



support & housing assistance for people with disabilities

SUPPORT AND HOUSING ASSISTANCE FOR PEOPLE WITH DISABILITIES

VOLUNTEERS' NEWSLETTER

NEW LOOK SHAD OFFICE (but not completely new!)

SHAD volunteers, we are happy to announce to you that SHAD now has a newly refurbished office. Wow!

The work was completed on Friday the 29th of June 2007. Thanks to our Land Lord, Mr Peter Bromberg, and his team who made this possible. We use this medium to say a big thank you to them.

This means a return to our usual culture of hospitality. Be sure to be offered tea/coffee or water (but not food, sorry) whenever you come to the office as our kitchen is now functional. Again the interview room is now being used for discussions with volunteers to maintain confidentiality.

At your leisure time, we invite you to come and have a look at the new look facility.

Why not visit our new website today:
www.shad.org.uk

Volunteers' Social evening. What's up!

Volunteers' Social evening. It's happening again!

The next volunteers social evening is tentatively going to take place on 5th August 2007. The event will be hosted by the volunteers at Hendrick Avenue in Balham. It is promising to be another wonderful evening to relax and get to know other volunteers.

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WE ARE ALWAYS THERE FOR YOU!
The Office Staff

The volunteer Managers and other office staff are there for nothing else but to ensure you are happy and well looked after.

So if at any point you need support, please feel free to contact Vitalis or Ambreen on 020 8675 6095 or on emergency, 079 6672 9821.

Summer days are still here!

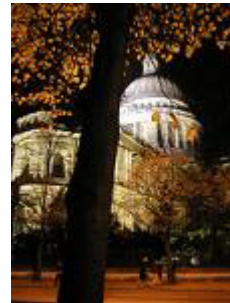
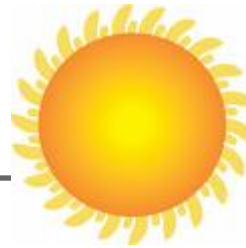


Image captured from new website!

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Editing:

Vitalis & Ambreen
Volunteer Managers

Important bits

Energy costs!

The cost of running the volunteer flats continues to soar and we plead with volunteers to try and always remember to turn off radiators and lights when not in use.

Please do not use radiators to dry your clothes!

Savings made not only enable SHAD to reduce its carbon footprint by saving greenhouse gases but monetary savings will enable the organization to provide extra resources that can benefit our volunteers.

(reprinted from 27 June 2007)



Summer is here!
Turn off heating and lights!

Welcome to SHAD!

We welcome to SHAD **Monica Mulenga**. We really appreciate your

decision to volunteer for SHAD. We hope you have settled in well in your flat and encourage you to let us know if you are having any difficulties.

**BIENVENUE
MADEMOISELLE!**

Goodbye Becky & Mario!

We express our profound gratitude to **Becky Hobbs & Mario Heintze** who recently completed their placements with SHAD. We wish you the best in your future endeavours!

**Recommend a volunteer to SHAD
and (if they obtain a placement)
win a token!
Call Vitalis or Ambreen for details**

Ladies & Gentlemen, it is the O2!



More important bits!

Cover! Cover! Cover!

SHAD is always keen to hear from volunteers who have the availability to carry out cover shifts in addition to their normal sessions.

Cover shifts are often required when volunteers are on leave or unwell, are a way to enhance the experience of a

placement at SHAD and an opportunity to supplement the standard allowances.

If you are interested in additional shifts please notify either Vitalis or Ambreen who will be keeping a list of people to call when the need arises.

Please be aware SHAD will ensure volunteers do not infringe health and safety policies and procedures by over-committing themselves to additional shifts.

Please contact Bogdan Cristea on 079 2316 2595 or Cristea_b@yahoo.co.uk to register your intention to attend the next social evening !

How do I become a volunteer?

**Call Vitalis or Ambreen on 020 8675 6095 or see our website at:
www.shad.org.uk**

"Fun corner! Enjoy London"

Making the most of London.....

For a free guide to the London night scene check the following sites:

www.clubseekers.com

<http://www.viewlondon.co.uk>

There are loads of great films out, too many to mention – see Time Out for

details.

The latest copy of Time Out will be in the office from this afternoon. Please feel free to come and browse. There are lots of free and cheap events going on throughout London. You can use the office photocopier to copy any information you find of interest.

London's First Indoor Beach: Island Life Arrives at The O2

1,000 tons of sand transported to The O2 to create a London first FREE fun for everyone

This summer The O2, Europe's ultimate entertainment destination,

General Information (Continued)

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Volunteers social evening!

As before, SHAD is providing some refreshments but if you would like to bring some food from your part of the world for others to experience, please do so and add that little something extra to the event. You can also bring some CDs along if you want for the music. **NB: This gathering is for SHAD volunteers only.** Can you please let us know if you are interested in coming by calling the office.



Staff Meeting

The next staff meeting will be on Tuesday 24th July 2007. Please note that the office will be closed between 10.30am and 12.30pm and all telephone calls will be directed to the answering service.

Cover-shift Forms

Please note that from now on, whenever you do a cover shift, you need to obtain a cover shift form from the office. This must be completed and signed by you and your service user or their family member or care advocate. It is not possible for SHAD to settle cover shift allowances until forms are correctly completed and signed off by services users or their representative.

Flat Cleaning

There are still many flats where the washing up has been left to pile up and the vacuuming has been left undone.

Let us remind you that cleaning your flat is part of your agreement with SHAD.

Cold Callers

If sales people from utility companies like gas, electricity or telephone companies should call at your flat please don't let them in. Refer them to the office and do not sign any agreement whatsoever!

Yet more information

Guests in volunteer's flats

Please note that guests are only allowed to stay occasionally for short periods of time (up to a maximum of five days) and only with the permission of the Volunteer Managers.

Please show some consideration for your flat mates. Having

*Enjoy & let others enjoy the flat!
only with the permission of the
Volunteer Managers are you
allowed to bring a guest into the
flat!*

guests stay over on a regular basis without informing the office is in breach of the License Agreement signed by all volunteers when they move into a SHAD flat.

Again, this is not only a Health and Safety requirement but also has impact on our insurance policies.

(reprinted from 27 June 2007)

Next Allowance Payments

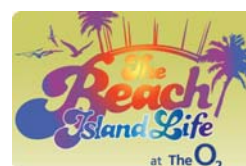
The next date for payment of allowances will be **Wednesday 25 July 2007.**

Please note that as Jakki will be away from the office during the period leading up to this date payments have to be calculated before the end of June. As a result it will not be possible to reimburse travel and other expenses until 25 July when payment will be made together with any cover shift allowances due.

"More fun this summer!"

Will bring the first indoor beach to London. During July and August over 1,000 tons of sand will transform the London Piazza section of The O₂ into a full size paradise Island, the perfect place for kids during the day, before becoming a 'chill-out' zone for adults in the evening. And best of all – it's totally free.

In the evening the beach will become an after-work destination with volleyball and other sports on Monday nights, cult films on Wednesdays and Sundays, DJs spinning 'desert island discs' on Thursdays and Fridays, and live music on Saturdays. There will also be a bar for those just wanting to chill out and enjoy being on a beach in the centre of London.



**Amazing!
Have you been to the
O2 in North Greenwich?**



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**SHAD is supported by
Wandsworth Borough Council**

We're on the Web!

www.shad.org.uk

Jakki's Bit

This is a virtual me this week as I am taking time out of the office to recharge my internal batteries as we all must do from time to time. As a result I can't comment on news topics of the week because I don't know what they are! I can guess though and who knows, I may be right. I think we will have just seen that amazing new racing driver Lewis Hamilton win his 3rd Grand Prix in a row at Silverstone and Roger Federer win again at Wimbledon.

Did you know that "Royal" or "real" tennis is said to have its roots in the Byzantine Empire, and was a favourite pastime of the medieval French court. It was played in English monasteries, and was enjoyed by Henry the Eighth. Henry built a famous tennis court at Hampton Court where he played from 1528. This court is the oldest in the world and is still being played on today.

The idea of playing tennis on grass did not catch on until the 1870s. In 1877 the game was adopted as a secondary activity by the All-England Croquet Club at Wimbledon. As croquet declined in popularity tennis soon became the club's main concern, and the club is now known as the All England Lawn Tennis and Croquet Club. Wimbledon championships began in 1877, and that first event was won by Spencer Gore. By the 1920s Wimbledon had become the most important tennis championship in the world. Wimbledon opened itself to professional players in 1968, which produced the championships as they are known today.

Both Wimbledon and Hampton Court are well worth a visit and are within easy reach by public transport as are many other places of interest for those keen to soak up English culture and history.

The views expressed here are not necessarily those of the Organisation

**This issue is also available in other formats
for visually impaired readers.**

And Finally...

Biscuit thief

I don't know whether being in a wheelchair makes me attract weirdos or whether something about my persona shouts "I'm a talent spotter for Eccentrics Extraordinaire" but I rarely go out without encountering someone or something very odd.

So when I fought my way through the crowded self-service cafe, eventually finding a small space on an overcrowded table, I wasn't too surprised when a heavily tattooed, unshaven chap sporting a wispy ponytail stared at me with undue curiosity.

Not wanting a verbal exchange in such a public venue I decided to try the "out stare him" technique and felt relieved when his gaze was diverted.

My relief was short-lived when to my absolute amazement he picked up my packet of biscuits, ripped open the cellophane, removed bourbon, inserted into his mouth whole and after a brief period of overly loud chewing swallowed!

"How dare he steal my biscuit?" I thought indignantly. "He wouldn't dare take them if I wasn't disabled".

I felt annoyed and uncertain what action I should take. Here's a large framed, 14 stone man with little regard for social propriety... what could I do?

Seconds passed. From the corner of my eye I noticed him staring again but in view of the biscuit nabbing incident I decided not to out stare him. But I had to consciously stop my jaw dropping when the cheeky so and so calmly devoured the remaining biscuits. What sort of person calmly steals food from under your nose?

Enough was enough, my temper increased the more I thought about it. I wasn't going to let anyone get away with walking all over me. Let's see how he likes it!

I was just 18 and still getting comfortable in my own skin and learning how to react in certain situations but no one had prepared me for this particular scenario.

I turned my wheelchair towards the door so I could make a quick exit, wedged my bags firmly down the side of my armrests and seconds before making a very speedy getaway which would put Tanni Grey-Thompson to shame, I grabbed the chocolate éclair sitting on Mr Ponytails plate. I bit so hard the cream squirted at least 12 inches, gave my sternest 'don't mess with me, I'm a woman on the edge' glare and without a second glance sped off.

The encounter left me in no doubt that I had struck a blow for disabled folk everywhere. (You can see I'm easily pleased can't you?) That was until I opened my handbag and to my absolute horror discovered that, in my haste to get served without holding up the large queue in the cafe, I had dropped my change and biscuits into my bag. The biscuit muncher was eating his own biscuits!

As I lifted my hands up to shield my blushing cheeks and hide my embarrassment, I discovered a thick crusty cappuccino moustache across my lip - no wonder he was staring!

Nikki, North Yorkshire (with thanks to Ouch!)