



SHARECommunity

**Self Help Association for Rehabilitation
and Employment for People with Disabilities**

Focus on ability

Garden Party 2011

This year, SHARE Community's Garden Party was, once again, a huge success! The event is a highlight in the SHARE Calendar. Students and staff always look forward to the day, and this year was no exception. Despite very changeable weather, with strong winds and the odd rain shower, we all managed to have lots of fun. This year there was a summer fete theme, so as well as our usual raffle and plant sale we also had a cake sale and a variety of games to enjoy.

The raffle was possibly our best yet, with over 20 high quality prizes thanks to generous donations from local businesses and friends of SHARE. Trustee James Cowie was our star donor, so many thanks to James! We raised £850 throughout the event, which will all go towards helping us make SHARE a great place for people to come and learn.



Annie's Column

We've had a busy and productive few months. In common with most voluntary organisations, we've had to face cuts in funding. Our biggest customer demanded that we cut our prices by 4%. Given that the rate of inflation was running at 5%, this amounted to a 9% cut. So we're having to cut some staff hours and hold back on some of the things we'd planned to do. These are also challenging times for anyone working in the employment field: there just aren't the jobs out there for our students, although we've had some recent success, as you'll see in this newsletter.



Despite the challenges, we're feeling positive about the future for SHARE. Thanks to the generosity of the Wolfson Foundation and the Act Foundation we've carried out much needed refurbishment of our building. The new windows should ensure that we have a much more comfortable winter and save a lot of money on fuel too. Everywhere looks brighter. The new heating boilers will help us to keep warm and again should keep our costs down and help us to be kind to the environment.

We've welcomed Ben Banks to the team. Ben came as a volunteer, but he was so good we didn't want to lose him! So he's now working as our Fundraising Assistant and we all love his enthusiasm and bright ideas.

Two of our newer courses have been very successful, and so we want to continue to offer them. Customer Services gives people real work experience from the beginning, and several of our students have moved either into voluntary placements or into paid work as a result. Our Food Hygiene programme gives people a thorough grounding in safe practice in the kitchen, and the whole community benefits from the great food that Kenny and the students cook up on Mondays and Tuesdays.

We said goodbye to Bec Emmott, Chair of the Trustees for the past two years. Bec needed to drop some of her activities for health reasons, so although we were sad to see her go, we understood her reasons. She's done a very good job of developing the board, and has given much helpful guidance over the past two years. Lizzie Jones is currently Acting Chair until our AGM in November.

SHARE's had a baby! Or at least, Reena, our Finance and Admin Officer has. We were delighted to learn of the safe delivery of Deborah and look forward to meeting her soon.

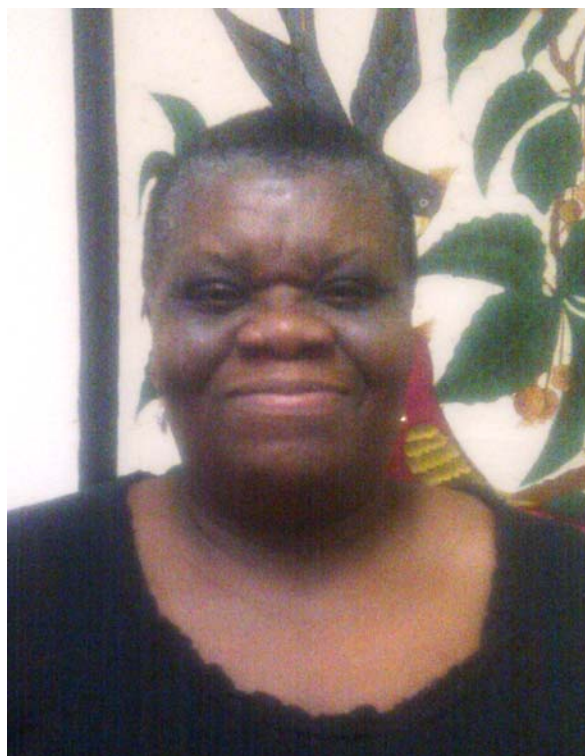
SHARE's good friend Lily Harrison has recently had heart surgery which we're pleased to say was completely successful. It's good to see Lily out and about again!

We're moving ahead with our enterprise activities and look forward to piloting running market stalls. Come and see us at the Tooting Foodival. We hope also to have a regular stall in Battersea High Street on Saturdays, and we'll be having regular sales in our own forecourt. Ground Control is performing well in its contract with the Professional Centre, maintaining their little garden area. We hope to develop more projects like this.

Warm wishes to all, and thank you for your ongoing support.
Annie

Joyce Nwosu

Joyce has been coming to SHARE for a few years now, attending the Life Skills and Basic Skills courses to help her on the way to living more independently. Joyce has always lived with her Mum and before coming to SHARE, she didn't think she had any other option.



Joyce was one of the first students to start learning how to cook through the Basic Food Hygiene course we now offer at SHARE Community. After attending the course on Mondays for a while, she realised how much she enjoyed cooking and helping out in the kitchen. Now, if SHARE's cook needs some help, Joyce is the first person to be called. She regularly helps out in the kitchen and enjoys serving the other students their lunch.

Last winter, after discussions with her Mum and her Social Worker, Joyce decided to move into a new flat in sheltered accommodation, where she now lives by herself. This is the first time Joyce has ever lived alone and she loves it!

Joyce says that SHARE Community and the courses she takes part in have helped her get to where she is today. Learning how to cook and how to keep a clean kitchen, learning how to use money and about shopping are all examples of the things taught at SHARE that Joyce said helped her on her road to independence. She is now free to invite friends round and show off her new flat whenever she chooses!

Israel Report

Study Visit to Israel – Report on visit to two projects by Annie McDowall

Introduction

I had arranged to go to Israel this June for a reunion tour organised for people who had been kibbutz volunteers. I took the opportunity to arrange to visit the Keren Rehabilitation Project in Nazareth, which like SHARE has a Karten CTEC centre, and the Kama project at Kibbutz Harduf, whose director is the nephew of an Israeli friend.

It was a real privilege to be welcomed into both of these very impressive projects. They were different from each other in many ways, but they shared an underlying valuing of people and a focus on ability, which created a lovely atmosphere in each project and some very tangible successes. Nazareth's chief success is in providing some people with sheltered employment, but also achieving an impressive number of job outcomes in the open market. Harduf's focus is less on competitive employment and more on community living and production of quality arts and crafts and baked goods which are sold at market rates or consumed within the community. SHARE sits somewhere between the two positions, and I left with food for thought about how we might develop both in our employment/employability function and also in our fledgling social enterprises.

Keren Rehabilitation Centre - Nazareth

The Keren Professional Evaluation and Rehabilitation Centre is quietly bustling with a range of activities and is populated by people on a mission. Dureen, the Occupational Psychologist, had come to meet me from the kibbutz, and I knew straight away that this was going to be a fascinating visit and that I would learn much of value. Centre director, Ibrahim, had visited SHARE last year, so it was good to have the opportunity to get reacquainted.

The Nazareth centre was established in 1978. It provides services to evaluate, train, and rehabilitate people for integration into work. The centre serves people in need from Nazareth and the 64 towns and villages in the surrounding area, catering mainly for the Arab communities. They work with around 1,400 people across the disability spectrum each year, aged from 17 – 60. Raising skills levels as well as self esteem and confidence is integral to the work of the centre. The centre also has a school for Deaf students aged 14-21. I met some of the students and we had fun trying to communicate in British Sign Language and Israeli Sign Language – it's always good to learn some new signs!

Employing a team of professionals that includes social workers, trainers, and occupational psychologists, the centre has a success rate to envy. 60% of clients move into employment, although Ibrahim added that some of their training areas



were more successful than others. Most referrals are from government departments, so the funding basis is similar to SHARE's. New clients join preparation programmes which cater for specific needs. For example, there's a programme for single parents which includes psychotherapeutic input to raise the participants' self esteem. People's needs are carefully assessed during the evaluation process so that any equipment they need can be brought in and a well informed approach integrated into their programme.



Courses include introduction to technology; combined administration; hairdressing and cosmetics; manicure and pedicure; hospitality and catering; bakery (the programme includes a 2 day a week placement in a local hotel); management and office systems; care assistance for elderly people; day care nannies; graphic design; and website programming. Clients receive help in creating CVs and searching for a job. Some people progress to open employment, with or without additional support. Others work in the Centre's sheltered workshops doing light assembly work.

Special projects include an assessment programme for people with cognitive disabilities; a programme for single mothers; and a course aimed at ex-alcoholics. Like SHARE, the centre is looking at ways of developing more social enterprise activity and is about to open a new project preparing meals for kindergartens. They are also about to begin a vegetable growing project.

So what is the secret of the Nazareth centre's undoubted success? "Good staff, and good relationships with many people externally," Ibrahim says. Dureen adds that Ibrahim is a highly authoritative manager, powerful networker, and people find they can't say no to him! He recently raised the equivalent of around £350,000 to set up a new centre. The carefully thought-out structure of the project must also play a major part in its success. Each project has a dedicated manager, and all the managers meet together on a monthly basis. They employ qualified social workers at a ratio of one to 50 clients. This is key to the holistic way in which the centre works. Classes are small with a maximum of 15 students to each teacher. Within the school for Deaf students, the ratio is even better at 1 teacher plus an assistant per 7 – 10 pupils. There are 80 employees, both full and part time. Annual turnover is between £276,000 and £366,000.



This was a fascinating visit, and I am extremely grateful to Ibrahim, Dureen, and their colleagues for their generosity and warmth, and for taking such a lot of time to show me the centres.

Israel Report

Kamah Centre, Kibbutz Harduf, Lower Galilee

My next visit was to Kibbutz Harduf, a community of over 500 people in the hills near Haifa in northern Israel. Harduf was established in 1982 and is based upon Anthroposophical principles, the philosophy of Rudolph Steiner. This means that the community works to be sustainable and environmentally friendly, fostering a caring and integrated community of people from both Jewish and Arab communities with different needs, so that each person may fulfil their potential. Its founders created an environment in which programmes and initiatives could be developed in the fields of education – both mainstream and special; ecology; biodiversity; organic agriculture; and complimentary medicine. The kibbutz works pro-actively for peaceful co-existence between Jewish and Arab people.

It's a beautiful place. There are performance spaces; a Waldorf school for children of both primary and secondary ages; a speech and drama school; craft workshops for disabled people; a lush rose garden with fountains and quiet corners; areas for growing herbs and medicinal plants; kindergartens with shady adventure play areas; coffee houses open to the public; a locally popular vegetarian restaurant; a shop selling beautiful pottery, textiles, and basketware created by people recovering from mental health problems; and everything set in beautifully tended gardens.



Kamah works with 150 children, young people, and adults with special needs. It is staffed by between 120 and 130 staff, approximately 30 of whom are volunteers. Young Israelis can defer their army service for a year in order to volunteer, and Kamah is a popular choice. There are two aspects to Kamah. The Tuvia Community provides a healing environment for 65 vulnerable children and young people with special educational needs, who have been removed from their homes by the Ministry of Welfare and are in acute need of a therapeutic, family-

based environment. Tuvia seeks to empower the children to break the cycle of violence, and discover their own powerful inner resources to overcome their traumas. Tuvia provides them with the social skills and academic credentials necessary to live independent and productive lives as fully integrated members of Israeli society. Each child is "adopted" by a kibbutz family, and that family is guided by professionals to support the young person. As well as education, these young people have access to arts activities, quiet space in which to work, various therapies, and the healing environment that defines Harduf. 75-80% of young people progress to the army or other national service, and this, in Israeli society, is the mark of normality.

Beit Elisha is Kamah's learning and living centre for disabled people, and the values are strikingly similar to SHARE's: *"Beit Elisha believes that individuals have the right to live a rich and rewarding life in spite of their trauma or handicap. It seeks to provide adults with special needs with the social and vocational skills necessary to live productively and independently as possible. The members are referred to*

Beit Elisha by the Department of Rehabilitation of the Ministry of Labor and Welfare. The program includes vocational training, therapies and a rich cultural life... The Beit Elisha members take part in a wide range of cultural and artistic enrichment activities. On holidays and festivals, they present their work before audiences of parents, members and the kibbutz community."



Accommodation is provided for around 65 people aged 21 – 60 who have varying levels of special needs. Residents work in workshops, producing a range of quality arts and crafts and contributing to the community by working in the kitchen. The printing workshop produces workbooks for all the Waldorf schools in the country. It also produces cards and other items of stationery. If people are able to work outside the supported environment, they are encouraged to do so, but most people opt to work within the community. Income generated through sales produces approximately one third of the income needed to run the workshops. Parents contribute a lot of support, and there is support from a range of charitable foundations. Like SHARE, Kamah relies on government departments spot purchasing placements for 80-85% of its income.

So what did I learn? First of all that a healing and therapeutic environment can work wonders and that people need options: open employment in a big city isn't for everyone. Beit Elisha residents were making a positive choice to live in a supported community. Secondly, that focusing on a very high standard of production and environment is important: the crafts for sale in Harduf's café were as good as you'd find in any quality gift shop, and they were priced accordingly. Investment is important: the buildings at Kamah are light, cool, airy, and modern. They provide an ideal environment in which to create beautiful things and to enable people to grow and flourish. And maybe the key learning point, or more a point of reinforcement, was the importance of working for inclusive, integrated communities, something that I think we get very close to at SHARE with our garden project and could potentially do much more when we start to sell at markets.

Conclusion

Both visits gave me a clear picture of how people in Israel are working to improve disabled people's lives and to enhance their social inclusion. There was common ground between the two projects there and SHARE. All of us work to a clear set of values and principles. I owe tremendous thanks to Ibrahim and Daren at Nazareth, and Orit and Gai at Harduf, and look forward to welcoming more Israeli friends to SHARE Community.

Everyone at SHARE are very please to learn that Daren and 4 colleagues from the Keren Rehabilitation Centre will be visiting us in October. We are looking forward to showing them around our projects and introducing them to the staff and students here.

Course Updates

Customer Service Course Success!

In November last year, SHARE started to run a Customer Service NVQ. It was taken up by a group of students studying through the Wandsworth Council funded Ability First programme, and has been a huge success!

There were 5 students on the course, all studying for the NVQ Level 2 qualification. The course involved spending 1 day a week in a work placement and 1 day a week at SHARE. Customer Service tutor, Jill Notley ran a series of workshops, providing classroom based training in topics such as behaviour, and on what makes good customer service. There were also many skills practice sessions around topics such as how to question people effectively and mock interviews.

All 5 of the students on the programme started their work placements in January. SHARE Community would like to thank Battersea Library, Talent Recruitment (Lavender Hill), Scope (Clapham High Street), Fara (Lavender Hill and Battersea Park Rd) and Boots (Balham and Tooting) for their support in providing work placements. As a result of these going successfully, combined with the hard work of the students, everyone passed!

The verifier from OCR was very pleased with the standard of work from all our students. They all worked very hard and did exceptionally well.

We are also pleased to announce that one of the students has already received a job offer! Genevieve now has a permanent, part-time job at Boots, which she started in June and she says he loves it!

Everyone at SHARE is very pleased with the outcome of this course. We plan to run it again so that more students have work-based learning opportunities.



Tutor Jill Notley with successful students Alex, Michael & Jose.

Basic Food Hygiene

SHARE's Basic Food Hygiene course is proving to be a huge success and is very popular with students. The course now runs two days a week due to increased demand, and 6 students have passed the exam to receive their qualification.

The course allows students to work towards achieving a Level 1 Certificate in Basic Food Hygiene. This qualification teaches participants how to keep a healthy kitchen and how to prepare food safely, so that they can be self-sufficient in their home. It enables participants to lead healthy, safe, independent lives. Topics covered include knife skills, personal hygiene, healthy eating and keeping a kitchen clean.

We'd like to offer a massive congratulations to Joyce Nwosu, Paul Overton, Daniel Phillpott, Lisa Ralls, Karen Rollins and Michael Sporik for achieving this qualification.

Horticulture

The ever-successful horticulture project, based at Springfield hospital, is introducing a new qualification for students—the ASDAN Certificate in Personal and Social Development. Students can study this at Entry Levels 1, 2 or 3 and it will complement the other training they receive on the project. We really hope students find this beneficial for them.

ICT

Changes are afoot in the Information & Communication Technology project at SHARE! For many years students have been working towards the CLAiT qualifications, but these are coming to an end, so we have found an alternative. As of September, students will now be working towards an ITQ Award, Certificate or Diploma. We will be offering these at Levels 1 and 2. These ITQ options are nationally recognised qualifications that cover essential office-based IT skills to meet employers' needs, so the courses will help students to become work-ready. Students will also have the option to work towards entry-level professional qualifications in Microsoft, Adobe and CompTIA, which is a very exciting addition for those who want to work in IT after gaining their qualifications. We hope all our current and new ICT students will enjoy the new course.

SHARE Out and About

A visit to the Horniman Museum's Bali Exhibition

Students studying in the Life Skills class have just completed a five week project, centred around Bali and the Balinese culture. Throughout the project, the students learned about the geographical location of Bali, the religious ethos of the country and about many aspects of their arts and culture.

The project incorporated a visit to the Horniman Museum, where an exhibition on Bali was taking place. The museum allowed us access to their excellent facilities, tailoring the day's exhibition to our specific needs. Students looked round the exhibition, taking in the tapestries of the Nymphs, perusing photographs of Balinese people lost in transcendental dancing and admiring the masks and puppets used to tell their stories.



SHARE Student, Medina

During the second half of the day there was the opportunity to access the hands-on museum, where all the items displayed were able to be picked up and interacted with – including some of the Balinese masks, shadow puppets and instruments. The students split into groups, led and supported by volunteers and were asked to devise original performances using both the shadow puppets and musical instruments.

Joyce and Annie go to Parliament



SHARE Student Joyce with CEO Annie and Jane Ellison MP

On 18th July, Annie and SHARE student, Joyce Nwosu went to the House of Commons to attend a reception hosted by Jane Ellison, our Battersea MP. Apart from the long queue in the rain to go through security, and getting rather lost trying to get Joyce home at the end of the evening, it was a lovely event with lots of wine and nice things to

eat. Jane was a very good hostess, and we met her team. This means that if we ever need her to take action for us or on behalf of our students, we have a connection with the office staff who will be helping us. It was good to see Councillor Vanessa Graham, who's always been a good friend to SHARE, and some of the other people working in our community.

A SILVER LINING, by Radhika Lane

Every now and then you meet someone extraordinary. I wouldn't have guessed just how extraordinary the quiet, pleasant woman I was about to support in looking for a work placement would turn out to be. Radhika Lane talks in a clear whisper. She lives in Wandsworth, has two children, and was Wandsworth's Learner of the Year in 2010. But it was only when I asked her how she had lost her voice that she began to tell her story.



She told me that she had been born in Nepal in a simple and poor village. She had been married at the age of 8 to a boy from a nearby village, and disaster struck when a woman from that village cut her throat, stole the gold earrings that she'd received at her wedding, and left her for dead. "I'm not going to tell you any more," she said, a mischievous glint in her eye. "You'll have to read my book!" And she handed me a copy of *A Silver Lining*, her autobiography. It's a gripping and humorous account of how Radhika was helped back to health by missionaries running hospitals in Nepal and India. Adopted by the doctor who took her to India for more sophisticated treatment to her terrible wounds, her life developed in a way that she could not have imagined. She received a good education and formed close and loving relationships with the people who cared for her and whom she met at school and later at work. Central to her story is Radhika's conversion to Christianity and her profound faith. Ultimately, she married the man with whom she slowly fell in love. It's a beautiful story, written with a light touch. Available through Silver Lining Trust at only £6 per copy, it's a bargain. And all proceeds are going to the village in Nepal where Radhika was born, in the hope that the children there may benefit from education and better health care. Highly recommended!

Reviewed by Annie McDowall

Welcome to Benjamin Banks

Everyone at SHARE is very pleased to welcome Benjamin Banks as a permanent member of the team! Ben is our Fundraising Assistant, so he will be working closely with Annie and with the Marketing and Communications department to help bring more money into the charity.

Ben is very enthusiastic and talented. He started with us as a volunteer back in September 2010 and we liked him so much, we decided to keep him. He's full of energy and ideas, so we have high hopes for the future of our fundraising activities!



What's next? The next events of interest are:

Date:	Event:	Venue:
17th September	Transition Town Tooting Foodival	Tooting
16th November	SHARE Community Awards Ceremony	Wandsworth Civic Suite
28th November	AGM	Altenburg Gardens

Contact us

For more information about **SHARE Community** and the training we run, please contact Pam Dale on **020 7801 9812** or email info@sharecommunity.org.uk

Information about the Ability 1st projects is available on **020 7801 9825** or email newstart@sharecommunity.org.uk

You can find us on Facebook at www.facebook.com/pages/SHARE-Community/256798753467

If you are interested in **buying plants** from the SHARE Garden, please contact Jenny Shand or Marie Morris at the Garden on **020 8682 6460**.

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