

TAFOD

Spring 2018

www.tvawales.org.uk



Actively Supporting The Contribution of Individuals, Through Voluntary Action

Torfaen Voluntary Alliance

Important Information Regarding Volunteering Wales

The Volunteering Wales website is changing. The changes will mean that all organisations will have greater control over the opportunities they upload and the volunteers they induct.

We had previously reported that data on the old system would be transferred over automatically, we have now been informed that organisations will need to register on the new site. The new website link for Torfaen at present is <https://torfaen.volunteering-wales.net/>

To help with the transition, we will be holding a number of dropin workshops to support you in using the new site on:

- Friday, 13th April 2018 10am -12pm
- Monday, 16th April 2018 1pm - 3pm

If you would like to attend one of these days please get in touch with us on **01495 742420** or email volunteering@tvawales.org.uk

Greenmeadow Community Farm

Please see below list of events at Greenmeadow Community Farm

Saturday 14th April - Junior Farmer for a Day - Suitable for age 4-8 (Guardian to attend)

Monday, 7th May 2018 Hope Rescue Dog Show

We are delighted to be welcoming the wonderful folk from Hope Rescue who will be hosting one of their fantastic Fun Dog Shows here on May Bank Holiday Monday. There will be 12 different categories your dog can enter, culminating in Best in Show. The judges will select four winners in each category who will get a rosette and a goody bag and Best in Show will also win a bag of Burns Pet Nutrition Dog food. They are also hoping to have a 'Doggy Dash' as part of the day with prizes for the fastest large and small dog! Registration between 11am and 12noon (you can also register after 12) First Class starts at 12noon. Please note, normal admission charge to the farm applies (£6.50 per adult, £5.40 and £23.50 for families 2 adults and up to 3 children) and there is a small charge for each class you choose to enter.

Farmer for a Day

- * Thursday, 12th May 2018 Farmer for a Day (Suitable for age 8 - 14)
- * Saturday, 7th July 2018 Junior Farmer for a Day (Suitable for age 4 - 8 (Guardian to attend))
- * Saturday, 4th August 2018 Farmer for a Day (suitable age 8 - 14)

SUMMER HOLIDAYS - Loads of fun to be had all day, every day of the summer holidays and keep an eye out for our Wonderful Wednesdays of Summer which will have a different theme each week!

For more information please contact the farm on **01633 647662**



Volunteering Matters: Voices that Matter Young Peoples Celebration Event

Around 60 young people aged 16-25 from Torfaen attended the Voices that Matter Volunteering Recognition Event at Cwmbran Centre for Young People on Friday 9th March 2018. The event celebrated the achievements of young people and heard about inspirational examples of volunteering taking place across the area. All young people collected local and national awards for volunteering. The Mind Matters awards were presented by Mr Kola Gamel, Service Manager for CHAMS and Public Service for outstanding contributions to young people delivering a peer led support project around mental health and wellbeing.



Volunteering Matters' Sex Matters Too project were recognised by Mr Gino Parisi, Sexual Health Lead for Public Health that showed a huge commitment from young people delivering peer-led advice sessions on sexual health and how to spot the warning signs of sexual exploitation.

The SAFE young volunteers were highly praised and recognised for their support to empower other women with learning disabilities on how to have safer relationships and top tips on how to keep themselves safe.

Miss Rhian Milcoy from Millennium Volunteers; a government initiative that recognises young people in volunteering with three levels of award delivered certificates to over 20 young people with some reaching their 200 hours Award of Excellence which is endorsed by the First Minister of Wales Carwyn Jones.

'I was a lost cause before I started volunteering, I had amazing support from Volunteering Matters I loved my volunteering. I've got a job now!', remarked Amy aged 18. So many inspiring personal journeys were shared and showcased across the event. All young people achieved a landmark of over 12,000 hours of voluntary work and showed a high degree of community engagement within Torfaen.

Sianne Morgan, Youth Development Manager for Volunteering Matters added, 'All our projects are very much delivered by young people, for young people. Gaining this recognition and awards highlights the great work that young people undertake. It encompasses the spirit of participation, with young people having a powerful input into the services they receive. We hope that as a result more young people will be able to make informed decisions about their aspirations and future ambitions and know where to find support and information if they need it.'

For further information, or if you know someone who might be interested in volunteering please contact: Sianne Morgan Sianne.morgan@volunteeringmatters.org.uk



Rickshaw Run Charity Challenge In Aid of Alzheimer's Research & Cool Earth

The rickshaw what?

No set route, no back-up, no way of knowing if you're going to make it. The only certainty is that you will get lost, you will get stuck, you will break down and you will help save a bit of the world. Team Tikka Taff's is made up of four family members from Wales. Kevin, Beth and Ross Weaver and Terry O'Neil.



In March 2018, they'll be racing over two and half thousand kilometres through one of the biggest countries in the world, in 40-degree heat, across some of the most dangerous roads, in nothing more than a rickshaw.

Support Team Tikka Taff's as they outrun Delhi belly and race across India for two great charities;

- * Cool Earth, a charity on a mission to protect the world's rain forests
- * Alzheimer's Research UK, whose goal is to defeat dementia.

To donate go to: <https://uk.virginmoneygiving.com/TikkaTaffs>

For more information contact Kevin Weaver on **01633 642523/ 07976632930** or email kevin.woodlands@googlemail.com



The Salvation Army Pontypool

On Monday, 30th April 2018, The Salvation Army Pontypool will be holding a drop in. Anyone from Pontypool or surrounding areas are welcome to attend.

The aim is to help people who feel isolated to be able to meet others in a friendly environment. There will be board games for all to use.

If you fancy just popping along for a chat and a cup of tea your more than welcome. Its from 1:30pm at The Salvation Army Hall, Park Road, Pontypool. NP4 6JH.

If you would like any more information please get in touch with Thomas Boor at TVA on **01495 742494** or email thomas@tvawales.org.uk



The Salvation Army is a Church and registered Charity in England (214779), Wales (214779), Scotland (SC009359) and the Republic of Ireland (CHY6399)

Man Engine Visits Blaenavon

Tickets to see the moving, steaming, mechanical Man Engine when it begins its grand tour of Wales in Blaenavon are now available.

The huge mechanical puppet, which resembles a giant miner, is set to visit Blaenavon for a day of celebration on Sunday 8 April.

The Man Engine will start its journey at Big Pit before traveling via the Gilchrist Thomas Industrial Estate to the main event at Blaenavon Ironworks, which will feature choirs, brass bands and theatrics.

The Man Engine is designed to celebrate the rich mining heritage of South Wales, with each stop on the Man Engine's tour of Wales offering a bespoke spectacle, from gripping theatrics and nostalgic choral renditions, to traditional Welsh storytelling.



Timings are as follows:

Big Pit Museum:	11am – 1pm
Parade through Gilchrist Thomas Industrial Estate:	1pm – 2pm
Blaenavon Ironworks:	2:30pm – 4pm

Further details on parking and transport will be announced in due course.

The event at the Big Pit Museum and the parade through the Gilchrist Estate are free and un-ticketed. Tickets for the Ironworks are £3 and can be booked via www.themanengine.co.uk

For more information please visit www.themanengine.co.uk

Children in Wales

Protecting family relationships: Good contact in care

Children in Wales have launched a new guide for care experienced young people on Good Contact in Care.

Children in Wales recognised that this a crucial issue for children and young people, as they want to be listened to and to have a say when decisions are being made about what kind of contact they have and also from their work with kinship carers realise that contact features as a major concern for them too.

This guide has been designed to get children and young people thinking about their contact arrangements and what they would like these to look like in practice. It also has case study examples and quotes from children and young people who have experience of managing these issues as well as advice and support if needed.

Young people where asked what 'good' contact meant to them - words to describe good contact include safe, normal, enjoyable, longer, normal, supported, welcome, easy, choices, not so emotional.

Children in Wales worked in partnership with Voices from Care to develop the guide and will be looking to take this piece of work further by ensuring this issue is kept on the agenda with key stakeholders and corporate parents across Wales.

The guide to contact complements and sits with additional resources for young people on topics including children's rights, health and well-being, mental health, healthy eating and exercise as well as our guide on health assessments.

The guide is available online at www.childreninwales.org.uk/resources/looked-after-children.

If you want to know more about the project, please do get in touch with Emma at Emma.Sullivan@childreninwales.org.uk



Children in Wales
Plant yng Nghymru



All Go at Blaenavon World Heritage Environmental Group!

Blaenavon World Heritage Environment Group (BWHEG) has enjoyed a busy enjoyable start to the new year. Further to a members' survey, the group is seeking to revamp and relaunch some of its activities including its archaeology group, with an aim to develop a new practical project, where volunteers can get their hands dirty and learn much more about the unique features of the World Heritage Site, and its Dry-Stone Walling Group. We'd love you to get involved, learn new skills, meet new people and support the wonderful World Heritage Site.



Following the fantastic plant walk around the site in February, Saturday, 24 March 2018 saw another of BWHEG's programme of guided walks for 2018 – Heather and heritage! This short (6.5 km: 4 miles) walk took about 2 - 2 1/2 hours, focusing on the wildlife on and around the Bloreng, together with the rich fascinating history of the site including the "slag monsters" of the former Garnddyrus forge site, made famous in Alexander Cordell's 'Rape of the Fair Country'.

The walks are suitable for families and people who aren't hardened hillwalkers. More details are available from the World Heritage Centre.

The group also has a new website where you can find out more about BWHEG and download an application form to join. We are very keen to attract new members who can take advantage of the groups' fascinating activities and do their part to enhance and promote the unique heritage landscapes of the World Heritage Site. The website is www.bwheg.wales. Come and join us!

 www.connectgwent.org.uk
 connect.gwent@gwent.pnn.police.uk
 0300123 2133



Ydych chi neu rywun yr ydych yn nabod wedi cael eich effeithio gan drosedd?

Have you or someone you know been affected by crime?

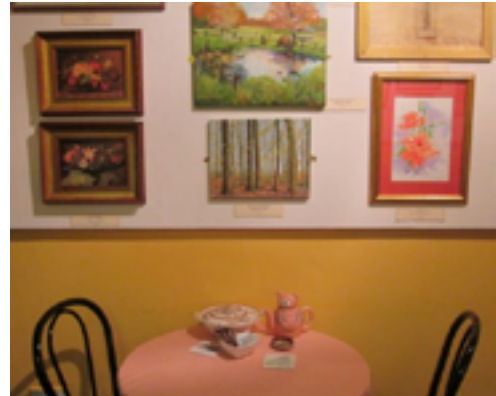
Gwasanaeth Aml-Asiantaeth ar gyfer holl ddioddefwyr troseddau
Multi-Agency service for all victims of crime in the Gwent area

Torfaen Museum Trust

Torfaen Museum Trust is celebrating 40 years of being able to share the history of Torfaen with members of the public. Please see below lists of events that will be happening throughout the year at the Pontypool Museum, Park Buildings, Pontypool, Torfaen NP4 6JH

Café Art 2018

March & April	Torfaen Art Factory
May & June	Vision Arts
July & August	works by Terry Banfield
September & October	The Bamboo Studio
November & December	Museum Fundraiser



Monday, 2nd July 2018 Fundraising day trip to Weston -super-Mare

£12 for Members
£15 for Non-Members / Accompanying Friends

The luxury Phil Anslow coach will leave Pontypool Museum for Weston-super-Mare where the first stop will be Weston Museum, newly re-opened after a major Lottery funded re-furbishment. Leaving the museum late

morning, the coach will drop all passengers on the seafront for shopping, sight-seeing, enjoying the beach and pier. Departure back to Pontypool at 5 pm.

en plein air Painting Pontypool Park Competition - back for its fourth year!

This year artists can do the en plein air on any day (10-4) between: Wednesday 13th to Saturday 16th June 2018

Prizes: £250, £100, £75

Entry: £15 per piece of work pre-booked per day
£18 per work on the day
£10 per work by students 16+



Judging and opening of the exhibition Sunday 17th June

For all other events please contact the museum on **01495 752036** or email pontypoolmuseum@hotmail.com

If you would like to know more about the museum please visit www.pontypoolmuseum.org.uk



The Royal British Legion

Admiral Nurse Service Supporting Carers and Families of those with Dementia



What Do We Do?

The Royal British Legion Admiral Nurses offer specialist support, information and advice to the carers of people with dementia

Admiral Nurses are registered nurses specialising in dementia. The service aims to help carers gain the necessary skills to assist with dementia care, promote positive approaches in living well with dementia and improving quality of life.

The Service has been developed in partnership with Dementia UK, a national charity which promotes and develops Admiral Nursing

Am I Eligible?

To qualify for this service the carer or person with dementia needs to be a beneficiary of the The Royal British Legion. This includes anyone who has served in the British Armed Forces and their family and carers.

Contact The Admiral Nurse Service on **0333 011 4497**



Keep Wales Tidy

Please see below press release form Keep Wales Tidy.

Wessex Garages joins forces with Keep Wales Tidy to tackle roadside litter

Wessex Garages Nissan in Cardiff is joining the fight to keep our roadsides litter-free, by supporting an environmental charity's car bin scheme. The Hadfield Road dealership is offering a free Keep Wales Tidy car bin to the first 200 customers purchasing vehicles with new 2018 number plates. The announcement ties in with the launch of the new Nissan Leaf, a ground-breaking 100% electric family car.

Gareth Howells, General Manager at Wessex Garages said: "Wherever I drive, I can't help but notice rubbish along the sides of the roads, or on grassy banks and verges. We're not talking pedestrianised areas either, so in many cases, this must be rubbish that has been discarded out of car windows. Car bins are commonly used in many other countries as a counter measure to help reduce this, and Wessex Garages are delighted to be a part of Keep Wales Tidy's initiative to help reduce roadside waste."

Roadside litter is difficult and often dangerous to clear and represents a significant cost to the taxpayer. The estimated cost of collecting and disposing of the litter is around £3.5 million a year. However, this figure does not include the additional economic impact of road closures and traffic congestion – both inevitable results of trying to clean-up these areas. A Keep Wales Tidy report released in 2017, showed that plastic drinks bottles are the most common litter type found on our roadsides followed closely by fast food packaging.

Louise Tambini, Operations Director at Keep Wales Tidy said: "Litter on our roads is a blight on our otherwise beautiful landscape and it costs us dearly. Whether environmentally, economically or socially, the impacts are far-reaching. So, it's great to see such a major car dealership in Wales doing their bit to help tackle the issue. By encouraging people to bin their drinks bottles and food packaging in their cars, to dispose or recycle at home, we hope to see less litter along the roads. Our message is simple – just take it home!"

The car bins are produced by Cardiff-based creative, Lisa Broom, who set up her craft company 'Monkeys and Mess' in 2015. Fabrics from Keep Wales Tidy programmes such as the Wales Coast Awards, Eco-Schools and Green Flag for Parks will be transformed into small, waterproof bins which can also be used for extra storage.

(left to Right)Lisa Broom
(Monkeys and Mess),
Gareth Howells (Wessex
Garages) and Louise
Tambini (Keep Wales Tidy)



WCVA: Active inclusion Fund

41 organisations across Wales are benefiting from the most recent round of the Active Inclusion Fund. An impressive £5.1 million will go towards a range of projects that work with people furthest from the labour market to support them into further learning, volunteering opportunities or employment. The fund is supported by the European Social Fund (ESF) and run by WCVA on behalf of the Welsh European Funding Office.

The newly funded projects will work closely with individuals to provide tailored support and activities in order to build confidence, increase skills and prepare them for the next steps in their journey to employment. The advantage of the funding is that the grant recipients design their own project and determine what support and activities would best suit their participants. The Outdoor Partnership in North Wales has received £51,167 for its 'Walking Higher' project, which will use the Snowdonia National Park as a vehicle to employment.

The project will work with individuals aged 25+ who are unemployed or economically inactive and live in the counties of Gwynedd, Conwy and Anglesey. Instead of a 'standard' upskilling programme, it will centre its engagement activities on walking and climbing in the outdoors to help participants develop essential transferrable work skills such as working as part of a group, health and safety, time management and wellbeing. The aim is to motivate them into employment whilst leading more active lifestyles, improving their personal confidence, fitness, health and well-being.

Tessa White, WCVA's Head of Grants, said: "We recently improved the application process and terms of funding and the response to these changes has been very encouraging. The funds will be running to the end of 2019, so there is still time to apply and make a difference to your community."

The scope of the Active Inclusion Fund is wide and organisations can use the funding to deliver paid supported employment placements as well as engagement activities. Merthyr Tydfil Citizens Advice Bureau's 'You're Hired' project will receive £33,192 to support people aged over 25 back into work through supported employment placements. The participants will carry out their placements in the advice and admin departments and will be supported by the centre's trained staff. They'll gain experience of working with the public, administration, IT, communication and of working in a third sector and modern business environment. They'll achieve a level 2 qualification and a work relevant certificate in Interview Skills, which will support them into employment. As well as gaining experience and qualifications, the project will support them to apply for jobs, prepare CVs and even offer role-play interviews.

Lisa Howell-Morgan, Chief Executive of Merthyr Tydfil Citizens Advice Bureau said about the project: " 'You're Hired!' will offer opportunities to individuals in Merthyr Tydfil that are furthest away from the labour Market, giving them the skills and confidence to support them back into employment. It's great that WCVA has awarded Citizens Advice Merthyr Tydfil with this funding to remove the barriers that many in our community face.



Volunteering Opportunities

Aneurin Bevan Community Health Council - Community Health Councils are looking for members

We are looking for volunteers from all walks of life - to help us improve the NHS locally and nationally. CHC members are local volunteers who act as the eyes and ears of patients and the public; listening to their concerns and working with the health service to improve the quality of patient care. Members are asked to give the equivalent of three to five days a month; training will be provided and any 'out of pocket' expenses such as travel will be reimbursed.

For more information email

enquiries.aneurinbevanchc@waleschc.org.uk



Marie Curie - Great Daffodil Appeal Collector

We are actively seeking to appeal to individuals or groups of people to volunteer an hour or two of their time to people to come along to our Great Daffodil Appeal collections which are run across the area in the local supermarkets and busy high streets. Collectors would be advised of our available dates and venues and commit to a time and place that suits. All the materials needed to take part in the collection are made available before or at the collection site, including a collection tin/bucket, daffodils or stickers, and a collectors tabard and hat. The collector is then required to stand in a designated spot, and make themselves available to receive donations from passers by and to thank with a Marie Curie daffodil/sticker. All money raised is used to help provide hands-on care, support and advice for people living with a terminal illness and their families.



Tenovus - Shop Volunteer - Various Roles

Our shops raise vital funds to help us support cancer patients and their loved ones. However they couldn't do this without the help of our amazing volunteers. If you're looking to make a difference in your local community, gain some retail experience or to make new friends, volunteering with us could be a great opportunity for you. We've plenty of roles you could help with: *Customer Service Assistant Welcome people into the shop, serve customers & share the amazing things we do *Donated Goods Collector Pick up donations & drop them to our local shops *Driver's Mate Help collect & deliver donations *Lead Retail Assistant Help run the shop when the shop managers aren't there *Shop Fundraising Assistant Put on events & other fundraising activities in the shop *Stock Preparation Assistant Sort & prepare donations ready for display & sale.



Volunteering Opportunities

Nyas

Are YOU that Special Volunteer? Do you have time and commitment to give?
Do you relate well to children and young people?

We are recruiting child focused Independent Visitors in your area to befriend children and young people who are in care. You don't need special qualifications but patience, commitment and a non-judgmental attitude is essential. You will need to commit for a few hours each month. In return we offer support, supervision, training, and an activity allowance. All successful applicants will have an enhanced DBS check.



Volunteering Matters - Learn Together Cymru Organiser

If you have good organisational or people skills you could help our volunteers change children's futures... The Learn Together Cymru project recruits and places volunteers in schools and community settings, to support pupils' learning in a variety of subjects. Could you give a few hours per week to help with organising the project in your local area? As a Learn Together Cymru Organiser your role may include: Supporting volunteers through the recruitment process Maintaining regular contact with volunteers DBS checking volunteers Arranging volunteer placements at local schools You would receive all the training you need and full support from Learn Together Cymru Development staff.

The logo for 'Volunteering Matters' consists of the word 'VOLUNTEERING' in white, uppercase, sans-serif font on a dark purple rectangular background. To its right, the word 'MATTERS' is in white, uppercase, sans-serif font on a green rectangular background. A white arrow shape points from the purple box towards the green box.

Changing Minds - Peer Mentor Torfaen

Supporting young people aged 14-25 with their mental health transitions. Activities include: Becoming a Write With You pen pal volunteer to a young person who would like to connect with someone by writing letters. Developing, delivering and monitoring Peer-to-Peer Support Groups at the Blaenau Gwent Learning Zone for young people with support and supervision from the Changing Minds Project Worker for Blaenau Gwent.



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

Cruse Bereavement Care

Somebere to turn when someone dies



 Cruse
Bereavement
Care
Gofal mewn Galar

We need Volunteers!

Cruse Bereavement Care Adult service
needs more Bereavement Volunteers across the whole of Wales ...
...could YOU help fill that gap?

*Every
hour of
time given
by a
volunteer
helps a
bereaved
person
face the
future
knowing
that they
are not
alone...*

Would you like to:

- Help support bereaved people.
- Gain training & experience in bereavement support (No fee applies)
- Experience a sense of pride and satisfaction for the time & support you give.**

Cruse bereavement Care help support bereaved people who are having difficulty coping with the loss, through death, of a significant person in their lives, whether a parent, grandparent, sibling, other relative or friend.

Cruse offer free bereavement support through one-to-one support, telephone, email or group support .

We are looking for volunteers who have some regular **spare time** to give and a desire to be involved.

You will need to attend an initial 8 day training course & complete course work Location: Howells School, 134 Cardiff Road, CF52YD

Dates: 5th May, 19th May, 2nd June, 16th June, 24th June, 1st July then complete at least 15 hours of training thereafter per year as well as attend regular supervision sessions .

INTERESTED? Then contact us ASAP as spaces are limited. (Deadlines for applications 16th April).

For more info or an initial chat contact Maxine Norrish project manager Cruse Cymru
Tel: 02920-886913 or email : Maxine.norrish@cruse.org.uk

*Cruse Bereavement Care Wales's vision is that all bereaved people have:
somewhere to turn when someone dies / rhywle i droi pan fydd rhywun wedi marw.*

Torfaen Floating Support

From the 1st April 2018 there will be some changes to the way Supporting People Services are accessed in Torfaen. The new Supporting People Service will be known as “Gateway”.

Do you require support or advice to help you live independently?
Are you homeless or at risk of being homeless?

Housing support can help you access the tools and skills needed to find accommodation and live independently in your own home.

Support can be provided to help people with lots of different issues, for example:

- Domestic abuse
- Learning disabilities
- Mental health issues
- Alcohol or drug dependency
- Young People 16 - 24 (including those leaving care)
- Single parents and vulnerable families
- Over 50's with support needs

Some examples of housing support include:

- Setting up and maintaining a home
- Basic life skills training
- Help with debt, managing a budget and claiming benefits
- Advice, advocacy and liaison with organisations

If you think you would benefit from housing support, you can contact the supporting people team for more information:

Tel: **01495 766949**
Email: **gateway@torfaen.gov.uk**
Web: **www.torfaenhomes.co.uk**



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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www.twitter.com/TVAtorfaen

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