



support & housing assistance for people with disabilities

SUPPORT AND HOUSING ASSISTANCE FOR PEOPLE WITH DISABILITIES

# VOLUNTEERS' NEWSLETTER

## SHAD VOLUNTEERS' SOCIAL EVENING—COUNT DOWN!

**S**HAD volunteers, we are happy to announce to you that the next SHAD Volunteers' Social evening is fast approaching. Wow!

I can't wait for it to come. It is going to be exciting. Be prepared to meet other volunteers and make friends. All who are not working on Sunday 5 August 2007 are invited. The venue is 46A Hendrick Avenue Balham SW12 8TL. The hosts are the volunteers living in this flat with the assistance of Laura Castellanos. The gathering starts at 8.30pm prompt to end not later than 11.30pm to enable those who are working the next day get to bed to catch some sleep. SHAD is providing some refreshments but if you would like to bring some food from your part of the world for others to have a feel, please do so to add colour to the event. You can also bring some CDs along if you want for the music.

**NB:** This gathering is for SHAD volunteers only and we remind all to ensure order is maintained throughout the event. **Please contact Bogdan Cristea on 079 2316 2595 or Cristea\_b@yahoo.co.uk to register your intention to attend!**

[Why not visit our new website today: www.shad.org.uk](http://www.shad.org.uk)

*Happy birthday Jakki, Sheila & Vitalis*

**S**HAD Birthdays! Who's next?

We join Sheila, Jakki & Vitalis as they all celebrate their birthdays this July! We all at SHAD unite with one loud voice as we echo to you big 3: **HAPPY BIRTHDAY!** "Ad mutos anos" We remind all volunteers, service users & staff to let us know well enough in advance when their birthdays are to be celebrated.

*Rainy Summer!*



TFL—Working to make London's transport accessible for everyone

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### Editing:

**Vitalis & Ambreen**  
**Volunteer Managers**

## Important bits

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### GUESTS IN VOLUNTEERS 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. If permitted we will require you to provide us with the name of your guest for security and health and safety reasons.

**Remember—Please do not use radiators to dry your clothes!**



Summer is here!  
Turn off heating and lights!

### Welcome to SHAD!

We welcome to SHAD Niko Twickel, Sunday Kwame, Tobias

**Steege & Ginny Woolfenden.** We really appreciate your decision to volunteer for SHAD. We hope you have settled in well in your flat(s) and encourage you to let us know if you are having any difficulties.  
**BIENVENUE!**

### Goodbye Gregor, Timo & Mario!

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

We express our profound gratitude to **Timo ReiBmann, Gregor Muller & Mario Heintze** who recently completed their placements with

SHAD. We wish you the best in your future endeavours!

**AU REVOIR TOUT LE MONDE!**



## More important bits!

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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, 07966 729821.

**Cover! Cover! Cover!**

**S**HAD is always keen to hear from volunteers who have the availability to carry out cover shifts in addition to

**their normal sessions.**

If you are interested in additional shifts please notify either Vitalis or Ambreen.

*How do I become a volunteer?*

Call Vitalis or Ambreen on 020 8675 6095 or see our website at:  
[www.shad.org.uk](http://www.shad.org.uk)

## Getting around London—Your guide to accessibility

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### Mayor's Introduction

I am delighted to introduce this new guide, which brings together all the information you need to plan and make journeys by public transport within London. We have taken care to make the guide easy to use, and we are most grateful to SCOPE, whose assistance in preparing the guide has been invaluable.

Getting around London by public

transport has never been easier or more accessible. All buses in London are low-floor vehicles, meaning that they are accessible to all customers, including wheelchair users.

For more information please visit [www.tfl.gov.uk](http://www.tfl.gov.uk)

Ken Livingstone—Mayor of London



Ken Livingstone  
Mayor

## General Information (Continued)

### Welcome back Jakki!

In this edition, we warmly welcome back from leave our director, Jakki Morgan, who was away in some nice places for some R&R!. We all missed you. We are happy you are back.

#### Staff Meeting

The next staff meeting will be on **Tuesday 7<sup>th</sup> August 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!

We observe with some bit of disgust that the flats are getting dirtier. Please be reminded that SHAD has the right to ask anyone to leave the flat if they are not participating actively in keeping the flats clean.

**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.



## Yet more information

#### Next Allowance Payments!

The next date for payment of allowances will be **Wednesday 8 August 2007**, when volunteers will receive £120 personal allowance plus any outstanding transport reimbursement. Cover shift payments will be made on 29 August 2007.



## "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.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.



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



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**We're on the Web!**

**[www.shad.org.uk](http://www.shad.org.uk)**

# Jakki's Bit

**W**hat news to impart? Well, it seems I chose a good time to take a break from the office as I missed all the excitement (?) of our recent monsoon weather (a product of global warming or the outcome of short-sighted decisions to build increasing numbers of houses on floodplains, I wonder?). Certain parts of England now resemble the Florida Everglades and the situation is likely to get worse before there is any improvement as levels of flooding continue to rise and water treatment works together with power supply stations are now affected. Given the likely increase of such disasters in the UK is it time for a national debate as to whether billions should be spent on improved defences or is it cheaper just to pay the costs of a 'mop up' when the events occur?

I have recently spent time in the south of France but still find myself unable to let go of my interest in disability issues. I constantly carry out access audits and find the quality of facilities vary greatly—some good (including access facilities to the sea over beaches) while others are indifferent. I also find the use of the word 'handicapped' on the continent, as well as in North America, for 'disability' offends my deep rooted sense of British political correctness.

My passion for castles and Cathar history was well met in France, although I have yet to see a castle with access facilities in its original design! How did people with disabilities cope 800 or so years ago I wonder?

*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...

### Wheelchair users can go off-road!

**A** Kent inventor has developed an all-terrain electric buggy aimed at giving disabled users the experience of going off-road through rough country.

Chris Swift was a student agricultural engineer when he was disabled by a neurological condition as a teenager.

He completed his degree, but realised his days of driving tractors were over.

He tried "all manner of devices" to get outdoors, but found nothing that was safe and easy off-road, and went on to devise the Boma buggy.

Mr Swift, from Thanet, teamed up with his university friends to design his product and went on to find a company to test and sell it.

He said the battery-powered Boma,

which has been tested in the Alps and in Africa, uses mountain bike technology to give people "the ability to go anywhere".

"It rides the bumps very well and the terrain and just lets you have a bit of fun," he told BBC South East.

"The Boma is a mountain bike for wheelchair users, in the simplest terms.

"Don't think of it as a wheelchair - think of it as a four-wheel mountain bike."

Members of the Kent Outdoor Pursuits Disability Project put the buggy through its paces at Bedgebury Pinetum in Goudhurst.

Wheelchair user Lee Davies said: "What it does is open up the environment completely, and remove those natural barriers.

Whereas with a wheelchair or a cycle, you're slightly restricted, this just means you can go anywhere that anyone else would go."

**Don't think of it as a wheelchair - think of it as a four-wheel mountain bike**

Lee Davies



The buggy has been called "a mountain bike for wheelchair users"