

OMSLAG

COVER

The Family Guide

FROM BABY TO TEENAGER

Akalla - Husby - Kista - Rinkeby

SIDAN 2**PAGE 2**

This Family Guide is also available for download at www.stockholm.se/familjehuset. The text is also available there in several other languages.

SIDAN 3**PAGE 3**

The family is most important!

The Family Guide is for parents who live in Akalla, Husby, Kista or Rinkeby. During your child's early years you take many decisions about your child's everyday life and future. This guide describes the services that are available to all parents and children, from baby up to a young adult of 18.

The city district council helps all children in Rinkeby-Kista to have a good childhood. This important task lies behind everything in the Family Guide.

The family is the most important thing for a child's development. Families may be different in many ways, but all adults who live with their children feel inadequate from time to time. The Family Guide describes activities where you can meet other parents and parent counsellors to share experiences with and get advice from. With a bit of luck, small problems won't become large ones.

Life with children involves a lot of joy and many opportunities to be together. Here are some tips for those of you who want to share the culture, parks and other services in the city district.

Patrik Derk
City District Director

The Family Guide From baby to teenager
Akalla - Husby - Kista - Rinkeby

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Contents

FAMILY CENTRES AND OPEN PRE-SCHOOLS	PAGE 4
PRE-SCHOOL	PAGE 6
PLAYGROUNDS AND PLAYING FIELDS	PAGE 8
YOUTH CENTRES	PAGE 10
FIELD ASSISTANTS AND YOUTH CLINIC	PAGE 12
MEETINGS FOR PARENTS OF TEENAGERS	PAGE 14
SUMMER JOBS AND WORK EXPERIENCE	PAGE 16
CULTURE AND FUN IN THE HOLIDAYS	PAGE 18
CIVIC OFFICE AND CIVIC WARDENS	PAGE 20
OTHER USEFUL CONTACTS FOR FAMILIES	PAGE 22

FAMILY CENTRES AND OPEN PRE-SCHOOLS

Meeting places for parents and children

In the family centres in Rinkeby and Husby you can meet other parents and talk about children's and parent's issues. You can talk privately with a parent counsellor or be part of a group. If you have children under six you can come here to play.

The Family Centres in Rinkeby and Husby are open to all parents who live in Rinkeby-Kista. There is an open pre-school that you can visit with your child up to the age of six. You and your child can play and meet others here. The open pre-school also arranges talks on food and health. You do not need to put your name down first - you can come and go when you want to during opening hours.

Family centres also have counsellors for parents. You can book a time with them if you want to talk privately about parental issues. The talks are confidential and no records are kept. Family centres are for parents with children up to 18.

Are you pregnant? You can prepare for life with a child by going to two meetings with a parent counsellor. If you live in Rinkeby and are expecting your first child, you can have several home visits by a nurse from the child clinic and a parent counsellor that you can talk to about being a parent and about your baby.

All parents need support sometimes and it can be good to meet other parents and share experiences. The Family Centre arranges various forms of group meetings for parents with children of different ages that you can register for.

Do you have children between 3 and 12? You are very welcome to come to the parent meetings in the ABC programme. The programme is about developing the relationship between you and your children and includes four meetings.

If you have children between 3 and 11 and you are tired of nagging and rows, come to the Komet programme with eleven meetings. The programme offers many useful tips on how to solve different situations at home.

Do you have teenagers? Specially for you - our programme called Loved, cursed teenager. It includes four meetings with other parents where you can talk about common situations in everyday life.

You can also come to the various theme meetings for parents held at the Family Centre.

Introductory pre-school if you are new to Sweden: You and your child participate together at the introductory pre-school. You are able to try out how the pre-school works and your children are able to meet friends and take part in enjoyable and instructive activities along with pre-school teachers. You have the chance to meet other parents and get an introduction to Swedish society at the same time.

Contact:

The Family Centre in Rinkeby, Skårbygränd 1, phone to the open pre-school: 08-508 01 557, 08-508 01 911; phone to the parent counsellor: 08-508 011 19, e-mail

foraldraradgivningen.rinkeby-kista@stockholm.se, www.stockholm.se/familjehuset

Family Centre in Husby, Edvard Griegsgången 12, phone to open pre-school 08-508 01 535; 08-508 01 526, phone to parent counsellor 08-508 011 19, e-mail foraldraradgivningen.rinkeby-kista@stockholm.se, www.stockholm.se/familjehuset You will find the child care centre (BVC) in the same building.

Open pre-school in Akalla, Nykarlebygatan 5, phone 08-508 01 891, 08-508 01 892

Rinkeby introductory pre-school, Gamlebyplan 9, phone 08-508 01 872 or 08-508 01 198

SIDAN 5

PAGE 5

Image text: At the open pre-school in the Family Centre in Rinkeby, you and your children can play and meet with others. Photo: Ann Eriksson

Niklas Bergman, father of Leo, 4, and Sofia, 15 months, participant in the ABC programme:

"Where are the fathers?"

Niklas is on parental leave and lives in Kista. He took part in the parents meetings in the ABC programme together with five mothers.

"The meetings were great, and would be even better if there were other fathers on the courses. That would lead to more learning between the group members, I think," says Niklas.

Finding out how other parents think is one of the things he enjoyed most at the parent meetings. An important aha-experience was how important it is to allow your child to take charge of playing, instead of taking over like many adults do.

Malin Singh, mother of Dante, 7. on the Komet programme:

"Our relationship got better after the course"

Malin lives in Akalla and signed up for the parent programme Komet because she often found herself in conflict with her son, and "did not want to become a mother who just screams at her child". She learned not to react immediately. For her it was a relief to meet other parents in the same situation and realise that she is not alone.

"All parents should go on the programme, even if everything is going well. The course makes you understand your children better," says Malin.

One of the many things Malin learned was how important it is to devote time to your children. Now she and her son Dante always spend time together each evening.

PRE-SCHOOL

This is the foundation for the future

Your children has the right to a place in pre-school from the age of one if you are working, studying, looking for work or on parental leave with another child. Pre-school teachers and children's nurses work at the pre-school, which provides children with safe care and the opportunity to learn and develop through playing and other activities.

Children who need special support always have the right to a place in pre-school, regardless of the parents' employment situation. All children of three and up have the right to free pre-school for three hours a day.

There are municipal and private pre-schools in all of the city districts: Akalla, Husby, Kista and Rinkeby. There is also a pre-school that is open during unsocial working hours, and a night-time pre-school for parents who work evenings, nights and weekends.

You can choose at which pre-school you would like to apply for a place for your children. If there is a vacancy, your child will be given a place there. Before you decide, you can contact the pre-school you are interested in for more information, or book a time to visit. You can also choose family daycare, which is educational care in a childminder's home.

Rates for pre-school depend on whether your child is there full-time or part-time, whether the child's siblings also have a pre-school place and the family's income. There is a maximum charge.

Contact:

General questions about pre-school: Contact centre phone: 08-508 00 508, e-mail: forskola@stockholm.se

If you want more information about a particular pre-school in Rinkeby, Kista, Akalla or Husby, such as whether there are any free places, or if you want to visit, there are contact details in the brochure next to this guide. The brochure is available at the civic office, open pre-schools, all pre-schools, child care centres and the administration building.

You can also find and compare pre-schools in Rinkeby-Kista by reading Comparing service at www.stockholm.se

You can apply for a place through the e-service My childcare at www.stockholm.se If you want help with the application you can go to the civic centre; see page 21.

Image text: Playful language training at Barnkullen pre-school in Akalla. Photo: Ann Eriksson

Tesfalem Mesghina, father of a pre-school child:

"It feels safe to leave my children here!"

Tesfalem lives in Husby and has four children between 2 and 9. All the children have been or are in Solrosen pre-school.

"The staff here make it feel safe and they treat the children and parents well."

He likes the fact that pre-school children work a lot with language, reading fairy tales and singing.

"My children who have started school got a good grounding through their pre-school education."

Tesfalem does not hesitate to suggest changes at the pre-school and feels that the staff listen to any comments made. He just wishes that more parents would do the same thing.

"It is important that parents don't just leave their children at pre-school without getting involved in what is happening and getting to know the other parents."

PLAYGROUNDS AND PLAYING FIELDS

Fun outdoors

Playing and running around outside in the fresh air is fun and good for everyone's health. There are many nice places in Rinkeby-Kista and lots of things to do outdoors for you and your children, whether they are young or older.

The city district has farms and parks for excursions, playgrounds with swings, slides and other equipment, a park playground with staff and playing fields of different sizes for football, bandy and basketball.

For those of you who want to splash in the water with your small children in the summer, there are seven paddling pools which are filled with water in June, July and August. There are two paddling pools in Rinkeby, one in Kista, two in Akalla and two in Husby. There are showers next to the paddling pools.

For a small charge you can swim indoors in Husbybadet, an adventure pool centre with water slides and swimming pools for exercise. There is also a swimming school. The swimming pool is closed during the summer vacation.

If you want to go cycling, you can rent a bike with a basket, bicycle helmet and child seat at several locations in Akalla, Husby and Rinkeby.

Find more information about all the playgrounds in the city district at www.stockholm.se/jamfor

Akalla

In Akalla By there is a playground, paddling pool, 4H farm with animals, a café, a barbecue area, a dance floor, a mini-golf course and bicycles to rent (including children's bicycles and trailers). There is a complete outdoor gym near to Akalla By.

Phone: 08-751 51 90, e-mail akallaby@hotmail.com www.akallaby.se

In the area behind Sibeliusgången there are parks with paddling pools, playgrounds and an outdoor gym.

Husby

Husby Gård has a playground, paddling pool, café, art gallery, barbecue, petanque, a grass area for ball games and picnics and bicycles to rent (including children's bicycles). There is also a climbing range of wood for children, which is specially adapted for children and young people with impaired vision and limited mobility.

Phone: 08-751 11 88, e-mail: info@husbygard.nu , www.husbygard.nu

In Lofotenparken, which is a playground near Husby centre, there is a paddling pool.

Adventure pool Husbybadet, Edvard Griegsgången 30, phone 08-508 451 90
www.stockholm.se/husbybadet

Kista

Next to Kista youth centre on Jyllandsgatan 16 there is a playground, Trudelutten, with a paddling pool, a skate-park and areas for picnics. There are renovated BMX ramps a bit away from Granby playing field on Järvafältet.

Rinkeby

Parkleken Rinken is an open leisure centre with staff. The park has play equipment such as swings, children's bicycles, climbing frames, outdoor ping-pong, a sandbox and a natural environment with rocks, trees and bushes. Various activities are arranged in the spring, summer and autumn, such as theatre, games and full-day excursions in the country. There is also a special swing for children who need additional support. There is a paddling pool near to the playground.

Hinderstorpsparcken has both a playground and a paddling pool.

Do you want to rent a bike? Contact the unit for labour market initiatives, phone 08-508 01 282, e-mail arbetsmarknad.rinkeby-kista@stockholm.se

The whole of Stockholm

Download the app Upptäck Stockholm. You can find the nearest playing field, barbecue area, children's playground, tobogganing hills and much more. See stockholm.se/upptackstockholm

The sports and leisure map shows places to do sports and exercise both indoors and outdoors in the whole of Stockholm, all year round. The map is available at the civic office in Rinkeby and Husby - see page 21. See the map at www.stockholm.se.

Image text: In Saimaparken behind Sibeliusgången in Akalla there are places for playing, training, relaxing and refreshments. Photo: Malcolm Jacobson

Alexandra Cichonicz, 7, is playing in Rinken play park:

"The slide is best!"

Alexandra spends time in Rinkeby play park with her friend several times a week after school. Her mother is also there today.

Alexandra thinks that the big slide is the best thing in the park. She also likes to ride on one of the park's bicycles. Today, she and her friend have parked all the bicycles in a line and they are playing driving schools.

"The slide is the most fun, but we also like to swing and play with cars in the sandbox," she says. Alexandra thinks it is good that there are staff working at the park.

"If you hurt yourself you can get a plaster."

SIDAN 10

PAGE 10

YOUTH CENTRES

For young people with space for everyone

There is at least one youth centre in every city district, where your child or teenager can go in their spare time. They have staff and many different activities, such as billiards, dancing, table tennis, weight training, homework groups and girls' and boys' groups.

The youngsters can help to decide what activities there are at the youth centres. The aim is that everyone can find an activity that suits their interests and maybe get the chance to try something completely new. As well as being a meeting place and offering lots of recreational activities, there are also adults to talk with and the option of homework help. One of the centres, Electric, is aimed at young people with disabilities.

At www.fritidsnatet.se there are activities for children, young people and adults who need extra support. You can find lots of tips here on clubs, leisure centres and other activities in the county of Stockholm. You can also contact the Administration's coordinator for leisure matters for children and young people with disabilities on phone 08-508 01 070

Akalla

At Akalla youth centre for 13-15 year-olds you can try out **photography and filming**.

Contact: Akalla Youth Centre, Sibeliusgången 11, phone 08-508 018 00, instagram akalla_ug

Electric youth centre in Akalla By is open to young people aged 12-24 with disabilities.

Children and young people can meet friends here, sing karaoke, play music, do baking, get a snack and play games.

Contact: Electric, phone 08-752 08 49, 076-825 15 89, Facebook ElectricUng Ungdomsgård, e-mail electricung@hotmail.com

Husby

Husby youth centre is open to 13 to 15 year-olds. **Health and exercise** is an important theme here

and there is a gym/exercise room in the yard. For three afternoons a week, activities are only open to

10 to 12 year-olds.

Contact: Husby Youth Centre, Edward Griegsgången 26, phone 08-508 450 68, instagram husbyug

Reactor in Husby is a meeting place for 16 to 20 year-olds. They can listen to music, get a snack, read, play games or make something in the workshop.

Contact: Reactor, Edvard Griegsgången 1, phone 08-508 011 60, Facebook Reactor kulturhus

Fryshuset has a meeting place for young people in Dalhagsskolan. To increase security in the area, they train junior wardens to be models for other young people. Fryshuset in Husby is run by a foundation, with the support of Stockholm City.

Contact: Lofotengatan 41, phone 08-691 76 00, e-mail info@fryshuset.se

Kista

Kista youth centre for 13 to 15 year-olds is run under contract by Fritid Stockholm AB. It has a **music studio**.

They have activities for 10 - 12 year-olds five afternoons a week. Contact: Kista Youth Centre, Jyllandsgatan 16, phone 08-752 64 56, e-mail info.fritidstockholm@gmail.com, Facebook Gäta Kista Ungdomsgård

Rinkeby

Rinkeby youth centre for 13-15 year-olds has a **music studio** where young people can learn to make music. It is also possible to try out **different sports activities**. Activities are reserved for 10- 12 year-olds three days a week.

Contact: Rinkeby Youth Centre, Rinkebystråket 53, phone 08-508 014 82, instagram rinkebyungdomsgard

Ungdomens Hus is for young people aged 16-24. Here they can dance, work out, use the music studio or be in the sports hall. Contact: Ungdomens Hus, Rinkebystråket 53, phone 08-508 414 90, Facebook Ungdomens Hus Rinkeby.

SIDAN 11

PAGE 11

Image text (main image): Tjejforum (Girls' group) offers homework groups, discussions and dancing.

Natnael Dawit, 16, guest at Husby youth centre

"It is quiet and relaxed here"

Natnael is 16, studying at upper secondary school and lives in Husby. He usually goes to the youth centre at weekends to play ping-pong, Fifa and meet others.

What he likes most about the youth centre is being with the staff, who he can talk with about anything and everything - football and problems!

"It is important that there is a place to go to where it is quiet and relaxing. It is also a good thing that we are involved in choosing what we want to do. Through our own suggestions, we have done paintball and had a football tournament."

Girls' Club and Guys' Club

Tjejforum and Killforum (Girls' Club and Guys' Club) are run at Husby and Rinkeby youth

centres. One evening a week it is only open for girls and has only female staff, and another evening it is only open for guys and has only male staff. In both the groups they discuss democracy, gender equality, the child convention and norms. They also make study visits and have creative activities etc. Akalla youth centre has its own girls and guys evenings twice a week. The target group is 13-15 year-olds.

SIDAN 12

PAGE 12

FIELD ASSISTENTS AND YOUTH CLINICS

Other adults for you and your teenager

When your children grow up and get older, other adults become important. They can never replace your important role as a parent, but they can complement you and be there for your teenager, outside the family.

The Field group consists of field You can also come to the various theme meetings for parents held at the Family Centre.

s working with outreach and prevention among young people aged 12-25. They visit schools, community centres and other places where young people go. The field assistants try to detect young people who feel bad in order to prevent crime and drug abuse. They are secure adults who young people can talk to about small things and larger issues. The talks are confidential and no records are kept. The field group works daytime, evenings and sometimes at weekends. They have contact with parents and associations in the area, and cooperate with others who work with young people, such as schools, community centres, social services and the police. Parents are welcome to contact the field group if you have any questions about your child.

Contact: Field group (field assistants): phone 08-508 010 89. Parents can call until 21:00 Monday - Thursday, and 23:00 on Fridays. Facebook: Fältgruppen Rinkeby-Kista, Instagram: Fältgruppen Rinkeby-Kista

Youth wardens

During the school holidays and weekends about twenty **youth wardens** work in a team in the city district. They live in the area and are recruited to be role models for other young people. Many of them study at the same time. The youth wardens cooperate with the field assistants and citizen wardens.

Youth clinic

The youth clinic is for all young people, up to 23 years old, who want to talk about or have a medical examination, get help with contraception or have someone to talk to. The clinic has midwives, medical counsellors, a gynaecologist and a venereologist.

Contact: Järva young people's clinic, Isafjordsgatan 32B, Kista. phone 08-123 36 020, Facebook Järva ungdomsmottagning, [www. stockholm.se/jarvaungdomsmottagning](http://www.stockholm.se/jarvaungdomsmottagning), e-mail: jarvaungdomsmottagning@stockholm.se – by appointment or drop in

At www.umo.se, an online young people's clinic, you can ask questions about sex, health and relationships.

SIDAN 13

PAGE 13

Image text: Listening to young people is an important part of a field assistant's job.

Sabrin Nekach, 22, is a youth warden in Husby:

"I am a link between young people and other adults"

Sabrin has lived in Husby her whole life and works as a youth warden in the area.

"We youth wardens are only a few years older than the young people we work with and we can often act as a link between them and other adults."

She often used to go to Kista youth centre herself, and the staff there meant a lot to her.

"They were like older sisters, and I could talk to them about everything. Sometimes it's good to talk to someone who is a little outside of your life."

It is most often young people who contact Sabrin and her colleagues to talk - but occasionally parents contact them, too.

SIDAN 14

PAGE 14

MEETINGS FOR PARENTS OF TEENAGERS

Asha Aden, mother of two teenagers and participant in the programme for parents of teenagers:

"It is important to try to understand each other"

Asha volunteered for the meetings for parents of teenagers because she wanted the children's best and wanted to understand them better.

"Young people and their parents think in different ways. It is important that we try to understand each other to get a good relationship."

Ten dedicated mothers of teenagers have shared their experiences with each other in Asha's group. She thinks she understands her children better now, is calmer and more positive about what her children do.

Asha hopes that more parents of teenagers will take the opportunity and participate.

"It is important to look for new knowledge and not get stuck in your own baggage."

Photo: Ann Eriksson

SIDAN 15

PAGE 15

Parents supporting each other

Do you think your teenager doesn't listen to you, quarrels with her siblings or refuses to help at home? You are not alone. Meet other parents in the same situation and get support by participating in meetings for parents of teenagers.

If you have children between 12 and 17 and you live in Akalla, Husby, Kista Rinkeby, you can meet and discuss things in a group of other parents of teenagers. The programme is called "Loved, cursed teenager". You will meet four times with a group leader and talk about different everyday situations that most parents recognise.

If you prefer to have a private talk about being the parent of a teenager, you can arrange a time with a parent counsellor in the Family Centre in Rinkeby or the Family Centre in Husby.

Contact and registration for parent meetings: Family Centre, phone to parent counsellor

08-508 011 19, e-mail foraldraradgivningen.rinkeby-kista@stockholm.se, www.stockholm.se/familjehuset

Alcohol and drugs

Many parents believe that their teenagers do not listen to what they say, but several studies show that young people really do care about what their parents think. It is important, then, that you as a parent are clear in your message that it is not acceptable to use tobacco or alcohol before the age of 18, because they are both dangerous and illegal. If you need arguments and knowledge about different drugs, you can contact the services' prevention coordinator, phone 08-508 01

648

Information about cannabis and tips for you as a parent are available at stockholm.se/nejtillcannabis

You can contact the places below if you are concerned that your teenager is using drugs:

Maria Youth Clinic: phone 08-508 43 710 - advice and appointments during office hours

Maria Youth Emergency Ward: phone 08-123 47 410 - emergency situations, around the clock, www.mariaungdom.se

If your teenager is over 18:

Rinkeby-Kista clinic (drug abuse care): phone 08-508 01 851 (head of unit) Monday–Friday 8:00-16:35, out of hours phone 076-120 14 82

BE-unga (advice and interview treatment for young people 18-28): phone 08-508 44 664, e-mail: be-unga@stockholm.se

Night-time watches

On Friday and Saturday evenings adult volunteers keep watch in the city district to increase safety. The evening starts with meetings in Husby and Rinkaby, where the police are also involved. Get in touch with a contact if you want to go along or learn more.

[Contact Rinkeby: phone 076-12 016 47](tel:076-1201647)

[Contact Akalla-Husby-Kista: phone 076-12 016 46](tel:076-1201646)

Image text: Laughter and discussion during a parent meeting in the Family Centre in Rinkeby.
Photo: Ann Eriksson

SUMMER JOBS AND WORK EXPERIENCE

Provides experience for future jobs

Some young people know exactly what they want to do after they finish school, but for most students it is a time of reflection and searching. What should I study? Are there any jobs? All young people are able to apply for holiday jobs, work experience or get guidance on upper secondary programmes.

Young people have the possibility of getting summer jobs in municipal activities or with an association. For many students, a summer job is their first contact with working life.

Those who are 16-19 and are not working or studying have the right to get help to find an occupation that suits them. It may be education, training, a trainee placement or different ways of looking for work.

Rinkeby-Kista City District Administration also cooperates with schools, the Public Employment Service and other authorities and associations in the area to support young people aged 16-25. The aim is to encourage all actors who meet young people to work together so that young people who are not working or studying receive support to get started with studies or work experience.

Seeking holiday jobs

Information on summer jobs can be found at www.stockholm.se/sommarjobb
Send your questions about summer jobs by e-mail to sommarjobb.rinkeby-kista@stockholm.se

Questions about Christmas jobs are sent to: e-mail juljobb.rinkeby-kista@stockholm.se

Assistance with job seeking, work experience or education

Those who are 16-29 and neither working nor studying can contact **Fokus Unga**
Kista Galleria, staircase 2, floor 2 phone 08 - 508 35 960
e-mail jobbtorg-kistaunga.amf@stockholm.se

Apply to upper secondary school

Young people who are 16-19 and have not started upper secondary school or have dropped out of school can get study and vocational guidance, advice and support at Skolslussen.

The same applies to those who do not have the qualifications to apply for an upper

secondary programme. Contact Skolslussen, Hornsgatan 124 floor 2, Stockholm, phone

08-508 34 802, e-mail

skolslussengymn.utbildning@stockholm.se

Curious about the person behind the uniform?

"The person behind the uniform" is a programme for young people consisting of ten meetings with

both theory and practice. Young people can visit the police, SL, a fire station, security guards and so on to learn more about these professions and their role in society. Contact, phone 08-508 01 564

SIDAN 17

PAGE 17

Image text: Milli Amanuel is one of over a thousand young people who work during holidays in Rinkeby-Kista in 2014. In the Christmas holidays she worked at Kista care and nursing home. Photo: Malcolm Jacobson

Milli Amanuel is working in the Christmas holidays:

"Good experience because I want to be psychologist"

Milli Amanuel lives in Akalla and is in the second year of the society/behavioural science programme at upper secondary school. She is happy with her Christmas holiday job at Kista care and nursing home.

"I am learning a lot about being with and talking to elderly people. It is nice to hear their stories and they are so positive and happy. You realise that you have the whole of your life ahead of you!"

Milli wants to qualify as a psychologist in the future, so it is a benefit to meet different people. Working during the holidays also means that she plans her time better and earns money that she will use for a trip with some friends to USA after the final exams.

SIDAN 18

PAGE 18

CULTURE AND FUN IN THE HOLIDAYS

Bildtext: Thoughts about the fears of pre-school children in Rinkeby-Kista inspired the play "Panda & Rabbit and the Dangers" by Mittiprickteatern. Photo: Martin Skoog

SIDAN 19

PAGE 19

Lots to do for children and young people

Children and young people in Rinkeby-Kista have many opportunities to experience and create culture themselves. The area is the best in Stockholm when it comes to the number of activities in music, theatre, dance, visual arts, film and circuses for pre-school children.

Every year a cultural programme is offered to children aged 1 to 5 that is full of concerts, dance and theatre performances with professional artists. Children in pre-schools participate, together with their teachers. Even if your children are not in a pre-school, they can participate with an adult.

Children in Rinkeby-Kista are also involved in creating culture. One example is Mittiprickteatern, which talks with pre-school children as part of its work with a new play. This was how their ideas about fears and secrets came about.

On Sundays families can see theatre performances at Kulturskolan i Husby. See the programme on www.mittiprickteatern.se.

Culture and sport in the holidays

During the school holidays, a programme is arranged with many activities in the areas of sport and culture for all children and young people who are free. The programme contains activities which the city district administration either arranges or provides support for. As well as the youth centres being open, activities are organised at the play park Rincken, various libraries, Berättarministeriet in Husby, at Husby Farm, Akalla By and Eggeby Farm. Activities include a circus school, an art camp, courses in theatre or making films. Prior to the summer holidays, the whole programme is compiled in a booklet which is distributed to schools

and can be fetched at libraries and civic offices, and downloaded from www.stockholm.se. In other holidays, activities are advertised in the local newspapers.

Kulturskolan

Kulturskolan - the Culture School - in Stockholm is for children and young people aged between 6 - 22 who want to be active in their spare time. There are around 70 courses in music and song, dance and circus, theatre and musicals, art and media. Kulturskolan has its premises in Husby. Those who wish to attend a course must pay a small charge for one term. Read more at www.stockholm.se/kulturskolan

Summer camps for children and young people

Summer camps - Kollo - are an old tradition in Stockholm that give urban children a chance to experience summer in the countryside and meet new friends. The price of summer camps depends on how many children there are in the family and the family income. Read more at www.stockholm.se/kollo

Visit the library

Sweden's most modern and Stockholm's second largest library is found in Kista Galleria, with study rooms and programme halls. Husby centre and Rinkeby both have a library each. In addition to borrowing books, there are lots of other exciting things to do at the library, such as taking part in the language café, watching films and listening to fairy tales.

Husby library: Edvard Griegsgången 9, phone 08-508 30 505

Kista library: Kista Galleria, phone 08-508 30 511

Rinkeby library: Skårbygränd 1, phone 08-508 30 601

Web address to libraries: www.stockholm.se/bibliotek

Sara Abugar, 10, plays piano in Kulturskolan

"I love everything you can do with music!"

Sara lives alternately with her mother in Akalla and with her father in Husby. For just over a year she has played piano once a week at Kulturskolan in Husby.

"I chose piano because I think it sounds so nice. I used to play violin and when I was younger I went to rhythm classes.

Sara practices piano every day and usually sings and plays. She also writes her own songs. Sarah's younger sister, Astrid, plays violin; her mother plays piano and guitar and her father plays drums sometimes.

"I love music and singing and instruments - in fact, everything you can do with music," says Sara.

CIVIC OFFICES AND CIVIC WARDENS

Image text: Civic wardens provide personal service on site in Husby. Photo: Malcolm Jacobson

Personal service for you

Visit the civic offices in Rinkeby or Husby if you want to get information or guidance in a personal meeting. You can get information there about authorities and Swedish society.

At the civic offices you can get advice and information in many areas of the public sector in Sweden, such as how to look for accommodation and how to apply for a pre-school place for your child. There is also budget and debt counselling, consumer guidance, advice on immigration for relatives, basic legal advice and your needs for mobility service.

At the civic offices, staff are helpful in finding information and sorting out tasks on the internet. You can borrow a laptop if you want to, and search for information yourself or carry out different tasks. You can also obtain forms and brochures there.

Civic wardens

Eight civic wardens work outdoors in the city district in the daytime, evenings and weekends in order to help the feeling of security and enjoyment. They help both residents and visitors. Civic wardens have special jackets and cooperate with the police, commerce, housing companies, guards, night wardens and associations.

Contact:

Civic Office Rinkeby, Rinkebystråket, phone 08-508 01 794, fax 08-508 01 790, Civic

Office Husby, Edvard Griegsgången 11 A, phone 08-508 01 129, fax 08-508 01 123 e-

mail: medborgarkontoret.rinkeby-kista@stockholm.se

Civic wardens: phone 08-508 010 80

Mohamed Hamdi Shek-Ahmed is a civic counsellor at the civic office in Rinkeby.

"We help answer questions when things go wrong"

How do you find housing and a place in pre-school? These are the most common questions from families visiting civic counsellor Mohamed Hamdi Shek-Ahmed at the Civic Offices in Rinkeby.

Hamdi and his colleagues show families how they can register in the housing queue and give tips on where to look for sub-let apartments. They also give guidance on applications for places in pre-schools and schools. Visitors are given help to seek information themselves and carry out their tasks.

The civic office is very useful in everyday life in many ways, Hamdi believes.

"A family may need advice when it comes to choosing insurance or sorting out their financial situation. Here we have advisers who can assist."

Other good contacts for families

RINKEBY-KISTA CITY DISTRICT ADMINISTRATION

Children and young people in the social services. The reception group for applications and reports concerning children and young people aged 0–20 years who are in need of support or protection. Phone 08-508 01 968 (fax 08-508 01 018).

Family Law information phone 08-508 01 900

Relationship violence team phone 08-508 01 420

OTHER MATTERS

Public Employment Service: www.arbetsformedlingen.se

Child care centres (BVC)

Husby child care centre, Edvard Griegsgången 12

For new-borns/children moving into the area: 08-123 428 86

BVC 1 08-123 409 30

BVC 2 08-123 409 32

BVC 3 08-123 409 31

Kista child care centre, Kista Centrum Galleria, Staircase 2, floor 1

BVC 1 08-123 409 33

BVC 2 08-123 409 34

Rinkeby child care centre, Skårbygränd 3

For new-borns/children moving into the area: 08-123 399 08

BVC 1 08-123 409 41

BVC 2 08-123 409 42

BVC 3 08-123 409 43

BVC 4 08-123 409 44

BVC 5 08-123 409 45

BVC 6 08-123 409 46

BVC 7 08-123 409 47

Midwife clinics (BMM)

Midwife clinic Kista, Kista Centrum Galleria, Staircase 2 floor 1, phone 08-123 387 90

Midwife clinic Rinkeby: Skårbygränd 3, phone 08-687 62 90

Child and adolescent psychiatry (BUP): Rinkebysvängen 70B, phone 08-410 60 710, www.bup.se

BRIS (children's rights in society) - adult phone, about children: phone 077-15050 50, www.bris.se

Family counselling in Stockholm: phone 08-508 44 620, www.stockholm.se/familjeradgivning

Public dental care: www.folktandvarden.se

Swedish Social Insurance Agency: www.forsakringskassan.se

Habilitation - advice, support and treatment for children, young people and adults with disabilities: phone 08-123 35 010, e-mail habilitering@sll.se, www.habilitering.se

Contact Centres, children with disabilities: phone 08-508 11 508, e-mail kc.funktionsnedsattning@stockholm.se

Police: phone 114 14 (if it is not an emergency), 112 (if it is an emergency), www.police.se

Relationship Violence Centre (for people over 18 who have been exposed to a partner's violence or honour-related violence and made a police report):

Sundbybergsvägen 9, Solna,

phone 010-56 305 40, e-mail: rvc.socialförvaltningen@stockholm.se

Save the Children for parents

Save the Children parents' phone: 020-786 786

Save the Children parents' e-mail: foraldrar@rb.se, www.raddabarnen.se

Care guide (facts and advice, finding health centres, e-services) : phone 1177,

www.1177.se

If you are unsure of where to go with different issues, contact the civic office, see page 21.

My contacts

Sista sidan:

Last page:

Do you have young or older children and live in Akalla, Husby, Kista or Rinkeby?

You can find inspiration, tips and useful addresses here, for you and your children, from babyhood until they are 18.

Rinkeby-Kista city district council helps all children in Rinkeby-Kista to have a good childhood. This important task is what lies behind everything in the Family Guide.

Everything is free - unless otherwise stated.

City of Stockholm

Rinkeby-Kista city district council
Box 7049, 164 07 Kista
Visiting address: Borgarfjordsgatan 14, Kista
Phone 08 -508 01 000

E-mail: rinkeby-kista@stockholm.se
www.stockholm.se

This parents guide can be downloaded from the Family Centre's website
www.stockholm.se/familjehuset.
The text is available there in several other languages.