



support & housing assistance for people with disabilities

SUPPORT AND HOUSING ASSISTANCE FOR PEOPLE WITH DISABILITIES

VOLUNTEERS' NEWSLETTER

SHAD VOLUNTEERS SOCIAL EVENING-WOW!

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

Vitalis says *"I can't wait for it to come. It is going to be exciting"*.

Be prepared to meet other volunteers and make new friends. All who are not on shift on Saturday 1st November 2008 are invited. Venue details are available from the SHAD office.

The gathering starts at 8:30pm prompt to end not later than 11:30pm This is to enable those who are on shift the next day to 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 experience 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. Please ensure order is maintained throughout the event and noise levels are kept to a minimum.

Please contact Vlad to register your intention to attend!

Black History Season 2008 What is it all about?

Celebrating 20 years of Black History

Welcome to the Mayor of London's Black History Season which has been celebrated across London since October 1987 when it formed part of African Jubilee year. The decision to make this an annual event each October has been endorsed by the Association of London Authorities. It has grown to celebrate the contributions and cultural heritage of London's African and Caribbean communities and their contribution to the capital's economic and cultural history.

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Editing:

Jakki Morgan & Vitalis Nnebue

Holiday Galore for SHAD Service Users - Wow!

1. Sheila on the Isle of Wight

Report by Shiela Marie Rayray (volunteer carer)



In this picture is Sheila Matthews in the middle flanked by Kirsty (her daughter) on the left and Shiela Rayray (Volunteer carer)

Service User Sheila Matthews, who is

the current chairperson of the SHAD Management Committee, enjoyed a holiday on one of the most beautiful Islands in the UK—the Isle of Wight.

On a sunny afternoon in August Sheila set out from her home in Roehampton on a journey to enjoy a week long holiday, an experience Sheila has not enjoyed for many years. In her company were her daughter, Kirsty, myself (coincidentally we share the same name though with “ie” in the middle instead of “ei”. Isn’t that interesting? Also in the entourage was one of Sheila’s former volunteers Laura.

From Roehampton we were taken by Wandsworth Community Transport to Portsmouth. From Portsmouth we got on the hovercraft which ferried us across to the Island in about 10 minutes. It was very exciting to go on the hovercraft.

When we arrived on the Isle of Wight, a taxi took us to the holiday camp at Shanklin, the most popular tourist spot on the island. Shanklin is a very old and beautiful village with many interesting buildings, shops and other attractions..

A lot of things are on sale in Shanklin. You can buy things like home made rock candies, souvenirs etc. The holiday camp in Shanklin is full of activities. Every night there is entertainment and shows which portray more of English traditional culture.

For more information about holidays on the Isle of Wight, ranging from hotel bookings, caravan rental and information on accessibility please take a look at the following website:

visits Shanklin.co.uk



Hovercraft



The beach resort of Shanklin, Isle of Wight

2. Alison in Hungary

Report by Jeffrey Tansey (volunteer carer)

The British know nothing about Hungary. What is their currency? How do you say hello, please, thank you, and goodbye? The Air Stewards on our flight didn't know the language either.



I know we don't know anything about the country but it is a wonderful place. So wonderful that the word for 'hello' is the same as the word for 'goodbye'. You could easily say hello to someone, then talk to them, then say hello and go. I did.

I'm a volunteer, and recently, to help provide additional assistance and support, I accompanied a service user and her Dad on holiday for a week to Hungary.

'Thank you' is 'Cussi'.

'Hallo' means hello and goodbye.

Go to SunnyRoth Villas, it is owned by the most adventurous English couple you will ever meet... they want to die in Hungary. They were very much alive when we stayed at their fully equipped bungalows. In their village you can have a hot spa like the Romans would in Bath... it is great for your muscle spasms, and to see what Hungarians look like in their bare flesh! And what a lot of flesh they have, from head to toe. They had just the right amount of flesh though, not too much, and always enough... ah skin, don't get me started on skin...Hungary is a little historical in nature. It is from a time before money existed, when eggs were worth a meal, or could be sold to buy some sugar. Enjoy it, it's lovely.

Take GBP sterling cash with you or Euros to exchange for their currency, do

not rely on Natwest Maestro out there! SunnyRoth villas will look after anybody who stays there. Their specialty is being so in touch with wheelchair users that everything is just as easy to do as in your day-to-day home including going to the toilet. Except, you are on holiday and can party with the locals! Do not stay anywhere else in Hungary, stay at SunnyRoth Villas, believe me, I have a face you can trust :-). Alternatively talk to Andy and Carol at SunnyRoth villas to find out more...

<http://www.sunnyrothvillas.com/>

Enjoy your holidays - 'Quvon Yardbos Meg', Kevin, Jeff and Alison.



Editor's note

For more information on Hungary go to:

www.gotohungary.co.uk

Special features - this month

(continued from page one)

Black History Season 2008



This year's programme, entitled: 'Windrush – The London Experience and Legacy', sheds light on the lives and contributions of Black Londoners since 1948, and their role in the shared history of the capital and features a range of exhibitions, heritage walks and educational stimuli.

Discover how the arrival of the SS Empire Windrush changed London life, music, and literature ...

For the full Black History Season 2008 - Programme go to the following website:

www.london.gov.uk/gla/events/

All events are free unless indicated otherwise. Booking is essential for all events except the exhibitions. For enquiries and registration call the bookings hotline on 020 7983 6554 or email:

blackhistoryseason@london.gov.uk

Important bits!

Energy Costs!

The cost of energy in the United Kingdom is ever increasing and the amount of money SHAD has to pay to provide heat and light to the volunteer flats

forms an extremely large part of the cost of providing accommodation. As a result there is very little money

How do I become a volunteer?

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

available to carry out much needed improvements and provide new equipment.

off lights and other electrical items when not in use or turn heating down a degree or two (or off if not needed) the money saved will go a long way towards providing improvements and other benefits.

Help us to help you!

If volunteers remember to turn

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 Vitalis who keeps a list of people to call when the need arises.

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

Transport Claims!

SHAD 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!

How People with Disabilities Use the Web

Judy Brewer

Director of the Web Accessibility Initiative (WAI)
at the World Wide Web Consortium (W3C) MIT/CSAIL Building 32-G526
32 Vassar Street
Cambridge, MA 02139 USA



A. Physical disabilities

Motor disabilities
(scenario -- "reporter")

Motor disabilities can include weakness, limitations of muscular control (such as involuntary movements, lack of coordination, or paralysis), limitations of sensation, joint problems, or missing limbs. Some physical disabilities can include pain that impedes movement. These conditions can affect the hands and arms as well as other parts of the body.

To use the Web, people with motor disabilities affecting the hands or arms may use a

specialized mouse; a keyboard with a layout of keys that matches their range of hand motion; a pointing device such as a head-mouse, head-pointer or mouth-stick; voice-recognition software; an eye-gaze system; or other assistive technologies to access and interact with the information on Web sites. They may activate commands by typing single keystrokes in sequence with a head pointer rather than typing simultaneous keystrokes ("chording") to activate commands. They may need more time when filling out interactive forms on Web sites if they have to concentrate or manoeuvre carefully to select each keystroke.

Barriers that people with motor disabilities affecting the hands or arms may encounter include:

- time-limited response options on Web pages
- browsers and authoring tools that do not support keyboard alternatives for mouse commands

forms that cannot be tabbed through in a logical order

Here's the story of how a reporter with physical disabilities uses the web.

1. Reporter with repetitive stress injury

Mr. Jones is a reporter who must submit his articles in HTML for publishing in an on-line journal. Over his twenty-year career, he has developed repetitive stress

injury (RSI) in his hands and arms, and it has become painful for him to type. He uses a combination of speech recognition and an alternative keyboard to prepare his articles, but he doesn't use a mouse. It took him several months to become sufficiently accustomed to using speech recognition to be comfortable working for many hours at a time. There are some things he has not worked out yet, such as a sound card conflict that arises whenever he tries to use speech recognition on Web sites that have streaming audio.

NB: In the next issue we will see how Ms. Martinez, an online student who is deaf uses the web. Interesting. Watch out!

Please send any comments to the editors via:

vitalis@shad.org.uk or
jakki@shad.org.uk

Both can be reached by telephone on: 020 8675 6095

This feature will run for 5 consecutive issues!

NB: SHAD welcomes your comments on the series content.

Southside Players

Southside Players are a local Drama group that were formed in 1987. The group produces 3 main shows a year at Chestnut Grove School, these vary from Shakespeare to Pantomime, and include comedies, dramas and musical revues.

In 2003 the group won the regional NODA award for our production of Our Country's Good and last year the production of Steel Magnolias was also nominated.

They are always glad to welcome new members, to tread the boards or work backstage or front of house. In addition to its main productions the group perform smaller scale works, rehearsed readings and have an active social side including theatre trips and barbecues.

Visit the website for more information:
www.southsideplayers.org.uk

Balham Library

Ramdsen Road SW12 8QY
Tel: 020 8871 7195
Fax: 020 8675 4015



Opening Times

Monday 9am-8pm
Tuesday 9am-8pm
Wednesday CLOSED
Thursday 9am-8pm
Friday 9am-8pm
Saturday 10am-6pm
Sunday 1pm-5pm

SERVICES AVAILABLE AT BALHAM LIBRARY

- Adult and children's books
- Internet access
- DVD's Videos
- Talking books
- Music CDs, cassettes
- Books in Polish, Chinese and Indic
- Fax service Colour/black and white photocopying
- Computer training centre
- Library shop
- Minicom for hearing disabled users
- Hall for hire
- Public toilet
- Wheelchair access to all areas
- Lift
- Music library- Extensive range of reggae, rock, jazz, soul, opera and world music, biographies of performers and composers, up-to-date information on events, concerts, music teachers and music groups.

101 Things to do before you leave London

A new series

Thing No 1!

Eye up the walrus

Sneak down to Forest Hill for what might be (whisper it) London's best museum – the Horniman. Skeletons, pickled animals, model insects and Egyptian mummies, and the star attraction – an enormous (over-) stuffed walrus. Don't miss the mesmerising jellyfish in the new aquarium or the Apostles clock chiming at 4pm.

Thing No 2 in next issue!

Watch out for it!!

Horniman Museum

An anthropological museum set in 16 acres of landscaped gardens, the Horniman has a marvellous natural history gallery – dominated by a bizarre, overstuffed walrus – where the exhibits are displayed in traditional cases (with no computer touch-screens in sight). There's also a wonderful collection of around 1,600 musical instruments – and an area where people can play some of them – and a permanent gallery dedicated to African, Afro-Caribbean and Brazilian art. There are plenty of activities for families, including a nature trail, weekend workshops and a hands-on base where children can touch museum objects. The museum's aquarium, the original incarnation of which was the first free public aquarium when it opened in 1903, reopened recently following a large-scale redevelopment.

How to get there

Horniman Museum
100 London Road
London, SE23 3PQ

020 8699 1872

Times: Daily 10.30am-5.30pm.

Gardens: daily 7.15am-dusk

Rail: Forest Hill

Bus: 176,185, 312, P4, 63, 122 or P13

Entry is free!



What a wonderful image of a jellyfish!

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

WELCOME TO SHAD!

**We warmly
welcome our new
volunteers:
Siphiwe, Katharina,
Elizabeth, Josy and
Julie.**

**Bienvenue tout le
monde!**

SHAD Volunteer Birthdays!

**Very Happy Birthday
wishes to our 'October
celebrants'**

**Jeff, Shiela,
Elizabeth & Jayne
Many Happy Returns
to you all!**

Next Allowance Payments!

The next date for the
payment of allowances is:

28 October

(allowances plus travel
expenses & processed
cover shift payments)

***NB: Any cover shift forms
or travel receipts not
submitted by 21st October
will be included with
November allowances.***

Training alert!

Medication Training!

Training on general
support on medication
is ongoing. NB: Medication
inasmuch as it is very useful
could be disastrous if not
used properly. SHAD service

users are responsible for
managing their own
medication but the volunteer
could provide necessary
additional assurance for safety
in this aspect. Please contact
Vitalis 020 8675 6095 for more
info. Regarding this training.



***Volunteer's Corner - An
opportunity to Air Your Views!***

Yet More News! From previous edition.

Volunteer Involvement

From time to time SHAD
seeks to encourage
volunteers to provide input
into how SHAD operates and
to work with the organisation
to improve services.

Recently, Simona Banu has
expressed interest, as a
volunteer, in meeting with
Jakki to discuss issues of
interest and to seek ways to
improve the 'volunteer
experience'.

It is proposed this liaison will
take place on a regular basis

and it is seen as a way of
improving communication
between volunteers and the
office. Quite often volunteers
seem reluctant to raise issues
with the office and it is hoped a
single volunteer point of
contact will enable other
volunteers to express theirs.

“Fun corner! Enjoy London”

Poem from Jayne

Jayne Richardson after reading & enjoying the poems in a previous edition has decided to publish her own classics. Vitalis found them very exciting but wonders what you think. Anyway, see what you think as you read:

The Weeping Willow

Weeping Willow

With your tears running down

Why do you always weep

And frown

Is it because he left you one day

Or is it because he couldn't stay

On your branches he would swing

For you long for the happiness that day would bring

He found shelter in your shade

You thought his laughter would never fade

Weeping Willow stop your tears

For there's something to calm your fears

You think that death is forever apart

But you know he'll always be in your heart!

Poems or comments on poems are welcomed & can be sent by email to vitalis@shad.org.uk



Enjoy Free London

While the architecture and historical remnants in London are sure to capture your attention, visiting a museum is another great way to absorb some British history. It's good to know that London is home to many free exhibits and events; you don't have to extend your budget to explore some of the world's best collections of artefacts, paintings, and portraits. From the National Gallery to the Queen's House, here are the best museums to enjoy a free ride:

The **Tate Modern** gallery is home to contemporary art and sculptures from around the world. It's Britain's finest collection of the modern art from, and includes the works of Picasso, Dali, and famous illustrators from around the globe. You'll find plenty to do at this innovative complex, and the museum is home to a few interactive exhibitions and guided tours as well. From drawings to colour collections, you'll be amazed by what's available for public viewing completely free of charge. Some areas are sectioned off as ticket-only events, but there's still plenty to enjoy and explore. You can explore the latest features online

The **National Portrait Gallery** offers a fascinating exploration of the world's most influential people and historical events. Over 500 years are captured in visual art form to tell a story; this is where you can learn about the history of the Tudor family, pay tribute to Andy Warhol, and soak up the pasts of famous people and celebrities. The gallery features beautiful displays on every floor, and you'll even find sculptures and photography showcases. An audio guide is a good idea if you plan on spending the entire day here; it will take you through all the major levels and highlight the most notable people. If you prefer to sit back and relax, the art lecture theatre holds events and seminars each week as well. The National Gallery is located at St. Martins Place, call +44(0)20 7306 0055 for more information.

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





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Produced and edited by Jakki Morgan & Vitalis Nnebue

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

We're on the Web!
www.shad.org.uk



Jakki's Bit

The dream lives on though the flame fades

**Beijing 2008 Paralympic Games
September 6-17, 2008
Final Positions**

Rank	Country				Total
1	CHN	89	70	52	211
2	GBR	42	29	31	102
3	USA	36	35	28	99
4	UKR	24	18	32	74
5	AUS	23	29	27	79

**Congratulations to every member of the
amazing Great Britain Paralympic Team!**

2012 ... Bring it on!!

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

And Finally...

Disabled car badge misuse tackled

**A £55m scheme to help stop
the misuse of blue disabled
parking badges in England has
been announced.**

One in every 200 badges is stolen each year, and some London boroughs are dealing with hundreds of cases of stolen, forged or misused badges. The government says it is looking to give councils new powers to confiscate stolen or forged badges.

It is also extending the badge scheme to people with temporary mobility problems or mental health problems.

Others set to benefit are disabled armed forces personnel, who will be automatically entitled to a badge, and young children with disabilities.

A £10m national data-sharing system will be established by councils to make sure stolen or forged badges from outside their areas can be detected. The Department for Transport is also looking at new ways to make the badges harder to forge, including barcodes that can be read through windscreens.

Problem 'rife'

The badges, introduced 37 years ago, are held by about 2.3 million people in England and allow almost unhindered parking across Europe. Use of one by an able-bodied person carries a fine of up to £1,000. Despite the deterrent, councils say the problem of stolen and forged passes is now "rife" and they need tougher powers to question drivers and seize illegitimate permits.

Mary Murphy, from Camden Council in north London, said fraud was a big problem and there were cases where badges had been photocopied or sold. "People are willing to buy them because obviously there's a saving if

you use a blue badge and you don't have to pay for parking," she said. There have been reports of badges being sold on the black market for up to £1,500.

Transport Minister Paul Clark says: "It is time to get tough and stop blue badge abuse and vehicle crime. Alongside this we need to make sure everyone who needs a badge receives one." He added: "...it was important to make sure disabled parking spaces were available for people who genuinely needed them". Under the new scheme, the assessment for eligibility for a badge is to be standardised and carried out by dedicated medical assessors.

Until now, GPs have authorised the issuing of badges but some say they would be happy for that responsibility to be taken out of their hands.

**Watch this space to see if the
initiative works!**