

TVA News Bulletin October 2019



Llywodraeth Cymru
Welsh Government



BUDDSODDWR MEWN POBL
INVESTOR IN PEOPLE



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- Zest Stars Christmas Concert
- Volunteers Wanted

www.tvawales.org.uk
Charity Registration No.
1097079

**Can you spare just a few hours
a month to befriend and support
a young person in care?**

Becoming an Independent Visitor can be very rewarding for you and life changing for a young person in care, being a consistent and supportive person in their life.

Find out more www.nyas.net/services/independent-visitors/
email volunteering@nyas.net



COMMUNITY GROUP BUSINESS VOLUNTEER SUPPORT



Business in the Community are looking to identify community projects who could benefit from employee volunteer support.

Whether it be through receipt of a workshop where business volunteers can share their skills (specialist skills or general skills such as employability, cv writing etc.) or through more hands-on support such as painting and decorating, gardening, clearing weeds and vegetation, building planters or creating growing spaces

Ideally they are looking for projects which can sustain at least 10 volunteers for one day through to large scale projects which might need 50-100 volunteers for a day or two. Tasks must be achievable by volunteers and although many teams will fundraise to purchase tools and materials, the teams don't often have a budget from their employer. Unfortunately they can't guarantee support but can place any interested groups on their list for selection. Currently they have a few projects located in Torfaen on their list but are looking to add to this!

If you would like further information regarding this great opportunity, please contact Simon Walters, Engagement Coordinator on Tel: 02920 2078 0054 , Mobile: 07843350077 or email: simon.walters@bitc.org.uk



CHRISTMAS FAYRE

11:00-2:00
SATURDAY 30TH
NOVEMBER



AMBITO CWMBRAN

Beautifully Crafted
Gift Ideas



Food &
Drink

FESTIVE FUN FOR ALL THE FAMILY!

For stall information contact megan.gwyer@ambitocare.co.uk



White Ribbon Day 2019.

White Ribbon Day is held on November 25th, also known as the International Day for the Eradication of Violence against Women, and is an annual day to raise awareness of family violence. The day is run by the White Ribbon Campaign.

Soroptimists Say NO to Violence Against Women

Last year over 1.3 million women were subjected to violence including domestic abuse, rape, forced marriage, and sexual exploitation. There are uncounted numbers of emotional and financial manipulation and online harassment.

November 25th is the day that the United Nations have designated for the Elimination of Violence Against Women and Girls. Soroptimists in Abergavenny and district are supporting this with an awareness campaign running from November 23rd to December 8th.

During that time local shops will be displaying the Say No poster supported by the mannequin outside the library, a tourist office window, banners and ribbons.

On Saturday Nov 23rd and Tuesday 26th members of the club will be present in High Cross, Abergavenny to talk about the purpose of the campaign and to hand out leaflets.

We are not alone: branches of the WI are staging action and Cyfannol (Womens' Aid) will have an exhibition in Plas Gunter Mansion

Light a Candle – an event in Cardiff to raise awareness of violence against women – 25th November

Youth Council



For

Croesyceiliog & Llanyrafon

- Are you aged 11-25?
- Do you want your voice to be heard?
- Do you have ideas to improve Croesyceiliog & Llanyrafon?
- Do you either live in the area or have a connection to the area (attend clubs or have close family in the area)?

The Community Council will facilitate a Youth Council through:

- **Providing a budget**
- **Training of your choice**
- **Support & mentoring**
- **Help with room hire & meeting arrangements**

A Youth Council will be of benefit to the community as the voice of the future.

Contact Joanne.Gauden@torfaen.gov.uk or 07540250200

Light a Candle to mark the International Day for the Elimination of Violence Against Women (White Ribbon Day)



Monday, 25th Nov 2019, 11am – 12.30pm



Join the conversation on Facebook, twitter & instagram @bawso
#LightaCandle19 #WhiteRibbonDay

Info: 02920 644633; publicity.event@bawso.org.uk

Programme:

10.15: March

Route:

Llamau Office (23 Cathedral Road, CF11 9HA) -
Llandaff Cathedral

11am – 12.30: Light a Candle Service

Address: Cathedral Cl, Cardiff CF5 2LA

Speakers:

Survivor's input

Jane Hutt AM, Deputy Minister and Chief Whip

Lord Mayor Councillor Daniel De'Ath

Multi-faith leaders

Oasis World Choir

12.30 – 2.00: Fundraising Lunch £5

Address: Llandaff RFC The Old Mill, Western Ave,
Cardiff CF5 2AZ

**All proceeds raised will go to families fleeing
domestic abuse, sexual violence and have No
recourse to Public Funds.*

To register email: publicity.event@bawso.org.uk
or call : 02920 644633



HAYAAT WOMEN TRUST

24Hr Helpline 0800 731 8147

Monday 18th November 2019
9:00am—4:15pm



INVITATION - DEMENTIA AND HEARING LOSS CONFERENCE
GWAHODDIAD – CYNHADLEDD DEMENTIA A CHOLLED CLYW

Wednesday 27th November 2019, 9:30am – 4:00pm
Dydd Mercher, y 27th o Dachwedd, 2019, 9:30yb – 4:00yp

All Nations Centre, Sachville Avenue, Cardiff, CF14 3NY
Canolfan yr Holl Genhedloedd, Rhodfa Sachville, Caerdydd CF14 3NY

Do you work with or support people living with dementia?

Do you manage or design services for people living with dementia?

Do you work in dementia assessment services, primary care or social care?

If the answer to any of these is yes then we would encourage you to register for the world's first national conference on dementia and hearing loss, being held this year on Wednesday 27th November 2019 in Cardiff.

Over 60% of adults living with dementia also have a hearing loss. There is now significant evidence that unmanaged hearing loss increases people's risk of developing dementia and that people living with dementia can greatly improve their quality of life through managing hearing loss with the use of hearing aids, good communication skills and adjustments to their environments.

This conference, the first in the world, will provide a unique learning experience for practitioners to learn from leading researchers, practitioners, deaf people and people with hearing loss and dementia to explore the potential for hearing interventions to: improve mental well-being in older age, reduce cognitive decline and ultimately prevent dementia.

The day will include a ministerial address from Vaughan Gething AM, a panel comprised of people with lived experience of dementia and hearing loss as well as key note speeches from leading experts. The afternoon will include several workshops to choose from. There will also be opportunities to network and visit exhibitor stands throughout the day.

Tea and coffee will be available from 9.00am before the opening of the conference at 09.30am.

To request a ticket to the conference, please complete the online booking form by clicking [here](#). For more information telephone: 02920 333034 or email: paul.chappell@hearingloss.org.uk.

A ydych yn gweithio gyda neu'n cynorthwyo pobl sy'n byw â dementia?
A ydych yn rheoli neu'n cynllunio gwasanaethau i bobl sy'n byw â dementia?
A ydych yn gweithio mewn gwasanaethau asesu dementia, gofal syffanol neu ofal cymdeithasol?

Os yr ateb i unrhyw un o'r cwestiynau hyn yw "Ydw", yna fe fyddem yn eich annog i gofrestru ar gyfer cynhadledd genedlaethol gyntaf y byd ar dementia a cholled clyw, a gynhelir eleni ddydd Mercher, y 27th o Dachwedd, 2019 yng Nghaerdydd.

Mae dros 60% o oedolion sy'n byw â dementia hefyd yn dioddef o golled clyw. Mae yna yn awr dystiolaeth sylweddol bod colled clyw na chaiff ei reoli yn cynyddu'r perygl sydd yna i bobl o ddechrau dioddef o dementia, ac y gall pobl sy'n byw â dementia wella ansawdd eu bywyd yn enfawr drwy reoli colled clyw drwy ddefnyddio teclynnau clyw, sgiliau cyfathrebu da ac addasiadau i'w hamgylcheddau.

Bydd y gynhadledd hon, y gyntaf yn y byd, yn darparu profiad dysgu unigryw i ymarferwyr i ddysgu gan ymchwilwyr blaenllaw, ymarferwyr, pobl fyddar a phobl sydd â cholled clyw a dementia er mwyn archwilio'r potensial ar gyfer ymyriadau clyw i: gwella lles meddyliol pobl yn eu henaint, lleihau dirywiad gwybyddol ac yn y pen draw, atal dementia.

Bydd y diwrnod yn cynnwys anerchiad gweinidogol gan Vaughan Gething, AC, panel sy'n cynnwys pobl sydd â phrofiad bywyd o dementia a cholled clyw, yn ogystal â phrif areithiau gan arbenigwyr blaenllaw. Bydd y prynhawr yn cynnwys amryw o weithdai ichi allu dewis o'u mys. Bydd yna hefyd gyfleoedd i rwydweithio ac i ymweld â stondinau arddangoswyr drwy gydol y dydd.

Bydd te a choffi ar gael o 9.00yb, cyn y bydd y gynhadledd yn agor am 9.30yb.

I wneud cais am docyn i'r gynhadledd, cwblhewch y ffurflen neilltuo lle ar-lein, os gwelwch yn dda, drwy glicio [yma](#). I gael rwy o wybodaeth, ffonwch: 02920 333034 neu arfonwch e-bost at: paul.chappell@hearingloss.org.uk.

We look forward to seeing you on 27th November
Edrychwn ymlaen at eich gweld ar y 27th o Dachwedd

Yours Sincerely
Yr eiddoch yn gywir

Daisy Cole
Action on Hearing Loss Cymru

Sue Phelps
Alzheimer's Society Cymru

[Click here to register](#)

This conference is proudly supported by

Open Dialogue is a model of mental health care which involves a consistent family and social network approach where all treatment is carried out via a whole system/network meetings, which always include the patient. Open Dialogue has been taken up in countries around the world, including Scandinavia where it originated, Germany, Italy and several States in America and is currently being evaluated in the UK as part of a multi-centre trial.

Some of the results from international non-randomised trials are striking. For example, 72% of those with first episode psychosis treated via an Open Dialogue approach returned to work or study within two years, despite significantly lower rates of medication and hospitalisation compared to treatment as usual.

We are keen to find out more to see if this approach is something we want to implement in Gwent to improve outcomes and experience for people both using and providing our services and are delighted to welcome NHS staff delivering Open Dialogue at the frontline to share the evidence base and their experiences. We invite you to join a one day conference to help us think about this.

Who might benefit from attending?

NHS and Local Authority staff working in Adult Mental Health Services (including specialist services)

Service users and carers

Third sector staff

Please note spaces are limited so will be allocated on a first-come, first-served basis



Blaenavon Camera Club

Small Photo Exhibition
from the 5th - 28th November

10:00—17:00

@

The Blaenavon Heritage Centre



Members contribute what they think is the best photo they have taken. There are usually about 72 photos in total.

Come along and see the great photos



Free Training Discrimination Awareness

citizens
advice

Date: Wednesday 20th November, 2019

Time: 10am—1pm

Venue: Torfaen Voluntary Alliance, Pontypool



Objectives:

- Increase your understanding of the law on equality
- Understand the various forms of discrimination
- Increase your confidence in exploring discrimination issues
- Look at the impact discrimination has on individuals and communities
- Highlight resources to help you and your organisation resolve discrimination issues

Course Structure:

1. Introduction to equality and discrimination

- What is Equality & Diversity
- Equality Act 2010
- Protected Characteristics
- Types of Discrimination
- Justification

2. Helping people to identify discrimination

- Unconscious Bias
- Barriers
- Actions
- Pyramid of Hate

3. Your resources and what next?

- Resources
- Case Studies
- Next Steps & Planning
- Evaluation

To book your place
contact us on;
01495 742420
info@tvawales.org.uk



 age connects
torfaen.
Age Connects Torfaen is the operating title of Age Concern Torfaen
Independent • Local • Listening
Charity No. 1172466

1st December 2019
Pontypool Park, 12pm start
2k or 5K option (Parkrun route)



Take part in this exciting fun run. Walk, run or jog
Go on be Elfy this Christmas!

Entry Fee £7.50

Children under 6 FREE

(Limited spaces are available on the day for just £9.00)

Price includes a medal and goody bag.

Enter Online via Eventbrite:

<https://www.eventbrite.com/e/torfaen-santa-run-2019-tickets-72665007995>

or contact 01495 769264 emma.wootten@ageconnectstorfaen.org

Come Join Us For An Afternoon Of
Fun At Our

CHRISTMAS CONCERT

Featuring 'ZEST STARS' Choir



WEDNESDAY 4TH DECEMBER 2019
1PM - 3PM
ALL WELCOME!

After The Concert,
Refreshments Will Be Available To Purchase

**An Exhibition Of 'Zest for Life' Work
&
Handmade Christmas Crafts Fayre
At 2pm-3pm**

 age connects
torfaen.
Age Connects Torfaen is the operating title of Age Concern Torfaen
Independent • Local • Listening

Charity Number:
1172466

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COMMUNITY
FUND

VOLUNTEERS WANTED!

The Salvation Army Pontypool—Community drop in Volunteers

The Salvation Army works with some of the most disadvantaged people in our communities including homeless people, older people, unemployed people, those suffering from drug and alcohol addiction, as well as victims of human trafficking and major emergencies. With your support we can help transform lives. The description of the opportunity at Pontypool Salvation Army is:

Assist with the running of the drop in. This entails:

- Preparing food, and drinks
- Serving coffee/toast etc. to members of the public who attend the drop in
- Assist the rest of the team when required

An induction will take place at the hall with the Captains Andrew & Lorraine Warriner.

Interested in these opportunities?

Want to get involved?

Call us on 01495 742420

Stroke Association—Tea Buddy

Your role within the group is to work behind the scenes to make the group feel welcoming, comfortable and accessible by providing tea, coffee and potentially setting up the room if you wish.

Tasks this role can include:

- Making refreshments for group members
- Helping set up and tidy up the room
- Handling food for the group
- Welcoming members

This might be the role for you if:

- You want to give back to your community
- You want to volunteer but don't wish to offer direct practical or emotional support

Llantarnam Grange Arts Centre—Volunteer with experience and skills in Gardening and Gardening Maintenance needed

Do you have experience & skills in gardening/gardening maintenance?

Do you have some spare time you could give us?

We're looking for volunteer gardeners who'll be able to spruce up & maintain our gardens at the front & the back of our building. We're looking for someone who'd volunteer their time for a couple of days a month (could be more to begin with) with knowledge of plants which require low maintenance & for someone who may have the equipment to help achieve this (we have some basic equipment available).

Sight Cymru—Charity Shop Volunteer

Sight Cymru are looking for a kind, friendly and reliable people to volunteer in their charity shop for at least 3 hours per week in an agreed shift pattern.

You will be projecting the face of Sight Cymru so would be expecting you to be friendly and courteous to people coming into the shop, as well as able to use common sense about deliveries and sorting products. You will need to be reliable and honest and able to get on with other people.