

**STUDENT  
COMMUNITY  
ACTION  
1990**



**Imagine as you are reading this booklet, if you don't have any of these disabilities, that you can't hear any of the sounds around you, or that you can't see anything and someone is reading this to you. Or that you can't hold the booklet because of a disability, or you're in a wheelchair; would any of these things make you a different person? Of course not; but it would probably make other people treat you as a different person. In Community Action, in order to treat people as people we don't "help", we work with those who have social, physical, mental or emotional disabilities, for a mutual, beneficial experience that we hope works positively. So, whilst you're at university, don't isolate yourself from those who are isolated without a choice.**



**Swansea Student Community Action is committed to equal opportunities for all people in our work. Thus, the chance to volunteer is open to all people regardless of age, gender, race, sexual preference or disability. We would positively encourage anyone who feels discriminated against to feel open to take the opportunity to volunteer with S.C.A. We strive for all our activities and publicity to reflect this, and would welcome any comments.**

Welcome (or welcome back) to Swansea, a rare box of delights for anyone caring to partake of its cultural opportunities. After you've done that (i.e. tomorrow) you may want to look at the other things on offer. One such is Student Community Action. The aim of this booklet is to introduce you to Swansea Student Community Action; what it is, the projects it runs and is involved in and the opportunities available to you through volunteering with Community Action.



### **About Student Community Action.....**

Swansea, as you know or will soon discover, is a campus university set in one place, away from the city centre. Although many students live outside the College, the focus is still on the campus.

Swansea has many of the social problems of major cities, and all of us can often seem oblivious and uninterested in these issues, and in the communities that face them. However, students can, and do, play a part in the community by offering practical voluntary support in



**"ONLY TO BE LET OUT IN EMERGENCIES AND ON SATURDAYS"**  
 local issues, such as homelessness, lack of provision for play, loneliness and discrimination. To bring about change may seem an impossible task, but with people and positive involvement, achievements can be made. Being involved in Student Community Action allows you to work with various sections of the local community, which can bring changes practically and in people's awareness.

## Tell me more .....

We are holding an **INTRODUCTION MEETING** on Monday 8th October in Mandela Bar, on the top floor of the Students' Union (Mandela House) at 7.30 p.m. We will tell you more about all our projects and what volunteering with Student Community Action means, and you can meet those involved. But for the moment, read on...

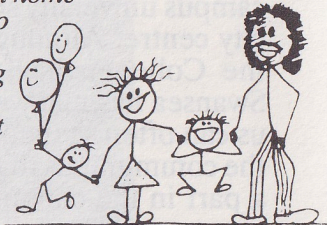


## About Volunteering.....

A volunteer is someone who gives part of their time, energy, ideas & enthusiasm freely to work with others to bring about beneficial experiences and hopefully improve some conditions. Here are some reasons why students volunteered last year.....

*I wanted to meet people*

*I wanted to meet people other than students  
I'd worked with people with disabilities at home  
It seemed something different to do  
It looked fun...and it was  
I saw 2 minibuses full of kids going  
on a holiday, and I wanted to go  
I wanted to do something different*



## What Now.....?

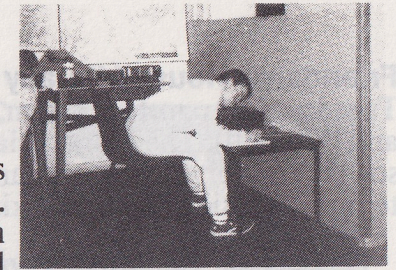
Over the next few pages are brief descriptions of the projects that Student Community Action (S.C.A.) runs, and the ones we refer volunteers to. If you are interested in any of them, then find us at Fresher's Fair, or in the Community Action Office, on the 2nd floor of the Union ( same floor as the Shop) through the double doors by the Endsleigh office, for more information.

Community Action is run and administered by students, who are the volunteers, the project leaders and the elected executive committee that directs the organisation. So there are full opportunities for YOU to get involved, at all levels. We do employ a full-time co-ordinator, his name is John Evans and he can be found (most of the time) in the

## About the Projects.....

### P.H.A.B. Club

Mondays 7.15 p.m. to 10 p.m. (Bus picks up from Fulton House steps). The club is for young people, with physical disabilities, providing social contact through trips to the cinema, pubs, bowling, bar-b-ques, and it goes on!



### Gardening and Decorating

each Wednesday and Friday afternoon, armed with equipment to work on the Front Line, and on the front garden, you can paint or snip for those people in Swansea that need assistance with their house or garden.

### Pensioner Visiting

volunteers can be involved in visiting schemes on a one to one basis, or in a local residential home, through weekly visits.

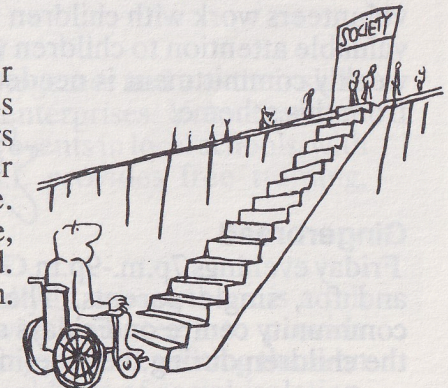


### Age Concern's Lifeline Project

this involves working with elderly people on the installation and use of an emergency lifesaving telephone system. Age Concern trains volunteers how to use the 'phone, to then teach the clients. This project needs regular committment, and is extremely worthwhile.

### Hoppits Holidays

day trips and weekend holidays for young people with learning difficulties (mental handicaps), and their brothers and sisters. The emphasis is on fun for both volunteers and young people. Although you needn't have experience, there will be some training provided. Meetings are Monday nights 6 p.m. College Bar.



### Friendship House Literacy

Tuesdays 6.20 p.m. to 8.30 p.m. (Minibus picks up from Fulton House and Brynmill). The literacy classes aim to provide basic literacy and social skills for adults with learning difficulties. Volunteers work one to one alongside teachers taking a class.



### Kid's Away

day trips and weekends for children (aged 6-8,9-12,13-15) referred by Social Services. Holidays have been to London, Bristol, Stratford, the Brecons, and camping; as well as day trips, and a big Christmas party. Our idea is to enable everyone to have a good holiday. Meetings, Weds. 1.30 p.m. College Bar.

### Cwm Youth Club

Wednesdays 3.30 p.m.-6.30 p.m. volunteers take children from a local youth club to Swansea's deluxe(!) leisure centre to go swimming. The kids are great, and will broaden your vocabulary, if not your mind!

### Tuesday Night Club

Tuesdays 6 p.m. -8.30 p.m. The club is for older teenagers Bon-y-maen, with the aim that the young people direct the club. So far there has been a trial period, but the club restarts this year. It promises to be very rewarding.

### Pooh Bear

volunteers work with children in primary schools in Swansea, giving valuable attention to children with special learning needs. A regular weekly commitment is needed to ensure the success that can arise from this scheme.



### Gingerbread

Friday evenings 7p.m.-9p.m. Gingerbread is a self help group run by, and for, single parents. The Swansea group meets in Brynmill community centre on Fridays and volunteers offer play facilities for the children during the meetings.

### The Inflatable

a bright red, yellow and blue bouncy PVC air bed that we hope will be taken to local schools for children with special needs. The bouncing sessions are an opportunity for energy release and free movement. This will hopefully take off (the project, not the air bed that is !!) on Wednesday afternoons.



### Sport for people with disabilities



Swimming. The water offers an opportunity for those with disabilities to move freely. The swimming sessions are with children at Dyfatty School, and are every half an hour, starting at 10 & 11 a.m. and 1.15 & 2 p.m.

Riding. For riders with learning difficulties and/or physical disabilities. Volunteers either lead the horse, walk alongside, or talk with the riders. This is on Fridays 4.30 - 7 p.m.

### Integrated Music Workshop ( Dodgy Jammers )

Thursday evenings. Dodgy Jammers are a rock group made up of people with learning difficulties and people without. If you have any musical skills or would like to play in a band, then we would be pleased to see you.

### Co-operative Youth Initiative (C.Y.I.)

C.Y.I. encourages young people to work together and use their skills to create their own jobs in co-operative enterprises. Volunteers are needed to help present the ideas, and run events in local schools, with a group of 10-12 young people. C.Y.I. provides free training, transport and lunch.

### Cefn Coed

This is Swansea's hospital for the mentally ill, where there is a full time volunteer organiser who works with volunteers to provide support. Opportunities involve befriending a client, visiting them on a regular basis, helping to relieve the problems of social isolation.

On Thursday evenings there is a social club, which aims to rehabilitate clients. Volunteers are welcome to come along and join in with the activities.

### **Tulath House**

Tulath House is home for young people with special needs. Volunteers can be involved in the education programme, including teaching educational and practical skill, or in socialising with the young people at Tulath.



### **Working with stroke victims**

This can be at the Speech Club, Sketty, Mondays 2-4 p.m, which is for stroke victims with speech difficulties, working on a one to one basis, encouraging people in renewing skills or simply chatting. This can also be done at the people's home, assisting in relearning skills, which is very rewarding as the process progresses.

### **Sign Language/ Deaf Club**

Mondays and Wednesdays 6 -7.30 p.m.&7.30-9 p.m., Llyn-y-bryn House, Walter Road. This is a course for anyone interested in learning sign language for communication with people who are deaf. As you progress, there will be visits to the deaf club in Neath. The course is free.



### **West Glamorgan Council for Voluntary Service (W.G.C.V.S.)**

The W.G.C.V.S. recruits volunteers from all over West Glamorgan. The opportunities available through the W.G.C.V.S.'s Social Services project are in both one to one befriending and in day and residential centres for young people with social problems, pensioners, adults with learning difficulties, and people with physical disabilities. There is a great deal of support and training available to all volunteers on the project. For more details contact either the S.C.A. office, or Ali or Roger on 648888.

### **Women in S.C.A.**

We may feel great about being students, but to many women attending further education institutes seems impossible. This is because men still receive a better education, a more positive self image and more opportunities.



Women entering colleges may feel intimidated by male dominant courses, bars or clubs. Women with children also have to deal with expensive or non-existent child-care facilities. S.C.A. questions attitudes through it's work and applies positive images

of, and opportunities for, women in it's projects. The S.C.A. network has a working group on Women and Anti-Sexism open to any women volunteers. Ask in the office for details. We in Swansea are always open to question and criticism, but we strive for equal opportunities for all.

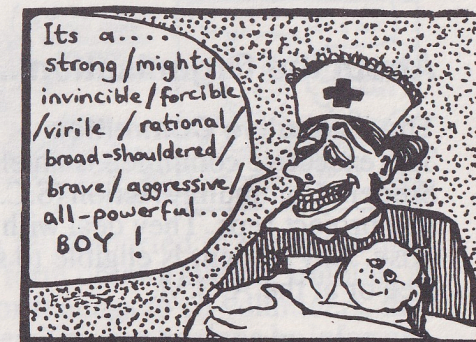
### **Women's Projects**

#### **Women's Aid Work**

To enable those women volunteers interested in Women's Aid work to be fully equipped, there will be a 7 week training course ( 1 hour a week ) run by Women's Aid during the first term. From there you can be involved in work at the refuge, or in advice work in the Women's Centre.

#### **Rape Crisis Help Line**

This is a telephone help line for victims of abuse. This will again involve training before starting any direct advice work.



Both these project need committment, and should only be started if you feel you can offer a regular (it only need be 1-2 hours a week) amount of time.

## Transport - The Minibuses

One of the areas of volunteering which crosses most of the projects is driving, as we need drivers for most of our projects. However there are requirements. If you have



- A clean license
- Are over 21, with 3 years driving experience

then you're eligible to drive. If you can offer your help, then please see John, the full time worker, or Anne Nicholls, our transport officer.

**If you are interested in any of these projects then please come along to the S.C.A. office for more details.**

*It is also important to find out details of where the projects are. Transport is provided for many of our projects. If you have to use public transport we can give you full details. We reimburse ALL travel expenses.*

## About the Organisation.....

### The Executive Committee

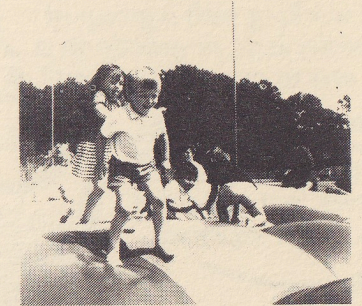
The executive committee is an elected group of students that direct Student Community Action (S.C.A.). It is made up of elected officers and project reps. They deal with any problems or tackle issues that arise. Any student is eligible to sit on the committee when a post is free or at the A.G.M.

### Open Meetings

All students are invited to our open meetings that are fortnightly on Monday evenings. This is where Community Action takes its form, in that those volunteers that attend open meetings are actively involved in the decision making. Please come along.

## The S.C.A. Network.

Swansea is one of a network of Community Action groups throughout Wales, Ireland, Scotland & England. These are divided into 9 regions, and we are part of the South Wales/South west region. We are currently working on the formation of a Welsh region. Our regional reps are from Swansea S.C.A. this year, Stephan Rees & Nim Dissanayake. They are elected onto the Student Community Action Network Committee (S.C.A.N.C.) which deals with policy on a national level. The whole network is serviced by 4 workers at the development unit in London, called S.C.A.D.U.



## Training.

It is important when you start, and as you progress in, your volunteering that you feel equipped to do the job. For this you may need some information and practical training. The projects often offer their own training, so please attend when you can. They often have regular meetings which are also important for you to feel confident within the group. Try to attend these give yourself time to fit in & you will reap the benefits. S.C.A. runs a number of training events. Do attend these. Also, if you want training, please ask as we can always try to arrange training sessions.



## Support

As a volunteer you have a right to be supported in the work that you're doing. This may come in the form of information, training, a chance to feed back your thoughts or feelings to co-volunteers, the project leaders or the full time worker. This can be done by informal chats, or at meetings. To be effective in what you're doing, get support to help you move forward in your community work. S.C.A. consists entirely of volunteers, so the collective support we can give each other only enhances our effectiveness.

A few notes and helpful hints about volunteering...

Think about what type of work you want to do, and about yourself- would working with a group of noisy kids, or quietly on a one to one suit you best?

Give the project a chance, it may take you a few weeks

Make sure you are never 'out of pocket' - claim expenses.

Have fun !

If you feel unhappy with the project, lack of training etc. please talk to anyone involved in S.C.A. - if you're not getting anywhere it's likely those you're working with aren't either.

Be aware of the principles of the organisation with which you are going to volunteer, and how it runs.

If you decide to leave, please tell

Make sure you are clear about what you are taking on, the commitment in terms of time and energy. Ask others involved.

Occasionally you may be told things in confidence, please respect this confidentiality by not telling everyone. However, depending on what you've been told you, you should talk to your project leader, or the full time worker for advice.

