



support & housing assistance for people with disabilities

SUPPORT AND HOUSING ASSISTANCE FOR PEOPLE WITH DISABILITIES

# VOLUNTEERS' NEWSLETTER

# International Volunteer Day 2007!

**S**HAD volunteers, we are happy to let you know that 5th December 2007 is International Volunteer Day and SHAD is participating fully in this event. Wow!

'What does this mean to me as a volunteer?' International Volunteer Day (IVD) was established by the United Nations General Assembly in 1985. IVD is now celebrated world wide with thousands of volunteers involved in a range of IVD initiatives including clean-up campaigns, conferences, exhibitions and many other activities all aimed to highlight the role of volunteers in their communities.

*(continued on page 3)*

**Winter Wonderland is here again!**

**Wimbledon Winter Wonderland Thursday 29th November 2007 - 5pm-8pm**

**What's on around town?**

**T**he evening will kick off with entertainments around town from 5pm – children's rides, live music from Southside Steel Harmonics, Surrey Strings and Memu.

*(continued on page 3)*



**SHAD CHRISTMAS SOCIAL - 'TIS GONNA BE EXCELLENT!'**

**This Christmas SHAD plans to get volunteers, service users and staff together in a relaxed mood and sociable mood. This annual event promises a chance for people to get to know each other better and for us to meet and have a drink or two!**

Watch out for the date/time/venue etc.

**HAPPY MARRIED LIFE - AMBREEN WOW!** *(See page 2 for more!)*



Ahh! SHAD makes merry this Christmas!  
You are cordially invited!

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### Editing:

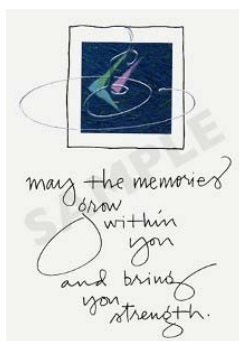
**Vitalis & Ambreen  
Volunteer Managers**

## HAPPY BIRTHDAY STEVE!



*We all at SHAD wish Steve Burton a very happy birthday come 2nd December 2007. Congratulations! We are proud of you and your achievements including being the founder of SHAD.*

## ACCEPT OUR SYMPATHY!



**We use this medium to express our profound sympathy to the Chair of SHAD, Sheila Matthews, who lost her father recently.**

## HAPPY MARRIED LIFE - AMBREEN. WOW!

Our much liked volunteer Manager Ambreen Raza leaving on 30th November to get married. The wedding takes place on 26th December in the faraway city of Lahore in Pakistan. We all wish her a long and blissful married life.

We look forward to seeing the wedding photographs and hopefully to meet her new husband sometime next year.



## Ambreen says goodbye for now!

**W**e are all going to miss our lovely Ambreen who will be travelling to Pakistan from 1st December for her marriage with her heart throb.

We use this opportunity to wish her all the best and a happy, wonderful married life. Ambreen, we will miss you a lot but we hope to see you again soon. "Bon voyage"

Read below Ambreen's parting poem:

Wish me Good Luck in my New Venture

New Roads to Travel,

New Promises to fulfil,

New Dreams to Dream,

Ambreen



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

## Transport for Christmas Day shifts

Please note that, where necessary, cabs will be arranged to take volunteers to and from shifts on 25th December when there will not be any public transport.

If you are one of those who will need transport on this day please get in touch with your Volunteer Manager to find out the agreed times the taxi's will arrive.

Merry Christmas!

## Information

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### International Volunteer Day 2007!

*(continued from page 1)*

SHAD will be issuing a certificate of appreciation to all its volunteers. We truly appreciate you all and we say a big "well-done" for devoting your time to volunteer.

**To learn more about this years celebrations you can visit the International Volunteer Day website at:**

[www.worldvolunteerweb.org/int-l-volunteer-day](http://www.worldvolunteerweb.org/int-l-volunteer-day)

### Winter Wonderland is here again!

*(continued from page 1)*

There will be balloon modelling, face painting, free caricatures, magic shows, Ivan Inversion the upside down busker, roasted chestnuts, candy floss, mince pies and special offers from local stores. There will be prizes and giveaways throughout the



evening. Ha! Ha!! Ha!!! You can still have some fun though it is winter!

The event takes place at Wimbledon Town centre.



Please don't laugh.  
Pleeeeee!!!!!!!!!!!!!!!

## Important bits!

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### Energy costs!

The winter is here and the cost of running (especially heating, lighting and water) the volunteer flats continues to soar. SHAD pleads with volunteers to try and always remember to turn off radiators and lights when not in use and to avoid wasting water wherever possible.

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

*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)



## More Important bits!

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**For Emergency/Out of Hours repairs to volunteer flats during the Christmas/New Year period please refer to the schedule of telephone numbers enclosed with this newsletter.**

### Transport Claims!

**S**HAD is only able to reimburse transport costs against properly presented receipts for costs incurred.

The organisation is unable to refund volunteers for the use of bicycles.

This mode of transport is to be commended and participants should take pride in reducing their carbon footprint!

### First Inspection of Service

**A**t the end of August 2007 SHAD underwent its first Commission for Social Care Inspection (CSCI) assessment.

As you may know, CSCI is the regulatory body that ensures care homes and domiciliary care agencies are able to provide satisfactory services to their clients.

Although SHAD is registered with CSCI as a Domiciliary Care Agency the organisation does not sit comfortably within

the definitions of such an agency where regulations and standards are concerned. For this reason SHAD has been (and continues to be) in discussion with CSCI with a view to ascertaining how (if necessary) we should change or adapt to meet current rules and compliance requirements. Although an initial CSCI Report has been prepared detailing requirements to be met the document remains to be finalized. This said, there are requirements that we must meet



within a certain time scale and service users together with volunteers will notice in the coming weeks some changes to procedures and policies. These changes are not being implemented by SHAD as a way of being any less flexible than in the past but are necessary to meet legal requirements for the way we operate and provide services.

We hope you will work with us in implementing change wherever it might be required.

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## CSCI to be superseded!

**A**lthough SHAD is just getting to grips with CSCI compliance requirements further change is on the horizon!

The government has set out plans for a new "super regulator" for health and social care, and has expressed hope that a new simplified system of regulation will reduce administrative burdens on home-care providers, freeing them up to deliver more frontline care in the home. Secretary of State for Health, Alan John-

son, has announced that a new system of regulation for health and social care will be proportionate and inspection will be directed at those services which are of most concern. In particular, the new system will end the use of National Minimum Standards and instead the new regulator, to be called the Care Quality Commission, will audit providers for compliance with a set of new registration criteria and will have a wider range of enforcement powers to tackle poor quality services.

However the government's plans so far

contain little detail of the new registration and compliance requirements which all health and social care services will operate under. The new regulator will have inspectors who have come from both the Healthcare Commission, Commission for Social Care Inspection and Mental Health Act Commission, and it is unclear if they will be expected to have generic skills and expertise in health and social care or whether their expertise will be matched to particular services such as homecare.

Watch this space!

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## Brown's boost for homecare needs a budget to match

SHAD has welcomed Gordon Brown's commitment to home care in his first Labour Party conference speech as Prime Minister.

The Prime Minister endorsed homecare as a vital component of a personalised system of care, enabling disabled and older people to choose to remain in their own homes.

However, his speech was silent on how this will be funded. While national government clearly wants people to receive individualised social care, there must be additional investment at a national and local level for the Prime Minister's vision to become a reality.



Peg the hedgehog: 'People say I can do magic—as soon as I get in my wheelchair I disappear!'



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

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### WELCOME TO SHAD!

We warmly welcome Tubya Kasune, Hellen Sampa, Nicholas Chow & Vlad Racion to SHAD.

Sorry you came in winter but we hope you will be fine anyway.

As usual we say to you all

**“BIENVENUE TOUT LE MONDE”**

### SHAD Volunteer Birthday!

**Very Happy Birthday wishes to our ‘November celebrant’**

**Bwalya.**

**Many Happy Returns!**

*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 dates for payment of allowances are:

- 12 December (allowances plus travel expenses)
- 19 December (allowances plus travel and processed cover shift payments)

Any payments for cover shifts that are not processed by 13 December will necessarily be deferred until January 2008.

## More News

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### Goodbye to:

#### Mwangala, Sunday & Bernard!

We express our profound gratitude to all these wonderful volunteers who recently completed their placements with SHAD. We wish them the best in their future endeavours!

### Please note!

The SHAD Office will be operating restricted hours during the Christmas and New Year period. See elsewhere in this newsletter for full details.

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

## Yet More News!

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### Countdown to the Helenium...

Hello fellow volunteers, I feel a party brewing!  
You may not have heard of the Helenium but it is a traditional English festival dating back to 1979. It is a little like the

Millennium. It involves party poppers, cheese and pineapple on cocktail sticks and dancing and drinking and drinking and dancing.

It occurs on Thursday 6<sup>th</sup>



December and this year's event takes place in Flat 73 Rushcroft Road from 8pm onwards (finishing 11.30pm).

All are welcome.

Hope to see you there, phone me if you get lost.

## “Fun corner! Enjoy London”

### Bankside Frost Fair

When: Friday 14 December to Sunday 16 December

The fifth annual Bankside Frost Fair is a winter festival that celebrates the history of the area at a time when Londoners took to the ice as the River Thames froze hundreds of years ago. This year we celebrate 400 years since Bankside's first great medieval Frost Fair of 1607–08, a celebration of all that Bankside's entrepreneurs and artists had to offer. Today the fair is held along the riverwalk outside the iconic Tate Modern and Shakespeare's Globe.

This year's Bankside Frost Fair will see the return of husky dogs, which, between 1944 and 1994, were the main form of Antarctic transport. Husky dog sledding rides will be for children under the age of

12 only and are free but donations will be welcome, going towards the housing and upkeep of the Siberian huskies. A husky dog package, which includes sledding ride, an opportunity to hug-a-husky and a photo, will cost £4.

There will be ice sculptures dotted around the event site as well as a larger than ever winter market with over 70 quality arts and crafts stalls, selling those last minute stocking fillers including handmade jewellery, fine ceramics, wooden Christmas crafts, crystals and fossil products, leather goods and other beautiful handcrafted accessories, a variety of music and entertainment, street theatre, adult and children's participatory workshops, a drinks marquee serving mulled wine and ale and festive food to keep you warm.

Highlights include a lantern parade on the Friday, with over 300 local school children taking part, the theme of which will be the

“I Saw Three ships” carol with lanterns the shape of sea-faring vessels and cargo they carried into the area hundreds of years ago. Visitors will be able to view the parade along the entire route.

On Saturday lunchtime there will be a Traditional Thames Cutters race on the River Thames and a procession from the City to Bankside's own pier. Many of the boats belong to London's Livery Companies. Visitors should watch the boats from the best vantage point on the Millennium Bridge.



## ADVERTISE IN SHAD NEWSLETTER



SHAD volunteers, service users and staff are encouraged to advertise for free (for now) in SHAD's wonderful monthly Newsletter. Items ranging from bicycles to personal/household items which people may wish to dispose of may be advertised for sale with the contact details of the person selling the items.

**Please note this newsletter is placed on the internet so be careful about the personal details you disclose.**

**NB: SHAD will not be involved in any aspect of the transaction apart from placing an advertisement in the newsletter.**

Interesting events and activities which you may want other members of the SHAD community to be involved in or/and to be aware of can also be communicated here.

All you need to do is to contact one of our Editors, Vitalis or Ambreen on 020 8675 6095. You can also send in an email attaching your advert to [vitalis@shad.org.uk](mailto:vitalis@shad.org.uk)

### 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 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](http://www.london.gov.uk/London-life)





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Wandsworth Council***

**We're on the Web!**  
**[www.shad.org.uk](http://www.shad.org.uk)**



# Jakki's Bit



'nuff said!

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

## And Finally...

**The 25th of December is associated with the birth of Christ and the celebration of the nativity, but it is also an amalgamation of pagan festivals and traditions dating back before the birth of Christ.**

To our ancestors the shortest day (21st December) marked the lowest ebb of the year, but it also marked the day when the sun was reborn, gradually growing in strength to the Midsummer Solstice. Many ancient standing stones, stone circles and other monuments are aligned with the winter sunrise on the 21st of December. The most famous being Newgrange in Ireland, where a finger of sunlight shines along the dark entrance through a narrow aperture above the monument's entrance. Other sites are correspondingly aligned to the Midsummer sunrise, highlighting the importance placed on these two dates. Yule was the traditional name for the celebrations around the 25th; the festival lasted for twelve days, which are now the twelve days of Christmas. The origin of the word Yule seems to originate from the Anglo Saxon word for sun and light. Most likely regarding the rebirth of the

sun from the shortest day. In many places fires or candles were kindled to burn through the twelve days that marked the festivities. Another fire tradition was that of the Yule log, lit from the remains of last year's log at sunset on the 25th of December. The Yule log was often of Oak or Ash, and the burned remains of it were thought to guard a home against fire and lightning. The ashes were also sprinkled on the surrounding fields to ensure good luck for the coming year's harvest. The largest remaining part of the log was kept safe to kindle next year's fire.

Many of the symbols of Christmas echo its aspect of rebirth and hope in darkness. Holly was thought to be important because it retains its greenery right through the winter months, and as such is a symbol of summer life in the winter starkness. Holly was the male symbol of this greenery, and Ivy was the feminine, the two often placed together as a symbol of fecundity at the dark end of the year. There was also a belief that evergreen plants and trees were refuges for the woodland spirits through the winter months.

The tradition of setting up a Christmas tree within the home is generally traced back to

Prince Albert who started the practice in 1841. Mistletoe is another plant associated with Christmas; sacred to the druids, its importance can be traced back to Celtic times.

The 25th of December was also the birthday of the Roman god Mithras and the Greek hero Dionysus. Mithras was known as the unconquered sun, hence his association with the solstice time. Early Christianity adopted the 25th as Christ's birthday around the 3rd or 4th century BC, as the early scriptures do not record the day of Christ's birth. This is generally accepted to have been a way of amalgamating Christmas with the older festival of the sun, which was still being observed by the Pagan community. It also helped to replace the worship of Mithras, which once rivalled Christianity in popularity.

Today Christmas has many other associations and traditions dating back through the centuries, and stemming from different cultures and influences. It has always been a time for celebration and merry making at the dark end of the year.