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## SHARE Community

Self Help Association for Rehabilitation and Employment for People with Disabilities

Focus on ability

## What a lot of Awards!

On 10th November 2009 SHARE Community held its annual **Awards Ceremony** at the Civic Suite, Wandsworth Town Hall. The event provided the opportunity for staff, students and guests to celebrate the achievements of all SHARE's students.

Students were presented with the certificates and qualifications that they have worked towards over the last year by the Mayor of Wandsworth - Councillor Professor Brian Prichard, and SHARE Community's Chair – Bec Emmott.

As well as the qualification certificates received by students, there were also special awards presented to those students who excelled. Annie McDowall gave out CEO Achievement Awards, which were presented to one student from each project for outstanding achievement. There was also a special 'Award for Perseverance; Outstanding Achievement in the Face of Adversity', which is awarded in memory of SHARE's General Manager, Peter Jablonski, who sadly passed away in 2005 after a long battle with cancer. This award was presented by Bec Emmott, and this year it was a double award for students Jago Wilson and Mark Barnes (pictured below).

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# Annie's Column

**Dear supporters,**

A belated happy new year to you all. May this be a happy, healthy and prosperous year for us all.

I've had an interesting couple of months since breaking my leg at the beginning of December. It rendered me completely out of action until after Christmas, and then I was able to do a limited amount of work from my virtual office at home. But it was an opportunity to reflect and take stock and I think I've returned to work with greater clarity and sense of direction.



I hope you like our Impact Report. We've had very positive feedback, and I think it reflects our optimistic and forward thinking approach. Our students continue to achieve qualifications, jobs, and confidence. Towards the end of last year, we formed a partnership with the Mental Health Providers' Forum (MHPF). They promote the Mental Health Recovery Star, a holistic approach to setting goals and assessing progress for people recovering from mental ill health. It's popular with service users and increasingly looked for by health commissioners, so we decided to bring it into SHARE. Then Judi Weleminsky, the MHPF's Chief Executive, had the brilliant idea of using the Future Jobs Fund (set up to boost employment during the recession) to recruit and train Recovery Star Assistants. The idea is that the Assistants give peer support to service users in making progress in all aspects of their lives. SHARE would be the pilot project. So three of our students applied for, and got, jobs as Recovery Star Assistants and are now helping the next wave of SHARE students to build up their skills and confidence. It's working very well so far, and we're delighted to be part of such an innovative project.

We've recently carried out a staff survey, and I'm glad to report that staff satisfaction levels have improved from the previous year. We also surveyed our students, focusing on their thoughts about employment. Not surprisingly, the majority want to work and want us to give them more employment related activities and opportunities. We're determined to develop better employment resources at SHARE so that all of our students have the opportunity to prepare for getting a job. This, along with the funding and development of our horticultural social firm, is our top priority for the coming months.

Thank you for continuing to support SHARE. We couldn't do it without you!

*Annie McIsaac*

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We were very privileged to have Lord Alf Dubs speak at the event. He is a Vice President of SHARE and an active member of the House of Lords.

The day is a really good chance for all those involved in SHARE to meet each other, from the Board of Trustees to the parents and carers of our students, to the social workers we work with. After the ceremony, everyone had a chance to catch up over a delicious lunch, which was prepared in part by SHARE's students studying on the Basic Food Hygiene course.

## Christmas Lunch

Staff, students and trustees enjoyed an end-of-year celebration on 16th December last year. Staff served a traditional three course Christmas lunch to the students, followed by karaoke fun! The Christmas lunch takes place every year, and is an opportunity for staff, students and trustees to celebrate the end of the year together. 2009's celebration was a huge success and allowed staff to wear their silly Christmas hats again!



## Annual General Meeting

On Monday 30th November we held our Annual General Meeting and the 2008-09 Impact Report was distributed.

Staff, students, Trustees and guests gathered at SHARE's head office in Clapham junction to hear what's been happening over the last year. Annie McDowall, SHARE's CEO, gave a presentation on the achievements we have made and set out our goals for the coming year. Our guest speaker - Judy Weleminsky from the Mental Health Providers Forum, gave a really interesting presentation on the Mental Health Recovery Star, which SHARE has started to work with recently.



There was a Christmas Craft Stall, selling wreaths and table decorations from the SHARE Garden, and candles and glass paintings made by students at our Battersea centre. We also sold chutney made from tomatoes out of the garden!

The formal end of the evening's proceedings saw three new Trustees elected - Lizzie Jones, Denis Penna and Paul Saville.

# Student Story

## How SHARE Helped me, by Alan Butler

I started studying with SHARE back in 2007, after being diagnosed with depression in 2006 and feeling at my lowest point. I felt that I had nothing to offer anyone any more and was totally useless.

I approached SHARE, who gave me an application form which I filled in there and then. I went away thinking I would never hear from them again, as I was feeling so low and pessimistic. Then one day, out of the blue, I got a phone call from SHARE inviting me in for an induction the following week.

I was really nervous about my induction, but I attended and I managed to get through it! I then started on the following Tuesday, studying towards the new CLAiT diploma.



My tutor, Maxine, and the whole SHARE team were very helpful and understanding. There were a few days when I didn't feel well enough to attend as I was feeling so down, but they really encouraged me to persevere; which I did, and managed to complete the 5 pieces of coursework I needed to gain my qualification.

I collected my qualification at the award ceremony in 2008 and I was just as nervous as when I first started with SHARE! There were so many new faces I didn't recognise but everyone was very friendly.

By the end of my first course I couldn't imagine life without SHARE, so I persisted in doing the CLAiT plus course, which I started doing in 2008. I found the course a little harder than the first, but soon got into the swing of things and completed pretty quickly.

I also managed to get myself a voluntary job working for SHARE Community in the kitchen, preparing food for staff and students whenever Diana was absent. I think I must have impressed someone as I was offered a part-time paid job. I was so pleased when I received my first pay that I had worked for!

After completing my second course, I was still confused about what I wanted to do with my life and felt scared to go out in the big wide world again. So, when I was offered a chance to work for an NVQ in Business Administration I jumped at it! Whilst I was doing the course I did my work placement at SHARE's Brixton office, which I did by helping with the administration for new students and helping students with any ICT questions.

After completing my NVQ I realised I wanted to stay at SHARE Community as a volunteer, helping Maxine to train the new ICT students and showing them there is hope. I am also planning on going to South Thames College to study a PPLS course so I can train the basics, which I'm nervously looking forward to. Also, I would like to get onto the committee from a student point of view and maybe get onto the board, but who knows what the future holds! All I know is I am enjoying my time within the group.

After two and a half years I feel that if I had never taken that plunge by joining SHARE, I don't know where I may be in my life now. I owe everything to the staff at SHARE Community, for giving me that chance and support, helping me to believe in myself once again. I don't think a simple thank you would be enough for all the time and effort I have taken up, but to Annie and her team: many, many thanks!

# Student Successes

## ICT

We also have a couple of students who have completed CLAiT assessments recently: **Stuart Skone** has just finished his Level 1 CLAiT (New CLAiT) assessment for using Publisher, and when verified by the London Open College Network he will have gained a full CLAiT qualification.

**Samuel Ogunbode** has also submitted a Level 2 assessment for using Databases and if successful will have gained a full Level 2 CLAiT (CLAiT Plus) qualification.

## Horticulture

A number of students in the Horticulture Project are aiming for new qualifications in 2010.

**Earl Carleton, Ozzie Nurdan** and **Paul Overton** have all completed the Skills for Working Life in Horticulture at Entry3 and are moving up to the Level 1 Award or Certificate in Horticulture Skills.

**Chris Browne** and **Raymond Nobbs** are both aiming high and are going for the Level 1 Diploma in Horticulture Skills.

**Daniel McInnes** and **Neil Paterson** have completed their NVQ in Horticulture at Level 1 and are progressing on to the new Level Work-based Horticulture Level 2 qualification.

**Jago Wilson** has also completed his NVQ at Level 1 and has signed up for a Level 2 in Production Horticulture.

## Business Administration

Four of SHARE's Business Administration students have very recently completed their NVQ Level 2 qualifications, so a big well done to them! Students who've completed are **Naomi Tobi, Cielo Perez Pinzon, Alan Butler** and **Susan Hood**.

**Well done to all our students for their hard work and progress!**



# Supporters Update

## Battersea Cook Book

We are delighted to be the beneficiary charity of the Battersea Cook Book, a super new compilation of family recipes from local residents and businesses in the Clapham Junction area. Sales from the book will benefit SHARE Community, with every copy sold not only raising much needed funds, but also telling people about SHARE and our work. It is a lovely book with lots of delicious recipes and we hope that you will show your support for SHARE by buying it! As an organisation that promotes healthy eating and cooking and indeed growing our own food (at our horticulture project in Tooting) we are proud to be associated with the Battersea Cook Book, the creation of which was part of the 2009 Battersea Literary Festival.

The cook book is great value at £10 and SHARE will be receiving £5 per copy! You can buy it from many local retailers - Waterstones (both St John's Road and Southside shopping centre); Recipease on St Johns Road; Dandelion Health Foods and Bolingbroke Bookshop on Northcote Road; and Tickled Pink giftshop near Wandsworth Common station. Do let us know if you would like to purchase copies but have difficulty in accessing these shops.

Many thanks go to Lorinda Freint, Clapham Junction's Town Centre Manager who organised the book and nominated SHARE as the beneficiary charity.

## Lambeth Community Fund, Adobe Fund, Thomas J Horne Memorial Trust, Ian Karten Charitable Trust

SHARE is very fortunate to be the recent recipient of grants from these donors. These grants are enabling us to deliver a variety of activities from providing dance and yoga classes for our students, to buying digital cameras to enable our students to capture evidence for their portfolios in a different way. We are particularly grateful to the Ian Karten Charitable Trust for their significant grant enabling us to purchase new computers and refurbish our IT suite.

We would not be able to function without the generous support of our donors and we are truly grateful for your support.

## Brighton Marathon

Debuting in 2010, the first ever Brighton Marathon will take place in one of the UK's most popular seaside cities. The organisers are thinking big for this one – with a limit of 12,000 runners in its first year, this event is set to become the UK's second largest marathon within a few short years. The planned course is mostly flat and set to be pretty fast, and takes in the best of Brighton including stunning sea views, finishing near the pier. With fabulous stretches of coastal road, glorious panoramic views - where better to run a marathon than this? We have five plucky people running in this event for us on April 18<sup>th</sup>. If you live in or near Brighton, or just fancy a day out then do join us in cheering our runners. You can get in touch with Barbara Marsh on 020 7801 9813 to find out more.

There are lots of things you can do to support our work so if you're keen to get involved please do contact Barbara on 020 7801 9813 or email [barbaram@sharecommunity.org.uk](mailto:barbaram@sharecommunity.org.uk)



# What's Happening

## The Good Society Photography Competition

The National Council for Voluntary Organisations (NCVO) ran a photo competition in January 2010, to celebrate the work of NCVO members. Voluntary organisations were invited to submit a photo illustrating the work they do. SHARE entered the competition with the photo shown here, and won a place in the final 10! All 10 finalists are displayed on the NCVO website and on the Guardian Website society pages, providing some great exposure for SHARE community. You can see the photos at:



<http://www.guardian.co.uk/society/gallery/2010/feb/23/voluntary-organisations>

## New Dancercise classes

SHARE is now offering Dancercise classes at our centre in Battersea. These classes are open to all students who wish to take part. We started the classes in response to demand from our students for more healthy activities. Classes are run every Monday morning.

## Sculpting Workshop with Shape

SHARE Community has teamed up with Shape, a disability-led arts organisation working to improve access to culture for disabled people, to offer students the opportunity to take part in a sculpting workshop on 24th March. The workshop will be led by artist Tony Heaton, who is skilled in running workshops with disabled people. He is very enthusiastic and is also a very successful artist in his own right and CEO of Shape.

## New Prospectus

We have been working hard to produce a new prospectus for SHARE Community over the last few months, and it is now ready. We have tried to make the prospectus more accessibly and easier to understand. This will enable us to market our services more effectively, which should attract more students to join SHARE!

## Building Work at Battersea Centre

Thanks to a very generous grant from the Ian Karten Charitable Trust we have been able to improve our facilities to our students. A new Information Advice & Guidance room was built at our Battersea centre in order to enable SHARE to provide more employment support to students. We have purchased new hardware and new accessibility software, which has allowed us to improve our ICT training capabilities. Also, our Server was moved into a more secure location to improve ventilation, and get it out of the training room! SHARE is very grateful to the Ian Karten Charitable Trust for enabling these improvements to take place.

# Staffing News

SHARE Community's rapidly expanding team of volunteers now includes Jane Clare, Michele Elmer, Mary Halford, Abdullahi Ileye and Nivethanan Arunasalam. Damahlie Davis, Sarah Oladunni and Dorothy Amaka-Otchere have joined us as Student Interns.

As far as staff are concerned we have said goodbye to Tara Spencer, IAG Officer at Clapham, and Pera Walker, Basic Skills Tutor will be leaving us on 4th March.

Trustee Claudette Thomas has left and we are looking at recruiting a replacement to chair the Health & Safety Sub-Committee.

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

Date:	Event:	Venue:
21st April	Depression Week Event - Garden Open Day	SHARE Horticulture Project, Gillian Webb Memorial Garden (Springfield Hospital)
27th April	'Your Future, Your Work' Employment Event	Battersea Power Station
10th June	Garden Party	SHARE Horticulture Project, Gillian Webb Memorial Garden (Springfield Hospital)
12th-13th June	Open Square Gardens	SHARE Horticulture Project, Gillian Webb Memorial Garden (Springfield Hospital)
4th July	Tooting Trashcatchers Carnival	Tooting High Street

## Contact us

For more information about **SHARE Community** or the training projects provided, contact Pam Dale on **020 7801 9812** or email [info@sharecommunity.org.uk](mailto:info@sharecommunity.org.uk)

Information about the Ability 1st and Skills For Jobs projects is available on **020 7326 5460** or email [newstart@sharecommunity.org.uk](mailto:newstart@sharecommunity.org.uk)

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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