

Time to help

Your first few weeks will be busy while you settle into a new routine.

Soon, you will have a fair idea of how much free time there is; and perhaps you already know what you would like to do.

Are you interested in sports, keeping fit, photography, driving, theatre, pop music, reading, model building, knitting, line drawing and painting, electronics, or perhaps a musical instrument?

Are you interested in sharing your time with other people?

Maybe you are one of this world's busybodies! Do you like organising other people? Do you ache to see your name in print? A community group can use someone who can write convincing scrounging letters for donations, or work with accounts and statistics, or print leaflets better than this!

We also understand that you may need to try various projects until you find one you are truly happy with. It's OK, some people simply cannot stand kids - even their parents at times.

Community Action is made up with students in all years, and from all departments.

It is not possible to put all our details in one leaflet (or even one book!), so do come upstairs sometime when you have a quiet moment. We really like meeting new people - I mean, we would look a bit silly if we didn't.

See you soon.

Also: CA DISCO Wed 30th
Students' Union 8 till late
(free)

and

A little about ourselves

We have an office without a window on the second floor in the Students' Union building. Turn right at the top of the stairs and look for room D4.

The room is a common point for people interested in community activities; and can be used as a base and meeting room. We have telephone and postage facilities. We also have a library of materials to help establish and run projects, and a typewriter and printing facilities. We can use the Union minibus, and are currently raising funds to buy our own Estate Car.

Paul is our full time co-ordinator. He can, for example, take a phone message for you while you are at a lecture.

Mark is our elected representative. He was elected last term for this year, to promote Community Action within the whole of the Students' Union and the Institute, along with other responsibilities.

We produce our magazine twice a term. It is called *Communique*, and you can get your free copy by leaving us your term-time address. It has up to date details of current and new projects. We usually contribute a page to each edition of *Grip*.

We have no membership fees or lists.

We have an Open Meeting every Wednesday lunchtime starting at 12-30. Everyone can come and talk about anything important, possibly to suggest new projects, or to listen to what other people are thinking and planning.

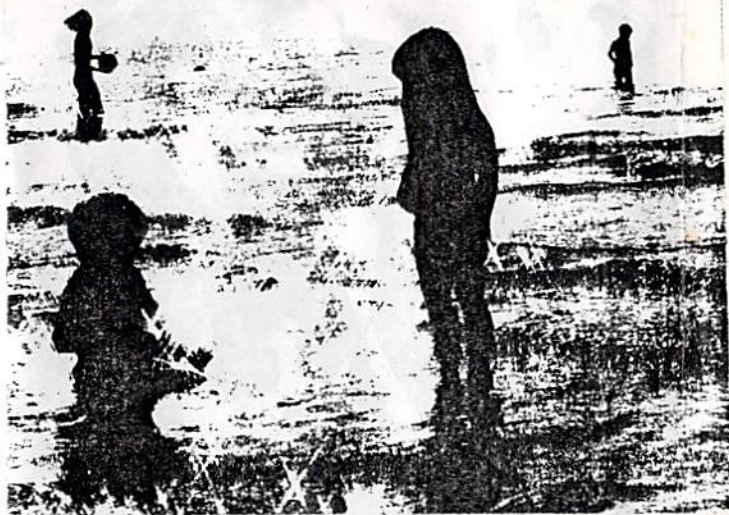
eg: AN EXHIBITION

joint: CA, disabled, third world.
12-16 Oct Renold Building



COMMUNITY ACTION

you can help us



children

- @ baby sitting, creches
- @ helping in an adventure playground
- @ visiting in residential homes
- @ organising holiday schemes
- @ working with physically and mentally handicapped children

young people

- @ the Kids Disco
- @ helping in youth clubs
- @ outings and weekend camps
- @ befriending isolated young people

families and individuals

- @ supporting families and children with special problems

@ befriending prisoners, ex-prisoners, their spouses and families

@ teaching English as a second language

@ teaching literacy and numeracy

@ befriending and helping homeless people

elderly people

@ visiting in their homes, in hospitals and in residential homes

@ helping at luncheon clubs, social clubs and workshops

@ taking on outings

@ delivering meals-on-wheels

@ shopping and household tasks

disabled people

@ helping in clubs and day centres

@ visiting the housebound and blind

@ escorting driving

@ entertaining

counselling

@ welfare rights

@ telephone befriending

@ citizens advice bureau

@ marriage guidance

@ despair and suicide

hospitals

@ visiting patients in general and psychiatric hospitals

practical work

@ driving, gardening, decorating

@ clothes sorting, charity shops

@ furniture removal

@ clerical assistance, meeting minutes

@ committee work

@ fund raising, accounts, statistics

@ special skills, eg: beauty and hair care, cookery demonstrations, wall mural painting, photography.

have you got a
16 page CA handbook?

