

# ACCESS all areas



**Heather Tucker** profiles the services of expat support group ACCESS, a resource well worth knowing about in NL.

(15 minutes per week), Cancerlink aims to provide a safe space where individuals affected can find the understanding and support they need to enhance their ability to cope. The ACCESS Counselling Network can provide individuals requiring professional support with a free referral to a member of the Counselling Network. The organisation is made up of professionals from psychological, mental health and social work backgrounds (with a minimum of a Master's degree and two years supervised work experience) who have practices all over the Netherlands.

on the traditional 'Introduction to Dutch Culture and Etiquette' orientation topics and courses related to childbirth and babies, there is also a small selection of more leisure-based themes, from wine appreciation courses to photography workshops.

*For more information about ACCESS and the services it offers, visit [www.access-nl.org](http://www.access-nl.org) or contact the Information Helpline on +31 (0)70 346 2525 (The Hague), +31 (0)20 423 3217 (Amsterdam) or [info@access-nl.org](mailto:info@access-nl.org). Helplines are open Monday to Friday from 10:00 to 16:00.*

**NOT JUST ADVICE BUT FUN TOO**  
ACCESS runs a wide variety of workshops and classes in both Amsterdam and The Hague. While the majority of workshops and courses focus

Being an expat in the Netherlands can, at times, be confusing, daunting and a bit of a pain. There are times when getting hold of the information you need is like jumping through hoops, and finding the information in English is even more of a challenge. Perhaps that is why the non-profit group ACCESS receives over 20,000 enquiries per year. With offices in both Amsterdam and The Hague, the organisation offers free information in English about the Netherlands. From useful telephone numbers to general advice, ACCESS has a wealth of information and a team of volunteers all with the aim of helping expats who live here. Using a large network of non-nationals and locals, as well as a database full of records, ACCESS is able to support expats through its website (in-

cluding a community notice board), email, helpline, at the office and even via personal consultations with experienced volunteers.

**PUBLICATIONS GALORE**  
One quick look in the ACCESS online shop will show you there is no shortage of information available. In addition to their information booklets and guides, there is also a quarterly magazine. Some of the publications are available free online or for download, so do make sure to take a look. The organisation also offers ACCESS Cancerlink and the ACCESS Counselling Network. Cancerlink is a support network, in English, for those with the disease and their families, friends, co-workers and caregivers. Via its support network and weekly telephone calls with trained counsellors

