

TAFOD

Summer 2018

www.tvawales.org.uk

MEDIWYR 1-7 JUNE

WYTHNOS GWIRFODDOLWYR VOLUNTEERS' WEEK

Recriwtio gwobrwyo a chydnabod gwirfoddolwyr
Recruiting, rewarding and recognising volunteers

Gwirfoddoli Cymru Volunteering Wales www.gwirfoddolicymru.net
www.volunteering-wales.net

Gŵyl Ffôn Cymru
Llywodraeth Cymru
Welsh Government

WCVA

**Dathlu!
Celebrate!**

Had a really great visit at Able Radio...
...was nice meeting people at the...
...and getting involved with their Radio...
...Station. Be sure to tune in Saturday at 10am...
ableradio.com/volunteersweek

Was great chatting with volunteers from the...
Disability Advice Project yesterday in...
Cwmbran they have a great group of people...
there. #VolunteersWeek

Another day, giving us another chance to get...
chatting with volunteers at the Age Connects...
Hub at Porthcwm Village Hall. Both Jackie and...
Linda have been volunteering for over 3 years...
at the weekly lunch club and they love it!

Called into the British Red Cross Shop in...
Pontypool, and was lucky to meet with Anne...
and Janis who volunteer at the shop - it was...
great to hear how they love volunteering and...
meeting new people! #VolunteersWeek

Great to see people volunteering this...
morning. #volunteering-wales

Torfaen Voluntary Alliance

Celebrates Volunteers Week 2018

This year TVA celebrated volunteers' week with style, creating a buzz throughout Torfaen, using social media to interact with our followers and let everyone know what was taking place.

To kick start the celebrations, the team attended a local litter pick on Friday 1st June which was organised by Pontypool Park Friends and Keep Wales Tidy and made possible by volunteers. Following on, Advice and Information stands were promoted and held within pivotal venues in Cwmbran, Blaenavon and Pontypool.

Additionally, drop-in sessions were arranged with volunteer organisations based throughout Torfaen, some of these were;

- * Age Connects Torfaen
- * British Red Cross
- * All Creatures Great and Small
- * Co-Star
- * Able Radio
- * Disability Advice Project
- * Shaw Trust

Meeting with these organisations was great as it helped build connections and good working relationships. It also gave us the opportunity to see first-hand the good work that the organisations are doing and how they involve volunteers. We spoke with many volunteers over the week who all said they enjoy what they do.

To finish off, volunteers week came to an end with an 'Afternoon Tea Celebration' at TVA, this was our way to say thank you to volunteers across Torfaen, celebrating and recognising the great work they do. The afternoon was well attended with approximately 35 visitors and a guest appearance from Anthony Hunt, TCBC Leader who chatted with volunteers and presented certificates to volunteers at the tea. TVA appreciate the kind donation made by Tesco in Pontypool which helped with the cost of providing refreshments on the day.

Thank you to all volunteers and keep up the good work!!

Please see photos from the week on next page.





Shaws Trust Charity Shop Cwmbran



TVA's afternoon tea



Age Connects Torfaen
Lunch Club Ponthir



Able Radio



Able Radio



British Red Cross Chaity Shop Pontypool



Fairwater Rainbows urgently need your help!

Would you be interested in helping with Fairwater Rainbows? You will be offered support from leaders and it would be an amazing thing if one or more of you could help.

By volunteering with this Rainbow unit you will be doing something amazing for the girls in our community – helping them to continue their Girlguiding Adventure.

Please contact Pritti on chandra@guidesplus.com for more information or log on to Girlguiding.org.uk and choose Get Involved



Age Connects Torfaen - Volunteer Opportunity

Creative Photography Volunteer

We are looking for photography volunteers who have:

Strong photography skills; A good artistic eye and feel for an aesthetically beautiful shot; Good Adobe Photoshop skills; Good interpersonal and communication skills; Suitable photography equipment and editing software

General tasks may include:

Collating all photos taken after the event/photoshoot and sending to the team electronically as soon as possible; Participating in evening and weekend events/activities when needed; Arranging props/material for photoshoots; Capturing images, within agreed timeframes, to display and colour compliance standards; Performing quality control checks on images, according to guidelines; Post-processing of images, including cropping, colour corrections, etc

Naming digital files and creating metadata/tags as required for upload to the photo library

What can we offer you?

Valuable experience for your CV; A great opportunity to build your portfolio with event, documentary and life photographs for future work and job experience; A chance to meet new people in the local community and gain experience of dealing with the public/working with a range of different audiences; The opportunity to make a valuable contribution to the work of Age Connects Torfaen.

For more information please contact Emma on **01495 769264**



Byddwch yn wirfoddolwr

o fewn Gwasanaeth Tân ac Achub De Cymru

Be a volunteer

with South Wales Fire and Rescue Service



Gwasanaeth Tân ac Achub
De Cymru



South Wales
Fire and Rescue Service

Am wybodaeth ar ymweliad y Cynllun Gwirfoddoli
WWW.DECYMRU-TAN.GOV.UK

For information on the Volunteer Scheme visit
WWW.SOUTHWALES-FIRE.GOV.UK

The Easy Pacers

We're a beginners and improvers running group. Much like parkrun, we're a volunteer led group of experienced runners. We're passionate about the benefits of becoming more active from improved sleep, a slimmer waist line and better mental health. Best of all are the new friendships that have formed as a direct result of this group.

There are different groups available:

Fundamentals. Works on building people up with movement and exercise.

Walk2Run. We walk and run until you can keep going much like a Couch to 5k program.

3 miles. There are several 3 mile groups all designed to be progressive and achievable.

4 miles. A pacy 4 mile run.

Our volunteers are qualified Run Leaders or working towards this qualification. Crucially they've been runners for many years and can offer advice from direct experience. There's no pressure to join a club but we do encourage people to try the local clubs as part of their fitness journey. We also encourage you to do additional activities during the week and take part in your local parkrun.

Still not sure? Perhaps watch this video kindly produced by Cwmbran Life.

<https://www.cwmbranlife.co.uk/the-easy-pacers-running-club/>

For more info find our group on Facebook "Easy Pacers Cwmbrân", email fionacross@rocketmail.com or call Fiona on 07881 855553

<https://www.facebook.com/groups/1526356354125793/>

It's free to become a member of the Easy Pacers and take part so there's nothing lose? Give it a go, make new friends and get fitter. You'll beat everyone who stays on the sofa!

Finally, the group is growing rapidly and we'll need more volunteers soon. If you're a nurturer, good communicator and an experienced runner perhaps you'd consider becoming a volunteer? Contact Fiona on the details above. You'll be fully supported on your journey to become a run leader.





Costar



What's on at the Threepenny Bit Telephone (01633) 869227

Monday

- Gateway Credit Union – 10.00am – 1.00pm (Head Office 01495 742500)

Tuesday

- Foodshare Café – Late Breakfast 11.00am – 12.15 pm only £2.00 , under 11's FREE (must be accompanied with a paying adult), includes tea/coffee or juice.
- Cash Bingo eyes down 12.30pm £3.50 - 13 chances to win
- Ancestry Class 2.00pm – 4.00pm only £2.50

Wednesday

- Art Class 9.30am – 12.00 noon -£6.50
- Lunch Club 12.30pm – 1.30pm - £3.00
- Crafty Chatters Craft Class 2.00pm – 3.30pm £2.00

Thursday

- Art Class – 10.00am – 12.00pm - £4.00 per class.
- Community Work Club 1.30pm – 3.30pm
- Last Thursday of the month `TIMEBUBBLE' meet your Ancestor's - 7.15pm only £4.00, includes a light buffet supper. (please call us in advance to check staff availability)

We also supply Fruit, Vegetable and Salad bags for £3.50 each, please ask a member of Staff for more information.

RePaint open – Monday – Thursday 10.00am – 2.00pm from £1.50 minimum donation per litre

Kaleidoscope 01291 635355 - GDAS Wales www.gdas.wales Tel: 03339 993 577

Eastern Valley Foodbank now offer a 'listening service'/counsellor. Sessions need to be booked in advance please telephone **01495 760605** on Wednesday afternoon or Friday Morning.

Please could you ring beforehand for all of the above, as they may change due to holidays or Staff Illness

Please visit our website for upcoming events: www.costarcwbran.co.uk



Volunteering Matters

Volunteering Matters 'Focus on Disability week' presents:

S.A.F.E – Moving forward

Friday 6th July 10.00am to 12.00pm. The Oak Room
Woodlands Road Sports and Social Club, Cwmbran, Torfaen. NP44 2DZ

Volunteering Matters are holding an event as part of our Focus on Disability week, showcasing our S.A.F.E (Sexual Awareness for Everyone) project, a new innovative peer led project for young women with learning disabilities aged between 16 and 35 living in Gwent.

Please come along and learn more about S.A.F.E, its outcomes and progress in the first year and hear from some of the volunteers and beneficiaries of the project.

After the presentation we will hold workshops giving organisations the opportunity to help shape the future of the project and tell us how you think it should develop, to ensure it is meeting the needs of young women with learning disabilities from a Health, Social Care and Education perspective.

Please RSVP to Sianne Morgan, Youth Development Manager Wales on sianne.morgan@volunteeringmatters.org.uk



VOLUNTEERING MATTERS

ACTIV8

Aged 18-24 and based in Gwent? Not in education, employment, or training?

Activate your potential and get started today! We provide quality volunteering opportunities for you within your community, and you'll also receive:

<ul style="list-style-type: none"> ▶ Free training ▶ Ongoing support ▶ References 	<ul style="list-style-type: none"> ▶ Free local travel support ▶ Out of pocket expenses ▶ Nationally Recognised Awards
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CARA.BATTRICK@VOLUNTEERINGMATTERS.ORG.UK | 01495 750333



Cyngor Gweithredu
Gwirfoddol Cymru
wcva
Wales Council for
Voluntary Action



Cronfa
Cynhwysiant
Gweithredol
Active Inclusion Fund



Cronfa Gymerchasedd Ewrop
European Social Fund

Torfaen Summer Activity Provisions 2018

FREE



Providing a variety of fun and interactive sessions in the heart of the community

Monday 30th July - Thursday 23rd August

Playschemes Morning Sessions 10am - 12pm (5 - 11 years)

- Blaenavon VC Heritage School, Blaenavon
- Coldbarn Farm, Trovethin
- Glansychan Park Building, Abersychan
- Henllys Primary, Henllys
- Llantarnam Primary, Llantarnam
- New Inn Primary, New Inn
- Pentrench Community Hall, Tranch
- Ponthir Village Hall, Ponthir
- St Dials Community Hall, St Dials
- Victory Church, Greenforge Way
- Woodlands Primary, Thornhill

Playschemes Afternoon Sessions 1pm - 3pm (5 - 11 years)

- Blaenavon VC Heritage School, Blaenavon
- Blenheim Road Primary School, St Dials
- Coed Eva Primary School, Coed Eva
- Fishpond Park, Panteg
- Garnteg Primary School, Garndiffaith
- Greenmeadow Primary School, Greenmeadow
- Intergrated Childrens Centre, Hollybush
- Llanyravon Church, Llanyravon
- Maendy Primary School, Northville
- Nant Celyn Primary School, Hollybush
- Noddfa Church, Abersychan
- Pentwyn Wellbeing Centre, Pentwyn
- Sandybrook Park, Hollybush
- St David's Primary School, Caldicot Way
- Woodlands Field, Penygarn

FREE HEALTHY SNACKS
Provided at all Playschemes

Welsh Medium Provision (5 - 11 years)

- | | |
|--|-------------|
| Ysgol Gymraeg Cwmbran (3 Bears school) | 10am - 12pm |
| St Hilda's Church, Griffithstown | 1pm - 3pm |

Additional Summer Provision for Children and Young People 10am - 3pm (8 - 12 years)

- Fairwater Activities Sessions Fairwater, Leisure Centre
- Cwmbran Stadium Activities Sessions, Llantarnam

Learn, Laugh and Get Active Camp 9.30am - 1pm (5 - 11 years)

(Referral Only through school)

- Blenheim Road Primary School, St Dials
- Coed Eva Primary School, Coed Eva
- Garnteg Primary School, Garndiffaith
- Nant Celyn Primary School, Hollybush

Specialist Respite/ Short Breaks Support

(Referral Only)

(Specialist provision for children and young people with complex needs)

- | | |
|--|---------------|
| Youth Inclusion Zone, Fairwater Leisure Centre | 12 - 17 years |
| Pontypool Active Living Centre, Pontypool | 5 - 11 years |

Promoting every child's right to play safely within their community. **Whatever the Weather!**

All children under 8 must be dropped off and collected by a responsible adult. For more information on playschemes please contact the Play team on 01495 742952. Children can attend more than one site.



Activities at Torfaen Voluntary Alliance Community Room

Every Monday between 9.00am - 12 Noon Communities for Work & Pace

Communities for Work have a dedicated team who will help:

- Develop the skills you need to find work
- Advise and support you with any problems you are facing
- Help you find the job you want

Pace help parents whose childcare costs may be preventing them from training or working by:

- Identifying childcare option
- Funding childcare
- Identifying training requirements
- Getting you closer to the workplace.

Every Wednesday between 9.00am - 4.00pm Gwalia - Floating Support Drop in service

Do you live in the Torfaen area and need support with any of the following issues?

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

Every Tuesday & Thursday 10.00am –4.00pm Remploy

One of our experienced and supportive advisors will work with you to help you:

- Develop your skills
- Find a career path that will take you where you want to go
- Become more confident about work
- Find work experience/placements
- Practice for interviews, complete applications
- Write a winning CV and search for jobs in your area.

To book the room or for more information please call **01495 742420** or email **info@tvawales.org.uk**



Nant Bran Room Rentals

Nant Bran, the building in Upper Cwmbran operated by Able Radio has rooms available for rental by community organisations and groups:

Creative Space – The former School Hall Approximately 11m * 9m with a high ceiling (approx. 4m) equipped with stereo, projector (Image about 3.5m wide), disco lights and blackout blinds. Ideal for Drama, Choir, dance rehearsals, keep fit etc. or large meetings (50 comfortable)



Meeting rooms (2) 3.5m*3m & 4.5m*3m – ideal for meetings, training courses, art groups etc.



Radio studios also available after familiarisation session please ring to discuss



The building is fully disabled accessible, equipped with disabled toilets and has a large car park connected via a ramp. Due to the clientele using the building during working hours, rentals are restricted at this time but please call to enquire, as we aim to accommodate you if possible.

To view facilities, enquire about availability or make a booking please call **01633 960627** and ask for Rob, or email management@ableradio.com

Volunteering Opportunities

Sight Cymru - Volunteers needed to deliver workshops on eye health to children in schools

As part of a WCVA project this role requires volunteers to go into schools and deliver basic key eye health messages to the children, using eye models, simulation glasses and pictures. This role requires no experience just a willingness to learn about basic eye health and the ability to stand up in front of a class with other volunteers and enjoy the workshops.



NYAS - Independent Visiting Volunteer

As a volunteer you will:

- Have fun, take young people on outings and maybe share a hobby, sport or interest
- Offer support and a listening ear, be a positive influence in a young person's life and help build self-esteem and confidence.

You don't need any special qualifications. We are looking for reliable and dependable people from all walks of life. We will provide training and on-going support. We will pay expenses to a set limit.

Here is what some of our young people and volunteers have to say about this rewarding role:

- I like how my Independent Visitor isn't anything to do with social services and is here to support me not to judge
- They have boosted my confidence, now I feel like when I go places I can just relax and have fun
- My Young person always looks forward to me coming, they have had such a disjointed life, I am a stable figure in their life and this has to be important for them, as everything else changes around them a lot.



Age Connects Torfaen - Volunteer Shopping Assistant

A Volunteer shopping assistant will assist Age Connects Torfaen with a practical task, helping to provide an essential shopping service to people living throughout Torfaen.

- Once a week, collect shopping list and cash from Age Connects Torfaen staff member
- Visit the designated local supermarket to purchase items on the list, bag items, make payment, collect a receipt and change to be given to the Age Connects Torfaen staff member.
- Deliver goods to designated address and take receipt of monies from clients.



Volunteering Opportunities

Torfaen & Blaenau Gwent Mind - Activity Support Volunteers required to contribute to the smooth running of Torfaen and Blaenau Gwent Mind services by ensuring that people are supported while accessing the wellbeing centres groups.

Welcoming new people and visitors and provide information about Mind services and activities. To promote positive wellbeing. Provide empathetic listening support. Empower people to engage in activities. Help organise activities, events, participate or deliver activities/groups. Support staff with the preparation and delivery of therapeutic groups. To ensure the room used in the centre before/after activities are kept clean and tidy. To contribute to the protection of individuals from abuse.



Disability Advice Project - Welfare Rights Caseworkers - provide welfare benefits information, advice, representation and casework for disabled children, young people and adults, their families and carers.

Welfare Benefits advice is the core activity of the Disability Advice Project so the role of caseworker is a pivotal role within the organisation. The Role of the caseworker is to provide welfare benefits information, advice, representation and casework to disabled children, young people and adults, their families and carers, as well as general information and advice on other relevant issues e.g. employment, discrimination and mobility.

Provide a telephone and face to face service to the clients by supplying them with up-to-date and accurate information, advice and support. The support required will vary from straightforward queries and in time possibly complex appeal cases.

Provide support in completing benefit forms on behalf of disabled people, their families and carers and monitor their cases and applications appropriately.

Ensure all client forms are completed as fully as possible and pass on all paperwork to the appropriate person. To ensure a quality service is delivered at all times, using the most up to date and accurate information available related to the casework. Undertake training both internally and externally as necessary, for you to undertake the role of caseworker, share your knowledge with the caseworker team.



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



Be Seen

An exhibition sharing images and experiences of
sibling carers in Wales

Part of the All Wales Forum Sibling Carer Initiative

12pm – 1:30pm Wednesday July 4th 2018
Portland House, Bute Street, Cardiff Bay, CF10 5EQ

Sponsored by **Ms. Lynne Neagle AM**

Opened by **Mr. Huw Irranca-Davies AM**
Minister for Children, Older People and Social Care

Please join us in celebrating this wonderful group of
people and their unique role in the caring world

Travel for siblings and their families can be subsidised
Please RSVP with numbers to Sophie Weeks
sophie@allwalesforum.org.uk 02920 811120

On behalf of the All Wales Forum

You will (most likely!) know about our work to bring together sibling Carers to form a national voice across Wales. There's some truly amazing brothers and sisters out there, supporting both their siblings and their parents in daily tasks and with emotional well-being.

With some funding support from the Welsh government, we're very excited to finally be in a position to launch this initiative and to put down a milestone for recognition for all of those amazing young and adult siblings out there.

We'd love to hear from you if you work with sibling Carers, are a family that includes sibling Carers, or are a sibling carer yourself. Young or old, let's celebrate the amazing contribution that this group of Carers makes, day in, day out.

If you'd like to come along and be a part of the celebrations then please RSVP to Sophie Weekes at the Forum.

For Carers themselves who wish to attend but may be travelling greater distances from the north or west and mid parts of wales, there is a small pot of funding to assist with part of travel costs. Please discuss with Sophie sophie@allwalesforum.org.uk

Community Health Champion – Free Training



Would you or someone you know like to improve your health, find out about health services in your area and share information with your colleagues, volunteers, friends, family and neighbours?

If the answer is YES, then you could join the Community Health Champions Network!

There are often small steps we can take to lead healthier lives. By joining the Community Health Champions Network in your area, you can make a difference to your health and wellbeing, as well as the people around you.

Anyone in the age group over sixteen can become a Community Health Champion. You do not need a health background. You just need to be willing to pass on information and encourage people to look after their health when the opportunity arises. This could happen when chatting with a friend or more formally through your role in a local community group or as a service provider.

For further information on the community health champion network: [Click here](#)

The next free training session to become a “Community Health Champion” is:

Date: 9th July 2018
 Time: 09.30 am to 3.00pm – lunch and refreshments included
 Venue: Training in Mind, Units 1-3 Church View (next to the Co-op),
 Blaenavon, Torfaen NP4 9NA

There is plenty of Parking in the vicinity of Training in Mind and is easily accessible by bus (Stagecoach X24).

Places will be allocated on a first come first served basis and are limited. Please register your interest on the attached registration form giving any dietary requirements.

Cut off to reserve your place(s) is: 4th July 2018

To reserve your place contact Pat Powell at Torfaen Voluntary Alliance:

Email: pat@tvawales.org.uk Tel: **01495 742460**

Be Independent Helpline

If you live in Torfaen, you can now call one number to find out the information you need to enjoy an independent life.

Be Independent is brought to you by the Local Service Board who want to make this number the only one people need to find out local information on services.

Be Independent are now working in partnership with South Wales Fire and Rescue Service; we are now offering FREE Home Fire Safety Checks.

What is Home Fire Safety Check?

A Home Fire Safety Check is an entirely free service and will take around 30 minutes to carry out. It involves an individual from South Wales Fire and Rescue Service assessing a person's home and advising on fire risks and assisting the householder to develop an escape plan in case of fire. The aim is to look at behaviours

and to educate about potential risks within the home.

Free smoke alarms will be fitted if required, and other fire safety intervention equipment is also issued with the aim of reducing the overall risk from fire.

This is a **FREE** Service available to all high risk or vulnerable residents that are currently being dealt with by the Be Independent Telephone service.

Call the bee on
01495 742700

One Number, One Call



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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