



support & housing assistance for people with disabilities

SUPPORT AND HOUSING ASSISTANCE FOR PEOPLE WITH DISABILITIES

VOLUNTEERS' NEWSLETTER

SHAD launches new website!

SHAD volunteers, we are happy to announce to you that SHAD now has a shiny brand new website. Wow!

This new website is wonderful and has a lot of features compared to the old one. In fact, they are incomparable. We highly appreciate the effort of our director, Jakki Morgan regarding this shiny new website which was launched on 14 June 2007.

The new site fully complies with the accessibility requirements of the Disability Discrimination Act 1995 and has been tested to meet the needs of WCAG Priorities 1 and 2 and Access Board Section 508. In addition, the website has been fully revised and updated. Wow!

Visit the site at:

www.shad.org.uk

and let us know what you think.

You can send your comments to us at: info@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 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 organisation to provide extra resources that can benefit our volunteers.

(reprinted from 13 June 2007)



Summer is here!
Turn off heating and lights!

Welcome to SHAD!

We welcome to SHAD Wanga, Precious, Mwanga, Franka, Emese, and

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

BIENVENUE TU LE MONDE!

Goodbye !

We express our profound gratitude to **Jacqueline, Mattia, Racheal, Ireen & Yordan** 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**

Smoke-Free Wandsworth!



More important bits! (reprinted from 13 June 2007 to remind you!)

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.

How do I become a volunteer?

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

Even more important bits!! (again, reprinted to remind you!)

The whole ethos of SHAD is that service users run their projects with the support of their volunteers along with back up from the staff team.

Since it was set up SHAD has relied on the close working and trusting relationships of service users and volunteers to ensure the delivery of top quality support. The system will only work if service users and volunteers are able to honestly and openly discuss any problems or issues before they get out of

hand and become a problem. Service users recognise it is their responsibility to train and support volunteers on their projects and to deliver clear and concise instructions as to the tasks volunteers are expected to carry out on a daily basis.

Volunteers are not mind readers and should expect an appropriate level of direction to enable them to carry out their duties. Similarly, volunteers should not take lack of direction as a reason to avoid the performance of duties (i.e. to sit and

watch TV in a service users home!) or to act without a degree of initiative. If in doubt, volunteers should ASK for guidance or direction from their service user who, in turn, should ensure volunteers are fully instructed at all times.

Vitalis and Ambreen are available to assist where required and Jakki can be contacted should the need arise.

Communication, flexibility and understanding are key to SHAD services

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.



We don't mind if it rains or shines as summer is here!

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

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 13 June 2007)

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

Next Allowance Payments

The next date for payment of allowances will be **Wednesday 11 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.

"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.



**Amazing!
Have you been to the
British Museum?**



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**SHAD is supported by
Wandsworth Borough Council**

We're on the Web!

www.shad.org.uk

Jakki's Bit

The British summer is here—it's easy to tell because of the rain! More rain than we know what to do with and you would think by now we would know how to save some to avoid problems in the long hot summer we have been promised. *C'est la vie!*

What news since we last met and what hot topics are there to discuss?

We have a shiny new website (read about it elsewhere in this issue). Check it out and let us know what you think. The site is a 'work in progress' so it's not quite finished yet.

Unnecessary wars abound but don't get me started on that subject. Gordon Brown is set to become Prime Minister at the end of June. Will we notice a difference I wonder or will things go on the same regardless—who knows, I certainly don't.

Glastonbury festival looms and, once again, it's going to be a muddy one. I remember the festivals of my youth; Isle of Wight and Stonehenge among others (before they had proper loos too!). I saw Hendrix, The Doors, The Who and ELP at the Isle of Wight in 1970 (I know, 37 years ago—I wasn't very old then and my Mum had no idea I had gone there until I returned; she was not best pleased!). Don't think you could ever get that quality of acts at one venue any more, but then perhaps I'm remembering though the rose tinted psychedelic haze of the time! I remember being told there were half a million people at that particular festival. I make that over twice as many as at similar events in current times. I recall the festival lasted 5 days and the price of my ticket was ... £3 !!! Happy Days!

I've set myself off on a road of nostalgic thoughts now but I won't bore you with them ... until next time perhaps! Happy Litha!

21 June 2007

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 race up Snowdon

Wheelchair users and teams of their friends raced each other up Snowdon to raise money for charity.

Fifteen teams of 10 people, each including one member in a wheelchair, scaled the Llanberis Pass on the highest peak in Wales and England.

The wheelchairs were mostly pulled up using ropes and many had been specially adapted for the challenge on Saturday.

It is hoped around £30,000 will be raised by the Snowdon Push event, organised by the Back-Up Trust.

One of those on the climb was Rhys Llewellyn-Williams, 29, who broke his neck in a mountain biking accident six years ago.

He took on the feat with his brother, two cousins and friends from Cardiff - where he now lives - and Bridgend, where he is originally from.

Speaking before the event, Mr Llewellyn-Williams said: "We did the same event in the Lake District last year and it was gruelling.

"Even though it was really hard, it was really rewarding because of the buzz you got from getting to the top of the mountain.

"It's exhilarating and liberating to be in the fresh air on the top of a mountain - and it's a surreal place for a wheelchair to be."

Mr Llewellyn-Williams has been rock climbing and canoeing with the Back-Up Trust, and volunteers with the charity, teaching wheelchair skills to help people gain more independence.

In preparation for the Snowdon Push, he trained on Pen-y-fan in the Brecon Beacons, and other mountains, and added mountain bike wheels and aluminium bars to the wheelchair he used during the climb.

Friendly rivalry over who would make the fastest time was fierce between the teams, according to Mr Llewellyn-Williams whose team have raised £1,800 in sponsorship so far.

'Sheer determination'

His father, Gareth Llewellyn-Williams, said his son's team had finished the race first in three hours - 30 minutes ahead of the second team.

He said they had won because of "sheer determination, commitment, and practice".

"There was the added commitment of being the only Welsh team competing on home soil,"

he said.

"It was a brilliant event. Seeing the commitment of the teams and support of the charity, it was uplifting."

Bea Richardson, from the Back-Up Trust, said: "It is a race. Some people come back year after year and take it very seriously.

"For others it's more of a fun thing to do."



"The top of a mountain... is a surreal place for a wheelchair to be"

Rhys Llewellyn-Williams