



- le bon filon -

useful addresses in and
around Renens

Le bon filon – helping hands in and around Renens

This brochure promotes associations offering free or affordably priced services in Renens and the surrounding area. It is aimed at anyone who needs help – either temporarily or over the longer term – with accessing furniture, clothes, food, accommodation or someone to listen to them or offer them advice about their rights, health, etc.

These associations provide a helping hand to anyone who needs support to get out of their current situation until a long-term solution can be found. Huge thanks to the associations, groups and community organisations that help to make our world a little less unequal.

We know that the organisations in Renens and the surrounding area cannot meet every need, so this brochure echoes the “Bon filon” booklet (published by Le Point d’Appui: 021 331 57 20) that lists useful addresses in Lausanne and the surrounding area. This includes services such as legal aid, which are not offered in or around Renens.

You are welcome to distribute this booklet, which can be easily printed and photocopied, to anyone who may find it useful.

This edition of “Le bon filon” has been specially published to meet the needs of refugees, regardless of their status.

Integration Section

City of Renens

Summer 2022


Food


Cartons du Cœur Ouest-Lausannois


Help in the form of food and hygiene products. Up to a maximum of 2 boxes a year.

For all residents of west Lausanne (Renens, Chavannes-près-Renens, Ecublens, Saint-Sulpice, Bussigny, Villars-Ste-Croix and Crissier).

Boxes can be collected from the warehouse on Tuesdays from 16.30 to 17.30 once you have received confirmation from our manager by phone or email. By appointment only.

 079 889 45 84 for requests
for help (contact details can be
left on our voicemail)

 079 407 73 19 for any other
Information

 Warehouse address
Ch. de la Chisaz 1
1023 Crissier


www.cartonsducoeur-ouest-lausannois.ch


Epicerie Caritas

The grocery offers over 1,000 basic products at 30% to 50% cheaper than standard prices.

Anyone who receives the cantonal subsidy for health insurance or is on welfare benefits can request a Carte Culture from Caritas Vaud or their social worker.

Open Monday to Friday from 10.00 to 12.00 and 13.30 to 18.00, and on Saturday from 10.00 to 16.00.

 021 923 78 51

 Avenue du Midi 4
1020 Renens


www.caritas-vaud.ch/caritasvd/nos-prestations/aides-materielles/epiceries-caritas

Helping hand, Pastoral, Social and Street care (Catholic Church)

Distribution of food bags, mainly aimed at people living in districts in west Lausanne. To get a bag you will need a card, which can be collected on Tuesdays from 14.00 to 16.00 (see address below).

Price of a card for 16 food bags: CHF 5.00

Bags are handed out every Thursday from 13.00 onwards while stocks last.

 Avenue du 14-Avril 34
1020 Renens


www.cath-vd.ch/cvd_situation/social-et-rue/

Accommodation

Sleep in

Accommodation in shared dormitories. There are also rooms reserved for women only. No booking required. The association also provides access to a kitchen and welfare information service.


Open Monday to Sunday from 21.00 to 09.00, all year round. Open during the day on Sundays and Mondays from 09.00 to 15.00. Register on site from 20.30.


 Usine à Gaz 10
1020 Renens

<https://sleepin-lausanne.ch/>

Foyer Saint-Vincent (Social and street chaplaincy, Catholic Church)

Accommodation reserved exclusively for women on their own or with minor children in situations of dire emergency (15 days maximum). Follow-up of their situation and support are also provided as far as possible.


 079 191 82 42
(Ms Marie-Claire Rosetti)
 078 922 67 93
(Mr Jean de Dieu Rudacogora)


 Avenue du 14-Avril 34
1020 Renens

Second-hand clothes and furniture

Association Gloryland

Open Monday to Friday from 09.00 to 12.00 and 14.00 to 18.00, and on Saturday from 09.00 to 17.00.


 021 691 41 50


 Rue de la Mouline 8
1022 Chavannes-près-Renens

www.gloryland.ch

Le Point Bleu (Blue Cross in French-speaking Switzerland)

Open Monday to Friday from 09.30 to 12.00 and 13.00 to 18.00, and on Saturday from 09.00 to 16.00.

 021 671 22 44


 Avenue de la Gare 31
1022 Chavannes-près-Renens


www.croix-bleue.ch

Le Vestiaire (Entraide Familiale de Renens, EFRE)

Clothes for adults, children and babies.

Open Tuesdays, Wednesdays and Thursdays from 14.00 to 17.00 and Saturdays from 09.00 to 12.00.

 021 634 39 58
(during opening hours)


 Rue de l'Avenir 25
1020 Renens


www.efre.ch

L'Armoire

Second-hand accessories for babies plus clothes, books, toys, etc. for children aged 0 to 16 years.

Open Mondays and Wednesdays from 16.00 to 19.00 (excluding school holidays).

 079 276 39 83

 Rue du Centre 59
1025 Saint-Sulpice
(beneath the Auberge communale)


Toy library, library and parent-child centre

Le Potiron

Game and toy rentals, 900 games available.

Cost: annual subscription of CHF 25.00 per family, plus CHF 1.00 to CHF 8.00 for each game borrowed.

Open Tuesdays 17.00 to 19.00, Wednesdays 15.00 to 17.30, Thursdays 15.30 to 18.00 and the first Saturday of the month from 09.30 to 11.30. Closed during the school holidays.

 021 634 20 75
(during opening hours)




Rue de la Source 2
1020 Renens

www.ludotheque-renens.ch

CRA (Centre de Rencontre et d'Animation)

Offers sociocultural activities for children, teenagers, families and people living in the neighbourhood.

Open Wednesdays from 14.00 to 19.30, Thursdays from 16.00 to 19.00, Fridays from 16.00 to 21.30 and Saturdays from 14.00 to 17.30.

 021 632 75 15
079 814 44 08



Rue de la Source 3
1020 Renens


www.renens.ch/cra

MINI CRA (Centre de Rencontre et d'Animation)

Offers fun activities about nature, the environment and citizenship to prepare children for the new school year.

Two mornings a week from 09.00 to 11.00 will be organised from the start of the new school year in August 2022, until Thursday 13 October 2022.

Registration required. Free.

 021 632 75 15
079 814 44 08




Rue de la Source 3
1020 Renens


Globlivres

An intercultural library offering books in 280 languages and reading-related activities for children. Anyone can borrow books, regardless of where they live or their status.

Registration fee: CHF 1.00. Free loan of 4 books for 6 weeks.

Open Mondays and Fridays from 09.00 to 12.00, Tuesdays and Thursdays from 09.00 to 12.00 and 14.30 to 18.00, Wednesdays from 14.30 to 18.00 and Saturdays from 09.30 to 12.30.

 021 635 02 36

 Rue Neuve 2bis
1020 Renens


www.globlivres.ch


Renens library

Renens library offers almost 30,000 items for all ages, over two floors and an area of 600m². The collection includes novels, documentaries, detective novels, cartoon strips and other literary genres.

Free registration and loans!

Open Tuesdays from 10.00 to 20.00, Wednesdays from 14.00 to 18.00 and Thursdays and Fridays from 15.00 to 18.00.

 021 632 73 49

 Rue du Léman 10
1020 Renens
(enter through the school playground)

www.renens.ch/bibliotheque.leman

ARC-Echange


Meeting and welcome spaces for parents and children. Meetings do not take place during the school holidays. Spaces in several districts:

BUSSIGNY

Centre de Rencontre et d'Animation
Open Thursdays from 08.45 to 10.45
Rue de Lausanne 3
1030 Bussigny

CHAVANNES

Extracurricular activity centre
Open Tuesdays from 09.00 to 11.00
Chemin des Glycines 3
1022 Chavannes-près-Renens


 077 520 28 11


<https://www.arc-echange.ch/>

Association Jardin des Parents

Organises friendly meet-ups for parents of children aged 0 to 10 years for support in a non-judgemental environment.

An experienced, respectful and sensitive team of facilitators welcomes every participant on Wednesdays from 09.00 to 11.00, according to a defined schedule.

 078 669 51 59

 Rue de l'Industrie 1
1020 Renens


www.rdv-des-parents.ch


Aux Quatre Coins

Parent and child centre aimed at children aged 0 to 5 years, accompanied by a parent or responsible adult. The centre is open to everyone and is a great place to meet and get to know other people, and socialise in a respectful atmosphere.

No registration required. Come and go as you please. Free.

Open Mondays, Thursdays and Fridays from 14.30 to 17.30 and Tuesdays and Wednesdays from 09.00 to 12.00. Closed during the summer, Christmas and Easter holidays.

 021 634 40 30

 Avenue du Censuy 5
1020 Renens


eplacote@avasad.ch

www.espace-prevention-lacote.ch

Day centre

L'Ancre (West Lausanne street chaplaincy)

A place to sit down, draw breath and get a meal (for CHF 3.00). Open Mondays, Wednesdays and Fridays from 09.00 to 17.00. Lunch at 12.30.


 021 634 70 74


 Chemin des Glycines 5
1022 Chavannes-près-Renens

Pastoral, Social and Street care (Catholic Church)

Day centre.

Open Tuesday afternoons from 14.00 to 16.00.


 021 671 22 59
078 922 67 93


 Avenue du 14-Avril 34
1020 Renens

Salvation Army

Day centre. You are welcome to drop in for a coffee or a meal. The centre is open from 10.00 and meals are served from 11.30 (indicative price CHF 3.00).

Open Tuesdays and Thursdays from 10.00.

 021 646 46 10

 Rue du Simplon 10
1020 Renens

Association des Familles du Quart-Monde (AFQM)


The AFQM has been operating for over 40 years and offers a wide range of activities allowing people in a vulnerable situation to share a sociable moment with others.

Drop-in sessions that provide an opportunity to get together with other people, re-establish a link to society or get help with administrative issues take place 3 times a week at the Maison de Renens (Bourg-Dessus 17). Internet access and other basic computer tools are available.


Tuesdays and Wednesdays from 14.00 to 17.00.

Fridays from 09.00 to 12.00

A clothing swap is also available in the centre's changing room at Bourg-Dessus 17 and is open during the drop-in sessions.

 021 635 22 98

ensemble@afqm.ch www.afqm.ch


 Chemin de Bourg-Dessus 17
1020 Renens


Espace solidaire

The Espace solidaire community space is a place where you can share a meal and a chance to chat, as well as any getting advice and guidance you need.

It is open every Wednesday from 12.00 to 14.00 and occasionally offers other activities jointly with the region's community associations, or based on suggestions from the people it serves.

Wednesdays from 12.00 to 14.00.

 079 671 57 40

 Rue du 14-Avril 19
1020 Renens


Written or conversational French classes

Franc parler


French classes: several options.

Registrations: Monday to Friday from 19.00 to 20.30.

Cost: CHF 20.00 registration fee plus CHF 20.00 per month, negotiable.

 021 634 69 63

Du lundi au vendredi de 19h à 20h30

 Rue de l'Industrie 1
1020 Renens


www.franc-parler.ch

Français en Jeu


French classes: several options.

Registrations: By appointment.

Cost: CHF 40.00 registration fee

 021 552 44 04,

Tuesdays and Thursdays from
09.00 to 12.00

 Rue de l'Avenir 6
1020 Renens

www.francaisenjeu.ch


Espece Femmes Lausanne (Appartenances)


Creative French workshop "A step towards employment". To improve your French and take a step towards the world of work. Reserved for women who, in principle, have a residence permit.

Class times: Tuesdays and Fridays from 09.00 to 11.30 (February to June; September to January)

Registrations: in January and June (Mondays, Wednesdays and Thursdays from 14.00 to 17.00 / Tuesdays and Fridays from 09.00 to 12.00) at the Espace Femmes de Lausanne, rue des Terreaux 10, 1003 Lausanne.

Cost: CHF 10.00 registration fee.

 021 351 28 80

 Rue de l'Industrie 1
1020 Renens


www.appartenances.ch


Chez nous-Chez vous (Globlivres)

Opportunities for conversation and discussion to practise the language for French and non-French speakers.

Times: Mondays from 19.00 to 21.00, Tuesdays from 09.30 to 10.30 (with child care), Thursdays from 13.30 to 14.30 (except during school holidays).

Cost: CHF 10.00 per semester

 021 635 02 36

 Rue Neuve 2bis
1020 Renens

www.globlivres.ch

Listening and support service: drugs, alcohol and AIDS

Croix-Bleue romande (Blue Cross in French-speaking Switzerland)

Services are aimed at people facing problems with alcohol consumption and those close to them (spouse, children, family, etc.).

The Croix-Bleue romande provides information and responds to requests for advice or support.

Online consultations available: <https://www.safezone.ch/croix-bleue-romande.html>.


Meet-ups: Women's groups, 'Ensemble' group, Gentle gym group, Craft group, IT space.


For more information, please contact:

 021 633 44 33
info@croix-bleue.ch

Young People's Advice Service: young people are invited to contact us directly by email at enfance.famille@croix-bleue.ch or by phone on 021 633 44 33 or 076 586 18 83.

SOS Alcohol helpline: 24 hours a day, 7 days a week. Trained people are on hand to listen and provide advice and guidance if needed on 0848 805 005 (local call rate)

 Av. de la Gare 31
1022 Chavannes-Renens

 021 633 44 33


info@croix-bleue.ch


Health

PROFA

Sexual health and family planning consultations. In French, English, Spanish, Italian and Portuguese. By appointment only.

Appointments can be booked with the secretary on Mondays from 09.00 to 17.00, Tuesdays from 12.30 to 20.00, Wednesdays from 08.30 to 17.00, Thursdays from 08.00 to 12.00 and Fridays from 08.30 to 16.30.

 021 631 01 43

 Rue de Lausanne 21
1020 Renens


www.profa.ch


Preparation for childbirth


PanMilar

Preparation for childbirth classes and consultations after the birth with a midwife and interpreter, in various languages.

Class times in Renens: Thursdays from 09.00 to 11.00.

 077 410 20 24
Mondays, Tuesdays and Thursdays
from 09.00 to 12.00

 Avenue du Censuy 5
1020 Renens


 077 410 20 24
Mondays, Tuesdays and Thursdays
from 09.00 to 12.00


www.panmilar.ch

PROFA

Advice during the perinatal period. By appointment only.


Appointments can be booked with the secretary on Monday to Friday from 08.30 to 12.00 and Monday to Thursday from 13.30 to 17.30.


 021 631 01 50

 Rue de Lausanne 21
1020 Renens

www.profa.ch

CMS childcare consultations

 Av. de la Poste 16, 1020 Renens or Ch. des Biondes 30, 1020 Renens

 021 636 01 36

Or Espace prévention Lausanne helpline
Monday to Friday 09.00 to 12.00 on


 021 641 08 10


Support for immigrants

West Lausanne Migration Information and Advice Service (CSP La Fraternité)

Community support service for any Swiss or foreign national looking for information about migration. Information and advice related to settling and integrating into Switzerland, questions about residence permits (such as how to obtain or convert one), naturalisation, welfare insurance, binational marriage, etc.

The service is available on Wednesdays from 13.00 to 15.00. No appointment necessary.

 021 560 60 98

 Rue de l'Industrie 1
1020 Renens

www.csp.ch/fraternite/permanences


Public writers


Individual support for writing a resignation letter, naturalisation application, job application form, CV and covering letter, insurance questionnaire, etc.

Globlivres

By appointment only. Free of charge; donations welcome.

Times: Two Mondays a month from 16.00 to 18.00 or 18.00 to 20.00.

 021 635 02 36


 Rue Neuve 2bis
1020 Renens


www.globlivres.ch

EFRE

By appointment only.

Costs: between CHF 10.00 and CHF 35.00.

 021 634 39 58

 Rue de l'Avenir 25
1020 Renens

www.efre.ch


Work


Le Défi

Advice service for jobseekers. Welcome, listening, skills assessment, advice on job interviews, short or long-term support, etc. Computers are also available and printing can be provided for a financial contribution. An introduction to IT can be provided on request.

Consultations are free of charge. Please make an appointment if possible.

Open Mondays, Tuesdays, Wednesdays and Thursdays from 09.00 to 12.00 and 13.30 to 17.30.


 021 702 55 07


 Rue de l'Industrie 4
1030 Bussigny

Ecumenical pastoral care in the workplace

Joint service provided by the Protestant and Catholic churches. Listening, guidance and support for those facing difficulties in their working lives or looking for a job. Free, confidential service.

Initial contact by phone, then meeting by appointment.

 079 694 64 51
(Mr Jean-Claude Huot)


 Avenue du 14-Avril 34
1020 Renens


<http://mondedutravail.eerv.ch/permanence-travail/>

Permanence Emploi

The Permanence Emploi (employment advice service) in Renens is open to jobseekers who live in Renens and other districts in west Lausanne. Writing covering letters and CVs, preparing for job interviews, producing a brief job skills assessment, recommendations to contact other relevant services.

Consultations by appointment on Thursdays from 09.00 to 12.00 and 13.00 to 17.00, and Friday mornings from 09.00 to 12.00.

 079 522 27 65

 Rue de l'Avenir 25
1020 Renens

enfance.cohesionsociale@renens.ch

Other


EVAM (Vaud Migrants Welcome Centre)


The EVAM is a public-sector organisation tasked by Vaud Canton with providing support and assistance to people seeking protection in Switzerland who have been assigned to the canton.

It provides:

- Accommodation, i.e. the allocation and upkeep of individual or shared housing.
- Supervision, to help beneficiaries live independently by providing various services and supervising shared facilities.
- Assistance, to help those with no resources of their own to get the support provided for asylum seekers, including illness and accident insurance.

Emergency assistance service – avenue d'Echallens 64 – 1004 Lausanne –
Tel. 021 557 01 80


 EVAM Route de Chavannes 33
1007 Lausanne


 021 557 06 00

info@evam.ch

Social Affairs Office (Salvation Army)

Help with managing administrative and financial affairs, guidance and advice, listening, spiritual help and support, financial and practical assistance. By appointment.

 021 646 46 10

 Rue du Simplon 10
1020 Renens

Femmes Solidaires Sans Frontières (FSSF)

Femmes Solidaires Sans Frontières (FSSF) was formed in 1997 with the aim of putting local women and those from further afield in touch.

Its members are involved in various activities to:

- Establish and strengthen friendships between them
- Provide opportunities for women who are lonely to meet other people
- Come together to provide mutual support
- Share knowledge, in particular about health, family, work, dealing with the authorities and day-to-day life.

A themed meeting is organised on the first Wednesday of each month from 19.30 to 21.30, except in July and August. Call 078 264 54 21 for more information.

A multicultural meal is prepared every 2nd Friday of the month from 18.30 onwards, except in July, August and December. Call 078 261 54 21 for more information.

A "Listen and talk space" round table is run on every last Monday of the month from 19.30 to 20.30. Call 078 261 54 21 for more information.

"Yoga for laughter" classes take place two evenings a month from 18.30 to 19.30. All welcome.

Basket of organic vegetables + fruits and meat. Call 021 634 60 93 for more information



078 261 54 21



Rue Neuve 4b
1020 Renens

www.fssf.ch

Municipal services

Municipal services opening hours

Mondays, Tuesdays, Wednesdays and Fridays: 08.00 to 11.30 and 14.00 to 16.30
Thursdays: 08.00 to 11.30 and 14.00 to 18.30 (except the day before public holidays)

INTEGRATION SECTION

Rue de Lausanne 25 – 1020 Renens –

For more information: Tel. 021 632 77 71 / 88 / 95

delegue.integration@renens.ch – www.renens.ch

As an information and coordination hub for topics related to integration, the Integration Section has been the primary point of contact for Swiss people and immigrants, associations and the Renens authorities since 2007.

It also supports associations that are active in the field of social cohesion, and implements and coordinates integration projects based on the principles of equality and reciprocity set out in the Integration Charter. Examples of these projects can be found on the city's website.

CHILDREN'S SERVICES – SOCIAL COHESION

Rue de Lausanne 25 – 1020 Renens – Tel. 021 632 77 71 –

enfance.cohesionsociale@renens.ch – www.renens.ch

Children's Services provide a range of services related to:

- **Children:** the city of Renens has three municipal nurseries, two kindergartens, three UAPE (centres for schoolchildren in years 1 and 2), three APEMS (wraparound care for schoolchildren in years 3 to 8), two refectories, an eating space and a family day centre.
- **School dental clinic:** children aged 0 to 16 years (up to 20 years old if they are studying or taking an apprenticeship) can receive care directly from the clinic, with prices based on their parents' income.
- **Older children:** various services are available through the Children's Services – Social Cohesion unit (meal, TL (Lausanne public transport) and reduced mobility transport vouchers).

HOUSING OFFICE

Rue du Lac 14 – 1020 Renens –
Tél 021 632 74 02 – logement@renens.ch

People who live in Renens can contact the housing office to:

- **Get advice about housing.** The office cooperates closely with the housing section of the Regional Association for Social Action in West Lausanne (ARASOL).

Note: the Housing Office cannot allocate rental apartments directly.

YOUTH SECTION

Rue de la Source 3 – 1020 Renens –
Tel. 021 632 75 09 or 15 – jeunesse@renens.ch

The Youth Section deals with four main areas:

- **sociocultural activities** at the Centre de rencontre et d'Animations (CRA), rue de la Source 3, Renens;
- **support for young people's projects** and representing them politically;
- **individual support and community activities;**
- **leisure activities** (sports centres open during the winter, holiday passports, open-air centres and holiday camps).

POPULATION SERVICES

Rue de Lausanne 35 – 1020 Renens
Tel. 021 632 76 73 – contact.population@renens.ch.

Population Services keeps an up-to-date register of Swiss or foreign residents. Those living in the area are asked to visit Population Services to:

- report their arrival: all residents must do so **in person within 8 days** of arriving or changing their civil status or address. Anyone providing accommodation for a third party must also announce their arrival or departure;
- report their departure: all Swiss or foreign residents must report their departure in person or online at www.renens.ch;
- report any change of address within the municipality (online at www.renens.ch; take your residence permit with you for a change of address, along with your tenancy agreement or sub-letting letter).

Other services: see www.renens.ch

SCHOOLS

Renens-Ouest Primary School

Ms Elodie Wettstein-Rattaz, headteacher
Collège de Verdeaux
Rue du Bugnon 1, CP 461
1020 Renens
021 557 44 40 or ep.renens-ouest@vd.ch
www.ep-renens-ouest.ch

Collège de Verdeaux
Collège et pavillon des Pépinières
Pavillons de Sous-Biondes
Collège et pavillon du Simplon
Classes du Caudray

Renens-Est Primary School

Ms Carole Bianchi, headteacher
Collège du 24-Jaquet
Av. du 24 Janvier 24, CP 464
1020 Renens
021 557 11 57 or ep.renens-est@vd.ch
www.e-renensest.ch

Collège du 24-Janvier
Le Censuy schools website (Collège Roseau, Collège Nénuphar, Libellule UAPE
and sports hall)
Collège de Florissant
Classes du Mont-de-By
Classes de la Croisée

Renens Secondary School

Mr Aso Piroti, headteacher
Rue du Léman 12, CP 462
1020 Renens
021 557 16 50 or es.renens@vd.ch

Le Léman schools site

Collège du Joran
Collège de la Vaudaire
Maurabia sports hall

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021 632 77 88
delegue.integration@renens.ch



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