

# TAFOD

Summer 2019

[www.tvawales.org.uk](http://www.tvawales.org.uk)





## Message from the Chair

Hello everyone,

Welcome to Summer 2019 issue of TAFOD.



I am delighted to welcome a new member of the team, Victoria Crocker. Vicky is our Third Sector Relations/Links Officer who works closely with the team. I'm sure she will be an asset to the organisation. Welcome Vicky!

9th July saw the re-branding of TVA at Pontypool Active Living Centre. The event was a tremendous success with around fifty of our members attending with tables demonstrating their individual organisations. Many more people attended including the Leader of Torfaen County Borough Council plus many other Councillors as well as members of TVA Board. It was great to hear the "buzz" in the room and to witness people networking.

To achieve a new logo TVA worked with students from Pontypool Coleg Gwent. The standard was extremely high and after much discussion Lee Brakspear's design was chosen. Lee gave a very informative presentation on how the design was achieved. Well done Lee!

Richard Selby is a patron of The Princes Trust & Business Entrepreneur. Richard highlighted the work of the Foundational Economy Group, of which he is Chair, and the developing relationship with TVA, the Third Sector, partners & local businesses. He also gave an extremely motivating presentation on how Pro Steel has risen from originating in 2012 to the present high regard in which the company is held.

Entertainment was provided by "The Nifty Strings Ukulele Band", Pontypool Salvation Army Band and the ever popular Penygarn Primary School Choir.

Thanks must also go to Torfaen Leisure Centre for their help in organising this event.

All in all a brilliant day.....

Enjoy the Summer

**Lynn Tanner MBE**  
**Chair - Torfaen Voluntary Alliance**

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# TVA Networking & Celebration Event

With the launch of our new logo!

On the 9th July TVA held a Networking & Celebration Event at the Pontypool Active Living Centre. The aim of the event was to encourage our members to interact with each other providing them with support and information of how TVA can help.

At the event we also launched our new logo which was designed by a student from Coleg Gwent. The new design was created not only to show that we are part of Third Sector Support Wales but to show that we work with individuals throughout Torfaen.

It was great to see so many of our members coming along and sharing news & developments with each other. As well as having live music presented to us from Cwmbran Nifty Strings, Penygarn Primary School Choir & Pontypool Salvation Army Band.

Thank you to everyone who came along and shared with us. We hope that you enjoyed it as much as we did.

Below and on the following page are some photos & quotes from the event.



**Great Event \*\*\*\*\* Five Star!!**



cynghrair gwirfoddol torfaen  
torfaen voluntary alliance

**Thank you so much for  
inviting us!! This was an  
invaluable experience & very  
useful!!**







Richard Selby

**Very Good Event!!**



Lynn with Lee who designed the new logo!



Our New Logo



Cwmbran Nifty Strings



The Pontypool Salvation Army Band

**It was good having the musical entertainment - it created a fun environment!**





## Friends of Pontypool Town awarded the Queens Award for Voluntary Service

The Queen's Award for Voluntary Service is the highest award given to volunteer groups across the UK to recognise exceptional service within their communities.

This year's recipients are incredibly diverse and innovative, from the Rural Coffee Caravan Information project in Suffolk, which combats rural isolation by providing a mobile community cafe and information centre, to Calum's Cabin in Rothesay that provides a holiday retreat on the Isle of Bute for children suffering from cancer and their families.

The Queen's Award for Voluntary Service Independent Committee Chair Sir Martyn Lewis, said:

*"The record number of nominations for this year's Queen's Awards for Voluntary Service proves that volunteering at a grassroots level continues to thrive. This year it is a real pleasure to congratulate 281 winners - all with strong reputations for successfully tackling a wide variety of issues and problems in their communities. They are powerful examples of real democracy in action".*

Friends of Pontypool Town are so proud to be awarded the Queens Award for Voluntary Service #QAVS2019. This is the highest award for voluntary groups in the UK and we couldn't be happier!

Massive thanks to Torfaen Voluntary Alliance & Tom who helped with the application for the Queens award and for allowing us to hold our meetings in the TVA building. Your help and support over the last few years has been invaluable. A huge thanks to all of our volunteers whose only aim is helping to make #Pontypool a safer and more vibrant place to live, work and visit. You are all amazing!



We are always looking for people to help us in our quest to continue to make Pontypool Town a vibrant, safe and fun place to visit, for more information of how to become a volunteer contact us on:  
**07467 031744 or email us on: fopvolunteers@gmail.com**



# Cwmbran Stroke Support Group



At our group meetings we like to encourage conversation and interaction with a range of activities and outings to help regain confidence and well-being.

**We meet every Thursday Morning!**



We also have the 'Strike a Chord Choir' who practise straight after our group meet.

It is the first Welsh Choir of its kind for the stroke Association.

Singing has made a huge difference to all who have joined; especially those with speech problems.

**Join us at:**  
**The White Hut Community Hall**  
**Penylan Roundabout**  
**Coed Eva**  
**Cwmbran**  
**NP44 7AG**  
**Tel: Pete Smith 07913143329**



Choir Master: Ali

**FAIRFIELD UNITED AFC**  
*Mini & Junior Football*

# FOOTBALL FESTIVAL

## 2019

**Sat 31st Aug & Sun 1st Sept**  
**Abersychan Comprehensive School**  
 Incline Rd, Abersychan, Pontypool NP4 7DF  
 For more info contact Dave Britten  
 T: 07977 172052 E: debritten@aol.com

**EARLY BIRD BOOKING OFFER!**  
**£5.00 DISCOUNT**  
**IF BOOKED BY MARCH 31st 2019**

Logos: Facebook, Grassroots Football, Wales Football Federation

## Integrated Autism Service Gwent

### Geocaching for all event

Gwent Wildlife Trust and Integrated Autism Service (Gwent) invite you to a joint, FREE ASD friendly geocaching event over the School summer holidays.

At each event there will be a Member of the Gwent Integrated Autism Service present for any advice.

15th August -Boating Lake Cwmbran

21st August - Caldicot Castle Caldicot

The events are for all ages. Start at 11am and Finish 1pm

For further information check your facebook page Gwent IAS for meeting points or please contact the IAS office on

**01633 644143**



## Gwent-wide sexual violence support service welcomes new grants

The Horizon project, which delivers services to victims and survivors of sexual violence, has been awarded substantial new grants, securing the future of its Gwent-wide services and supporting development and expansion.

Cyfannol Women's Aid has successfully applied for grants from The National Lottery Community Fund and Ministry of Justice for its Horizon Sexual Violence Services. The Office of the Police and Crime Commissioner for Gwent, and Community Foundation Wales and The Henry Smith Charity have also confirmed ongoing funding. With this in place, Cyfannol can extend the reach of its Horizon project, removing barriers and meeting the needs of sexual violence victims and survivors across Gwent.

Since Cyfannol Women's Aid launched the re-branded Horizon project last year, it has offered support to more than 300 survivors of sexual violence. These grants are welcome at a time when demand for the independent sexual violence advisor and specialist sexual violence counselling continues to rise and take up for new group-based projects is growing. Additional funding will ensure gaps in provision are addressed and support is more accessible at the point of need, reducing the barriers for vulnerable people who find services hard to reach.

In response to feedback from people who have accessed Horizon's services, new developments will address the support needs of family and friends, expand group education and therapeutic interventions, provide extra support for children and young people, and prioritise good-quality information for all those affected by sexual violence.

At the end of 2018, Cyfannol Women's Aid took over the management of the Sexual Exploitation Advocacy Support Service, expanding Horizon's remit to include specialist services for exploited sex workers and women who are at risk of experiencing sexual or financial exploitation. After a period of uncertainty, the new grants will protect this service and its staff.

Helen Swain, CEO of Cyfannol Women's Aid, said:

"We are delighted to have secured the future of the Sexual Exploitation Advocacy Support Service and its team, and plan to build on the continued success of Horizon to develop its services further. Going forward, we are committed to ensuring that our services are shaped by the people who use them."

Sally Howells, Horizon Services Manager, said:

"This is a very exciting time for Horizon. In the coming months, we will be launching online services, recruiting another Independent Sexual Violence Advisor and enhancing our specialist counselling service to include support for children aged 13+. With this extra funding in place, thanks to players of the National Lottery and our other funders we can continue to ensure individuals who have experienced sexual violence are heard and empowered, and can look to the future more positively."

To find out more, visit [www.cyfannol.org.uk/HorizonSVS](http://www.cyfannol.org.uk/HorizonSVS)





## Volunteering Matters wins Youth Work Excellence Awards 2019

Volunteering Matters' Activ8 youth project celebrated winning the Youth Work Project category at the Wales Excellence Awards 2019 held in Conwy, North Wales on Friday 28th June 2019. The Youth Work Excellence Awards recognise and celebrate outstanding youth work projects, youth workers and those involved in youth work across Wales. Youth work provides and facilitates an environment within which young people can relax, have fun, and feel secure, supported and valued. Through non-formal and informal educational opportunities and experiences, youth work approaches challenge young people to enhance their life chances.

Activ8 is a peer-led project running across Gwent. The project empowers young people to develop skills, confidence and knowledge to help them progress into volunteering, education, employment or training. This is achieved through bespoke and tailored activities to young people aged 18 – 24 years, who are not in education, employment or training (NEET), combining the benefits of peer-support, focused and relevant learning packages and quality opportunities to volunteer within a supportive community environment.

Peer recognition is naturally inclusive. Anyone can give it, and anyone can receive it. The project has been supported by the European Social Fund through Welsh Government raising skills and helping people into work.

Sianne Morgan, Youth Development Manager for Volunteering Matters adds that, 'this award is a remarkable achievement for Activ8 and recognises the fantastic achievements of young people through peer support and intervention. I am so proud of all our young people on this project and the way Activ8 is shaping the future of youth engagement into education, employment and training'.



If you would like to find out more information about this award winning project please contact Sianne Morgan on [Sianne.morgan@volunteeringmatters.org.uk](mailto:Sianne.morgan@volunteeringmatters.org.uk) or tele: **01495 750333**



## The Ebenezer Centre 5 Year celebration

### The big band comes back to Town

The Ebenezer Centre Steering group would like to thank all those who attended the Gala evening at the Centre celebrating the 5th anniversary of the opening of the Centre, with a performance on stage of the Gethin Liddington's High Society Big Band featuring guest singer Sara Meek.

The two sets were made up of 25 big band titles of old favourite of arrangements dating back to the good old dance band years. These included ( Intermission Rift, 920 Special, Little Brown Jug,) and many more.

The musicians set a very high Standard under the leadership of Gethin Liddington who himself played a very mean Trumpet. It is difficult to pick out any one performance but one that stood out was the drummers piece SKIN DEEP made famous by Gene Krupa, in this case excellently performed by Paul Shepherd.



The guest Singer Sarah Meek earned huge applause for her vocals including “As long as he needs me”. “Embraceable you”, and “You go to my head”. Certainly a singer to look out for in the future.



You cannot leave out one of the top Pianist in Wales at the moment - Richard West.. who has performed at the centre on a number of occasions, He once again showed off his skills on the keyboard

As a footnote. the Steering Group would like to say that further events are planned this year “Swinging Bill Vintage Review” A musical extravaganza 2nd August 2019. So come along to support us and enjoy an evening of live music. And look out for our Christmas Entertainment.

To find out more please contact the centre on **01495 762052**

The halls address The Ebenezer Centre Hanbury Road, Pontnewynydd Pontypool, Torfaen NP4 6QN



## British Red Cross - Update on groups

The British Red Cross wanted to remind members of the public and organisations that they have a singing group on a Wednesday and a board and card game group on a Thursday. The groups will continue despite the end of the Red Cross Community Connector service on 31st July.

The Library service will take over the Board game group and we are currently in discussion with other organisations to continue the singing group, so it will continue!

The Salvation Army Hall in Pontypool is closed throughout August so the singing group will run until the end of July and then continue in Sept.

No referral or booking is required to attend the groups, so please pass on the info within your networks and signpost your service users, Mum's, Dads, neighbours...in fact just tell everyone!

Both groups are free to attend.

### **Singing @ The Salvation Army Hall, Park Road, Pontypool NP4 6JH**

**Wednesday**

**1pm for a cuppa.**

**1.30pm for singing.**

**Finish at 2.30pm**

**FREE**

You don't need to be able to sing. It's fun, we're not a choir. We sing lots of genres of songs. Participants can choose which songs to sing from a large selection. No booking or referral necessary – just turn up and join in. No singing group through August due to the hall being closed.

### **Board & Card games @ Cwmbran Library, Gwent House, Gwent Square, Cwmbran,**

**NP44 1PL**

**Thursday**

**1pm -2.30pm**

**FREE**

Lots of board and card games to choose from. No booking or referral necessary – just turn up and join in .

if you would like to know more about the British Red Cross, please contact them on **01633 833742**



## ‘Comic Relief Community Fund in Wales’

### An easy-to-access pilot grant scheme for community groups in Wales

Comic Relief wants to ensure that its funding reaches the heart of Wales’ communities, by supporting community led action tailored to the varied communities across Wales. Third Sector Support Wales (TSSW) has been selected to administer grants on behalf of Comic Relief in Wales, ensuring a reach to grassroots organisations.

Grants come in two levels:

1. Small Grants £1,000 - £10,000
  - Projects carrying out community led working to tackle a specific need or issue within their locality
  - Fitting in under one of Comic Relief’s four strategic themes:
    - Children Survive and Thrive
    - Mental Health
    - Gender Equality
    - A Safe Place to Be
  
2. Organisational Growth Grants £30,000 - £60,000
  - For organisations to carry out activity to make a strategic impact and increase their resilience
  - Fitting in under one of Comic Relief’s four strategic themes:
    - Children Survive and Thrive
    - Mental Health
    - Gender Equality
    - A Safe Place to Be

During this Comic Relief pilot scheme there will be one grant application window for organisations with an annual income of less than £250,000 per year.

The application window is open from 22nd July 2019 and the closing date is 31st October 2019.

The earliest projects can begin is the 1st January 2020

Projects should be completed by 31st March 2021

To find out more about TSSW visit [www.thirdsectorsupport.wales](http://www.thirdsectorsupport.wales) or for further information from your local CVC - Torfaen Voluntary Alliance contact Victoria on **01495 742492** or email [victoria@tvawales.org.uk](mailto:victoria@tvawales.org.uk) who will be pleased to assist you with your application. Applications are available on our website [www.tvawales.org.uk](http://www.tvawales.org.uk)





## The Welsh Medium Mother and Toddler Group (Angel Fach Cylch Ti a Fi)

The Welsh Medium Mother and Toddler Group (Angel Fach Cylch Ti a Fi), meets on a Thursday morning the lower St. James' Hall Pontypool from 10:00 to 12:00 during school term time. The group, which is non-profit making, has been running for around 30 years and is run entirely by unpaid volunteers. Over the years many children have started on their Welsh journey with the group some of whom have returned to the group years later with their own children. However, the group is open to all children regardless of whether they will go on to Welsh medium or English medium education. The group is aimed at children aged from 0 to 5 and there is a warm welcome for everyone to the group sessions. The group sessions normally start with the children having free play time then arts and crafts whilst the parents have tea/coffee and biscuits. After the arts and crafts activity the children have light refreshments, or sometimes a party if there is a birthday or special occasion to celebrate. The session normally ends with group singing of Welsh children's songs and sometimes, if we have older children present, a story in Welsh.

The group was co-located with the Ysgol Feithrin in upper St James' Hall until last year when Ysgol Feithrin had to extend its opening hours to cope with demand, this meant that the Ti a Fi had to move to the lower hall. For many years the group had shared facilities and play equipment which belonged to Ysgol Feithrin and this meant that when the group moved to the lower hall access to these facilities and equipment was lost. Although Ysgol Meithrin donated some equipment to the group to help with the move it was necessary for the group to buy more play equipment to replace some of that to which it no longer had access.

The group's only income is from parental contributions and the occasional grant. The group had insufficient funds to buy all the play equipment that it needed, but fortunately became aware of the work of Cronfa Glyndwr. The group applied to Cronfa Glyndwr for a grant to buy play equipment and Cronfa Glyndwr very generously gave the group a grant to help buy new play equipment.



Cronfa Glyndwr is a fund, supported entirely by donations, which supports organisations and initiatives to promote the Welsh language. The photo shows some of the play equipment that has been bought with the grant from Cronfa Glyndwr.

If you would like to know more about the group, visit their website (<http://www.cronfaglyndwr.cymru/>)

## **VOLUNTEERING OPPORTUNITIES**

### **Co-ordinator - Torfaen & District MS Group**

The co-ordinator takes the lead in making sure the local group works as effectively as possible. In this role you'll be able to develop your leadership, management, communication, organisation and motivation skills.

This role includes:

- Coordinating the activities of our local group to meet the needs of the local MS community
- Coordinating the recruitment, induction and ongoing support of new local group volunteers
- Leading the group's shared responsibility for planning and reporting expenditure and income
- Ensuring the group's activities comply with policies in order to keep people safe
- Regularly communicating and acting as a key contact between staff and volunteers
- Ensuring disclosure checks are completed and witnessed for volunteer roles that need them
- 

We can support you to develop the skills you need for this role, including an induction into all the areas outlined. You will have a chance to discuss your role and any additional needs with us.

### **Admin Volunteer for Torfaen & District MS Group**

The admin volunteer plays a crucial role. He/she acts as the first point of contact and makes sure all relevant information is circulated to other volunteers and members.

In this role you'll develop your administration and organisation skills. Typically, the role includes

- Keeping records and data up to date and taking notes at meetings
- Preparing mail-outs and information list for weekly drop-in
- Answering enquiries
- Accessing the group MS Society Email and Portal accounts
- Booking venues for meetings and activities
- Supporting the development of the group's activity plan



We can support you to develop the skills you need for this role, including an induction into all the areas outlined. You will have a chance to discuss your role and any additional needs with us.

### **Citizens Advice Torfaen - Volunteer Receptionist Cwmbran**

Meet & greet clients, ask clients to complete client case sheets providing assistance if required, record client data to Casebook adding appropriate reference numbers, ensure all paperwork is up to date & correct & replenish forms where necessary, making & receiving telephone calls, receive other visitors & direct them to the appropriate person, take delivery of parcels & ensure these are stored securely or passed to the appropriate member of staff, opening & stamping of incoming post, updating spreadsheets, checking of mailbox for messages & returning calls, scanning of client case sheets & attaching to case along with any documentation at the end of each day, general filing, photocopying, booking of appointments, informing advisors on clients arrival & room allocations, ensure reception area is kept tidy & covered at all times, maintain confidentiality at all times.



## **VOLUNTEERING OPPORTUNITIES**

### **Garnsychan Partnership - Shop Assistant/Customer Service**

We are looking for chatty and outgoing volunteers with customer service skills, to help out in a customer service role, assisting our customers and creating a welcoming atmosphere. We would also consider people who would like the opportunity to develop their communication and customer service skills. Working as part of a team in a furniture recycling charity you would assist potential customers in their purchases as well as other tasks that are required. At Circulate Furniture Recycling we offer participants in-house training, as well as accredited training opportunities.

### **Citizens Advice Torfaen -Trustee**

Citizens Advice Torfaen are looking to enrich its Board of Trustees and are particularly interested in recruiting women with back grounds in the voluntary, public, health or private sector to join the nine other Board members to take our organisation into the next phase of its development.

Main duties and responsibilities for all trustees

Each individual member of the trustee board has a responsibility to contribute to the discharging of the board's duties. They can do this by:

- maintaining an awareness of the business of the bureau
- taking responsibility for their own learning and development
- regularly attending, preparing for and taking a full part in meetings

- actively contributing to setting policy and strategic direction, defining goals, setting targets and evaluating performance

- monitoring whether the service complies with its governing document, whether it meets Citizens Advice standards and how well the advice needs of the local community are being met

- monitoring the financial position of the bureau and ensuring that it operates within its means and objects, and that there are clear lines of accountability for day-to-day financial management

- supporting the development of the bureau through participation in agreed projects

- actively seeking to further the strategic objectives of the bureau, and acting in the best interests of the bureau at all times

- maintaining confidentiality about any sensitive or confidential information received in the course of duties as a trustee.



### **County Hospital league of Friends - Trolley Volunteer in County Hospital, Torfaen**

Selling newspapers, drinks etc. around the wards and units at local hospital. Involves collecting newspapers from local store each morning, loading stock onto trolley after sales round. Cash up and return unsold papers to the store.

If you are interested in any of these opportunities or would like to discuss other opportunities, please contact Callum on **01495 742465** or email **[volunteering@tvawales.org.uk](mailto:volunteering@tvawales.org.uk)**

## Dont forget to register on 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.



### 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:

Amanda Rawlings - **01495 742457** or **amanda@tvawales.org.uk**

### Contact Us

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[www.twitter.com/TVAtorfaen](http://www.twitter.com/TVAtorfaen)

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

