



support & housing assistance for people with disabilities

SUPPORT AND HOUSING ASSISTANCE FOR PEOPLE WITH DISABILITIES

VOLUNTEERS' NEWSLETTER

THE SHAD NEWSLETTER IS BACK - WOW !

The SHAD Newsletter is back with a bang!

The last edition was issued in January 2008. We most sincerely apologise for this unprecedented disappearance from the media market!

The absence was due to some unforeseen technical difficulties beyond the Editor's control.

Anyway, we are happy to be back. In this edition our top story is titled "Valentine Dilemma for a Disabled Couple". We hope you will enjoy it.

Breaking News!

SHAD volunteers' will be having another of their social evenings. Wow!

The event is the latest in a long line of social evenings and is a way of volunteers getting to know each other better in a relaxed setting. Taking place during the evening of Sunday, 18 May, every volunteer not on shift is invited. The venue is 77 Rushcroft Road

and is being hosted by the volunteers living in that flat. SHAD will make a small contribution towards refreshments. The evening starts at 7:30pm and will end not later than 11.30pm to enable those who are on shift the next day to get some rest. If you would like to prepare and take along some tasty bites from your national cuisine for others to sample and to add an ethnic flavour to the evening please do so.



Have a Lovely Volunteers Social Evening on 18 May

Inside this issue:

• <i>Volunteers' Social Evening</i>	1
• <i>Valentine Dilemma</i>	2
• <i>Special — 'Two Hours in Paris'</i>	3
• <i>Volunteers' corner</i>	6
• <i>Jakki's Bit</i>	8
• <i>And finally...</i>	8

Editing:

Vitalis Nnebue

Volunteer Manager

Service Users' corner—open for contributions from SHAD service users

This section of the newsletter has been established to provide space for SHAD service users to comment or write a piece that might be of interest to our readers. Pending copy being received, the Editor has included this piece in the hope it will be of interest and stimulate other contributions.

Valentine dilemma for disabled couple!

After 31 years of marriage, Douglas Campbell wants nothing more than to take his wife, Jan, out for a romantic candlelit meal on Valentine's day.

But he can't. For though the couple share a love of fine food and wine, they are both disabled. And, they say, this makes eating out in gourmet restaurants almost impossible in Milton Keynes, Buckinghamshire – despite anti-discrimination legislation.

"The biggest problem is access," said

Douglas. "I am in a wheelchair and many of the older, traditional pubs and restaurants simply do not cater for people like me."

The second problem is toilet facilities and Douglas has lost count of the times he has phoned to check whether restaurants have disabled loos only to be met with an apologetic negative.

"It doesn't sound very important but would you like to spend an evening and have a couple of drinks in a place where you simply could not get to the loo?"

As a result Douglas and Jan are confined to modern eating places, mainly in the Theatre District, or else places that are part of a large national chain.

"There's a limit to how many pizzas and Beefeater meals you can eat though. And it would be lovely to find somewhere more romantic for Valentine's Day," said 57-year-old Douglas, who is a well-known disability rights campaigner.

He lost the use of his legs after suffering polio at the age of four. Jan, who is celebrating her 40th year as a

local guider, has cerebral palsy and walks with sticks.

"We manage, between us, very well and it is a happy marriage. The only problem is that we can't celebrate it in style on Valentine's Day," said Douglas, who lives on Great Holm.

"We'll probably end up cooking at home, as usual, but we'll try to mark the occasion by buying something special to eat."

This week a spokesman for the Disability Rights Commission said new laws were passed over a year ago to make buildings more accessible to disabled people but complaints are still flooding in about poor access.

The commission has warned it will pursue offenders through the courts if necessary: "We have a very simple message for those high street businesses that are dragging their feet.

"To be doing very little for your disabled customers is no longer an option.

"There really is nowhere to hide any more," said the spokesman.

Remember to look out for the SHAD newsletter scheduled for publication every month!



*Please
Please
Please!
Respect you service user
and remember to turn
up for your shift in a
clean, tidy and
presentable manner!
SHAD does not expect
volunteers' to wear their
best clothes but service
users will appreciate a
reasonable appearance.
Thank you*

Service Users' Corner Continued!

“Two hours to Paris”

Alison & Dionne

Report by Till Basfeld and Benedikt Straubinger

Service Users Alison and Dionne enjoy a day trip to Paris along with their volunteers Till and Benedikt

In the early morning of April 15th, a red bus from Wandsworth Community Transport made its way through South London to collect us - that is Dionne with support worker Veronica and Alison with Benedikt.



Our destination was the only a couple of months ago reopened St Pancras International Station, where the trip would begin after meeting Till, Dionne's volunteer. When the small group of four was finally complete, we parted from Veronica and the red bus to set off to the Eurostar facilities in the heart of St Pancras.

At the check in facilities as well as on the train we were delighted with the

helpful and courteous staff. Not only were we brought on the train nice and smoothly, we were also astonished by being catered for with decent food. And when we were asked whether it would be all right to be served the champagne in a common glass instead of a proper champagne cup, we felt fairly comfortable.

The kindness of the personnel was proofed another time when they took back the offered and barely touched substitutes like soup, smoothie and hot chocolate with a smile.



In Paris, we took the bus to Pigalle where we first visited a café. After that we felt strong enough to make our way to Sacre-Coeur on the Montmartre hill, although we took the “Funiculaire” for the most of it. As we were lucky with the weather in Paris, we had a clear view over Paris from that famous church. Ticked that, our next destination was the Trocadéro square opposite Eiffel Tower where we took scores of photos and spent a fortune on miniature Eiffel towers.

Due to cobbled streets – which were also narrow, as Alison remarked - the short walks took us a long time. And it was for that, that after our visit to Trocadéro we

had to take a bus heading back to the train station. Nevertheless, on our way thereto we got to see several sights such as the Arc de Triomphe and the Champs Élysées.



Outside the Gare du Nord we took the opportunity to purchase a couple of genuine French croissants and baguettes. Thus ended our one-day trip to Paris – absolutely successful and highly enjoyable, as we unanimously decided.

Important bits!

Please avoid gossip!

It is very difficult at times to remember that the issue of confidentiality is very important and can be easily overlooked. This is particularly true when volunteers sharing flats are

How do I become a volunteer?

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

placed on different projects and, in general conversation, discuss matters relating to their project, service user, volunteers or staff.

Volunteers should remember that they should at all times respect the confidentiality of all matters relating to personnel and ser-

vices provided by SHAD except if there is a suspicion of abuse of a service user, volunteers or staff when the matter can be raised, in confidence, with Jakki Morgan.



The Rough Guide to Accessible Britain...

The Rough Guides series of travel books are well known for providing information on hundreds of worldwide destinations for everyone from backpackers looking for extreme adventures to families seeking a relaxing getaway location. Now, for the first time, they have published a guide to Accessible Britain. With summer just round the corner, we gave Ouch's Emma Bowler a copy to browse through for some ideas for disability-friendly days out ...

When I first heard about The Rough Guide to Accessible Britain, I thought "Wow! At last we'll be able to plan weekends away, pub-crawls, or find a cream tea rendezvous without the usual hassles".

However, my initial hopes were somewhat dashed by the guide's by-line of "Great days out for disabled visitors", as it was clear that this wasn't the comprehensive tome I was expecting.

What it actually provides is 100 ideas for accessible days out in Britain. That's why it's only 112 pages long, as opposed to The Rough Guide to Britain - the 2008 version of which will clock in at a whopping 1128 pages. But this is certainly a start, and it is very refreshing to read a book where the whole point is to give proper access information rather than having to trawl through a mainstream guide with a magnifying glass trying to find any notes for disabled people.

The book is divided into eleven

colour-coded sections including 'family fun', 'coastal attractions' and 'heritage'. There are maps at the beginning of the book showing where each venue is, and inside the front cover you can find a key to the symbols used throughout the guide. These include 'assisted wheelchair access', 'hearing loop' and 'accessible car parking', amongst others.

Each venue is described in terms of its highlights and pertinent access information, together with practical details and relevant access symbols. The inclusion of small points such as 'smooth paths' and tips on the best entrance to use all give a definite sense that the book has been written by people who know what

... a review by Emma Bowler

they are on about.

I was familiar with some entries - Kew Gardens, Beaulieu and Dartmoor National Park - but there were plenty of surprises too. My nose got twitching at the idea of being able to "smell the body part" at the Glasgow Science Centre, I could just imagine my three year-old's face as he took a trip on the 60m high wheelchair accessible water-powered cliff railway at the Centre for Alternative Technology in Powys, and I'd almost be tempted to get on an ice rink using the 'ice chair' at the Eden Project in Cornwall.

If you want to get really active, the 'Sport and Extreme Challenges' and 'Outdoor Activities' sections give details on dog-sledging and skiing in Aviemore, and cycling on the Camel Trail in Cornwall using a wheelchair tandem - a rickshaw contraption where your non-disabled mug of a companion

pedals madly behind while you relax and enjoy the scenery.

The book is fundamentally about wheelchair or mobility impairment access, but there are some details on non-mobility access, such as BSL interpreted tours at the National Gallery in London. Apparently, the reptile encounter session at Eagle Heights in Kent "is particularly suitable to someone with a visual impairment" - is that because they can't see that they're about to be handed some sharp toothed beast?

Hopefully, this Rough Guide is the first step towards providing us with our own tome that really will enable us to get out there and explore Britain properly. In the meantime, you could buy a 'mainstream' Rough Guide - get 20% off by using the discount code inside the back cover of the book - and use it in conjunction with this one.

Well, I'm off for a dip in an accessible thermal bath at the Bath Spa to rest my fingers after all this typing. Sounds like heaven.

Further Information

The Rough Guide to Accessible Britain, published by Rough Guides in association with Motability Operations, is available from Motability's website: www.accessibleguide.co.uk/ priced £6.99.

Blue Badge holders can obtain a free copy by simply paying £1.99 for postage and packing. Tel: 0800 953 7070 or visit the guide's website: www.accessibleguide.co.uk/

A large print version of the book will be available in the early summer of 2008, and further alternative formats will be available on request where possible.

Warning over social care funding

Ministers are warning that England's social care system is heading towards a £6bn funding gap unless there is radical reform, the BBC has learned.

Health experts predict the ageing population means state funding for the care of the elderly and disabled will face a huge shortfall within 20 years.

The warnings come as ministers are about to begin a major consultation on how social care is funded.

Currently, most people in England have to pay for home help themselves.

'Unfair system'

State support is means-tested and most people have to pay for any home help, including washing, dressing, cooking, themselves.

Health ministers say they are aware of a widespread feeling that this system is unfair.

Also, rapidly growing demand means social care is already being heavily rationed and ministers predict that is set to worsen.

Within 20 years a quarter of the adult population will be over 65 and the numbers over 85 will have doubled.

It is expected over two million extra people will need care by the middle of the century.

But state funding for social care currently grows at a much slower rate than the population explosion among older people demands.

This means we are heading for a funding gap of £6bn within two decades unless the system is changed.

And that is what ministers have promised to do. They believe a new care system for the 21st century is needed and say they want a radical rethink.

On Monday, they will start a public consultation asking how the state, families and taxpayers should share the costs of this increasingly important service.

Share views

Care services minister Ivan Lewis insists there are no easy answers.

He told BBC News: "This is one of the greatest challenges facing not only government but families and society in general.

"Together we have to decide what quality and level of care services we have a right to expect in a civilised society.

"And what we need is to move towards a system which is fairer; where people feel it's fair in terms of what is expected of them and also in terms of what the government can pay and what is affordable."

Liberal Democrat health spokesman Norman Lamb said the cost of social care had to be shared between individuals and the state.

"We had previously argued for free personal care but any policy you come up with has to be sustainable," he said.

"We would inject an extra £2bn into care for elderly people and use that as a mechanism to increase the quality of care for people and to scrap this pernicious means-tested system."

The government consultation will last six months and include a number of so-called listening events around England where people interested in modernising the social care system can share their views.

Eventually the government will set out proposals for reform in a Green Paper.

One option certain to be ruled out is making social care free.

It happens in Scotland, but proved so costly there has been rationing.

Another option not on the table is the status quo - everyone seems clear, when it comes to caring for the elderly and disabled, things cannot go on as they are.

“ This is one of the greatest challenges facing not only gov-
ernment but families and society in general

Care services minister
Ivan Lewis

Volunteers' Corner (news & views for those at the 'blunt end')

WELCOME TO SHAD!

We warmly welcome
our new volunteer
Gitta Harder to
SHAD.

Although Gitta
originates from
Germany she has just
arrived from Sweden.

Gitta, Varsågod!

SHAD Volunteer Birthdays!

**Very Happy
Birthday wishes to
our 'May people'**

Emese, Eilish

&

Moonsun

(aka Clara)

**Many Happy
Returns to you all!**

Allowance Payments!

Please remember that the
schedule for allowance
payments has recently
been changed from bi-
weekly to monthly and
will be made on the 28th
of each month (or the last
weekday before if that
date falls on a weekend).

**The next payment will be
on Wednesday 28 May.**

More Volunteer Stuff!

Goodbye!

**Katy, Hellen, Florevi,
Precious & Mercy!**

As ever, we express our
profound gratitude to these
wonderful volunteers who
recently completed their
placements with SHAD.

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

We wish them the best of luck in
all their future endeavours!



*Volunteer's corner - Air Your
Views Now!*

Even More Volunteer Stuff!!

Cleaning Materials

For more efficient requisitions
and supplies please remember
that collection of cleaning
materials are to be done on a 2
weekly basis and this should be on
the day of payment of allowances.
This will minimize transportation
and ensure that supplies do not
run out at unexpected times.

MEETINGS WITH THE VOLUNTEER MANAGER

Please note that, with the exception of
emergences, it will now be helpful if
volunteers booked an appointment in
advance when needing to see Vitalis,
our Volunteer Manager.

In an emergency only and outside
office hours Vitalis can be contacted
on the SHAD mobile number:

07966 729821

ENERGY BILLS

Once again the flat electricity
and gas bills are becoming more
and more frightening. Please
help manage the heating by
turning off the radiator in your
room when you're not there.

**Ensure that lights are switched
off when not needed. Thanks!**

“Fun corner! Enjoy London”

Wild Life @ Battersea Park - RSPB Aren't Birds Brilliant!

The **RSPB** is the UK charity working to secure a healthy environment for birds and all wildlife, helping to create a better world for everyone.

Every weekend between Saturday 23rd Feb and March 30th 2008, plus Good Friday 21st March and Bank Holiday Monday 24th March.

Marquee between Heron and Goose Islands, enter park via Rosary Gate.

Watch spring arrive at Battersea Park's wildlife haven. RSPB Helpers will be on hand at their marquee with telescopes and binoculars so you can get close up to the birds and other wildlife on the lake. Saturday 1st March is a special Grey Heron watch day.

Free entry

For further information, contact the RSPB on 020 78081260



Tourism - Wandsworth Bridge

Histories and drawings from a selection of Thames bridges - *Wandsworth Bridge*.



Drawings supplied courtesy of Peter Kent

A wrought iron structure designed by Julian Tolmne was built here in 1873. It was of the lattice girder type and had a wooden roadway.

After 60 years or so this bridge proved unable to cope with increasing levels of traffic so a new bridge was commissioned in 1935. This was designed by Sir Peirson Frank and opened in 1940.

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 on show, too many to mention – see Time Out for details..

London Life

The London Life channel provides a wealth of information relevant to all those living in London. Regardless of whether you are a permanent resident or a visitor, you will find essential information here on all aspects of living in London.

Visit: www.london.gov.uk/London-life





support & housing assistance for
people with disabilities

SHAD

5 Bedford Hill
Balham
London
SW12 9ET

Telephone: 020 8675 6095
Fax: 020 8673 2118
E-mail: info@shad.org.uk

Produced and edited by Vitalis Nnebue

***SHAD is supported by
Wandsworth Council***

We're on the Web!

www.shad.org.uk



Jakki's Bit

Today is May Day. In present times May Day is mainly associated with socialist values but in Britain the day is steeped in Celtic tradition.

The Celts divided their year by four great festivals, starting with Samhain, signifying the arrival of winter and the New Year, which fell on 1st November. Imbolc was next and occurred on 1st February, followed by Beltane on 1st May and Lughnasadh on 1st August.

Whilst these dates were all fixed within the Celtic year, the exact dates may not correspond precisely with those above, as dates were adjusted when first the Julian calendar was introduced, and later when England changed to the Gregorian calendar in 1751.

As with Christian festivals such as Easter, many Celtic celebrations do not have definite dates and are moveable or flexible.

In the calendar of the ancient Celts it is easy to understand the importance of the first day of summer. The 'fire of Bel', or Beltane as it was called, was celebrated with bonfires to welcome the new season. Known today as May Day, it has through the ages remained the most important day of the folklore year.

Despite being opposed through the centuries by both Church and State many May Day festivities survive today. Maypole dancing, with its sinister hints of tree worship, was described by the Puritans as 'a heathenish vanity' and was accordingly banned. Dancing did not start again until after the restoration of Charles II.

Other ways to welcome the summer include the crowning of the May Queen, the mad antics of Jack-in-the-Green and the rampaging of the Hobby Horses.

So, on this special day I wish all our readers a hale and healthy Beltain!

1st May 2008

The views expressed here are not necessarily those of the organisation.

This issue is also available online and in other formats for visually impaired readers

And Finally...

Can you believe it?

A deputy at the Orient Road Jail in Hillsborough County Florida was caught on tape dumping a quadriplegic man out of his wheelchair.

Brian Sterner broke his neck 14 years ago, and is paralysed from the chest down. Last month, he was brought to the jail on a traffic violation. Despite being paralyzed, Sterner can still operate a vehicle. Sterner says a female deputy didn't believe he was quadriplegic. The deputy proceeds to walk behind the hospital-grade wheelchair, grab the handles and dumped

Sterner straight forward out and on to the floor. Sterner says he tried to roll as he was going down but he felt like he might have been severely injured. Deputies frisked him while he was on the ground, and then tried to jerk him back up into his chair. Sterner tried to tell deputies the best way to put him back in the chair, but they showed little regard for his well-being. Because he has no sensation from the chest down, Sterner didn't know that his ribs were actually broken.

The Hillsborough County Sheriff's Department had no idea about the incident until a reporter from a Tampa TV Station showed them their own

video footage. According to jail officials, no written report was issued because as far as they are concerned, they didn't have a problem with, or cause a problem to, an inmate in a wheelchair. An investigation is currently underway.

"It's incredibly degrading," Sterner says, "It's an example of how poorly trained the Hillsborough County Sheriff's Office is."

Check out the video footage on YouTube at:

<http://uk.youtube.com/watch?v=gURjQsgWhqg>