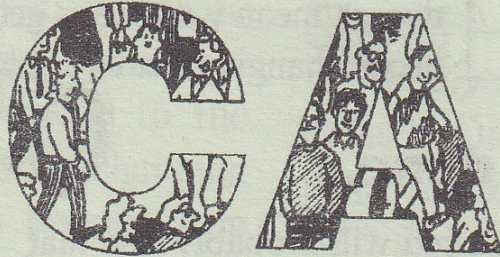
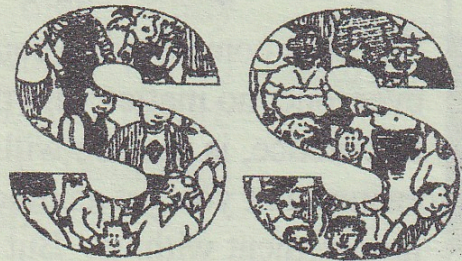


SWANSEA STUDENT COMMUNITY ACTION

Swansea Student



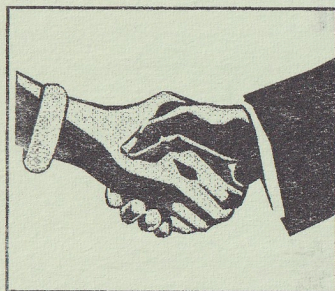
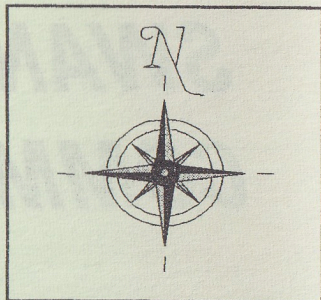
Community Action

***Not such a
trivial pursuit...***

Project Handbook 1995-96

How to find us...

The SCA office is in the Students' Union, on the third floor, directly above the shop (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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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 last year Lord Callaghan, the recently retired President of the university, became the Patron of SSCA? We are honoured that Lord Callaghan is maintaining his connection with us in this way.

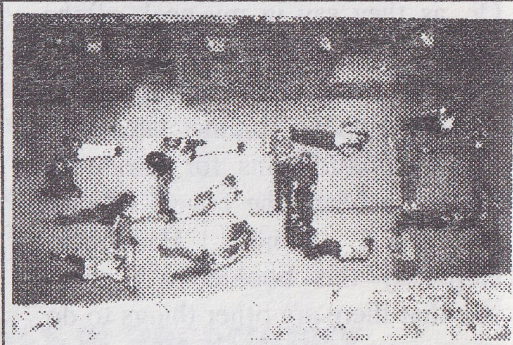
Lord Callaghan (right) with the Vice-Chancellor, Robin Williams (left), and Sasha Hayward, Chair of SSCA



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 grown ups) 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

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. Activity Days is a new project with activities ranging from caving and abseiling to beach barbecues and rounders. Why not join the most exciting, daring, stressful, and fulfilling project?

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 7-17 year olds and we are hoping to expand and improve on what we have achieved in the past year, by running clubs on both Tuesdays (for under twelves) and

Wednesdays (for over twelves), and going on lots more outings. (We have this year 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.

If you want to learn more about yourself, and really achieve something, then TNC is the project for you.

KIDS PROJECTS

Gingerbread

Gingerbread is a project in which students provide activities for children of lone parents. It gives the parents a well-deserved break, and lets the kids expend some of that energy that they're so good at doing. Activities include things like swimming, walks, beach games, video nights, crafts, games nights etc.

It is an ideal project for you to get involved with if you like kids and are a big kid yourself. It is also excellent experience if you're interested in a teaching career

Gingerbread takes place once a week at the Swansea Leisure Centre, usually for no more than two hours.



Bunch of Grapes

In the 1940's children's wards in hospitals were very strictly run, with parental visits discouraged and toys disapproved of because they made the wards look untidy. These days, wards are not run in such a regimental fashion and the children's ward at Singleton Hospital (right next to the university) is no exception. Although the hospital is a very cheerful and friendly place, the thought of being in hospital can be very daunting for a child of any age.

Bunch of Grapes is a project where fourteen students visit the sick children in the wards 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 (especially if they are on their own). 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.

The project, which began in 1992, is very popular and has been enjoyed by students throughout the last three years. It does need commitment and respect for the medical confidentiality of patients.

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 educating and getting alongside the children.

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 otherwise would not have.

The Woodland Project

New this year, the Woodland Project has largely been established to support the work that the City Council is doing on 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. No special knowledge or skills are needed so the project provides excellent opportunities for volunteers who like kids and are interested in conservation work to do something for the environment in Swansea.



Having fun with Kids Away!

KIDS PROJECTS

The Creche

The 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.

Splash!

Splash takes approximately fifteen children aged 8 to 12 swimming at the Leisure Centre on a Monday evening between 5 and 8pm. The aim of the project is not to teach the children to swim - although they often ask you to - it's just a matter of time before the water slides draw their attention. Our aim is for the children to have some fun, get rid of some energy, and develop friendships. This means you can expect multiple trips to the hydroslide and the space bowl, pulling the children around on floats, and lots and lots of splashing! Many of the children come regularly, which



allows you to build relationships and even perhaps remember all their names. The children are full of energy, and the project is enjoyed by the volunteers as much as it is by the children.

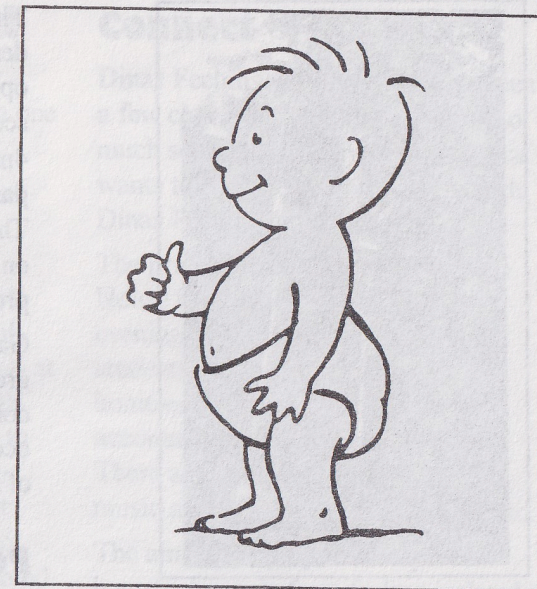
KIDS PROJECTS

Babysitting

There are now more and more mature students at university than ever before, some of whom have families to look after as well doing their studies. It can be difficult for parents who are students to get involved with SCA because they need someone to care for their children while they are volunteering. However, we think that being involved in SCA is such a great thing to do (well, we would, wouldn't we?) that it should be open to everyone, regardless of their particular circumstances. So to enable students with children to get as much out of SCA as they can, we need you to babysit for their children while they are volunteering. If you'd like to find out more, whether you want to babysit or you're a parent who wants to join SCA, then come up to the SCA office and let us know.

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? Here at SCA (where we *know* about partying) we like to think that everyone should enjoy an Xmas party. And we believe this so strongly that this year we're holding *two* parties



(on the 2nd and 9th December) 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 get involved.

ELDERLY PEOPLE



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 4mx2½m 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!

Pensioner Visiting

Volunteers for this project visit a couple of local nursing homes for about an hour each week during the day.

Volunteers usually chat to and get to know the residents, who no longer get out much, if at all. This means that volunteers' visits are something which they look forward to; one of the highlights of their week.

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 make friends with them. Although this project is run on an individual basis there are social events organised so you can get to know other volunteers.

WORKING WITH ADULTS

The Homeless Project

The homeless project is looking for several dedicated people to assist in one or all of the following activities:

The soup run at the Cyrenians hostel - this involves preparing and serving meals at lunchtime or in the early evening. It is an opportunity to get to meet some of the homeless people of Swansea; the Cyrenians shop - this is at the end of King Edward Road (so it's not too far to get to) and needs you to do all the usual things that go on in charity shops; and fundraising - last February, as part of SCA Week, the homeless project organised a sponsored sleep out, which raised over £200 - perhaps you can think other ways to raise money.

If you are concerned about the worsening homeless situation or just interested in helping out PLEASE come to the office.



The Homeless Group sleeping out to raise money.

Connect

Dinas Fechin is a project that has seen a few changes over the past year. So much so that it can't even decide what it wants to be called: it's known as both Dinas Fechin and Connect.

The project takes place in the Coach House in Wind Street on a Monday evening; it is a social event in which students mix with people who are homeless or in temporary accommodation (at Dinas Fechin). There are card games, table tennis, music and light refreshments provided.

The aim of the project is to prevent homeless people from feeling isolated by building relationships and helping improve social skills. It is also a good opportunity to mix with others outside of college since some of the volunteers are recruited by Caer Las (who run Dinas Fechin). At present volunteers need to make their own way to the

Coach House. Anyone is welcome as student volunteers apparently add 'enthusiasm and energy' to the group.

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



"Student tutoring is extremely rewarding and enjoyable"

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 *Dysgu*. 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 with English as a second language. For many students studying in the university, and their families, English is not their first language. One of the most important things about this project is to encourage people to feel less isolated, through better understanding of the language that is spoken around them.

There is also a possibility of working with children in one of the local primary or secondary schools in

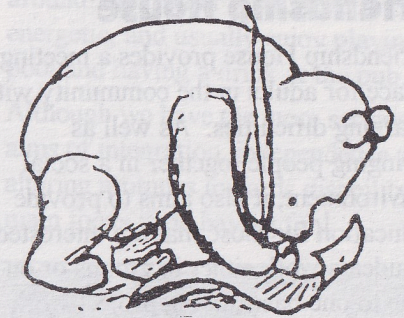
STUDENT TUTORING

Pooh Bear

We all know that the primary aim of all students is to have a good time... drink lots and party loads. Which is fair enough, but at the end of the day, surely you need something a little more fulfilling.

Pooh Bear, which is a part of the BP Student Tutoring scheme, consists of visiting schools in the Swansea area. Students assist the teacher in the classroom, doing tasks such as helping with reading. This can be vital to the education of the child because of increasing pressures inside and outside the classroom.

The scheme is not only beneficial to the children and teachers, but also, most importantly, to you the



volunteer. It is rewarding as you forge links with the children, and also offers a valuable insight to Swansea, as well as the world of teaching.

Even if you are not interested in pursuing a career in teaching, the skills developed by taking part in the project, such as communication skills, can be of great use in future careers, and in everyday life.

Swansea. Often there are not enough staff to give the children the attention they need; a member of staff once said to me, "*We are lucky if we have five minutes to talk to each child a day.*" 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.

Working with children and adults is both rewarding and fun. I get a tremendous pleasure out of helping people myself. I hope that many people will volunteer and give it a try. The amount of time you want to commit to this project is up to you, but no less than an hour a week is needed, whether at a school or with an individual (although this may depend on the needs of that person).



SPECIAL NEEDS

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 education for those that are interested. Students work either in groups or on a one to one basis, doing project work and topical work, such as on VE Day. Past events have included quizzes and drama workshops.

Staff and members of Friendship House are very welcoming of students, making for a friendly and enjoyable project. We regularly have socials, usually at the pub.

Friendship House provides an ideal chance to gain awareness of those with different backgrounds and abilities, and at the same time meet other students in a non-student atmosphere.



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, or can do it already and want to encourage others to learn too, then pop into the office and find out more.

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.

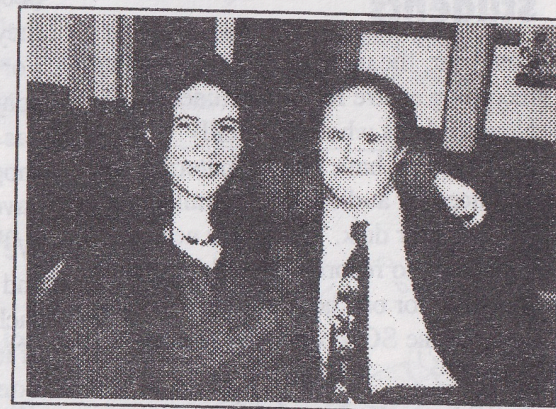
Here are some of the reasons why you should join us:

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

This is a new venture for the 1995-96 academic year. 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 will involve one or perhaps two day trips on a Saturday per term.

Volunteers need to have lots of energy and also patience, as the idea is to give a wider experience to the more demanding children, whilst providing their parents with a much-needed break. We expect it to be challenging but rewarding, and lots of fun.

SPECIAL NEEDS

PHYSICAL DISABILITIES

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

Reading for Blind Students

Last year, the university opened its new recording centre for blind students. Now students who are visually impaired 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!



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 some disabled people, going to the shops is a treat they rarely enjoy rather than a chore. For a couple of years now, SCA (in conjunction with the Students' Union) 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.

Swansea Student Community Action

PHYSICAL DISABILITIES

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 we take for granted. So, once a week on a Monday or 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.

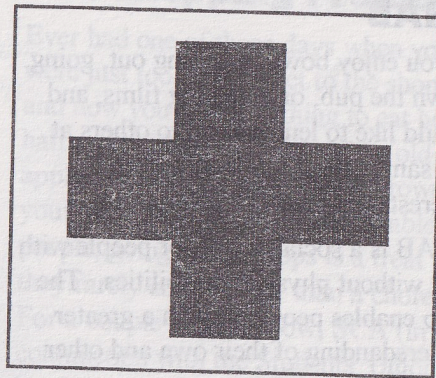


*Don't worry, Sign Language
won't tie you in knots!*

OTHER PROJECTS

First Aid

Would you know what to do if someone had an accident or was suffering a heart attack? Would you like to find out? Each year SCA organises short courses, which are run by members of the St John's Ambulance, leading to a certificate in emergency first aid. We feel it is important that our projects are as safe as possible, and want as many of our volunteers as possible to receive this training.

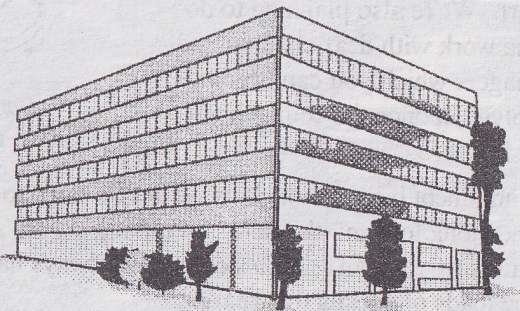


Tulath House

Tulath House, which is up the road in Sketty, is a home for young people (aged 16-22) who have mental health problems. Tulath is a "halfway house", run by the Richmond Fellowship, and the staff work to provide the young people there with the skills and confidence to move on in the world.

Volunteers get to know the residents and take part in various social activities, which can be during the daytime or evening. A fair amount of commitment is needed but it is really rewarding to see people grow and develop.

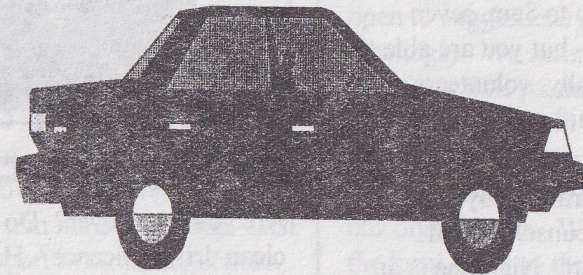
**WHY NOT
COME INTO
THE OFFICE
AND FIND
OUT MORE?**



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

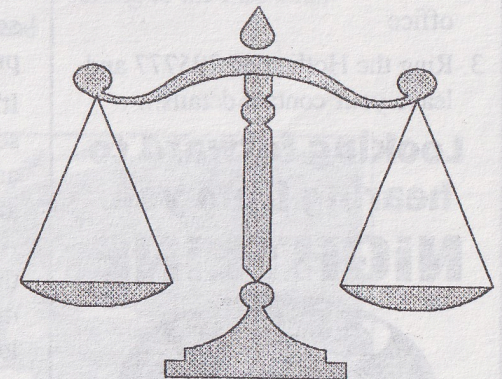


centre in the city to offer kids from some of the worse off areas of Swansea the chance to learn more about cars

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 bus(es) 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?

PROJECT TIMETABLE

Spolit for choice...

On these two pages you will find details of the times of most SCA projects. 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 at Fulton House Steps. Sign Language - 6.30pm-8.30pm - DACE. Connect - 7pm-9pm - Coach House, Wind Street. Circus Eruption - 7pm-9pm - Dillwyn Llewelyn School.
Tuesdays	Tuesday Night Club - 6pm-8.30pm - Meet at Fulton House Steps. Friendship House - 6.30pm-8pm - Meet at Fulton House Steps.
Wednesdays	Shopping Project - 1.30pm-4.30pm - Meet in the SCA Office. Gardening and Decorating - 1.30pm-4.30pm - Meet in the SCA Office. Wednesday Night Club - 6pm-8.30pm - Meet at Fulton House Steps. Sign Language - 6.30pm-8.30pm - SCA Office. First Aid - 7pm-9pm - North Arts Building.
Thursdays	
Fridays	Gingerbread - 7pm-9pm - Swansea Leisure 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. Woodland Project - Weekends during term time. Activity Days - Once or twice a term, usually Saturdays.

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.

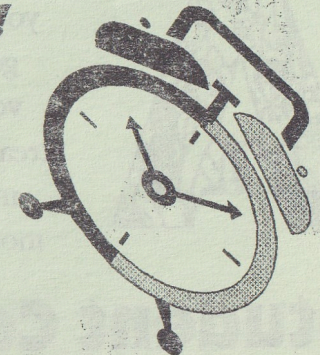
Daytime only	Daytime or Evenings
<p>Bunch of Grapes - One or two hours a week, at the Hospital playroom.</p> <p>Creche - One or two hours a week, at the Student Union Nursery.</p> <p>Dysgu - One morning or afternoon a week, at school.</p> <p>Pensioner Visiting - One or two hours a week, at the nursing home .</p> <p>Pooh Bear - One morning or afternoon a week, at school.</p> <p>Reading for Blind Students - One or two hours a week, at the recording centre.</p> <p>Victim Support - A whole day, not more than once a fortnight, at the Crown Court.</p>	<p>Babysitting - One or two hours a week, or more depending on the project.</p> <p>Guiding Hands - One or two hours a week, or more depending on the activity, at the Bridge Centre.</p> <p>The Homeless Project - One or two hours a week, or more depending on the activity.</p> <p>LINC - One or two hours a week, or one morning or afternoon a week if in a school.</p> <p>Tulath House - One or two hours a week, or more depending on the activity.</p>

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