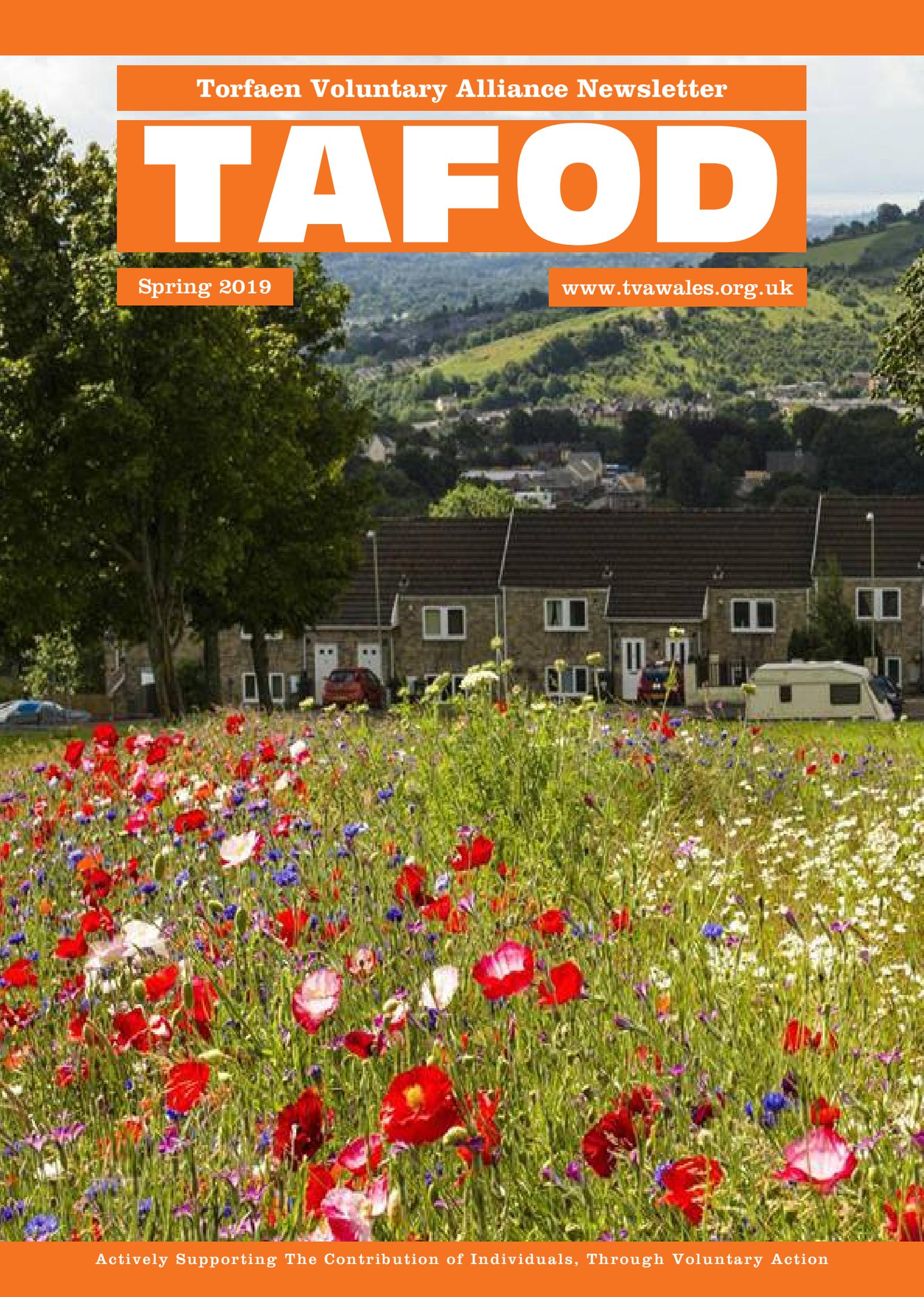


Torfaen Voluntary Alliance Newsletter

TAFOD

Spring 2019

www.tvawales.org.uk



Actively Supporting The Contribution of Individuals, Through Voluntary Action

Message from the Chair



Hello everyone,

Welcome to the Spring edition of TAFOD.

The Board of TVA has two new Members, Jason Palmer and Lorraine Morgan. Jason brings with him experience of training and Development and Lorraine is an experienced Board Member. Their combined expertise will prove an invaluable addition to the Board.

We must also welcome Karon Thomas who has joined TVA as a volunteer, Karon has proved herself an invaluable help to the team.

TVA now undertakes drop-in sessions at Cwmbran library bi-weekly on Thursday mornings where volunteering advice is offered.

The Members event held in January proved a success and provided a lot of useful information for TVA to learn from and build on.

It is planned to hold a larger Network event during the Summer with guest speakers and showcase opportunities hosted by a refreshed and revitalised TVA.

Watch out for the programme, venue and date!

I look forward to seeing you there!!

Lynn Tanner MBE
Chair - Torfaen Voluntary Alliance

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Torfaen Voluntary Alliance Update to the Community

We wanted to update you on the continuing positive position of TVA and how we are moving forwards confidently and proactively.

Our membership has been, and is being, updated continually, so that it is current, active and engaged.

Since our last update our recorded interactions with organisations has increased to 298, some of which are continuing conversations.

Our volunteer centre is vibrant and active, positively supporting 47 volunteers with, or, into volunteering positions.

Portland Buildings itself, our office building in Pontypool, is a hive of activity, as we encourage the development of a centrally located, and accessible, Information and Advice, hub for Torfaen and surrounding areas.

We are working with many groups, third sector organisations, partners, 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 and highlight the level of support provided successfully to the Sector and partners, around sustainability, good governance, volunteering, influencing and engagement. Supporting the work of the Public Service Board and the Regional Partnership Board.

Please remember that TVA is here to help and support as we can. Our e-mail is info@tvawales.org.uk our website is www.tvawales.org.uk

Gwent-wide Volunteer Management Network Event We want to hear from You!!

We are in the process of finalising the agenda for the Gwent-wide Volunteer Management Network Event and we want to hear from you.

We are inviting organisations that recruit volunteers to share good news stories, good practice and their experience of using the recently developed Volunteering Wales website. You will have the opportunity to highlight your experiences, good or bad; and encourage open discussions with other Network Members and staff. Highlights to last approx. 2/3 mins and can be done from your seat, or, if you prefer, you can join the Network Team on the stage

The Network event will take place on Thursday 9th May, 09:00-12:30 at Blaenavon Workmen's Hall, High Street, Blaenavon NP4 9PT.

If you would like the opportunity to speak, please get in touch with the Volunteering Team on **01495 742420** or volunteering@tvawales.org.uk

Speaking out against sexual harassment

New Gwent-wide project aims to empower women with learning difficulties

No...SH! (No Sexual Harassment) is a new peer-led project, developed by Cyfannol Women's Aid and the national charity Volunteering Matters, and delivered as part of Cyfannol's Horizon sexual violence services. No...SH! volunteers support women aged 16-35 across Gwent who have learning difficulties or autism, empowering them to recognise sexual harassment and abuse, speak out and access support.

Launched in February, to coincide with Sexual Abuse and Sexual Violence Awareness Week 2019, No...SH! is delivered by volunteers, many of whom have learning difficulties themselves. The project has been developed with funding from Rosa and the Justice and Equality Fund Advice and Support Programme, in response to reports of sexual harassment towards women with learning difficulties on public transport. Training and awareness-raising sessions are conducted on a group and one-to-one basis in facilities throughout Gwent.

Sally Howells, Horizon Services Manager at Cyfannol Women's Aid, said: "We are committed to supporting anyone who has experienced sexual harassment, or sexual abuse of any kind, through our Horizon services. This project shines a light on a group of women who are particularly vulnerable to this kind of abuse: it's vital that they feel supported and empowered to say no to sexual harassment."

Mandy Wilmot, Volunteer Manager at Volunteering Matters, added: "We know the power and potential of volunteering and social action, and we are delighted to be applying it to such an important topic. From our experience, we also know that peer-led training and workshops are hugely powerful and effective tools, especially when developed and delivered with volunteers."

To find out more, visit www.cyfannol.org.uk/HorizonSVS or www.volunteeringmatters.org.uk/no-sh



ARTREGEN

COFFEE MORNING

Where? PONTYPOOL MUSEUM

When ? WEDNESDAY 14th APRIL 10.30 – 12.00

The Open Air painting Competition (Plein Air) organised by the Museum & Artregen will be held in the Park once again in June. The coffee morning will be held to help fund this. There will be coffee and cake, stalls selling pre-loved jewellery etc.

For more information, contact Artregen on their facebook page.

VOLUNTEERING MATTERS' SAFE MALES PROJECT

On the 27th February, Volunteering Matters Safe Males Project launched a powerful film on the topic of "Mate Crime", with an event that saw volunteers came together to celebrate the Youth social Action Project.

The film, produced in partnership with Red Beetle Films, was funded by CWVYS and TVA Youth led grant and the Police and Crime Commissioner.

It tackles the topic of 'mate crime' – a term used to describe the hate crime that can be experienced by those with a disability, specifically by people close to them.

The volunteers were an integral part of the film launch, from making the audience aware about health and safety in the building, to holding discussion around mate crime. They also delivered ice breakers to involve the audience, and went on to share their individual stories about what the film meant to them.

The volunteers were supported by Volunteering Matters' Development Manager Sianne, who is also present in the film. Sianne outlined why the male version of the project is important, and why taking part in youth social action like the film gives them a chance to learn and share with others:

'It's important as the volunteers want to highlight that young males with a learning need or disability also need awareness around a range of topics – safer friendships, exploitation and the different needs of males and females with disabilities, online pornography, public private space, inappropriate sexual advances.'

Special thanks to Treble Trouble Community Choir who sang at the event. This is a group of disabled people who love to sing, and entertained the audience for free!

The Welsh-based project began as a peer support initiative working with young females, and stands for 'Sexual Awareness For Everyone'. After the success of the SAFE sessions and workshops, Volunteering Matters received funding to set up another strand of the project for young male volunteers towards the end of 2018.

To watch the film click [here](#), and if you'd like to find out more information about SAFE visit the [project page](#).

To find out more about the project, contact Sianne on **01495 750333** or email Sianne.Morgan@volunteeringmatters.org.uk



Whats on at Greenmeadow Community Farm



Saturday 13th - Sunday 28th April - Easter Holidays

As Spring is getting into full swing we are loving every day bringing new life and more daylight...we are all getting super excited for the Easter holidays which will no doubt whizz around! Here is what you can look forward to throughout the Easter holiday period here at the Farm :-)

10.00	Farm Opens
10:30 - 12:30	Cuddle Corner - join some of our smaller animals and get the opportunity to hold them and enjoy the oxytocin rush!
11:00	Goat Milking - come along to the Dairy and see one of our lovely goats being milked and learn lots of interesting facts about Goat's Milk
11:30	Bottle Feeding (£) - without doubt one of the most popular activities of the year! Help us to bottle feed our lambs (£- small fee applies, spaces limited)
12:00	Tractor Ride (to be confirmed)
12:00 - 4:30	Candling & Handling Drop in sessions - another corker of an activity where you can learn all about life in an eggshell and meet some of our gorgeous Spring chicks! Please note that this activity will start every half an hour from 12 noon, the last session starting at 4.30 pm
12:30 - 1:30	Week One (Saturday 13th - Friday 19th) Meet the Giant Rabbits
12:30 - 1:30	Week Two (Saturday 20th - Sunday 28th April) Goat's Play - join our cheeky goats who will be delighted to meet you and just love to play!
2:00	Tractor Ride (to be confirmed)
2:30	Meet, Greet & Groom - join our lovely Donkeys and help us give them a bit of a pamper! Please note on Easter Monday (22nd April) this activity will be replaced with the Easter Bonnet Parade which the Donkeys will join in, don't forget to bring your bonnet!
3:00 - 4:30	Cuddle Corner - join some of our smaller animals and get the opportunity to hold them and enjoy the oxytocin rush!
3:30	Bottle Feeding (£) - without doubt one of the most popular activities of the year! Help us to bottle feed our lambs (£- small fee applies, spaces limited)
4:00	Tractor Ride (to be confirmed)
4:30	Animal Teatime - help us dish out some teatime treats to some of the animals!
5:00	Farm closes - time for the animals to hit the hay before another busy day

Every day - see our Spring lambs, buy a copy of our Easter Egg trail and win a chocolate prize (just £1.20 from the Shop), delicious food in Café Cwtch.

Fancy following the Stick Man Trail? Buy a great activity pack from the Shop so you can make your own Stick Man! Normal admission applies (£6.50 per adult and £5.40 per child (age 2+) £23.50 Family – 2 adults and up to 3 children)

Get the Real Life Farming Experience at Greenmeadow Community Farm!

This is a fantastic opportunity to spend quality time with a member of our livestock team and get more of a 'behind the scenes' feel for the Farm ... perfect for a day with a difference and also makes an ideal gift! We run various days suitable for different age groups from age 4 up. The day begins at 10am and runs until 2pm at a cost of £25 per person. Activities vary depending on the season and what jobs we need to get done! Book early to avoid disappointment!!



Dates remaining for 2019:

Saturday 15th June - Farmer for a Day - Suitable for age 8-14

Saturday 6th July - Junior Farmer for a Day - Suitable for age 4-8
(Guardian to attend)

Saturday 21st September - Junior Farmer for a Day - Suitable for age 4-8 (Guardian to attend)

Saturday 19th October - Farmer for a Day - Suitable for age 8-14

Saturday 16th November - Junior Farmer for a Day - Suitable for age 4-8 (Guardian to attend)

Saturday 14th December - Farmer for a Day - Suitable for age 8-14

Have you heard about our Baby & Toddler Tuesdays?

Every Tuesday from February to November is Baby & Toddler day - targeted at infants and preschool children and their parents who can enjoy all the fun of the farm and also an array of additional exciting activities such as Rhymetime, Baby Yoga, Music and Movement and much more! Normal admission fees apply .

To find out more about whats going on at the farm contact the farm on **01633 647662** or email greenmeadowcommunityfarm@torfaen.gov.uk



Cwmbran Diabetic Support Group calls out for votes to bag a share of bag fund

Cwmbran Diabetic Support Group is bidding to bag a massive cash boost from the Tesco Bags of Help initiative. Tesco teamed up with Groundwork to launch its community funding scheme, which sees grants of £4,000, £2,000 and £1,000 – raised from carrier bag sales in Tesco stores - being awarded to local community projects.

Three groups in every Tesco region have been shortlisted to receive the cash award and shoppers are being invited to head along to Tesco stores to vote for who they think should take away the top grant.

Cwmbran Diabetic Support Group is one of the groups on the shortlist.

We are aiming to raise money in support of the group for transport and venue hire costs. We aim to provide relief and promote the welfare for people with Diabetes and its related complications, and to advance the understanding of diabetes.

Voting is open in all Tesco stores throughout March and April. Customers will cast their vote using a token given to them at the check-out in store each time they shop.

Tesco's Bags of Help project has already delivered over £33 million to more than 6,400 projects up and down the UK. Tesco customers get the chance to vote for three different groups every time they shop. Every other month, when votes are collected, three groups in each of Tesco's regions will be awarded funding.

Alec Brown, Head of Community at Tesco, said: "We are absolutely delighted to open the voting for March and April. There are some fantastic projects on the shortlists and we can't wait to see these come to life in hundreds of communities."

Groundwork's National Chief Executive, Graham Duxbury, said: "We've been thrilled to see the diversity of projects that have applied for funding, ranging from outdoor classrooms, sports facilities, community gardens, play areas and everything in between. We're looking forward to learning the results of the customer vote and then supporting each group to bring their project to life."

Funding is available to community groups and charities looking to fund local projects that bring benefits to communities. Anyone can nominate a project and organisations can apply online.

To find out more visit www.tesco.com/bagsofhelp



CoStar - TRUSTEES WANTED!

CoStar is a registered charity operating out of a community centre in Cwmbran and are currently seeking new trustees to join their board to help them develop and strengthen their strategic direction and 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



Changing Minds

The Changing Minds project in its current form will be ending on March 31st 2019. The Changing Minds project was lottery funded for five years to support young people across Gwent who were experiencing difficulties with their mental health. The lottery funding ended in November and Newport Mind committed to funding the project until March 2019 in the hope of securing continuation funding from Aneurin Bevan University Health Board (ABUHB).

ABUHB tendered for a peer support project for 14 -19 year olds. The Changing Minds project submitted a tender, however the contract was awarded to Gofal. The Changing Minds project will work with our existing clients, clients on our waiting list and others services to manage young people's transition to other services appropriate to their needs and will work closely with Gofal's peer support project in that process. We will share details of Gofal's peer support project once they are available.

There will be a Changing Minds service in Newport working with 16-25 year olds. In the other areas of Gwent young people aged 18 + can access support with their mental health via the Gwent mental health consortium and consideration may be given to supporting people aged 16 and over in transition.

Newport Mind is currently piloting a whole school approach to mental health, provides services to children young people and families via the Families First Family Wellbeing project and is actively seeking funding to provide more services to children and young people.

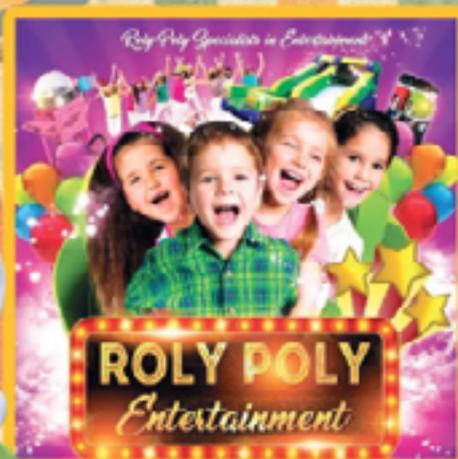
Thank you for your support for the Changing Minds project over the years, with your help, the project, its staff and its volunteers made a positive difference to the lives of nearly 3000 young people in Gwent.

PONTYPOOL EASTER EGGSTRAVAGANZA SATURDAY 20TH APRIL 10AM-4PM

**FUN FOR ALL THE FAMILY
RIGHT HERE IN TOWN!**

**LOADS TO
SEE AND DO!**

**FACE
PAINTING**



**DEMONSTRATIONS
BY**

**STREET
FIT**
HIGH ENERGY
DANCE & FITNESS



**VISIT THE
INDOOR MARKET FOR
KIDS CRAFT ACTIVITIES,
TREASURE HUNT
& CRAFT STALLS**

Curves



WIN

A LOAD OF MINI EGGS

**BY GUESSING HOW MANY
IN THE JAR**

**PRIZES
TO BE WON!**

**£50
TO BE WON!**
FIND THE
GOLD PAINTED ROCK

**HIDDEN SOMEWHERE IN
PONTYPOOL
TOWN CENTRE**



**BE ENTERTAINED BY
MAD MEL'S
DISCO**

FROM 10AM-4PM



[f @pontypoolindoormarket](https://www.facebook.com/pontypoolindoormarket)



[f @friendsofpontypooltown](https://www.facebook.com/friendsofpontypooltown)



[f @GoLocalMagazineSouthEastWales](https://www.facebook.com/GoLocalMagazineSouthEastWales)

The Salvation Army Employment Plus in Torfaen

The Salvation Army's Employment Plus project is now up and running, so if you have any clients or know anyone who needs help with anything to do with employment including job search, applying for jobs, CV writing, training, confidence building courses, better off calculations and more then get in touch. Our employment Development Co-ordinator Faye Williams will be at The Salvation Army Pontypool Hall every Friday from 9am-2pm. Drop ins are welcome or they can call first if they prefer.

As part of the project, we also offer In-Work Support, for those transitioning into work or those who are currently employed but require support, so if you have any JCP leavers who may still require support we can assist.

There is no criteria for this project, apart from being over 18 years old.

The Salvation Army address is 3 Park Rd, Pontypool NP4 6JH just a short walk from the job centre.

Please feel free to call Faye if you have any questions, or pass her number on to any colleagues or participants if they wish to find out more about the project.

Fayes Contact details are **07741905863** or email **faye.williams@salvationarmy.org.uk**



The British Red Cross

The British Red Cross Community connectors are looking for volunteers to help with a singing group in Torfaen.

This isn't a choir; it is a social group who have a chat, a cuppa and sing a few songs to lift our spirits and have a bit of fun too.

Can you play an instrument? We'd love to hear from you!

Can you help us with some organisation for the group? Get in touch!

Can you help with leading a song? Give us a call!

Call Helen or Suzanne on **01633 833745** or **01633 833742** - if we're out and about leave us a message and we will get back to you.



Protective emblems used by the International Red Cross and Red Crescent Movement
The British Red Cross Society incorporated by Royal Charter 1908
Registered charity numbers: England and Wales: 220949 Scotland SC037738



Patron: Her Majesty The Queen

Rosa - Voices from the Front Line Fund

Rosa - the UK fund for women and girls, is pleased to open the fourth round of their flagship grants programme; **Voices from the Frontline**.

The programme offers grants of up to £5,000 to women's organisations of all sizes for advocacy, campaigning and activism.

The first three rounds of Voices from the Frontline have supported organisations and campaigns like:

- The Good Night Out Campaign - an organisation working to change how licensed organisations deal with gendered violence and sexual harassment;
- Yorkshire Sound Women - to lobby the music industry for better opportunities for women;
- Women in Sport - to launch a campaign about the visibility of sporting role models for women.

To date, Voices from the Front Line has supported more than 60 grassroots and national women's organisations across the UK.

To apply or find out more about Voices from the Frontline please read the [application guidance](#).

The deadline for applications is 5.00pm on Tuesday 14th May.

A 'How to apply' webinar for Voices from the Frontline is available. Please register below:

Tuesday 30 April 12.30 – 1.30pm [Register here](#)



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



Drink Wise, Age Well

Does your service support people over the age of 50? Have you ever had concerns about their drinking but never felt confident in raising the issue or knowing what advice to give?

Drink Wise, Age Well aims to reduce alcohol-related harm in later life by helping people make healthier choices about alcohol as they age.

As part of our programme, we offer free training to front-line workers and professionals who come into contact with older adults who use alcohol.

From our courses you will learn about the extent of increased drinking in the ageing population; the reasons why the over 50s are at risk from increased drinking, as well as learning how to recognise and respond to their alcohol use through brief interventions.

Drink Wise, Age Well courses are a vital contribution to the continuing professional development of people who work in substance misuse services & work in non-alcohol specialist settings but who encounter the over 50s who use alcohol in the course of their work, whether this is health, social care, housing and third sector services or the criminal justice system.

All our open courses are scheduled below. The link will take you to our training website where registration and bookings take place. All other courses listed on the website are closed and only available to specific clients. A training leaflet is available on request.

Course title: Enhanced Alcohol Awareness and Brief Interventions: Working with the over 50s

Duration: 9.30 am – 4.30 pm

Venue: The Conference Centre, University of South Wales, Treforest Campus

Dates: 11th April, 9th May, 23rd May, 13th June and 26th June

Lunch and refreshments provided.

For more information visit https://www.drinkwiseagewell-training.org.uk/ems/live/index.php?option=com_eventlist&view=localareaevents&name=Cwm%20Taf&Itemid=410

Yfed
Doeth
Heneiddio'n
Dda



VOLUNTEERING OPPORTUNITIES

Torfaen Citizens Advice Volunteer Receptionist Pontypool

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.



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 Youth Service Youth Projects Volunteer needed to support activities

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.



VOLUNTEERING OPPORTUNITIES

Volunteering Matters

Full time volunteer required to support young people with emotional health and well being issues with fun activities and mentoring support.

There's volunteering, and then there's Full-Time Volunteering (FTV). It's an incredible opportunity for people aged between 18 and 35 to undertake a life-changing challenge, for up to 12 months while supporting some of the most vulnerable or marginalised people and communities across Gwent. It's your chance to unearth hidden talents, boost self-confidence, meet new people and change lives. So whether you're looking to leave your mark on the world, develop your skills base or devote a gap year to a cause you really care about, FTV is for you.

Mind Matters is a peer led project that helps young people become aware of mental health and wellbeing issues. Mind Matters is looking for volunteers to join the project to become trained Mind Matters peer educators to help deliver mental health awareness to other young people through local youth venues in the community. Mind Matters volunteers will receive training in mental health awareness and wellbeing. This will be in partnership with the Primary health team in Torfaen. Each volunteer will receive ongoing support through one to one personal development reviews to look at areas around skills and experiences gained and progression.

This could mean: Befriending and supporting someone in their home, or groups of beneficiaries in the project, making a real difference to their well being. Acting as a mentor or role model to young people with mental health issues, perhaps helping them to plan for their futures at key transition points in their lives. Enabling access to social and leisure activities, at home, locally or at University, giving people connections to their communities they couldn't otherwise enjoy.

Full-time volunteering is also an excellent route to recognised work experience in a variety of sectors, including social work, social care, nursing, medicine, teaching, youth work and psychology.



Disability Advice Project

Volunteer Welfare Rights Caseworkers

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.



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**

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:

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

Contact Us

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www.twitter.com/TVAtorfaen

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

