for children from 1 to 3 years old

Information & registration
Phone: 0421 361 79292

Parental advice for Turkish-speaking families

Support on questions and issues around family, upbringing and school

Information & registration:
Phone: 0421 361 79292

By appointment only

Türkçe konuşabilen aileler için danışmanlık hizmeti:

Psikolog (B.Sc.) Pınar Türk, Haus der Zukunft'ta çocuk yetiştirme ve okulla ilgili konularda yardımcı olmaktadır.

Support for refugee families

Counselling on all questions regarding integration available in German and Arabic.

Information & registration:
Phone: 0421 361 79292

By appointment only

الدعم لجميع الأسر من اللاجئين
يسرا رمّو موجودة لتقديم المساعدة في كل الأمور وجميع الأسئلة المتعلقة ب الاندماج.
تتكلم العربية و الألمانية.



■ EPSYMO

Parent-led society for psychomotor support

The society supports children aged 3-16 years, which are at risk of developing a disability, which already acquired a perception, movement, speech or behavioural disorder and children with a learning and/or physical disability. Therapeutic support takes place in small groups (3-8 children). Help with problems, discussion groups and information evenings are offered to parents.

www.epsymo.de
Phone: 0421 60 99 840

Monday and Wednesday 9:00 - 12:00
Friday 10:00 - 13:00

Opening
& office hours



■ Early advice centre North

"It all depends on the beginning."

This is the motto of the Early advice centre North. Pregnant people and parents of children aged 0-3 years receive advice and support on everything regarding their pregnancy, giving birth and dealing with infants and toddlers.

The Early advice centre offers Parent-infant-groups, open meetings and following courses:

- baby massage
- baby gymnastics
- nutritional advice
- Course for pregnant people

Information & registration:
Phone: 0421 69 00 91 46

By appointment only



■ Activities for adults

Information, dates and registration
Phone: 0421 60 999 55

■ Move & relax

For women

The course aims at women aged 50 years and above, which enjoy gentle and easy gymnastics.

Wednesday 13:30 - 14:30



■ Who is resting is resting

This course offers simple movements from a sitting or standing position for senior citizens. Skilfulness, reaction and perception are being exercised. Foremost there should be fun together in the group. Everyone goes back into their daily lives fresh and invigorated.

Wednesdays 11:00-12:00

■ "Oldie but Goldie" - singing makes you happy

Afternoon singing with coffee and cake.

We sing familiar and new songs, requests are being taken into account. Just come along and sing with us!

Once a month
Wednesdays 15:00 - 17:00



■ Games afternoon

Doppelkopf (card game), quiz or rather chess?

This is open to all adults who enjoy playing a game in small groups in pleasant company at the *Haus der Zukunft* (House of the Future).

Every 2 weeks
Monday 15:00 - 17:00

Opening
& office hours

HDZ > community



■ Lunch

Always yummy! Daily changing lunch options, prepared with healthy and mostly organic ingredients in our cosy café.

Adults € 4.50/ children € 3.00

Reduced rate for adults with eligibility proof
€ 4.00

Register at least one day before

Phone: 0421 361 79504
or 0421 361 79295

Opening
& office hours

Monday to Friday
12:30-13:30

■ Breakfast Buffet

Enjoy a varied breakfast in a cosy atmosphere.

adults € 5.00

children (2 - 10 years) € 2.50

Register at least one week before

Phone: 0421 361 79504
or 0421 361 79295

Every 2 weeks
Wednesday 9:00 - 11:00

■ Culture Café

A meeting for adults

Discussion, debates and exchange of experiences on various topics take place, film and concert evenings are organized. All culturally interested people are invited!

The programme is available at *Haus der Zukunft* (House of the Future) and online www.haus-der-zukunft-bremen.de.

Every 2 weeks
Thursday 16:30 - 18:30

■ Knitting Café

Knitting together makes more fun!

Knitting patterns can be exchanged and people can chat over coffee and cake in a relaxed atmosphere at *Haus der Zukunft* (House of the Future).

Information & contact
Phone: 0421 60 999 55

Every 2 weeks
Saturday 15:00 - 17:00



HDZ > Next door



■ Bake house

Fancy freshly baked goods?

You can bake with family or friends in a real stone oven.

Costs: € 15.00 per backing day, including wood

Lüssumer Heide 50

Information & registration

Phone: 0421 66 08 677

■ Art Shop

Look, marvel and do it yourself!

Various art projects for children and adults are offered in the art shop.

Lüssumer Heide 1

(opposite *Haus der Zukunft* (House of the Future))

Programme, Information and registration

Phone: 0421 673 177 04



HDZ > Participate



■ Job opportunities

At the *Haus der Zukunft* (House of the Future) you can pursue publicly funded employment. There are also job opportunities in housekeeping. If you speak and understand German and are familiar with housekeeping, just get in touch with *Haus der Zukunft* (House of the Future)! We are always looking for new employees.

Information & contact

Phone: 0421 361 79295 or 0421 361 79293

■ You have a good idea?

Do you have an idea or offer that you would like to present? Would you like to get involved in a project? Just talk to us!

Information & contact

Phone: 0421 60 999 55

HDZ > multi-generation house

Neighbourhood management & improvements in Lüssum

The Lüssum-Bockhorn district is an assisted area. It means that from various local, national and EU programmes ("Living in neighbourhoods", "Social cohesion", "Local capital for social purposes") funds for projects are provided. About the use of funds the residents have a say!

This happens at the public neighbourhood group meetings, that take place about 8 times a year in the café at the *Haus der Zukunft* (House of the Future). Current topics of the neighbourhood will be discussed here over coffee and cake, ideas are developed, problems are discussed, residents are asked for ideas or suggestions and projects are presented. You will meet many people from different institutions here that are active in the neighbourhood. You can find out the exact dates at *Haus der Zukunft* (House of the Future) or take them from the current programme. The neighbourhood manager Heike Binne is responsible for the coordination.

Coordination and contact:
Phone: 0421 361 79293



Nature in the neighbourhood

Community garden

Digging, planting, harvesting....

The community garden next to the high-rise building Lüssumer Ring 90 grows and thrives through the cooperation between the neighbours. With professional support and assistance, flowers, herbs and vegetables are planted and cared for. Anyone who is interested can come and visit at any time, help or just enjoy some garden air.

If you would like more information and gardening advice the best time to come round is Thursday morning.

Thursday from 10:00



Beehive

30.000 small subtenants

The neighbourhood's own beehive, looked after by a beekeeper, delivers two honey yields a year. The overall small yield is given as a present from the *Haus der Zukunft* (House of the Future) and the Gewoba to friends, donors and multipliers to show how sweet good neighbourhood can taste. Whoever is interested to take a look at the hard-working bees is welcome to arrange a visit.



Offers for young people



■ Youth club Offers for young people from 12 to 21 years

Young people can find a retreat here and it offers a PC room with internet, table tennis, snooker, table football, music practice room, fitness room, job application training, soccer, darts, etc. There is an outdoor area with a soccer field, slackline and more. Special activities: disco, cooking groups, day trips and sports nights.

An der Lehmkuhle 1
Contact & information
Phone: 0421 6900205

Monday to Friday
From 15:00



■ Youth leisure home ("Freizi")

For young people aged 12 - 25 years there are homework help, creative offers, job application training, internet café, table tennis, table football, snooker, a workshop for technical support, a music band project, fitness, dance and cooking groups in the „Freizi“. There are also gender-specific offers, day trips and vacation camps.

Turner Straße 278
Contact & information
Phone: 0421 60 13 84

Monday to Friday
From 15:00

Opening
& office hours

Playhouse



■ Playhouse / day-care centre

Here children play, swing, paint, climb, watch, kick, etc. Employees ensure a varied programme, day trips and multi-day trips included.
For children from 6 to 12 years.

Lüssumer Heide 50
Phone: 0421 60 55 64

Monday to Friday 14:00 - 18:00

The parents' café

A fixed meeting point for all parents with homemade cake, tea, coffee and friendly conversations.

From April to October
Every Wednesday from 15:00

Karate

A free offer for Gewoba tenants' children between 10 and 16 years.
The karate training from SAV takes place in the playhouse. Newcomers are always welcome!

Information at
Phone: 0421 60 77 02 or 0157 33 91 86 20

Monday 18:30 - 20:15

Opening hours

Day-care centres for children



■ Protestant day-care centre Lüssum

For children aged 0-6 years

Neuenkirchener Weg 29
Information & registration
Phone: 0421 60 44 77

Monday to Friday 8:00 - 16:00



■ Day-care centre „Herrschaftliche Tannen“

AWO Kita gemeinnützige GmbH (provider)
For children aged 0-6 years

Herrschaftliche Tannen 2
Information & registration
Phone: 0421 27 74 20 88

Monday to Friday 8:00 - 16:00



■ Day-care centre Fillerkamp

KiTa Bremen (provider)
For children aged 0-6 years

Lämmerweg 65
Information & registration
Phone: 0421 361 7833

Monday to Friday 8:00 - 16:00

Office hours

Schools



■ Tami-Oelfken-Schule All-day primary school

The Tami-Oelfken-Schule sees itself as a school of diversity and as a school for the promotion of peaceful and inclusive intercultural understanding.

Lüssumer Ring 55
Phone: 0421 361 7755

Monday to Friday 8:00 - 15:15



■ Schule am Pürschweg All-day primary school

The Schule am Pürschweg is a four stream primary school, in the immediate vicinity of the Wifo forest and the Blumenthal outdoor swimming pool.

Pürschweg 5
Phone: 0421 361 7816

Monday to Friday 8:00 - 15:15



■ Schule an der Wigmodistraße Primary school

The school is a primary school with the main focus on media work, library, workshop, handicraft room, music room, school kitchen.

Wigmodistraße 37
Phone: 0421 361 7436

Monday to Friday 8:00 - 13:00

Opening
& office hours

Schools



■ Oberschule an der Lehmhorster Straße Secondary School

The all-day secondary school works inclusive. The individual development of the students is carried out in close cooperation with the parents from the social learning up to the school leaving certificate, an important focus is the vocational orientation.

Lehmhorster Straße 5
Phone: 0421 361 79352

Monday to Friday 8:00 - 15:00



■ Oberschule In den Sandwehen Secondary School

The Oberschule is a compulsory all-day school. Years 5 to 10 are taught in year teams. The school focuses on music and the support of the transition from school to work.

Neuenkirchener Weg 119/121
Phone: 0421 361 79043

Monday to Friday 8:00 - 16:00



■ Oberschule an der Egge Secondary school / Sixth form

The pedagogical guiding principles: Develop trust in your own strengths, discover and develop your own inclinations and your interests, take responsibility for oneself and others.

Eggestedter Straße 20
Phone: 0421 361 79154

Monday to Friday 8:00 - 15:00 (16:00)



■ Freie Waldorfschule Waldorf School

The Waldorf School is a state-approved School, which is based on the pedagogy of Rudolf Steiner works. The educational goal is the education of the whole human being through a versatile formation of their cognitive, emotional and intentional abilities.

Fresenbergstraße 26
Phone: 0421 460 52 10

Monday to Friday 8:00 - 15:00 (16:00)

Opening
& office hours

Hospitals & doctors

Hospital:

Klinik-Nord Hammersbecker Straße 228
Phone: 0421 66 06 0

Pediatricians:

Dr. Schlage / Dr. Mühlig-Hofmann
Schwaneweder Straße 21-23
Phone: 0421 60 00 48

Dr. Steuber / A. Kröhn-Wellhausen
Georg-Gleistein-Straße 93
Phone: 0421 666 567

General Practitioners:

Axel Heineking
Schwaneweder Straße 21-23
Phone: 0421 60 14 23

Dr. Kraft

Schwaneweder Straße 21
Phone: 0421 60 00 46

Gynaecologists:

Dr. Schön / von Herder
Schwaneweder Straße 21-23
Phone: 0421 60 00 49

Dr. Hoppe

Kreinsloger Straße 1
Phone: 0421 60 35 36

Dentist:

Waldemar Koch
Lüssumer Ring 59
28777 Bremen
Phone: 0421 6900243

counselling & help in case of emergency

Pediatric Emergency Service

Phone: 0421 6606-1800

Medical emergency service Bremen

North
Phone: 0421 60 98 063

Violence against women

Phone: 08000 116 016

Frauen helfen Frauen (Women help women)

Phone: 0421 63 64 874

Pregnant women in need

Phone: 0800 40 400 20

Emergency call Mirjam

Help for pregnant women and mothers
Phone: 0800 60 500 50 (toll free)

Emergency service for children and young people Bremen

Phone: 0421 699 11 33

Child Protection Centre Bremen

Phone: 0421 240 112 20

Parents' helpline

Phone: 0800 111 05 50 (toll free)

Social Psychiatric Service

Treatment Centre North
Phone: 0421 66 06 -1234

Outside business hours:

Social Psychiatric Crisis Intervention Service

Phone: 0421 790 333 33 (toll free)

Emergency Call & Police

Police

Phone: 110

Emergency doctor & fire department

Phone: 112

Poison control &

Poisons Information Centre North
Phone: 0551 192 40



Police station in the area

Lüssumer Heide 27

Phone: 0421 600 78 95

Monday to Friday

7:30 - 12:00

Tips for everyday life

House rules

In the house rules are the rules for a successful living together (for example rest periods, staircase cleaning). You received the house rules with your rental agreement.

Home security

House and cellar doors should always be closed. However, the front door must not be locked!

Rest periods

Please do not make any noise in your apartment. Your music and your televisions should not disturb your neighbours, especially during lunch time (13:00 to 15:00), night time hours (22:00 to 07:00) and all day on Sundays and public holidays.

Relations with neighbours

Basically, neighbours must show consideration for each other. If you encounter any difficulties, please first seek a friendly dialogue with the neighbours. If that doesn't help, you are welcome to contact us.

Use of the apartment

Please never carry out any unauthorised changes in the apartment. This applies in particular to all power or water lines. Please talk to us and get our written permission to do so.

Tap water

Our tap water has drinking water quality and can be used without hesitation for drinking and cooking.

Order

Smoking is prohibited in the staircase, in elevators, in the attic and in the basement! Please do not leave any rubbish or dirt in the staircase (for example sweets wrappers, cigarette butts, pet hair).

Fire protection

The staircase does not belong to your apartment. Do not place objects such as furniture, prams or shoes here. The staircase is an escape route and must always be clear.

Barbecue

Barbecuing on the balcony and on the property is prohibited for safety reasons and out of consideration for the neighbours.

Pet keeping

If you want to keep a pet, please ask us in advance. Remember that neighbours may be disturbed by animal noises or faeces. Dogs must be kept on a leash outside the apartment.



Tips for everyday life

Behaviour in emergencies

Whether it is a fire or an accident, with the telephone number 112 you can call for help quickly in emergencies where ever you are. Please provide these details:

- Who is reporting?
- What has happened?
- How many are affected/injured?
- Where did something happen?
- Wait for further inquiries

In case of fire, please take yourself and your relatives to safety.

The lift must not be used if there is a fire in the house.

Please follow the instructions of the police and rescue services.

Ventilation

Cooking, drying laundry, showering or bathing causes damp air in the apartment. In order to prevent damage, you should air the room regularly. Please open the windows at least 3 to 4 times a day for 5 - 10 minutes.

Heating

When it is cold, you can use the radiators in your home to provide heat. You set the temperature with the thermostat. Please remember that the energy used costs money.

Television and radio

Our apartments have a cable connection for television and radio. Please remember that you can use TV and radio in Germany and you have to pay separately. For further information please search the internet.

Household and liability insurance

These two insurances are important for you. Please inform yourself. Possible damage to your household goods is not covered by our insurance. For this you need a household insurance. If you break something that doesn't belong to you, a liability insurance will help you.

Where to put the waste?

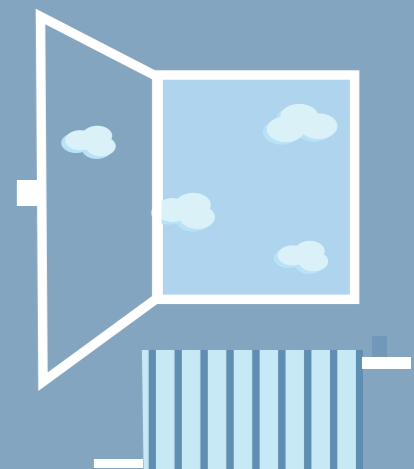
Waste may only be disposed of in the waste container provided. Please separate your waste. Remember that the flap of the waste container is only accessible for adults and larger children, so please do not let small children take out the waste.

Bulky waste

If, for example, you wish to dispose of furniture and other larger items, please ask us.

Use of the green spaces/playing on the green spaces

In principle, playing on the green areas is allowed. However, the neighbours must not feel disturbed. Please also pay attention to the rest periods. In general, however, playing football is not allowed!



With these links you will find your personal contact person for all areas presented in this brochure and current information & offers



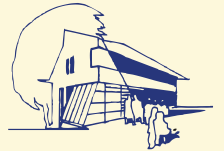
Welcome in Lüssum
english version



مرحبا بكم في لوسوم (Lüssum)



**Mehr
Generationen
Haus**
Wir leben Zukunft vor



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