

# ***SWANSEA STUDENT COMMUNITY ACTION***

**Swansea Student**



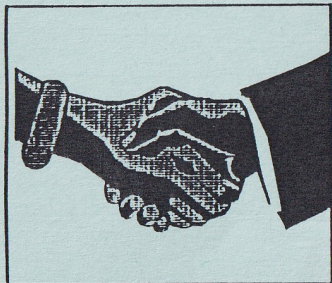
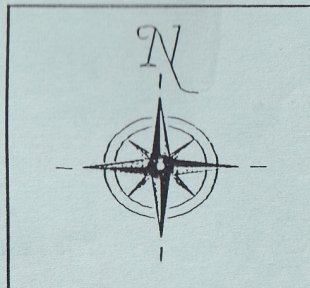
**Community Action**

## ***Fancy Some Action ...***

Project Handbook 1996-97

## How to find us...

The SCA office is in the Students' Union, on the third floor (of course, if you're reading this then you probably know that already). There, you will find lots of friendly people (some of whom spend far too much time up there!) who will be only too happy to have a chat and make you a cup of tea or coffee. So if ever you're feeling a bit thirsty and in need of a lift, drop in and say hello.



## Equality of Opportunity

SSCA is committed to equality of opportunity for everyone, no matter who they are. What this means, in practice, is that we will do whatever we can to ensure that you get as much as possible out of your involvement with us. But even though we try, it doesn't mean we always get it right, or if something needs changing, let us know.

## Getting the job done...

As you get involved in SCA you will probably find that there are things you need to know to help you get along. A programme of training events will be put on, and it is important that you make the most of these so that you are prepared, aware, supported in and confident about the activities you will be doing. If you feel that there is anything you need that you're not getting, then please let someone know and we'll try to sort things out.



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Swansea Student Community Action

## Croeso i Abertawe!

Or, as they say in my neck of the woods, welcome to Swansea (or, welcome back, if you're returning to college after the summer vacation). And congratulations for daring to venture beneath the covers of this, the SCA Project Handbook. Hopefully this booklet will show you that there are other things to do at university other than study (although that is important, really) or have a few drinks in Diva's before heading off to Ritz's (although that's quite important too).

If you're a student who wants to change the world, and have fun doing it, then you've come to the right place. SCA is about changing lives by working with people from all over Swansea who, for whatever

reason, are disadvantaged in society, or isolated or marginalised.

But SSCA is about more than this - it is also about giving you the chance to try something that's challenging, something that's enjoyable, something that's different. It's a place to learn new things about yourself. And it's a great way to meet lots of new people and make new friends.

So, have a look through this handbook and you should find something that takes your fancy. (But if you don't, then let us know - we're always keen to hear new ideas.) Once you've done that you just need to drop into the office and start the ball rolling. See you soon.

### Did you know...

...That Lord Callaghan, the recently retired President of the university, is the Patron of SSCA? We are honoured that Lord Callaghan is maintaining his connection with us in this way.

Lord Callaghan (right) with the Vice-Chancellor, Robin Williams (left), and Sasha Hayward, Chair of SSCA 95-96.



CYMRAEG? Mae'r llawlyfr hwn ar gael yn y Gymraeg.  
Gofynnwch os ydych eisiau copi. Diolch.

## GETTING STARTED...

*There's no need to worry about getting involved in SCA. We are one of the friendliest (and largest) groups in the university and we have a lot to offer, so you should find somewhere to fit in. But if you don't, please let us know and we'll do our best to sort it out.*

**Think** about what your skills and interests are, and what you'd like to do - would you prefer to work with a group of noisy kids (or noisy adults) or more quietly on a one to one basis?

Be sure about the amount of **commitment** needed, both in terms of time and energy. If you're not, then ask the project coordinator, another volunteer or a member of staff.

*Get involved, you won't regret it!*

Give the project a chance, it may take a while for you to **settle** in.

Once you've started, if you feel **unhappy** with any aspect of the project then please talk to your project coordinator, or a member of the Exec or staff, and we'll try to sort things out.

If you decide to **leave** a project, tell your project coordinator.

You should never be out of pocket due to working with SCA, so remember to claim your **expenses**.

Above all, **enjoy yourself**.

### A few reasons why you should get involved

- Doing something useful in your spare time
- Experiencing challenging situations
- Enjoying yourself
- Meeting lots of new people
- Making new friends
- Learning new skills
- Making a real difference in people's lives
- Improving your CV
- Exploring your interests
- Developing personal skills like communication and responsibility
- Working as part of a team

## KIDS PROJECTS

### Tuesday Night Club

TNC works in an area east of Swansea, called Bon-y-maen. The area has been hard hit by unemployment and all its associated ills, but there is great community spirit and we have loads of support. We run a youth club for 8-14 year olds and we are hoping to expand and improve on what we have achieved in the past 2 years, by providing a greater range of activities, and going on lots more outings. (Yet again we have received a grant from Children in Need, so we must be doing something right.)

It's not an easy project, and lots of the young people have some strange preconceptions about students, but it is a great way of challenging your own opinions, and must be just about **the** most rewarding project you can join. It takes just two hours a week of having fun, and can really make a difference in these young people's lives.



### Bunch of Grapes

Bunch of Grapes is a project where twelve students visit children in Singleton Hospital for about two hours a week.

Based in a children's playroom, the students chat, play board and computer games, do jigsaws, read books, and generally enjoy themselves playing with toys and games.

In the past, we have organised two trips to Morriston Hospital, once to paint a giant mural, and the other to help organise a children's Christmas party.

Although the hospital is a very cheerful and friendly place

The project, which began in 1992, at times is very popular and has been enjoyed by students throughout the last four years. The project does need commitment and respect for the medical confidentiality of patients. You can also be involved in creating murals in and around the hospital.

***"The thought of being in hospital can be very daunting for a child of any age."***

## KIDS PROJECTS

### Kids Away

Kids Away take kids away on weekends and day trips providing them with a well needed break from their home environment. Our activities include art and craft therapy, ice skating, swimming etc., with the aim of having fun!

Our volunteers need to be committed and enjoy working with kids in any and every situation. Students have to be able to improvise and take the initiative on a weekend, and although our kids are hard work, it's a rewarding experience and a real difference can be made to their lives

Our objective is to build up trust between the kids and the volunteers and give them opportunities they may otherwise not have.



### Gingerbread

Basically, Gingerbread is a youth group for children of single parents, which meet at St Philips Community Centre (opposite the Quadrant) every Friday night between 7pm-9pm - so you still have time to go out afterwards!

While the parents enjoy a coffee and a chat downstairs, we allow the children (aged 5-11) to escape from their normal everyday environment and give them the opportunity to do something new and different as well as expending their energy.

For that reason we try and do as many different activities as possible, such as swimming, circus skills, face painting, bouncy castle and trips to the beach and the park. An added bonus was a week long trip to Tenby with the families at Easter, and the National Lottery also recently awarded the group £3,000. As most of the families come along regularly, it give you a great opportunity to gain friendships with people you perhaps would not usually meet .... and perhaps gain some unexpected babysitting jobs.

*"Although at times the project can be hard work, it is the ideal project if you've worked with kids groups before or you just love children and have lots of great ideas"*

### SPORTS - GET A KICK OUT OF THIS!

Enjoy kicking a ball about? Like working with kids? Fancy combining the two and training as a Sports Leader to work in Townhill, Swansea. See Penny or Christine as soon as possible.



## KIDS PROJECTS

### Activity Days

Want to work with children but can't decide which group to work with? Then why not work with them all? Activity Days takes young people from all the various groups of Tuesday Night Club, Hoppits, Kids Away, Splash, and Gingerbread, and integrates them together in a blasting day of activities, as our name suggests.

Activities only last one day (thank goodness) because our days are so hectic that's all you would be able to take. With a range of activities including children's Christmas parties (see below for Christmas Parties) and beach barbeques. You could join the most exciting, daring, stressful, and fulfilling project?

### Christmas Parties

Christmas may seem a long way off but it's getting closer every day. And what would Christmas be like if you didn't have a party? This year we're holding *two* parties for some of the children that we work with. Last year's parties were a great success, with all the usual party games (and a few new ones), disco music all afternoon, Father Christmas (*surprise, surprise*), jugglers, and a huge bouncy castle, followed by a seasonal drink (after the kids had gone home, of course!).

The parties need a fair amount of organising, and we need people who are creative, people who can make sandwiches, people who can juggle, people who can keep kids under control, people who can have fun. *people like you.*

Don't miss out on the party of the year - call into the SCA office now and sign up for the Activity Days project.

*Here at SCA (where we know about partying) we like to think that everyone should enjoy an Xmas party.*

### The Woodland Project

No special knowledge or skills are needed, it provides excellent opportunities for volunteers who like kids and are interested in conservation work to do something for the environment of Swansea. The Woodland Project has largely been established to support the work that the City Council is doing in the Gwent Ravine. Volunteers will be working with children from the Townhill and Mayhill areas of Swansea, aiming to involve them in preserving their natural environment. It is envisaged that the project will take place at weekends and that some trips to nature reserves may also be organised.



## Splash!

"Splash" takes children from the Blaenymaes area in Swansea to the Leisure Centre, for an evening of swimming and socialising. We go every Monday between approximately 5pm - 8pm.

The aim is not to teach the children to swim, but to enable them to spend an evening away from their everyday environment. It also allows them to get rid of some energy and develops friendships with the other children and the volunteers. The swimming pool has a wave machine, and a space bowl, which together provide an evening of fun for the children and volunteers alike!



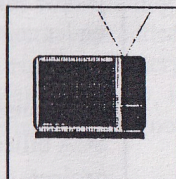
## Create

This is a new drama project being set up to work with 8-13 year olds from Townhill area of Swansea, each Wednesday evening, 6.30 pm-8.30pm. We will use drama related activities (including music, dance, craft, etc) to encourage teamwork and social interaction. These sessions will be challenging, frantic and hopefully, a lot of fun. We hope to perform some creative pieces of drama aiming at a sense of achievement for all involved..

## Valley Pictures

Volunteer showpeople wanted!

For between 4pm and 7pm to present and play current film releases to 8 to 12 year olds at various venues in the Swansea area one or two days a week. Training given, if you are interested see Penny or Christine in SCA office.



## Gardening and Decorating

*...The best way to relax and enjoy delicious tea breaks.*

Gardening and Decorating is a highly rewarding project which is greatly enjoyed by those who take part and by those who receive our service.

The gardening is reserved for hot summer days so that sun tans are acquired as lawns and hedges are trimmed, and flower borders are tended to. What better way could there be of finding out about more of Swansea, particularly from elderly people, those less able to perform these tasks and those who have no other help? These are social occasions for all concerned.

The rest of the year, when Swansea demonstrates its ability to rain, is an opportunity to decorate. Have you ever seen six people crammed into a 4m x 2½m bathroom and attempt to paint it without falling in the toilet?! This is just some of

the fun to be had on the Gardening and Decorating project.

Gardening and Decorating provides a great sense of satisfaction of a job well done, visible progress made, a social occasion, very appreciative recipients of services, and excellent tea breaks!

## siarad (pronounced Sharad)

Siarad is Welsh for TALKING. This project requires creative, innovative students who would enjoy the company of an older person for an afternoon a week in a local residential nursing home.

This is a chance to meet some 'real' Swansea people. Most of the residents we visit have lived in Swansea since they were born, and enjoy talking about what they used to do before coming to live in the home. It gives students the chance to meet older people and to develop friendships.

There is scope to do anything that interests both you and the residents. You can spend time on an individual basis, reading or chatting or try running an arts workshop, organising a Christmas party, holding a musical night (or afternoon!) **In fact, anything that isn't Bingo!**

## WORKING WITH ADULTS

### The Homeless Project

This is another diverse and exciting area for volunteer action. Working closely with the Swansea Cyrenians there is a whole range of opportunities for you to get involved with.

If you want to get involved regularly and learn more about the Cyrenians and the people they work with there's an opportunity to help with preparing and serving meals at lunchtime or in the early evening. This is a good way to familiarise yourself with homelessness issues and its environment.



*The Homeless Group sleeping out to raise money.*

However the organisation has different needs at different times of the year, so particularly if you're someone without a lot of spare time but are easy going and flexible to requirement you could be on standby as a minibus driver, a food shopper, an assistant in the office or fundraising. Last year over £200 was raised by a students "sleep out" on Fulton House steps.

There are also opportunities to get involved in the Cyrenians excellent training programme. For more information see Penny in the SCA office (295743).

## STUDENT TUTORING



### Dysgu

Ever thought about what it's like to be on the other side in the classroom? Are you wondering about a career in teaching, but would like some

experience to help you decide? Then you should think about *Dysgu* - SCA's student tutoring project in secondary schools across the city

Whatever subject you're studying here at Swansea, you can be sure that your knowledge, skills and creativity will be put to good use as an assistant in the classroom.

Student tutors don't actually "teach", instead they "assist" teachers in the classroom under their direction and supervision. This could be anything from learning something new alongside pupils, to helping with project work, to possibly even taking part of a lesson (under observation from the teacher, of course). The possibilities with *Dysgu* are limited only by your imagination.

Student tutoring is extremely rewarding and enjoyable - it gives you the opportunity to improve your skills and knowledge, gain an insight into teaching, and provide a positive role model to pupils in school. What's more, you will get a certificate to acknowledge your achievement.

So, if the thought of going back to school excites you then why not try. Even if you like the idea but couldn't see yourself doing it, don't worry because all volunteers

get extensive training so you've really got nothing to lose.

### LINC

LINC is a project that aims to assist both adults and children whose first language is neither English or Welsh. You can arrange to meet people either on Campus or in their own homes. You can work with children in one of the local primary or secondary schools in Swansea. Often there are not enough staff to give the children the attention they need;

Many of the children that we work with on the project do not speak English at home; the only chance most of them get is to speak with other children.

There is a difference between language that is spoken in the playground, and the correct English spelling, grammar and vocabulary needed to write essays. Any small amount of time given is invaluable to these children.

It's up to you, but no less than an hour a week is needed.

**a member of staff once said to me, "We are lucky if we have five minutes to talk to each child a day."**

## STUDENT TUTORING

### Pooh Bear

Volunteers involved in this project, visit primary schools within the Swansea area. The aim is to assist the teacher in the classroom and allow pupils to have extra attention. This is a challenging project in some respects as volunteers work with children from disadvantaged areas. The volunteers help with reading and writing and maths amongst other activities.

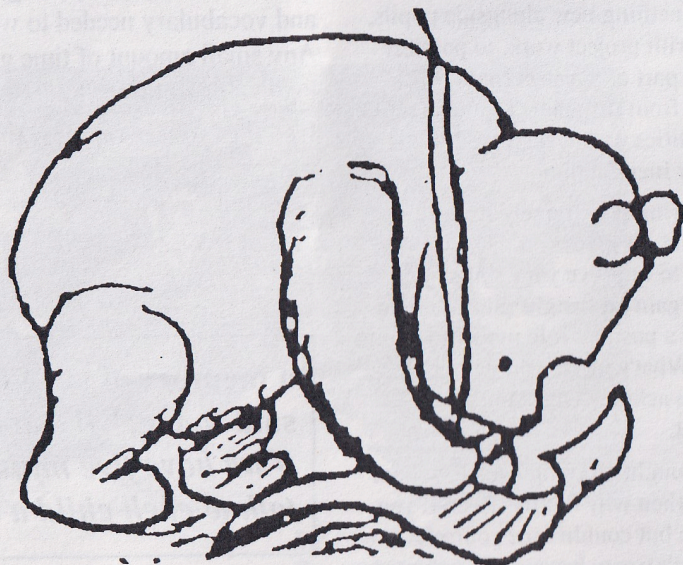
This successful scheme is not only beneficial to the teachers and

children, the volunteers have found that they have gained confidence, teaching practice and an insight into Swansea schools and child psychology.

Even if you are not interested in pursuing a career in teaching, the skills developed from involvement with this project such as communication skills can be of great use in future careers as well as every day life.



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## SPECIAL NEEDS

### Hoppits Holidays

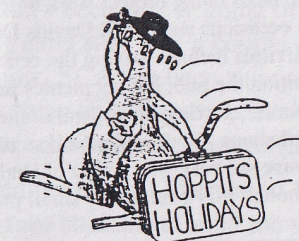
Hoppits Holidays is made up of student volunteers who take children and young people, with a variety of special needs on weekends and day trips every term.

Here are some of the reasons why you should join us:

1. It is an opportunity for volunteers to get to know each other, and the young people who come on our project, 'Hoppiteers', in a relaxed setting.
2. For the children and young people, it gives an important time away from home with friends and student volunteers.
3. For the parents, it means a valuable break, and some time for themselves and their other children.
4. Hoppits go to all sorts of places, ranging from the pub or the cinema on a day trip, to abseiling and canoeing on activity weekends.
5. Socials are held every term for the 'Hoppiteers', volunteers, parents and carers, and brothers and sisters are also invited! They are always good fun and a chance to get to know more about the families we work with.

We have two Hoppits groups - older and younger. If you have piles of energy go for the younger group, it usually involves a lot of running around! The older group tend to be less energetic, and usually enjoy playing pool and having a drink at the pub.

Although we have the more serious aims of integration, independence and altering attitudes towards disability, the main focus is on having fun!



### The Saturday Club

Volunteers need to have lots of energy and also patience, as the idea is to give a wider experience to the more demanding children from Hoppits, whilst providing their parents with a much-needed break. The idea evolved to cater for those children who have previously been part of the Hoppits project, and who it is felt would benefit from more individual attention.

The project involves one or two day trips on a Saturday per term.

We expect it to be challenging but rewarding, and lots of fun.

### Friendship House

Friendship House provides a meeting place for adults in the community with learning difficulties. As well as bringing people together in a social environment it also aims to provide some form of education. Student usually work either in groups or on a one to one basis doing project work or topical work on occasions such as St Davids Day. Other activities include leaving the centre and visiting the pub, having picnics in the summer, parties, bingo, and drama workshops. Staff and members of Friendship House are very welcoming of students and although it is a relatively small project it

maintains an extremely friendly and relaxed atmosphere. Socials specifically for volunteers usually include going for a drink but more varied nights might include going bowling or for a meal together.

Thus Friendship House provides an ideal chance to gain awareness of those with different backgrounds and abilities and at the same time meet other students once a week. Your input would be welcomed by all concerned with the project, and there is no doubt you will find your involvement extremely rewarding.



*A drama workshop at Friendship House.*

### Circus Eruption

Do you get fed up with all those people who can juggle, walk on stilts, ride unicycles, and really enjoy themselves doing wacky things? Well there's no need to worry about it anymore - Circus Eruption can teach you all this, and more. Circus Eruption is a local group that teaches circus skills (surprisingly enough) to kids and needs you to help out. The kids are aged eleven upwards and about a third of them have learning difficulties,

but none of them has any difficulty with enjoying themselves. The aim of Circus Eruption is integration and fun.

*"If you're keen to learn to juggle and things, or can do it already and want to encourage others to learn too, then pop into the office and find out more".*

Studying at university can be a hard job even at the best of times, so you can imagine that there can be extra difficulties if you are disabled.

### The Shopping Project

Ever had one of those days when you were just too busy to get to the shops, and now you've got nothing to eat but half a tin of baked beans and an old apple that's been slowly going brown on your window sill? For a couple of years now, SCA has been running a project to go shopping each week with students who have mobility difficulties.

We need people just like you to drive and to take students around the shops each week. Depending upon the level of interest, we'd also really like to extend the service to include elderly or disabled people in the city. And of course, there's nothing to stop you from doing your own shopping at the same time. So start writing your shopping list and make the SCA office your first stop to find out more

### Reading for Blind students

The university has a new recording centre. Students who are visually impaired who can have course materials produced on audio tape, in Braille, and on computer disk. The centre needs volunteers to record material on to tape, generally for one hour a week. Please call into the SCA office to get more info.

At SCA we also have our own tape recorder (but it's nowhere near as flashy as the recording studio's) which we use to record our handbook, leaflets, and other bits and pieces. We would also like to make general information tapes about what's happening on campus.

So drop into the office and put those vocal chords to work - free refreshments will be provided for those of you whose voices dry up.



*Simply shopping!*

## PHAB

If you enjoy bowling, eating out, going down the pub, or watching films, and would like to lend a hand to others at the same time, then you could be interested in the PHAB club.

PHAB is a social group for people with and without physical disabilities. The club enables people to gain a greater understanding of their own and other people's abilities in a relaxed and friendly environment. It encourages people to appreciate the difficulties disabled people may encounter, and how to deal with these difficulties in an effective way.

The club meets on a regular basis and is always open to new ideas and suggestions.

## Sign Language

Sign Language is all about learning how to communicate with deaf people, and how they deal with everyday situations which otherwise might be taken for granted. So, once a week on Wednesday, between 6.30 and 8.30 in the evening, we meet to learn Sign Language and generally tie our fingers and arms in knots. At the end of the course it is possible to take an exam so that you can gain a professional qualification for your effort. We're also planning to do some work with deaf children and teenagers which you can become involved in once the course has finished.

Commitment has to be high as we get through so much stuff each week. So come along to sign: it's useful for talking across a crowded club or chatting in lectures (if you can't get to sleep). We always have great fun and there's going to be loads of socials this year. See you there.

## Inside Out (Topsy Turvy)

This is a new project that involves working as part of a team, to run weekly activity sessions for children with Autism, meeting their families and going out on daytrips, and weekends with the children and their siblings. Autism is a condition which affects children's communication abilities. They have special needs and are often gifted in one area such as calculations or art. You will receive professional training and support.

This project is an exciting new venture so sign up and be a part of it!



*Don't worry, Sign Language won't tie you in knots!*

## First Aid

If the options of Panic! or Run Away! are not among those you think would be the best way to tackle an emergency ... why not join a course in First Aid?

Each year, members of the St John's Ambulance, Mumbles run a three week course on Wednesday evenings in the North Arts building on campus.

Three courses will run during the year with 20 places in each. You will have the opportunity to learn how to deal with difficult situations through theory and practice.

New this year will be an Open Evening, once a month, for first aiders to come along and practice their skills in a bit of role play! So if you fancy getting in at the deep end, having some fun and learning loads, all at once, this is the project for you.

Also .. to all St John members, a big welcome to Swansea. If you would like to get involved with the Mumbles group come along to the SCA office for more details.

## Lonlas Community Workshops

This Scheme is an innovative project to provide on site training for people with learning difficulties. The aim of the scheme is to give the clients options to develop their skills. To experience a working environment and to provide the help they require for personal growth.

Working with children or adults with Autism, this project is for you if you are interested or have skills in: Gardening and Home Maintenance

Carpentry



## Pottery

### Administration

The scheme is developing continually and promises to be an exciting and rewarding one to be involved with. Commitment is for one academic year per volunteer.

## The Creche

Student Union creche, situated outside Sibly Hall, is run mainly for the use of students' children. The nursery currently offers around 30 places for children aged between two and five years old.

Volunteers work alongside qualified nurses and assist with a wide variety of activities which can include reading and playing games or more messy practical activities, if you are brave enough! Students can give extra individual attention to children who may be lonely or overwhelmed and staff also welcome help with mealtimes, tidying up and walks in the park (with the children, of course!) Students find the project allows them to escape from the college environment for a while, and there are also opportunities to meet

other volunteers at regular socials and meetings. Working in the creche is a rewarding activity, offering the chance to build relationships with the children and new friendships with other students.

## OTHER PROJECTS

### World University Service Bookshop

WUS Bookshop is a student service running from the 2nd floor of Union Building. Its function is so that students can have access to cheaper second hand course books. All money that is gained from the bookshop goes to WUS UK, which helps to fund educational projects in developing countries in Africa and America, as well as funding refugee projects within the UK. This year the bookshop has a paid Co-ordinator, but the bookshop still needs volunteers to help buy and sell books, commitment is necessary. Volunteers will help out for about an hour a week. The bookshop is an excellent opportunity for students to gain or consolidate work experience in retail. If you are interested, contact the SCA office or Jonathan at the WUS bookshop.

### Young Person's Mental Health Volunteering Project

This project is a new initiative which seeks to match volunteer befrienders with young people (18-35 years) currently experiencing mental health problems. The volunteers will offer friendship and support

to enable people to take part in ordinary activities in the community such as shopping, going to the cinema, etc. A befriender can help to re-establish confidence and help reduce loneliness and isolation amongst some of the misunderstood people in our community.

The aim of the project is to develop a model of good practice for volunteer befriending in a mental health setting, as well as researching aspects of social isolation amongst young people suffering from mental health problems. The scheme is currently looking for volunteers in both Neath, Port Talbot and Swansea areas.

All reasonable expenses will be reimbursed, interested? then contact Karen Ardouin, Young Persons Befriending scheme, Social Services Volunteering Project, 116 Walter Road, Swansea, phone number 457299.

### Tulath House ...

Is a residential house for up to 13 young people with a mild learning disability and emotional problems. They are there to learn the social and life skills needed to move towards independence. Volunteers are always needed and there is a variety of activities including:

Creative Arts - Monday PM

Theme Days - Tuesday all day

Art or Graphics - Wednesday PM

Cookery, guitar or other activities - Thursday

Sports - Friday.

Also you can assist with the Youth Award Scheme, City and Guilds programme on Word Power and Number Power.

### ARTS CARE

**Can you help?** Volunteers are needed to assist with the Arts Care, Multi Arts Project, at the Patti Pavillion in Swansea. The project is for the benefit of people with learning disabilities and will run every Monday for eight weeks, from October 7th - November 25th. Eight workshops will be held during the day, by eight different artists. The programme is as follows: **10.00am - 12pm - Morning sessions available:** Music, Visual Art, Puppetry, Drama

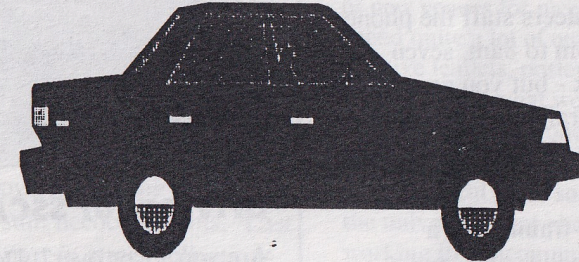
**12pm - 3pm - Afternoon session available:** Dance, Sculpture, Photography, Music.

If you would like to volunteer to help out with any of the above workshops, either for the whole day, or just the one session, please contact Penny, Katie or Christine in the SCA office.

## OTHER PROJECTS

### Guiding Hands

One thing that West Glamorgan seems to have a bad reputation for is car crime; in fact, in 1992 and 1993, a third of all crime in the local area was associated with cars. The Guiding Hands organisation now has a centre in the city to offer kids from some of the worse off areas of Swansea the chance to learn more about cars

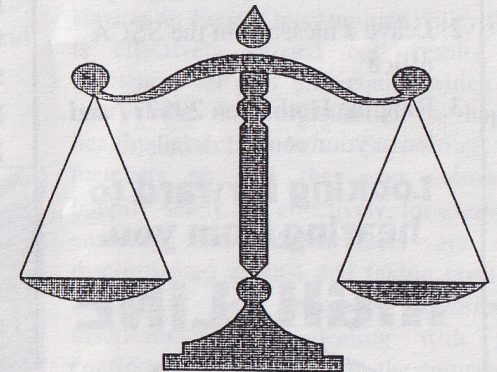


than how to steal them. The Bridge Centre has been recently refurbished and runs a range of activities, from motor maintenance to cookery to aerobics. Guiding Hands are always on the look out for new volunteers to assist with all the programmes that they offer, so there is bound to be something you could do.

### Victim Support

Most people have little contact with the legal system but occasionally some will have to appear in court as witnesses. This can be a confusing and traumatic experience, but support is available. The Crown Court Witness Service recruits volunteers to offer help and advice to witnesses. Maybe you have had some experience of this yourself (as a witness, that is!), or would like everybody to get the most out of our justice system.

You should bear in mind though that training for the Witness Service usually lasts for five days over two weeks, and volunteers need to be available for a whole day at a time after that (so that counts out you engineers).



## OTHER WAYS TO GET INVOLVED

### Nightline

Nightline is a confidential listening and information service, run by students for students. Trained student volunteers staff the phone lines from 8pm to 8am, seven nights a week - but you are able to sleep!! Generally, volunteers work two or three shifts per term, with a partner.

We offer you training by a professional counsellor, and ongoing support. Nightline is an organisation which relies upon student input, and thus it's up to you to get involved. To do this you can:

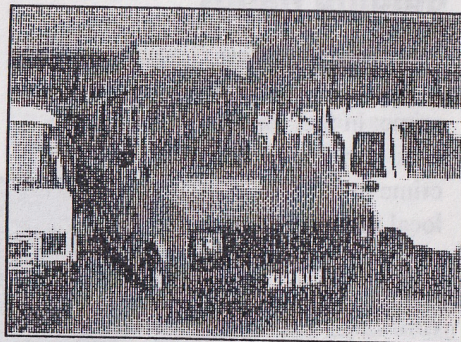
1. See our stall at Fresher's Fayre
2. Leave a message in the SSCA office
3. Ring the Hotline on 295777 and leave your contact details...

**Looking forward to hearing from you.**

# NIGHTLINE



# 295777



### Driving for SSCA

Are you 21 or over? Do you have a clean driving licence? Have you got at least three years driving experience? If so, we need you! Many of our projects need drivers on a regular basis and others have to use a minibus occasionally, so we always need to have plenty of people who we can ask to drive. Full training will be given and someone will always go out for a practice drive with you.

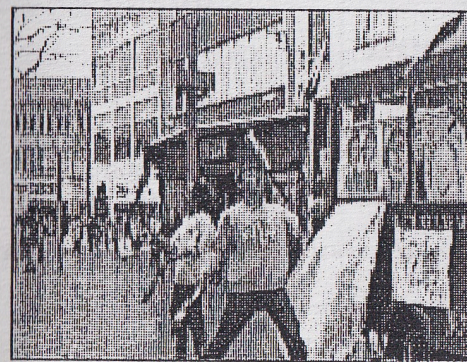
It's an interesting job because you get to see lots of different projects in action and you're likely to learn your way around Swansea fairly quickly too. Also, if you know anything at all about the basics of fixing buses, and wouldn't mind having a look at ours then please let us know.

Transport is vital to the running of SSCA and volunteers who are able to drive and maintain the buses) will be welcomed with open arms and lots of cups of coffee, so please come to the office and sign up!

## OTHER WAYS TO GET INVOLVED

### Fundraising Group

Like most other charities, SCA is always in need of new fundraising ideas and of enthusiastic volunteers who are willing to put these ideas into action. We are currently in urgent need of a new minibus to ensure that each of our projects can continue to run as efficiently and effectively as they have done in the past, so most of our efforts are directed towards raising the considerable sum needed for this. Last year we took part in street collections, went carol singing, sold raffle tickets and ran various stalls at various times in various places as part of our attempts to raise a bit of cash. It's worth remembering that fundraising offers endless opportunities for socialising and having a good time yourself, so please bring your ideas and support along to the Fundraising Group.



*Having fun, fundraising.*

### Pub Club

Not quite what it sounds, the only aim of the SCA Publicity Club is not to visit every watering hole in Swansea (although the co-ordinator is always open to suggestions of new venues for meetings). We actually spend quite a lot of our time producing positive leaflets, posters and information telling people what we're up to, and ensuring that everyone feels free and able to join our organisation. We also liaise with the local press so that people outside the university hear about our projects working in the community. No particular talent or experience is required, so if you've got a bit of free time and would like to get involved in making SCA famous, why not come along to the Pub Club?

### Equal Opps.

Having an Equal Opportunities policy that is effectively carried out, results in efficiency, fairness and equity which in turn make our organisation a happy healthy place to be! Supporting all members so that they can volunteer happily, safely and effectively, for example ensuring that all members are not discriminated against and taking positive action if any members experience discrimination, or dealing with the confidential information on the comments slip. Interested? This group is informal, fun and very much needed. It doesn't take up much time and would make you a valuable asset to any project. So please sign up and help make SSCA a better place to volunteer for.

## PROJECT TIMETABLE

### spoilt for choice...

Some regularly take place at fixed times during the term; these are listed on this page

#### MONDAYS -

SPLASH! 4.45PM-7.30PM - MEET IN SCA OFFICE

PHAB - 6.30PM-9PM - MEET IN FULTON HOUSE STEPS

CIRCUS ERUPTION - 7PM-9PM-DILLWYN LLEWELLYN SCHOOL

#### TUESDAYS -

TUESDAY NIGHT CLUB - 5.45PM-8.30PM- MEET AT FULTON HOUSE STEPS

FRIENDSHIP HOUSE - 6.30PM-8PM - MEET AT FULTON HOUSE STEPS

#### WEDNESDAYS -

SHOPPING PROJECT - 1.30PM-4.30 - MEET IN THE SCA OFFICE

GARDENING AND DECORATING - 1.30PM-4.30PM - MEET IN THE SCA OFFICE

SIGN LANGUAGE - 6.30PM-8.30PM - SCA OFFICE

FIRST AID - 7PM-9PM - NORTH ARTS BUILDING

CREATE -

#### THURSDAYS -

#### FRIDAYS -

GINGERBREAD - 7PM-9PM - ST PHILIPS COMMUNITY CENTRE

#### WEEKENDS -

KIDS AWAY - DAY TRIPS ON SATURDAYS (3 A TERM), OR WEEKENDS FROM FRIDAY TO SUNDAY (3 A TERM).

HOPPITS HOLIDAYS - DAY TRIPS ON SATURDAYS (2 A TERM), OR WEEKENDS FROM FRIDAY TO SUNDAY (2 A TERM).

SATURDAY CLUB - DAY TRIPS ONCE OR TWICE A TERM

CHRISTMAS PARTIES - TWO SATURDAYS IN THE AUTUMN TERM TIME

WOODLAND PROJECT - WEEKENDS DURING TERM TIME

ACTIVITY DAYS - ONCE OR TWICE A TERM, USUALLY SATURDAYS

INSIDE OUT - SUNDAY AFTERNOON, DAYTRIPS AND ONE WEEKEND AWAY.

## PROJECT TIMETABLE

A lot of our projects take place during the daytime or evening, *at times that suit you*. They are usually for an hour or two each week, but some may be for a whole morning or afternoon. These projects are listed on this page.

Daytime	Evening
<b>Bunch of Grapes</b> - One or two hours a week, at the Hospital playroom.	<b>Lonlas</b> - one or two hours to suit you.
<b>Creche</b> - One or two hours a week, at the Student Union Nursery.	<b>Guiding Hands</b> - One or two hours a week, or more depending on the activity, at the Bridge Centre.
<b>Dysgu</b> - One morning or afternoon a week, at school.	<b>The Homeless Project</b> - One or two hours a week, or more depending on the activity.
<b>Pensioner Visiting</b> - One or two hours a week, at the nursing home .	<b>LINC</b> - One or two hours a week, or one morning or afternoon a week if in a school.
<b>Pooh Bear</b> - One morning or afternoon a week, at school.	<b>Tulath House</b> - Afternoons or all day, sometimes an evening - you chose.
<b>Reading for Blind Students</b> - One or two hours a week, at the recording centre.	<b>Driving</b> - Anytime, anyplace, anywhere.
<b>Victim Support</b> - A whole day, not more than once a fortnight, at the Crown Court.	<b>Equal Opps</b> - Daytime or Evening

### And finally...

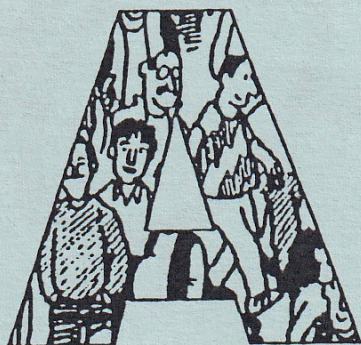
Thank you for taking the time to read through this handbook. Everyone at SSCA hopes that you have a great time while you're here at Swansea whether or not you get involved with us.

### **Don't forget!**

It's never too late to get involved with SSCA. Just call into the office at any time.



# We think you should join us because...



...you want to see students become more involved in the community they live in **and because** you know that many people find themselves isolated from their community **and because** children need better play facilities and to decide for themselves what they want to do this Saturday **and because** everyone has a right to decent housing **and because** single parents need more support **and because** people with learning difficulties should be treated as individuals **and because** people with mental health problems deserve respect **and because** people with physical disabilities damn well should be able to get into any building **and because** you believe that anti-racism and anti-sexism are part and parcel of your work in the community - of work anywhere - **and because** you know that by giving some of your time and energy you can get much more out than you put in **and because** you like having a good time **and because** you think that volunteers are important and should be treated as if they are **and because** they can make a difference and for many, many more good reasons you should be part of...

## Student Community Action

Swansea Student Community Action is an independent registered charity, number 256146