

## TVA News Bulletin February 2019



Torfaen Voluntary Alliance  
Cynghrair Gwirfoddol Torfaen

Actively supporting the contribution of  
individuals, through voluntary action.  
Charity Registration No: 1097079  
Company No: 4603713



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- Autism Social Group - Every Tuesday, Cwmbran
- Open Evening 'Modern Slavery & Trafficking' 11th March
- Kinship Care Support Group - Last Thursday of month

- Would you like to be part of a conversation about NHS Services for the people of Torfaen?
- Torfaen Play Wellbeing Club - Every Wednesday
- Dad and Me - a group for Dads and their children
- **Volunteer Opportunities at the following:**
- Cruse Bereavement Care - Accredited Training!
- Trustees Wanted! - CoStar, Cwmbran
- NYAS - child focused 'Independent Visitors'
- **Volunteer Noticeboard:** various opportunities!



[www.tvawales.org.uk](http://www.tvawales.org.uk)  
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### **Torfaen Voluntary Alliance would like to share some good news with our members!!**

TVA has a new digital reporting platform for Welsh Government recording purposes, with our own dashboard, (all CVC's across Wales have their own) so all our activity is recorded and input daily (well almost daily, we are a small team!). Our membership has been, and is being, updated, so that it is current, active and engaged.

Since October we have supported £320,000k of funding to be secured successfully and have allocated £8.8k in small youth grants ourselves.

We have carried out 241 interactions, some of which are continuing conversations, and provided 54 organisations with direct support and advice.

We are working with many groups, third sector organisations, Local Authority Members, in many areas of Torfaen, and in many varied activities and in different ways, to support them with their work, project ideas, and sustainability.

We just wanted to take the opportunity to celebrate and share some of the successes of Torfaen Voluntary Alliance.



Llywodraeth Cymru  
Welsh Government

## TVA at 'Helping Parents Return to Work Event!'

TVA attended this highly successful event on 29th January in order to promote local volunteering opportunities for those parents wishing to prepare for returning to the world of work. The event took place at Cwmbraun Stadium and over 40 providers and employers with opportunities for local parents, wishing to return to work were in attendance. Fun activities were provided at the event to keep the children entertained. Nearly 400 people attended and the feedback was amazing!

A range of local providers attended the event to explain all of the support that was available locally to provide help with returning to work; financial and budgeting advice; volunteering; training and self employment and all aspects of childcare including the financial support available to parents.



This event was organised by Job Centre Plus staff along with Community Partners; they hope to follow up with some Good News Stories soon from parents who came along and what happened next!

## TVA supported 'The Friends of the Breast Care Unit' with a cake sale and by dressing in pink at 'Turn the Town Pink' Oct 2018!

# WE NEED YOUR HELP!



### The Friends of the Breast Care Unit

are a voluntary group set up to improve the environment for Breast Care patients in the Aneurin Bevan University Health Board. The health board was established on the 1st October 2009 and covers the areas of Blaenau Gwent, Caerphilly, Monmouthshire, Newport, Torfaen and South Powys.

We need your help to help us reach our target of

## £200,000

to go towards the New Breast Care Unit based at Ystrad Mynach which will be available to all under the Aneurin Bevan Health Board

These are some photos of the ladies in Torfaen who helped us to raise money for our "Turn the Town Pink" Campaign.

**- Could you do a similar event?**



### Free Coffee, Chat & Craft Sessions

Join our six-week FREE classes for anyone affected by **Breast Cancer**. Friends of The New Breast Care Unit have secured Lottery funding to host FREE Coffee, Chat & Craft Sessions to help build a community of survivors helping each other through the Breast Cancer journey.



**If you can help raise funds or would like to come along to one of our sessions then please give Emma a call for more information on:**

**07970 880031 or email: [Emma.Wilkins5@wales.nhs.uk](mailto:Emma.Wilkins5@wales.nhs.uk)**

Like our social media & keep up to date with our fundraising efforts for "A Centre of Excellence" at Ysbyty Ystrad Fawr



Friends of The New Breast Care Unit



@Friends\_unit



## Are you a Third Sector Organisation that involves volunteers in your work, a volunteer or interested in volunteering?

Please take a couple of minutes to give feedback on the Volunteering Wales website - your honest opinions will be very much appreciated!

Survey link: <https://www.surveymonkey.co.uk/r/VolunteeringWales2019>) [surveymonkey.co.uk/r/Volunteering](https://www.surveymonkey.co.uk/r/Volunteering) For further information click [here](#). Closes for responses 28th Feb 2019.

# YOUNG MINDS

## Young Minds new 'Parent to Parent' Phone Service

This service offers you the chance to speak to a parent who has personal experience of supporting a child with mental health problems. If you're struggling to cope, feeling isolated, or just need a listening ear from someone who gets it. It is free, confidential, anonymous, non-judgemental and available throughout the UK <https://youngminds.org.uk/find-help/for-parents/parents-helpline/#advice-from-our-parents-helpline>- The call will appear as a 'withheld number' on your phone. Please note this is not an advice giving or crisis service. Please contact their 'Parents Helpline' if you are in need of advice - free to call Mon to Friday 9.30am - 4pm Tel: 0808 802 5544.



[www.ASDinfoWales.co.uk](http://www.ASDinfoWales.co.uk)

## Autism Social Group every Tuesday 2pm– 4pm

The Mount Pleasant Inn, 76 Wesley Street, Cwmbran NP44 3LX is hosting a weekly Autism social group. This group is for adults with a diagnosis of ASD that would like to meet others that are on the spectrum to socialise and make friends. If you would like to learn about the support the Integrated Autism Service can offer please call their office on 01633 644143 or email: [asdservice.abb@wales.nhs.uk](mailto:asdservice.abb@wales.nhs.uk)



## Cwmbran and District

Invite you to an

Open Evening on 'Modern Slavery and Trafficking'  
Greenmeadow Golf Club, Cwmbran NP44 2BZ

Monday 11th March at 7.30pm

with Stephen Chapman, Welsh Government  
Anti-Slavery Co-ordinator Representatives from Gwent Police  
and BAWSO

**For further details contact: Sallie Slade 01633 862329**



# Children in Wales Plant yng Nghymru

**Kinship Care Support Group, last Thursday of month  
10am at 'Torfaen Carers Centre'  
3 Central Mews, Pontypool NP4 6LY**



Kinship Care is an arrangement where a child who cannot be cared for by their parents goes to live with a relative or family friend.

Are you looking after the child or children of a relative or friend on a full time basis?

Are you considering becoming a foster carer to a relative's child or becoming a Special Guardian?

Do you have times when you feel alone?

Would you like to get together and chat informally to others in a similar situation to you? Then join us at the Torfaen Kinship Care Support Group on the last Thursday of every month.

For more information contact Deborah Smith 02920 34 24 34 or email [Deborah.smith@childreninwales.org.uk](mailto:Deborah.smith@childreninwales.org.uk)

Torfaen Carers Centre



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**



**TALK  
HEALTH**

**YOUR VOICE  
MATTERS**



**Would you like to be part of a  
conversation about NHS services for  
the people of Torfaen?**

**We are inviting people from the area to attend a  
local meeting to discuss health services, and  
hear how they will be developed over coming  
years.**

**Please register if you wish to attend**

<b>When</b>	<b>Thursday 28<sup>th</sup> February, 2019 5.00pm – 7.30pm</b>
<b>Where</b>	<b>Pontypool Active Living Centre Trosnant Street Pontypool Torfaen NP4 8AT</b>
<b>How</b>	<b>☎ Adele Skinner on 01633 435908 ✉ <a href="mailto:Adele.skinner@wales.nhs.uk">Adele.skinner@wales.nhs.uk</a></b>

**Please let us know when you book if you have any particular  
communication, access or travel requirements**



# Torfaen Play & Short Breaks Service



AND SPORTS DEVELOPMENT

## Well Being Club

FAIRWATER LEISURE CENTRE

Every Wednesday 6:30pm - 7:30pm (all ages)

\* Referral only\*

Exciting new opportunity for families to promote fitness activities and information on healthy lifestyles



FREE



If you require any further information please contact  
The Play Team on 01495 742952.  
Email: [kirsty.worth@torfaen.gov.uk](mailto:kirsty.worth@torfaen.gov.uk)



# Dad AND ME



A GROUP FOR DADS & THEIR CHILDREN

## Ashley House Gym

Pontnewydd, Cwmbran, Torfaen, NP44 1AN



10:00am till 11:30am  
Saturday 5th May  
Saturday 2nd June  
Saturday 7th July

FREE REFRESHMENTS  
INFORMATION SHARING  
MEET PEOPLE  
PLAY SESSIONS



Promoting every child's right to play safely within their community. Whatever the Weather!  
Hyrwyddo hawl pob plentyn i chwarae'n ddiogel gyda'u cymuned. Beth bynnag yw'r tywydd!

# Offer a helping hand to a Bereaved Person

Cruse Bereavement Care in Gwent are looking for volunteers to train and learn new skills to support others in their grief.



**Cruse Bereavement Care - Gwent Area**  
Tel: 01633 251982 Web: [www.crusegwent.org.uk](http://www.crusegwent.org.uk)  
Email: [gwent@cruse.org.uk](mailto:gwent@cruse.org.uk)

## Volunteer for Cruse

### What you gain:

- Satisfaction of helping clients through a difficult time in their lives.
- Being part of a committed team.
- Experience of supporting people suffering a bereavement.
- Accredited training in bereavement support for Bereavement Support Volunteers.

### What we need:

- Bereavement Support Volunteers - providing client support (face to face, on the telephone, and in groups).
- Office or home based organisational volunteers - helping with administration, client referrals, etc.
- Management Committee members - we are looking for help with fundraising, internet communications and other key areas.

### What you will need to commit to as Bereavement Support Volunteers:

- A comprehensive initial training course.
- Supporting a minimum of 10 clients each year.
- Attending regular supervision sessions.
- 15 hours of ongoing training/continuous professional development annually.

\*Please Note: Free or reduced price training may be available. Please quote "COURSEV16" when you contact us.

### What you will need to commit to as Organisational Volunteers:

- Attend induction.
- Regular commitment of time (could be weekly or monthly).

All volunteers will need a Disclosure and Barring Service (DBS) check.



### For further information please contact:

Telephone: 01633 251982  
Email: [gwent@cruse.org.uk](mailto:gwent@cruse.org.uk)  
Look at [www.crusegwent.org.uk](http://www.crusegwent.org.uk) for helpful information  
Cruse Bereavement Care, Orion Suite, The Centre for Business, Enterprise Way, Newport NP20 2AQ

## TRUSTEES WANTED!



**The CoStar Partnership is currently seeking new trustees to join our board and help us develop and strengthen our strategic direction.**

CoStar is a registered charity operating out of a community centre in Cwmbran. We are looking for people with relevant skills who have an interest in Cwmbran and would like to help us deliver our aims and objectives within the community of south west Cwmbran.

Being a trustee of a charity is a rewarding role where you can use your skills and experience to have a direct influence about a cause you care about. Charities have a valuable place in our society and they would not be able to function properly without the goodwill of people coming forward to help.

If you feel you have skills to offer and time to contribute, please get in touch and ask for an application pack.

For more information or an informal chat please contact Lynne Howles, Manager of CoStar, on 01633 869227.

Alternatively visit our website [www.costarcwmbran.co.uk](http://www.costarcwmbran.co.uk)



- Are **YOU** that Special Volunteer?
- Do you have time and commitment to give?
- Do you relate well to children and young people?

We are recruiting child focused **Independent Visitors** in your area to befriend children and young people who are in care. You don't need special qualifications but patience, commitment and a non-judgmental attitude is essential. You will need to commit for a few hours each month. In return we offer support, supervision, training, and an activity allowance. All successful applicants will have an enhanced DBS check.

For more details please contact : Alyson Sefton

Mobile/text: 07785950424

Email: [alyson.sefton@nyas.net](mailto:alyson.sefton@nyas.net)

Website [www.nyas.net](http://www.nyas.net)

Registered charity 1012485

### **Torfaen MS Group – Fundraising Volunteer**

MS Society are looking to recruit a Fundraising Volunteer for the Torfaen and District MS Group. As a Fundraising Volunteer, you will plan and deliver a range of fundraising activities for the group to help support the work of the MS Society locally. We are a small group at present & have various volunteer vacancies. We are keen to raise our profile in the area as well as raise awareness of MS and would like to increase our income. We currently run a weekly drop-in session and a monthly coffee afternoon and are looking for someone who would bring fresh ideas that will lead to fundraising activities in the area. The Group Coordinating Team also meet every month and you would be welcome to attend when possible.

### **Torfaen Libraries Read to Me Service**

This service strives to combat isolation and loneliness in those who are unable to get to community based Shared Reading Groups due to ill-health and mobility issues.

It's a volunteer-led service that takes shared reading into the home and is delivered weekly on a one to one basis. It provides the enjoyment of books, the opportunity to talk about what's being read, the pleasure of good company & someone to talk to.

We are looking for kind, patient, caring individuals over the age of 18 to deliver this service to Torfaen residents.

## **VOLUNTEERS WANTED!**

### **Torfaen MS Group—Support Volunteer**

MS Society are looking to recruit a Support Volunteer for the Torfaen and District Group. As a Support Volunteer, you will be providing support to people with MS, their family, friends and carers. We would welcome you as a support volunteer to join our Lead Support Volunteer in delivering our support services in the Torfaen and District area. The group currently holds a weekly drop-in session and a monthly coffee afternoon in a local cafe. The Coordinating team also hold a monthly business meeting. We are a small group at present who are looking to increase the number of volunteers in our group. Hours would be flexible and vary to the needs of the support required and around your availability.

### **Ambulance Car Service Volunteer Driver**

Volunteer Car Drivers use their own vehicle to transport non emergency patients to and from hospital appointments. The role is completely flexible and the hours can fit around your lifestyle. Expenses are paid in the form of a mileage rate. To volunteer you will need to pass a driving assessment, hold a good driving record and possess a safe and reliable 4 door vehicle. Certain requirements needed are a clean Disclosure Barring Service check and attend an occupational health check.

### **Torfaen and Blaenau Gwent Mind—Volunteer receptionists/admin required to manage front desk at Pontypool.**

To assist with the smooth running of the reception area by tending to visitors and dealing with enquiries on the telephone and face to face. To provide information regarding the organisation to the general public, professionals and customers.

- To redirect telephone calls and relay messages in a polite and professional manner.
- Welcome new people, visitors and provide information about Mind services, activities or directing them to the correct person or department.
- Undertake, as required, basic record keeping including reporting verbally on issues that may arise.
- Manage the visitor's book.
- Deal with queries from the public and customers and if possible provide information.
- General administrative and clerical support.
- Operate a room booking system.
- Tidy and maintain the reception area.
- Collection and posting of mail.
- To contribute to the protection of individuals from abuse.

**For more information on any of these opportunities, please contact the Volunteering Team on 01495 742420**