



HANDBOOK 1999-2000



A description of projects offered to the volunteers of
Swansea Student Community Action

STUDENT COMMUNITY ACTION

SWANSEA

DIFFERENCE

Croeso i Abertawe!

Or, as they say here, "welcome to Swansea!" Hopefully, on reading this booklet, you will discover that there are lots of things going on all over Swansea that you might never have found out about in the library or the bar!

If you're the sort of person who wants to change the world, but wants to have fun doing it, then you've come to the right place! SSCA is about encouraging change in the lives of adults, parents and children, from all over Swansea, who in some way find themselves disadvantaged, isolated or marginalised.

As well as this, SSCA is about giving you the chance to have a go at doing something that's enjoyable, and different. It's a place to learn new things about yourself, and a great way to meet new people and make new friends.

Did you know...

...That Lord Callaghan, the former President of the University of Wales Swansea, is the Patron of SSCA? We are honoured that Lord Callaghan is maintaining his connection with us in this way.

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

There's no need to worry about getting involved in SSCA. 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 help.

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?

Get involved, you won't regret it!

Be sure about the amount of **commitment** needed, both in terms of time and energy.

Give the project a chance, it may take a while for you to **settle** in. Once you've started, if you feel **unhappy or unsure** about any aspect of the project then please talk to your project co-ordinator, one of the student trustees or staff, and

- Doing something useful in your spare time
- Experiencing challenging situations
- Developing personal skills like communication and responsibility
- 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
- Working as part of a team

Above all, enjoy yourself.

If you decide to *leave* a project, please tell your project co-ordinator.

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



MILLENNIUM VOLUNTEERS
GWIRFODDOLWYR Y MILENIWM

Swansea Student Community Action is a pioneering member of the Millennium Volunteers Programme. The programme aims to:

- Offer challenging and interesting volunteering opportunities for all young people
- Enable young people to acquire new skills and knowledge
- Increase recognition of volunteering by young people in the community
- Set a standard for volunteering in Wales
- Make a positive impact within local communities
- Encourage ownership of projects by young people

SSCA has always been dedicated to these aims and so easily falls into the programmes structure.

By being a Millennium Volunteer you will receive either a certificate or Award of Excellence. Your achievements will be recognised by employers, colleges and the local community and is comparable to the duke of Edinburgh award, so it might help to get you a job.

All that is required from volunteers is to fill in a form at the beginning of the scheme and then to get volunteering in SSCA.
Have Fun!

BUILD ON WHAT YOU'RE INTO
GWEITHIO WRTH EICH BODD

KIDS/ SPECIAL NEEDS INSIDE OUT

PROJECT CO-ORDINATOR - PAVLINA LASKAVATOU

This is a project that involves strong commitment 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 venture so sign up and be a part of it!

Trecco Bay

Trecco Bay is a new project involved in taking children, disabled and otherwise, on trips to a fully converted caravan near Porthcawl. When there, the volunteers and children are able to take part in a number of outdoor pursuits, and basically have a really good time.

Trecco Bay gives kids the chance to get away from their normal surroundings and experience something a little different. It also give their carers a well earned break

The Trips that take place to Trecco Bay are quite small in comparison to other SSCA projects, with 3 or 4 volunteers, and 2 or 3 kids on each trip. If you're interested call into the office and sign up.

Kids Project

CREATE

Project Co-ordinators
Tom Everett, Liz Rees
And Susan Davies



This is a drama project working with 8- 13 year olds in the Townhill area of Swansea.

The project runs weekly on WEDNESDAYS from 5.45pm to 7.45pm (leaving the office at 5.15pm).

We use drama related activities (including music, dance and craft etc) to encourage teamwork and social interaction. We play lots of games and the drama element is very basic - no special skills needed - just enthusiasm and a love for biscuits and drinks.

These sessions are challenging, frantic and a whole bundle of fun. New volunteers are always welcome.



PROJECT CO-ORDINATOR - DAVE THAMES

"Splash!" takes children from the Blaenymaes area of Swansea to the Leisure Centre, for an evening of swimming and socialising and sometimes we take the children bowling or to the cinema. 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 use up some of their 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!

Kids Project



KIDS AWAY

PROJECT CO-ORDINATORS
**MATTHEW DUNSTON, LOUISE HAINES,
LAURA KELLY AND MARK SAVERY**

Kids Away takes challenging kids away on weekends and day-trips, providing them with a well needed break from their everyday environments. This is very important to the children we take, and their families.

On a Kids Away trip, kids (and volunteers) are put into an situation where they are able to make new friends without fear of rejection. Our emphasis is on including everyone during our trips and encouraging children who are often labelled as trouble makers or simply overlooked, to enjoy working together and facing new challenges. Games, crafts and expeditions are not only for fun, though that is a big part of it. They can also play an important role in the development of young people, in building their self esteem and teaching them to enjoy participation in a positive, safe environment.

Students have to be able to improvise and take the initiative on a weekend, and although the kids are hard work, it's a rewarding experience and a real difference can be made to their lives.

Kids Project

TNC

PROJECT CO-ORDINATORS
EMMA HAIGH AND
LIV KOSNES



Tuesday Night Club has for a number of years been working with mainly 8 - 13 year olds in East Swansea. Bonymaen is one of the more deprived areas of the city, affected by unemployment and high levels of crime. The children have few places to go in the evenings, apart from the streets, and they see few opportunities to improve their life. Working in the local community centre, with the help of local staff, the project tries to provide an alternative for the children to being on the streets at night.

Tuesday Night Club - you get the chance to work and play with the local children. The activities range from pool, table tennis and board games, to organising arts and crafts. These are hopefully enjoyed by the children and young people. But the best way to achieve this is to ask them to choose what they want to do every week.

In addition some of the younger children will be taken swimming to the local leisure centre. We need volunteers who are not afraid of getting wet and want to help the children learn and play with them.

Tuesday Night Club will only be for a couple of hours on a Tuesday evening, leaving at about 5.45pm and we are back at the University for 8.30pm at the latest. The rest of the evening is optional, but we normally opt for the bar - purely as part of the evaluation process, of course!

Kids Project



PROJECT CO-ORDINATORS - RACHEL MARSHALL AND
LAURA SMITH

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, ten pin bowling and trips to the beach and the park. An added bonus was a week long trip to Tenby with the families and also to Oakwood Theme Park. As most of the families come along regularly, it gives you a great opportunity to gain friendships with people you perhaps would not usually meet and perhaps gain some unexpected babysitting jobs!

GINGERBREAD

Kids Project

BRYNMILL KIDS CLUB

Project Co-ordinator – Jenny Boller

Brynmill Kids Club is a project aimed at enabling and encouraging parents to go out to work or seek further training, where child care charges stopped them doing so.

The club serves kids from Brynmill primary school and offers a wide range of exciting, innovative and creatively stimulating events. Volunteers would be asked to help pick up the children from their classrooms to bring them to the club, preparing snacks and, of course, helping with games and activities.

This project gives volunteers the chance to work with a wide variety of children and learn about a range of aspects of child behaviour. The project runs on every school day from 3.15pm – 6.00pm and volunteers will be able to choose which days they prefer to go in.

This is quite a new project and is new this year to SSCA and we all have high hopes for it. As the project manager says "we really, really need volunteers!!!" so if you're interested come into the office and sign up.

Kids Project

THE UNDISCOVERED

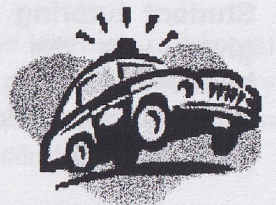
**PROJECT CO-ORDINATORS
STAFF AND TRUSTEES**

This is a project run in conjunction with South Wales Police and aims to get run people off the streets, providing a safe place for them to go and enjoy themselves.

To achieve this the local police run a disco for under 18s but have had a problem getting kids to the disco due to an image problem (the kids don't think it's cool to go to a police party).

This is where you come in. They need lively volunteers who don't mind having a good time to attract kids to the disco. Volunteers will be asked to assist the police (who are not in uniform) to hand out flyers to local kids on the first Saturday of every month, and then to go and enjoy themselves at the disco. The discos will be fully supervised by the police and so your only job is to have fun.

This is a new venture for SSCA and therefore the exact details are sketchy, but if you want to get involved in this exciting opportunity sign up, or for more information come into the office.



Student Tutoring

STUDENT TUTORING DYSGU

Project Co-ordinator - Charles Muir

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).

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.

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Student Tutoring

Poolh Bear

Project Co-ordinator - Russel Dwyer and Caroline Stott

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. The volunteers help with reading and writing and maths amongst other activities.

This scheme is not only beneficial to the teachers and children, but the volunteers themselves have found that they have gained confidence, teaching practice and an insight into Swansea.

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.



LINC

Project Co-ordinator s
Caroline Hammond-Williams and Jessica Davies

Have you ever been frustrated with the difficulty of trying to communicate to someone when there is a language barrier? There are many, many children and adults with such a frustration. LINC can help these people.

LINC (Learning in the Community) is a project that helps primary and secondary school children whose first language is neither English or Welsh. Many of the children that we work with do not speak English at home, so any amount of time offered to them for working on their English is invaluable. There are also many adults who appreciate help with their English. This involves time spent in conversation and help with grammar.

Participation in LINC offers a valuable insight into teaching in general and of teaching English as a foreign language in particular. It is very rewarding as volunteers see progress made by children and adults on their grasp of English and the confidence gained as a result.

Kids/SPECIAL needs HOPPITS

Project Co-ordinators – Kate Fish, Georgina Merrit and Kevin Smith

A popular misconception is that disabled people are not able. The aim of HOPPITS is to enable children and young adults to participate in activities that may not otherwise be open to them. HOPPITS is a group that takes children and young adults with a range of disabilities on daytrips, socials and weekends.

Hobbies, the chance to be a kid again.

Opportunity to give parents and children a break from normal routines.

Participation of everyone in everything we do.

Parties have been known to happen.

Integration of children, young people, as well as yourself, into the local community.

Trips to wild and wacky places.

Socials, a chance to meet parents and siblings.

HOBBIES
OPPORTUNITY
PARTICIPATION
PARTIES
INTEGRATION
TRIPS
SOCIALS

SPECIAL needs/Adults and Elderly Phab

Project Co-ordinator – Joss Nott

If you enjoy going down the pub, eating out, going bowling or watching films, and would like to enable others at the same time, join Phab.

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 Monday Night and is always open to new ideas and suggestions.

Adults and Elderly/Special Needs Friendship House

Project Co-ordinator – Becky Ford

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.

Students 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.

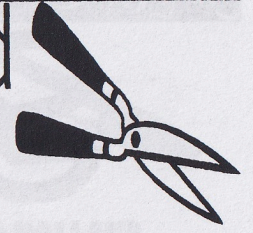
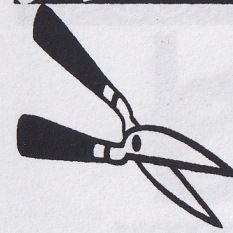
Staff and members of Friendship House are very welcoming and, although it is a relatively small project, it maintains an extremely friendly and relaxed atmosphere.

Socials specifically for volunteers usually include going for a drink but more varied nights might include going bowling or for a meal together.

Friendship House provides an ideal chance to meet and make friends with people with different backgrounds and abilities and at the same time meet other students.

Adults and Elderly

Gardening and Decorating



Project Co-ordinator – Jon Elgood

HAVE YOU EVER SEEN SIX PEOPLE CRAMMED INTO A 4M X 2.5M BATHROOM, ATTEMPTING TO PAINT IT WITHOUT FALLING IN THE TOILET ?!

The Gardening and Decorating project is a great way to become part of a team which makes a practical difference in the community.

We help the elderly and disabled people of Swansea with painting work and gardening that they can't manage themselves.

You don't need any skills to be able to help, just a few spare hours on a Wednesday afternoon !

Your time can make a real difference, and don't forget the perks of the job - a great suntan during the summer months, plus plenty of tea and biscuits !



Adults and Elderly

Siarad

Project Co-ordinators

Catherine French and Cheryl Anderson

Siarad is Welsh for CHATTING. This project requires caring, sensitive, interesting and patient students who would enjoy the company of an older person for an afternoon a week (or as much time as one has) 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!

Other ways to get involved



PROJECT CO-ORDINATOR

BECKY WHITE, SIAN HOSKINS AND DANIELLA HOLLAND

Events involves organising social, promotional and fundraising events e.g. parties, drinking/consumption evenings, alcoholic meals, the theatre and tin-rattles.

Events also has a part to play in SSCA publicity and production of SSCA publicity material.

If you want experience in media, advertising and promotion and have any ideas, no matter how weird or wonderful, join EVENTS.

FIRST AID

**PROJECT CO-ORDINATORS
STAFF AND TRUSTEES**

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 St John's Ambulance run a four week course on Tuesday nights, from which you will leave with a St Johns Ambulance Basic First Aid Certificate.

Three courses will run during the year with 24 places in each, though this may vary with demand. You will have the opportunity to learn how to deal with difficult situations through theory and practice.

Other ways to Get Involved

SIGN LANGUAGE

PROJECT CO-ORDINATORS
LESA THORN, LISA DRISCOLL
AND RIANNON EVANS

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 Monday, 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 all sorts of associated events, too!



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

Other ways to Get Involved

LINKS **St. John Ambulance**

PROJECT CO-ORDINATORS
STAFF AND TRUSTEES

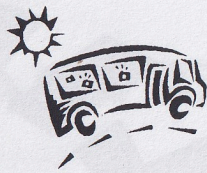
Links is the student wing of St. John Ambulance. It aims to provide students with the chance to become or remain involved in St. John Ambulance.

Links gives you the chance to give something back to the community you are living in. To get to know people with the same interests as you in a place where you may not know anyone. To have fun with new friends and, of course, to get into local events free.

Links is open to anyone who is an existing St. John Ambulance member and anyone else who is interested. Not only do Links provide first aid cover, but also take part in The Duke of Edinburgh's award and national events as well as numerous social activities and outdoor pursuits. You don't even have to wear a uniform unless you want to take part in events off campus

Other ways to get involved

DRIVE



PROJECT CO-ORDINATOR - LINDEN HENSON

- Are you 21 or over ?
- Have 3 years driving experience ?
- A clean driving license ?

If you are this good, read on

At present SSCA has 1 minibuses which provide the transport for all of the projects which you've just read about. Alas, buses don't drive themselves which is why we need you.

You can drive for any, and or as many of the projects as you want either weekly, termly for the weekend projects and/ or as an emergency driver for any project in need. The time, effort and commitment you put in will be up to you, but will always be rewarded with a free pint (at the end of the day!)

Full training in the art of minibus driving is given including practice drives and minibus safety procedures. So if you're not 21 yet, dream on, otherwise take the plunge, be a big part of the team and become an SSCA driver.

Other ways to get involved

HELPING TO KEEP OUR PARKS SAFE & FRIENDLY PLACES

**PROJECT CO-ORDINATORS
STAFF AND TRUSTEES**

Park Watch

South Wales Police and the city and County of Swansea have been working together to develop and implement a proactive initiative to improve the safety of the City's parks.

The Initiative 'Park Watch' is to be piloted in Singleton and Brynmill Parks for a period of one year and the success of the scheme will be monitored by the local authority and the Police.

There are many known and recognised problems relating to the parks within Swansea including vandalism, hooliganism, fear of crime, dog fouling and littering to name but a few. The aim is to combat these problems as a series of phases in order to allow greater time to plan certain elements and as a result ensure success.

SSCA was approached as an organisation which had access to many frequent users of the parks and local residents, i.e. students. Students who join this project will not be expected to spend hours of their time sitting around in parks but will instead be asked to report any illegal activities they witness while using the park.

Students will be working in partnership with the local police and Park Wardens and may be issued with a mobile phone with direct numbers to the Local Authority and the Police.

This is a new and exciting opportunity so if you require more information or wish to join talk to the Staff or trustees.

Other ways to get involved



Training the Trainers

Training the Trainers is a project aimed at providing training skills to volunteers, and an ongoing base of trainers for SSCA.

Volunteers involved in Training the Trainers will complete a course, accredited by the open college network, in training skills. They will then be available to give training, in such things as team building and managing difficult behaviour, to other volunteers.

This is a new project and is one that will look really good on your CV and is a lot of fun. To give it a go contact the office.

EXTERNAL PROJECT Tulath House

Tulath House is a residential house for up to 10 young people with a mild learning difficulties and mental health problems. There they learn the social and life skills needed to move towards independence. Volunteers are always needed and there is a variety of activities. You can be involved in the Structured Educational Programme during the day. Volunteers are primarily needed for social activities during the evenings and weekends.

Other ways to get involved Swansea Women's Aid

Swansea Women's Aid are setting up a new project for young women aged 14-25 years who may be in need of support.

Initially Women's Aid would like to establish an advice group within SSCA, helping Women's Aid establish a peer led programme of activities that aim to raise confidence and improve self esteem and confidence.

If you feel that you could be involved in this advice group, or other aspects of Women's Aid Work, come into the office and sign up.

RADIO CITY

Radio City is the Swansea Hospitals Radio Service, broadcasting daily to patients and staff at Singleton Hospital, Swansea – as it has done since 1966.

We are in need of Request Collectors to visit patients and to put together our nightly 'Requestline' programmes.

Once familiar with Radio City and its activities you may decide that you would like to help with the evening broadcasts or even, eventually present your own show!

... and of course we need help technically with our roadshow and with fundraising. The choice is yours – you can help in any way you feel able. Contact SSCA for details.

Other ways to Get Involved

EXTERNAL PROJECT THE CRÈCHE

Student Union crèche, 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 year olds.

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 crèche is a rewarding activity, offering the chance to build relationships with the children and new friendships with the children and new friendships with other students.

EXTERNAL PROJECT SWANSEA CITY FARM

Swansea City Farm provides opportunities for children to take part in activity sessions where they learn about environmental issues. This is important for these children, who are often from deprived areas, as they would usually have little opportunity to learn about the world around them in this way.

The Farm needs volunteers to help maintain the farm, and to provide some support with the children that come. For more information contact the SSCA office.

Other ways to Get Involved

EXTERNAL PROJECT Reach Out

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

All reasonable expenses will be reimbursed. Interested?.. contact Caroline Davis, Young Persons Befriending scheme, Social Services Volunteering Project, Volunteer Action Centre, 7 Walter Road, Swansea. Tel: 544000

Mental Health Service EXTERNAL PROJECT Volunteering Project

Opportunities for volunteering with people who have mental health problems, either in hospitals, social groups or the community.

Being a volunteer means giving as much time as you are comfortable with, offering support, company and friendship to those you will be in contact with.

There are also opportunities for assisting local kids to redecorate a new drop in centre for 11-16 year olds using their ideas.

For more information contact - Kim Crowley (Development Worker) on (01792) 516609. All volunteers are trained and supported. Out of pocket expenses reimburse.

Other ways to Get Involved

South Gower Stroke Club **EXTERNAL PROJECT**

Good Humoured Students are required to share laughter and enjoyment with South Gower Stroke Club at their weekly meetings on the beautiful Gower Peninsular (Penmaen) *or transport permitting wherever takes your fancy.*

Meetings of this lively group need new young blood to add some (more) excitement to their Thursdays. Do join us to see how YOU may improve the lives of those who have suffered a STROKE and for at least one day in the week seek enjoyment and lively conversation in company with some fresh faces.

The Environment Centre

The Environment Centre is a unique focus for environmental information, education and activity in the Swansea area. The Centre, an interesting and dynamic place, enjoys an increasing number of day to day visitors and is involved with more groups, schools and environmental projects than ever before.

Committed and enthusiastic volunteers are needed to help with reception work as well as information, publicity and administrative support. If you are interested in the environment, especially as a future career, have time to spare during the week or are just keen to get involved call in to the Environment Centre on Pier Street Swansea, or contact Emma on (01792) 480200.

EXTERNAL PROJECT

Other ways to Get Involved

SWANSEA WOMEN'S CENTRE

Swansea Women's Centre offers a drop-in service for all women in Swansea. Women come to the centre to meet informally in a women-only environment. We provide information on a wide variety of issues concerning women from all backgrounds. Our training and workshop programme offers women the opportunity to learn more about specific topic, have fun and enjoy being in a women's group.

Women volunteering with us will be paid expenses including Childcare, lunch, and travel costs. Ongoing training opportunities after the initial training are available. Regular support is provided by the volunteer co-ordinator.

All volunteers need is a commitment to complete the training and to work a minimum of 4 hours per week.

For more information contact Claudia Mollzahn on 411119 or 427712, or drop into the centre at 25 Mansel Street during opening hours (10am - 2pm).

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Other ways to get involved

EXTERNAL PROJECT Reading For Blind Students

The university has a new recording centre. 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 information.

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.

EXTERNAL PROJECT 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.

"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".

Project timetables

| DAY | PROJECT NAME | EVERY... | TIME |
|-----------|--------------------------|------------|-----------------------|
| MONDAY | Splash | Week | 5-8pm |
| | Phab | Week | 6.30-9pm |
| TUESDAY | TNC | Week | 5.30-8.30pm |
| | Friendship House | Week | 6.30-8pm |
| WEDNESDAY | Gardening and Decorating | Week | 1.30-4.30pm |
| | Create | Week | 5.30-7.30pm |
| THURSDAY | | | |
| FRIDAY | Gingerbread | Week | 7-9pm |
| SATURDAY | The Undiscovered | Fortnight | |
| SUNDAY | Inside Out | Week | Afternoon |
| WEEKENDS | Kids Away | Occasional | Weekends and daytrips |
| | Hoppits | Occasional | Weekends and daytrips |
| | Trecco ?Bay | Occasional | Weekends and daytrips |

For all other projects you will have to arrange project times with your Project Co-ordinator

AND FINALLY

There is no need to worry about getting involved in SSCA. We are one of the friendliest (and largest) groups in the University and have lots to offer, so there is always somewhere where you will fit in. But if you have any problems speak to one of the trustees or staff and we will do our best to sort it out.

If you sign up to a project and then decide to leave you must tell your project co-ordinator.

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

And above all

ENJOY YOURSELF

It is never too late to get involved in SSCA. If you have any queries or questions about anything come and speak to us at the office in Fulton House at any time. Everybody is welcome.

