**Code of** **the “Vigor” member**

“Vigor” is a community of like–minded people whose main goal is to collectively help people who have survived a stroke to learn to regain and develop their abilities and life activity.

The “Vigor” member is a member of the “Vigor” society, a person who has survived a stroke and is actively engaged in their recovery, or their relative obeying this Code.

All activities and classes are organised by volunteers who do not receive financial compensation, of their own free will and mainly at the expense of volunteers.

At the society's classes and events, volunteers work only within the framework of the psychological rehabilitation programme.

**THE “VIGOR” MEMBER:**

**In interaction the “Vigor” member – “Vigor” society**

1. The “Vigor” member is an active participant in the cases and events that they have chosen, and decide how they can help “Vigor” society in its work.
2. Bears personal responsibility for their behaviour at “Vigor” events, including:

* respecting the rules and instructions set at the events;
* speaking without profanity;
* maintaining a sober state, not using alcohol and drugs;
* if they have chosen an activity in the workshop, homework has to be done. Anyone who missed a workshop takes care to get homework of their own;
* taking responsibility, carried out all the way till the end;
* maintaining cleanliness and order in the rooms;
* payment of membership fees on time.

1. The “Vigor” member follows the interests of “Vigor” and helps within its capacity (this can be personal participation, intellectual and material assistance, psychological support).
2. Focusing on the rule “helping others - I help myself!”, they share their experience, knowledge, efforts, ideas, and help other “Vigor” members or people who have survived a stroke.
3. The “Vigor” member cannot represent the interests of “Vigor” in any institution or organisation without instructions from the Chairman of the society.
4. In the case of systematic violation of the Code by the decision of the general meeting, the “Vigor” member may be excluded from the society.

**In interaction the “Vigor” member – the “Vigor” member**.

1. The “Vigor” member is patient and respectful towards others:

* They accept and understand the capabilities of other “Vigor” members (different speed of speech or pronunciation of words, completing tasks);
* They listen attentively to others, without interrupting or commenting on what is happening to their neighbour;
* They value and respect each other’s time; speak briefly and to the point of the issue being discussed, giving space and time to others;
* If someone is late for a class, they call the class leader and warn about delay no later than 5-10 minutes before the start. If they cannot attend an event or lesson, they inform the workshop leader about this (no later than two hours, or better, a day, in advance);

1. They are attentive to other “Vigor” member (especially beginners), offering help and support if necessary, as well as informing the leader of the class about any difficulties encountered.
2. They inform the Chairman or all the members about proposals for the work of the society at a general club meeting.

**In interaction the “Vigor” member – the volunteer:**

1. The “Vigor” member respects and appreciates the work of volunteers in:

* helping to organize classes, preparing the room for the work;
* respecting the boundaries of the volunteer's personal time and space and not bothering them outside of “Vigor” events. The “Vigor” member does not abuse the volunteer's time and attention before and after the class.

1. They inform the program leaders about ideas and proposals that they are ready to implement.

*CONFIRMED 09.02.2018 at the session of the general meeting with the Protocol – decision*

*Nr. 09.02.2018.- 6*