

Torfaen Voluntary Alliance Newsletter

TAFOD

Winter 2018

www.tvawales.org.uk



Message from the Chair



Hello everyone, welcome to our Winter Edition 2018 of TAFOD.

You may have heard recent speculations concerning Torfaen Voluntary Alliance. and i would like to make our members aware of the positive changes there have been to both the board and the senior managment team.

In September the Chair and Vice-Chair were replaced by the Board and I was elected Chair and Barry Holroyd as Vice-Chair. David Schofield has left the Board. However, Cllr Fiona Cross and Cllr Richard Clark have joined us as new Board Members.

Peter Kennedy has now left the organisation and we are fortunate in having Anne Evans as Acting Senior Executive Officer.

TVA is in a secure position with a strongly motivated Board and dedicated workforce who have shown loyalty through these last difficult few months.

Early in the New Year we will be promoting a “refreshed TVA” with a Members Meeting taking place on the 14th January 2019, at 10.00am – 12.00pm Woodland Road Social Centre, Cwmbran, when we hope you will be available to join us to take this wonderful organisation onwards and upwards!

On behalf of staff & Board Members of Torfaen Voluntary Alliance may I take this opportunity to wish you all a very Happy Christmas and a Happy and Healthy New Year.

Lynn Tanner MBE
Chair
Torfaen Voluntary Alliance

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Torfaen Voluntary Alliance - Members Meeting

Torfaen Voluntary Alliance is setting its future direction.

We want to engage fully with our members in ensuring we are providing the support and assistance they require.

We would like to invite you to our Members meeting on Monday 14th January 2019 (10am - 12pm) at Woodland Road Sports & Social Club, Croesyceiliog Cwmbran.

Please come along and help set the direction you want us to go in.

To let us know if you will be attending, or for further information, please call us on **01495 742420** or email: info@tvawales.org.uk.

COMMUNITY CONVERSATIONS: BITC CYMRU GET BUSINESS AND COMMUNITIES TOGETHER

BITC Cymru were back in the community having conversations on the 30th November at Woodland Road Social Club, Cwmbran – with businesses and community groups in Torfaen.

Turn-out was excellent with over 50 in attendance. It was great for businesses and community groups to get together throughout the morning making plans to collaborate in the future.

Speakers included representatives from both the Private and Third sectors; Matt Appleby, BITC Cymru director; Nigel Winnan, Wales & West Utilities; Fiona Cross, Councillor and Cabinet Member for the Environment, Torfaen Borough Council and board member of Torfaen Voluntary Alliance - group discussions and feedback sessions were extremely lively and constructive.

BITC Cymru brings business and communities together to discuss issues in particular areas and come up with ideas to try to tackle these. They are particularly interested in speaking to businesses who feel that they can lend their support via their skills, resources or people to a good cause.

Do you know of an HR department that could spare an afternoon? Does your accounts department have the skills to help a community group streamline its finances? Could your staff support a 'reading buddies' scheme for a school? Or are you a community group who could do with these resources? If so contact BITC Cymru on cymru@bitc.org.uk



2018: A LOOK BACK AT A BUSY YEAR AT TVA with PICTURES!

MARCH:

Gwent Third Sector Volunteer Management Network event took place on the 15th March hosted by TVA in partnership with GAVO at Pontypool Active Living Centre. Presentations took place from two key note speakers: Fiona Liddell, Volunteering Development Manager at WCVA who show-cased the exciting new all-Wales volunteer management digital platform which replaced the old Volunteering Wales Website. Anna Bezodis, Governance Specialist, presented on the legal requirements of the General Data Protection Regulation (GDPR) which was implemented in May 2018. Two workshops took place: Working with asylum seekers and refugees as volunteers, planning and updating the practical systems you need in place to work with volunteers and there was also an opportunity to attend a Q & A session on the GDPR as well as networking, sharing ideas and best practice.



MAY:

Preparing for GDPR; we held a training course for our members which was delivered by Anna Bezodis, Governance Specialist. This was an interactive half day training course providing an overview of the rules and regulations around data protection and outlining in detail the key changes that we could expect to see introduced by the GDPR.

JUNE:

Volunteer Week: Afternoon Tea Celebration. Thirteen organisations and around 35 volunteers attended this annual event held on 7th June at TVA during Volunteer Week. This event provided a lovely afternoon for the volunteers who attended and all agreed that they really enjoyed themselves. Councillor Anthony Hunt, (Leader) of Torfaen County Borough Council also dropped in and thanked the volunteers for their work. Tesco very kindly donated food items for the tea.



SEPTEMBER:

Social Media training session took place on 10th September at TVA and was very well attended with attendees from Changing Minds, St David's Hospice, Friends of Pontypool Town amongst others.

OCTOBER:

We supported the Turn the Town Pink campaign and turned TVA Pink on the 17th October. Staff dressed in pink, the office was pink and even our website went pink for the day! A cake sale was held with cakes available for a 50p donation – we sold out and raised £54.00.



Big Lottery Funding Surgery: was hosted at the TVA offices and was well attended by around 16 local organisations who were able to access information, advice and guidance from Big Lottery funding offers on potential funding applications. We hope to hold another surgery soon as we had a reserve list of organisations wanting places.

Discrimination Awareness Training: took place on 22nd October at TVA. The training was delivered by Caitlin Tempest from Citizens Advice and 17 people from various organisations attended. Feedback from this event was very positive.

NOVEMBER

Festival of Remembrance: In recognition TVA decorated the window with poppies and donated pictures from Osbourne Lodge Nursery to commemorate all those who lost their lives in conflict.

Trustees Week: took place beginning 12th November culminating on 16th November with a drop in session for trustees of any local organisations to call in for a chat or discuss any questions they have for TVA's board members - Lynn Tanner, Chair, Barry Holroyd, Vice Chair and Fiona Cross were all at TVA during the morning.

DECEMBER:

TVA'S Christmas Window: TVA entered Pontypool's Best Dressed Business competition run by Pontypool Community Council. A giant advent calendar was made out of cardboard and the theme of our window was volunteering and ways in which the community could get involved with local organisations such as Women's Aid, Eastern Valley Foodbank and more in the lead up to Christmas. The window was a whole team effort which included Amanda's husband and our new volunteer Karon.



What you can do to help this Christmas!!

Each year, TVA is asked if there are any opportunities for people to help out at Christmas. Well this year we are pleased to inform you that there are plenty of opportunities you can get involved with. Have a look below and on the opposite page at what you can do to help this Christmas!!

Why not help the Eastern Valley Foodbank this Christmas?

The Eastern Valley Foodbank URGENTLY NEED FOOD ITEMS

- TINNED FRUIT
- TINNED SOUP
- RICE PUDDING
- UHT MILK (1 LITRE)
- TINNED MEAT
- TINNED VEGETABLES

All these items would be gratefully accepted at any of the donation points listed here.

Thank You.



LOCATION OF FOOD DONATION POINT	OPENING HOURS	COMMENTS
Tesco Supermarket Pontypool	0600 – 2200	front of store near exits
Asda Supermarket Cwmbran	24 hour opening	near the tills as you exit
Sainsburys Supermarket Cwmbran	0730 – 21.00	by the exit doors next to notice board
The Hope Centre, Unit 5 Pavillion Estate Pontnewynydd, Pontypool NP4 6NF	Mon & Weds 1300-1600 Fri 1000-1200	Just pop in and drop off your donation to us

TVA accepting donations for Foodbank!!

TVA are accepting donations here at our office for Eastern Valley Foodbank; you are welcome to drop off any items with us until Friday 14th December!

- Christmas chocolate log
- Christmas cake
- Mince pies
- Selection box for children
- Biscuits - sweet or savoury
- Tinned ham
- Tinned tuna/salmon

Please ensure that there are no perishables or home-made items and all items have a use by date of 25th December or later!



Why not donate items to a women's refuge?

Any toiletries such as soap, shampoo, deodorant, sanitary products.

Donations of towels, flannels, food, nappies and duvets (new) would also be welcome.

You can deliver these items to Cyfannol Women's Aid, 3 Town Buildings, Pontypool.



Cancer Research Wales: Christmas Gift Wrapping

Volunteers and Choirs needed for the

Christmas Gift Wrapping Service!!

We will wrap your gifts in return for a donation to Cancer Research Wales

we will be at Cwmbran Centre between:
Saturday 15th December - Saturday 22nd December

If you would like to volunteer please contact us on **02920 316976** or email crw@wales.nhs.uk

CANCERRESEARCHWALES
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Age Connects Torfaen - Spread some Christmas Cheer

Do you know of any older person who will be alone this Christmas?

Contact Age Connects Torfaen and we will invite them to a very special Christmas party on the 16th December 2018.

Help to ensure that older people don't spend another Christmas alone.

For further information contact us on **01495 769264** or email widdershins@ageconnectstorfaen.org.uk



These are just a few ideas you can help with this Christmas. If you would like to know what else you can do contact us on **01495 742420** and we will try and provide you with more opportunities.

BBC Children In Need fund RCAC Gypsy & Traveller Arts Project for another 3 years

The Romani Cultural & Arts Company is proud to announce that BBC Children in Need has granted a further £153,343 grant over 3 years to fund the excellent project work that takes arts-based workshops and activities onto the Gypsy & Traveller Caravan Sites of South Wales.

This is a groundbreaking project which is devised, developed and led by Gypsies & Travellers. Relationships with our community are so strong that the Romani Cultural & Arts Company are able to better support, engage and improve the life chances of the children and young people the BBC Children In Need project is designed to support.

Isaac Blake, Director of RCAC says that 'These children deserve the best start in life and I am proud, as a Romani Gypsy to be able to continue to take our work directly to these children on site. BBC Children in Need can rest assured that they are making a tremendous difference to some very special young people.'

The enhanced project will be re-launched in January 2019 and even more young people than before will benefit and get improved opportunities to engage and mix socially whilst learning new skills. Jemma Wray, National Head of Wales for BBC Children in Need said: "Gypsy and Traveller children and young people are some of the most excluded and disadvantaged in our communities. Children and young people need access to activities, opportunities and new experiences and people, in order to help equip them for life with a range of personal and tangible skills. In the coming months RCAC will work across South Wales supporting Gypsy and Traveller Children to fulfil their potential and BBC Children in Need is pleased to be supporting this work". Julie James, Leader of the House and Chief Whip, said: "It's excellent to hear The Romani Cultural & Arts Company has been awarded funding from BBC Children in Need. With the workshops taking place at the heart of the community, the funding will help to enrich the lives of these young people."

Dr Daniel Baker, Romani artist, curator and academic says: "The Romani Cultural and Arts Company continues to deliver its ground breaking project which remain unique in commissioning new work and developing new knowledge from Gypsy, Roma and Traveller community members. Their work not only inspires community members but also influences wider policy making. The RCAC's work is of great value to the individual and to society at large".

Dr. Adrian Marsh, Researcher in Romani Studies, Swedish Research Institute in Istanbul, Turkey, said: "The Romani Cultural and Arts Company has been implementing projects and programmes for Romani and Traveller communities across Wales for a decade and deserves the support it regularly receives from major donors (such as the BBC children In Need, the Open Society Foundations, the Allen Lane Trust, the Welsh Heritage Lottery fund, the Arts Council in Wales and the Big Lottery People and Places programme, amongst others). Maintaining the highest standards and quality for each and every aspect of the organisation's work, the Romani Cultural & Arts Company consistently delivers exceptional results and inestimably improves the day-to-day experiences of Romani and Traveller families.



Fund for Wales - Open for Applications!

Fund for Wales is open to applications from the 1st of December. The deadline for submitting an application is the 31st of January.

Grants of £500 to £1,000 are available for small, volunteer-driven community groups whose projects aim to deliver one of the five following outcomes:

- Improving people's chances in life
- Building stronger communities
- Improving rural and urban environments
- Encouraging healthier and more active people and communities
- Preserving heritage and culture

More information available on our website -

<http://www.cfiw.org.uk/eng/grants/33-fund-for-wales->



COMMUNITY FOUNDATION
IN WALES
SEFYDLIAD CYMUNEDOL
YNG NGHYMRU

The Gwent High Sheriffs' Community Fund is now OPEN to applications.

The Gwent High Sheriffs' Community Fund aims to provide a safer and better quality of life for the people of Gwent by supporting community-based initiatives and projects that reduce crime and improve community safety.

This programme is now OPEN to applications. DEADLINE: 12pm 31st of January 2019.

Community groups, voluntary organisations and local charities in Gwent i.e. the local authority areas of Newport, Blaenau Gwent, Torfaen, Monmouthshire and Caerphilly are eligible to apply. Please note: There is a preference for grassroots organisations where volunteers play a key role in project delivery. If you are a larger charity/not-forprofit organisation and wish to apply please contact the Foundation to discuss your proposal first.

[Click Here to start an application form in English](#)

[Click for Grant Criteria](#)

Follow the link for more information – <https://tinyurl.com/yc3aeory>



The Gwent High Sheriffs'
Community Fund
Cronfa Gymunedol Uchel
Siryf Gwent



COMMUNITY FOUNDATION
IN WALES
SEFYDLIAD CYMUNEDOL
YNG NGHYMRU

ArtRegen

Please see below the latest report from ArtRegen

Pontypool Hospital Memorial

After Pontypool Hospital was closed and demolished, Artregen created a Book of Memories. It was assembled from the memories of those who had worked or been patients at the hospital. This was completed by author John Harrison and students from West Mon School. A Memorial Seat made from facsimiles of the sign above the front door of Pontypool Hospital was also created in Pontypool Park. This was made by artist Andrew Bolton and attendees of Ty Nant Ddu centre and Trevethin Comprehensive School. All this took place between 2002 and 2004. By 2013 the area was in need of renovation. With the aid of a grant from Groundwork, Adrian Waters stabilised and tiered the surrounding area and made a path. Artregen members planted medicinal plants and provided an information board. This explained the hospital and the role of medicinal plants. Prior to the celebration of the opening of the site by Dr Jack Hanbury, Pontypool Park Friends kindly cleaned away the leaves and twigs. There was a big sigh of relief from Artregen members that the project was completed 16 years after its commencement.

Pontypool Mural Trail

Artregen, with the help of other voluntary bodies in the town, hopes to create a mural trail depicting Pontypool's long and interesting history. It is hoped this will attract tourists to the town and so increase its prosperity. Before starting on any new ones, there is a need to refurbish the existing murals. The Japanware mural in particular is in a very poor condition. Chunks have fallen off. Loose areas need to be removed and the mural can then be restored. Before any work could be started on the murals, the area needed to be cleared of ivy, trees and vegetation. This has been done. To complete the removal we need £1000 and a further £10,000 to restore it. If you wish to help financially in the initial stages, you can go to **Just Giving/Artregen** to donate.

If you would like to know more or contact ArtRegen, please visit their Facebook page: [Pontypool ArtRegen](#)



TRAC2 Annual Christmas Meal 25th December 2018

TRAC2 are holding their annual Christmas Meal on 25th December 2018. The day is open to anyone who wishes to attend, some face isolation or loneliness and many will be in financial hardship so there is no age limit either.

Referrals are encouraged where possible but we are able to take a few bookings directly from people who would like to attend.

Included is a three course meal, a gift, activities, etc.

Transport can be provided but cannot cater for disabled as yet. People can be picked up from their homes and dropped off after the event.

In order to book the following is required: name, address, contact telephone number, age, male or female (so we can set up the tables accordingly and ensure there is enough gifts to cater for all ages and gender)

Guests will be contacted closer to the day to arrange their collection times. The event is free to the guests so we are expecting a large turnout.

If you would like more information or would like to volunteer to help, please contact Trac 2 on **01495 764078**



NEST - The Welsh Government Warm Homes Nest scheme is ready for winter and ready to help those most in need.

The scheme aims to help people living in fuel poverty, where they live on a low income, in an energy inefficient property and facing high energy bills. Nest enables families to heat their homes more efficiently with comprehensive advice or by providing a new boiler, central heating system or insulation. This results in lower energy bills and a more energy efficient home that is cheaper to run. It also ensures that their health is not made worse by living in a cold or damp home with multiple benefits for the health sector.

Ross Kirwan, head of Nest, said: "Over the winter months, we know that families living on a low income need to save money and living in a cold home can impact on their health and wellbeing. Nest can help to increase a property's energy efficiency, reduce unnecessary energy use and help to reduce energy bills. Over the past six years, over 112,600 households in Wales have benefited from Nest and over 33,900 have received free home energy efficiency improvements."

If you come across households in need of advice or free home energy efficiency improvements, don't forget you can refer them to Nest for help. Our advice team is ready to take calls on **0808 808 2244** or you can make a referral via our website www.nest.gov.wales



Supporting People Gateway – Floating Support

Floating support is available to individuals living in Torfaen with a housing related support need. Support can be provided to assist individuals with various issues such as;

- Help to find suitable accommodation and setting up a tenancy
- Help with budgeting, accessing benefits and managing your money
- Support with accessing services
- Help with emotional support, managing mental and physical health
- Helping you to feel safe and secure in your home and community
- Support with accessing education, training, volunteering and employment
- Support with helping you to be healthy and active

Should you wish to refer into one of these services or have any questions, please contact a member of the team on **01495 766949** or email **Gateway@torfaen.gov.uk**



British Red Cross First Call Service

The British Red Cross First Call Service is delivered free of charge to service users in Torfaen currently has capacity to take on referrals.

Our dedicated, caring and trained team of staff and volunteers can offer practical support such as:

- > Shopping
- > Prescription collections
- > Light housework
- > Dog walking
- > Help with paperwork
- > Travel to hospital appointments

We also offer telephone support to provide emotional support.

Please note we do not provide personal care or administer medication.

This is a free service within Torfaen and can support the client for a maximum of 12 weeks. We can help create an action plan which will deal with the challenges each individual is facing to enable them to live independently.

If you require any further resources/information or wish to make a referral please do not hesitate to contact the First Call team on **01633 833753** or **firstcalltorfaen@redcross.org.uk**



Launch of Consultation on Loneliness and Social Isolation – Connected Communities

Article written by Huw Irranca-Davies AM, Minister for Children, Older People and Social Care on the 22nd October

Today, I am pleased to announce the publication of a consultation on addressing loneliness and social isolation in Wales.

Loneliness and social isolation are growing problems not just here in Wales but across the UK and beyond. And more of us now understand they can affect anyone, at any age, for a wide variety of reasons. They can, and do, have a significant impact on people's physical and mental health.

As a government, we are committed to securing the best possible health, well-being and quality of life for all people in Wales. Preventing people from becoming lonely and socially isolated must be a national priority for us, because it will not only improve people's lives, but it will also help reduce demand for health and social services in the future.

The Welsh Government's Programme for Government, Taking Wales Forward 2016-2021 therefore included a commitment to develop a nationwide and cross-government strategy to address these issues. This consultation document represents the first step in delivering on that commitment. It sets out our vision of the Wales we want to see, linked to the Welsh Government's legislative and strategic frameworks; it highlights what the evidence tells us and what we have heard through engagement with stakeholders so far; it highlights some of the work that the Welsh Government has done and is continuing to do to tackle loneliness and social isolation, and sets out a suggested approach for the future.

I am clear, that neither the Welsh Government nor one agency on its own can combat these issues. The only way to address the wide-ranging and deep-rooted impacts of loneliness and social isolation is to bring together all agencies to address the causes and the wider harmful impacts for the individual and for communities. As a government we need to be able to foster the right environment and create the right conditions for others to design and deliver solutions that best meet their needs.

I want to hear from people living in all parts of Wales and would be grateful if you could promote this consultation within the communities that you serve. I know you are as keen as I am to ensure our communities and the social fabric that binds them together, are as resilient as they can be.

The consultation is available at: <https://beta.gov.wales/connected-communities-tackling-loneliness-and-social-isolation> and will close on 15 January 2019.



VOLUNTEERING OPPORTUNITIES

Torfaen Youth Service Role: Youth Projects Volunteer

Torfaen Youth Service provide opportunities for young people aged between 11 - 25 yrs. Within this there are several projects which are targeted & specific to a young persons needs.

These include:

Inclusion Project - providing activities for young people with additional needs

Crime & Consequences Project - provide a range of activity to assist in the reduction of anti-social behaviour

Families First - provide support to young people & their families to devise a plan to enable them to manage any challenges they may be facing

Young Carers - a tailored provision where they can meet other young people with similar responsibilities

Gypsy & Traveller support - develop social and community awareness

All these activities provide young people with the opportunity to complete accreditation or qualifications.



British Red Cross

Role: First Call Volunteers needed in Torfaen area to provide telephone and face to face support to people in a crisis

Our First Call Volunteers support older people to increase their personal resilience and empower them to maintain their independence. This can include short term telephone and face to face practical/psychological social support that will help to improve quality of life. This can also include supported referral and signposting to other agencies etc. This project is part of the work we are doing to tackle loneliness.



Circulate

Role: Furniture Restorer

At the Circulate furniture recycling scheme, our team of volunteers restore donated furniture to ensure it is in a condition to be resold. From sanding and painting, to adding the finishing touches, there's a lot to be done. When furniture cannot be salvaged we use the materials to make items such as plant pots and bird houses, so nothing goes to waste! This is a great opportunity for anyone interested in carpentry and hands on roles.



VOLUNTEERING OPPORTUNITIES

Headway Walking Group At Pontypool Park

Would you like to support a walking group with brain injury survivors?

With an opportunity for peer support to increase social networks, to reduce isolation and regain confidence through exercising and being outdoors.



Gwent Police

Role: Crime Prevention Panel Member - Torfaen

A Crime Prevention Panel comprises of local willing volunteers from a variety of backgrounds who have an interest in creating communities who care and are passionate about creating a better place to live, work and play.

The Panel brings together local residents who foster a community spirit and a belief in the community's ability to tackle problems, promoting crime prevention and crime reduction. In consultation with the local Police, members target local crime problems and are the 'eyes and ears' of the community looking out for anything suspicious, submitting intelligence or helping their neighbours as necessary.

The Panel meets regularly to discuss crime reduction initiatives and are able to raise issues with the Police. They will discuss and agree a way forward to deal with specific issues. Panel members attend public events throughout the year to offer free advice on home and property security, as well as personal safety. There is a requirement to successfully pass Police Vetting Checks.



South Wales Valleys Samaritans (Torfaen)

Role: Listening Volunteer

To provide confidential emotional support for people experiencing feelings of distress or despair, including those which may lead to suicide. To provide this support face to face, in various venues, across the Valleys region. Each volunteer will be able to indicate where they could be located and when they are available. Full training, including: - Induction - 3 hours - Samaritans Initial Training Stage One - 9 x 3 hour sessions - Samaritans Initial Training Stage Two - 4 x 3 hour sessions You are assigned a mentor to support you until you are confident and comfortable with the role.



If you are interested in any of the above opportunities, please contact the volunteer team on **01495 742420** or email **volunteering@tvawales.org.uk**

Infoengine - The new directory for Third Sector organisations across Wales

Infoengine is the directory of third sector services in Wales. InfoEngine highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.

Infoengine is provided by Third Sector Support Wales, a partnership of County Voluntary Councils and Wales Council for Voluntary Action.

All third sector organisations are welcome to register on this new directory for FREE! All you need to do is click on the link below to create your account.

<https://en.infoengine.cymru/>

Your organisation will then be visible for everyone in your community to see.

If you would like to know more information, please contact us on **01495 742420** or email info@tvawales.org.uk

We welcome your feedback and comments, so please do not be shy and let us know if you found what you were looking for and if not, how we can help improve your experience with us.



infoengine

Membership

To become a member of Torfaen Voluntary Alliance, **which is free**, please contact us on the details provided below or visit www.tvawales.org.uk

If you are an existing member of Torfaen Voluntary Alliance and your contact details have changed, please let us know.

TVA Reception - **01495 742420** or - info@tvawales.org.uk

If you would like to include an article in our next edition of TAFOD, Bulletin or on our social media please contact:

Thomas Boor - **01495 742494** or - thomas@tvawales.org.uk

Contact Us

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The information contained in this publication is not necessarily the views held by Torfaen Voluntary Alliance

