

TVA News Bulletin January 2019



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



BUDDSODDWR Mewn Pobl
INVESTOR IN PEOPLE



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

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- **TVA Members Meeting** - Going Forward in 2019!
- **Raffle Prizes Wanted!** - Torfaen Young Carers
- **Blind Veterans** - Unplugged Campaign 26th January
- **Pontypool 10K Home Run** - 24th February
- **Sessional Vacancies** at Romani Cultural Arts & Co
- **'Free'** - Sahaja Yoga Meditation every Saturday
- **Hafan Cymru** - Drop-in Session every Saturday
- **Well@Home** - **New Project:** Reducing Fuel Poverty

- **Volunteer Opportunities at the following:**
- Garndiffaith Scout Group
- Torfaen Textile Artists
- Citizens Advice Torfaen
- **Volunteer Noticeboard:** various opportunities!

TVA Members Meeting took place on Monday 14th January at the Woodland Road Social Centre in Cwmbran. We wanted to know what Members wanted/needed and how TVA could help with this. 26 organisations attended to share their views, opinions, ideas and suggestions on the way forward for TVA. Each table at the meeting were asked to write down what they wanted to see from TVA and these responses were then collated. It was great to hear such positive things, and while we were open to hear the negatives, there weren't any expressed! We will be taking on-board the suggestions that were made, so watch this space!



Llywodraeth Cymru
Welsh Government

Torfaen Young Carers Service

are holding a raffle on January 31st which is
'Young Carers Awareness Day 2019'

The aim of the raffle is to raise funds for respite activities. If you have any unwanted Christmas presents, unopened boxes of chocolates or unopened bottles of drink then please would you consider donating them to the Young Carers Service for prizes (see below for one we have prepared earlier).

All donations can be dropped off at the Family Resource Centre, Wesley Street, Cwmbran NP44 3LX or they can arrange to collect. Contact them on: 01633 648135 (direct line) 01633 648113 (reception) 07535511236 (mobile) or email: Nikki.Princeiles@torfaen.gov.uk



Unplugged Campaign—Support Blind Veterans 26th January

Recent studies have shown the extent to which our device usage has grown. Here are a few interesting facts and statistics:

- Did you know that there's a term for your phone addiction? Nomophobia is a fear of lack of access to technology
- Two-thirds of adults say the internet is an essential part of their life
- People in the UK now check their smartphones, on average, every 12 minutes of the waking day
- More than half admit that connected devices interrupt face-to-face conversations with friends and family

Figures are taken from recent research conducted by Ofcom in 2018.

1 in 5 adults say they spend more than 40 hours a week online/

The average couple spends over 56 hours a week on their digital devices and less than 2.5 hours doing 'anything' together.

Help support Blind Veterans UK on 26th January by unplugging for 24 hours. #24Unplugged

To get involved click here: <https://www.blindveterans.org.uk/fundraising-hub/24unplugged-home/>



Pontypool 10K Home Run (and Junior Fun Run)

24th February 2019

This popular event is a complete sell out every year and just gets better and better. Come along and set your benchmark for the year! It's scenic, uphill, downhill and flat. Starts and finishes in gorgeous Pontypool Park. The Junior event takes place entirely within the park.

All proceeds used to provide vital hospice care to local patients and their families. Make sure you get your entry in as soon as you can! <https://stdavidshospice.fullonsport.com/event/pontypool-10k-home-run/profile>

If you don't run you can support the Charity by offering your services as a volunteer marshal for a few hours from 9am until about midday. **Ring Christine on 01633 851051 to volunteer, she would love to hear from you**



Community Arts Tutors Required

(Per Session Fee to be negotiated)

The Romani Cultural & Arts Company are seeking applications from interested people with an arts-based skill/trade to become sessional Community Arts Tutors as part of their Children and Young Peoples Arts Workshop Project on local Gypsy & Traveller sites. Applications are accepted on a rolling basis throughout the 3 year project. This project is funded by BBC Children In Need.

The project is designed to engage with children on 4 Gypsy and Traveller sites across South Wales over a three year period.

For more information on this opportunity visit :

www.romaniarts.co.uk/sessional-job-opportunity/

Freelance Flower Arranger/Expert - Older Person's Project

We are looking for a flower arranger/expert to come and work freelance on our Older People's Project. Workshops are 2 hours long and in instance, there will be two workshops - 1 x 2 hrs; a break followed by 1 x 2 hrs.

The fee is negotiable up to our limit and the project is funded by the Big Lottery to work on local Gypsy & Traveller sites with elderly residents.

For more information contact Issac Blake 02920 786 439 or email: issacblake@romaniarts.co.uk

SAHAJA YOGA MEDITATION

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*As taught by
Shri Mataji Nirmala Devi,
Founder of Sahaja Yoga.*

*Fel addysgu gan
Sylfaenydd Sahaja Ioga,
Shri Mataji Nirmala Devi.*



SAHAJA YOGA

*Come and feel the joy!
Join us in our free meditation class.
Dewch i deimlo'r llawenydd!
Ymunwch â ni yn ein dosbarth myfyrdod am ddim.*

Every Saturday
Bob Dydd Sadwrn
9-10am at Cwmbran Library
9-10am yn Llyfrgell Cwmbran

Call Miriam: 07899 246 336 or just turn up.
Ffoniwch Miriam: 07899 246 336 neu dim ond troi i fyny.



at

Cwmbran Library

Gwent Square, Cwmbran NP44 1PL

Drop-in Sessions
9am - 12pm

Every Saturday
(Starting 12TH January 2019)

Do you:

- Need Advice on Housing?
- Need support with engaging with other agencies?
- Need generic help?
- Need help completing forms?
- Need guidance with domestic violence issues?
- Need parenting information?



Helping you improve your health by reducing fuel poverty

This is a new project which aims to help those living with chronic illnesses whose health is potentially worsened due to poor energy efficiency and fuel poverty. **Well@Home Wales** is a three-year project and is the result of a partnership between Melin Homes, Cardiff Metropolitan University, Monmouthshire and Torfaen Care & Repair and Aneurin Bevan University Health Board.

The project has received funding from the National Grid's Warm Homes Fund to deliver a regional programme within the Aneurin Bevan University Health Board area, allowing health professionals and supporting agencies to refer people who live in privately rented accommodation and homeowners to receive support. This project is aimed at reducing the amount of times people need to visit their GP.

Energy Officers are available by email at info@wellathome.co.uk or you can call the team (based at Melin Homes Office) on 01495 745910.

For more information: Twitter [@wellathome](https://twitter.com/wellathome) or visit their website www.wellathome.co.uk

**Volunteer
today.**

Help lead the
adventure.

Scouts 



Garndiffaith Scout Group are looking for help!

Currently there are three sections for males and females: Scouts 10-14 years, Cubs 8-10 years and Beavers 6-8 years. Garndiffaith Scout Group are looking for adults to help existing leaders with the running of these sections, particularly Beavers and Cubs.

Previous knowledge of scouting is not required but enthusiasm to help the children is. Of the present leaders only one was previously a cub and scout. DBS checks will be required.

If anyone is interested in helping or knows of anyone who may be and would like further details please contact:

Chairman: Mike Smith on 07582 421198.

**JOIN THE
ADVENTURE.**



TORFAEN TEXTILE ARTISTS

Volunteer Opportunity Available!

- They are looking for a volunteer who can offer support in an admin capacity
- A long established and lively group of people who embrace making many yarn crafts, as well as sewing, quilting, and rag rugs.
- They meet twice a month in Cwmbran Library on Monday's between 10.00am and 12.00pm
- An opportunity for someone who interested in arts and crafts to learn new skills and meet the local community

For further information contact the co-ordinator Jane Dorsett:

janedorsett123@btinternet.com; alternatively you can leave a message at Cwmbran Library or speak to someone at TVA 01495 742420.



We have volunteer roles in your area

Join our team and support people in your community.

Our volunteers benefit from their experience of working with us.

Retired volunteers believe it keeps them mentally active and nine in ten unemployed volunteers say it helps them move into employment or education.



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bopeth

citizens
advice

Torfaen

All sorts of people volunteer with us and for many different reasons, but one thing that unites them all is that they find it challenging, rewarding and varied.

It's a chance to make an active difference to people's lives in your community.

Volunteering with us offers you:

- a chance to meet new people
- new skills
- an opportunity to contribute to your community
- full training
- enhanced employability skills.

Volunteering locally makes me feel a bit more tied in, it gives me a sense of understanding of the locality that I wouldn't get otherwise.

Volunteer trustee, Citizens Advice



Published May 2016.

Citizens Advice is an operating name of The National Association of Citizens Advice Bureaux. Registered charity number 279057.

We have roles including:

- adviser
- charity fundraising
- trusteeship
- receptionist
- supporting witnesses
- campaigning
- publicity

Get in touch visit:

citizensadvice.org.uk/volunteering

for more information and available opportunities in your local Citizens Advice or Witness Service.

Or

Contact Citizens Advice Torfaen

01633 876121 option 2

reception@torfaencab.org.uk



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.

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.

VOLUNTEERS WANTED!

All Creatures Great & Small—Volunteer Sanctuary Fundraiser

ACGAS are currently looking for enthusiastic individuals who are looking for a challenge.

As a Volunteer fundraiser you will represent the Charity at local events, store promotions and support the Social Programmes Team with the delivery of educational and awareness talks to local schools, groups and organisations.

You may also assist with collections throughout Torfaen, assist with bag packing and collections in supermarkets and stores.

When you help with social events to raise funds for the upkeep of the Sanctuary and the care of all our animals, every penny raised by your help and activity in this role would go direct to the charity.

If you have a passion for animals, large or small and think this is you we would love to hear from you!

Garnsychan Partnership—Gardening and Landscaping Volunteer

At Growing The Veg Box we grow our own fruit, vegetables and herbs for community members to purchase at a lower cost than they could elsewhere. We are always looking for green-fingered volunteers to help with our project. From growing veg and maintaining the garden, to harvesting and weighing produce, there's plenty to get stuck into! We provide a supportive environment with an excellent team to work with.

Adventurous Activities Volunteer needed to support activities at Torfaen Youth Service

Torfaen Youth Service provide opportunities for young people aged between 11 - 25 years.

Part of our Service Offer we provide young people with the opportunity to participate in Adventurous Activities. These involve opportunities to Kayak/Canoe on a reservoir/canal, mountain biking, outdoor/indoor climbing, build go-karts providing an opportunity to drive them or supporting young people to achieve the Bronze/Silver/Gold Duke of Edinburgh Award (14+).

All these activities provide young people with the opportunity to complete accreditation or qualifications.

If these areas are of interest to you or you have a particular skillset which would complement our delivery of these activities please get in touch to request a volunteer form.

*not all of our locations are accessible, but this would be addressed and opportunities identified according to needs identified.

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