

TVA News Bulletin **October 2018**



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Charity Registration No: 1097079
Company No: 4603713



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

Welsh Government Budget Process: Awareness Session

Venue: Torfaen Voluntary Alliance, Pontypool

Date: Monday 26th November 1pm – 2pm

Torfaen Voluntary Alliance invite you to attend an awareness session on the Welsh Government Budget process; this includes a short presentation followed by a Q&A session.

The Welsh Government published the first stage of the Draft Budget 2019-20 on 2nd October with the next stage being published on 23rd October. They are looking for the opportunity to engage with different groups on the budget process.

The Budget can appear complex and this is an opportunity to increase people's understanding of the areas for which the Welsh Government is responsible for and to explain where Wales gets its money from. The session will outline the new tax raising powers and highlight the challenges facing the Welsh Government in setting Budget allocations.

If you would like to attend the awareness session please contact Amanda on amanda@tvawales.org.uk or 01495 742457 to book your place.



Llywodraeth Cymru
Welsh Government

Local Boy

Kieran is taking part in BBC Children in Need & The One Show's Rickshaw Challenge

Team Rickshaw returns with a new team and a new set of wheels as they take on a 423 mile route from Calais to Salford – the Tour de Rickshaw.



The Rickshaw Challenge has launched (Wednesday 10th October) with a new route, a new rickshaw, and a new team, which was announced live during The One Show. In a first for the annual Challenge, which is now in its eighth year, the route will start in France.

This year, Kieran (18) from South Wales will be a part of the team of six, all of whom have been supported by BBC Children in Need-funded projects.

They will be joined by The One Show's Matt Baker on the eight day challenge. It will begin on Friday 9th November in Calais, where the team will pedal 31 miles through the service tunnel of the Channel Tunnel - a route only travelled previously by the likes of professional cyclists. Once through the tunnel, the team will head north from Folkestone and make their way through England and Wales, before finally finishing in Salford on Friday 16th November, during the BBC Children in Need Appeal Show.



18-year old Kieran grew up as a young carer for his mum and his younger siblings. Eventually Kieran became unable to cope at home. He struggled to control his feelings and acted up at school. By the age of 13 things had become so difficult that Kieran was placed in foster care. With the help of his foster parents he gradually began to change his life. Today Kieran is in a positive place – he's training to be an electrician and is once again close to his mum, step-dad and siblings.

He started attending The Hwb Torfaen a project which uses a grant of £54,498, over two years, from BBC Children in Need to support NEET young people and engage them with education, develop their skills and encourage volunteering.

Kieran is determined to show other young people, who have been in a similar situation to his, that things can change and hopes to inspire others with his story. He said: "I'm proud to say that I've turned my life around, and I'm grateful for the support of The Hwb Torfaen, their help has enabled me to get to where I am today.

"Being part of Team Rickshaw is another milestone that proves just how far I have come and I hope that by sharing my story I can motivate and inspire other young people who might be facing a similar situation to mine and show them that things can change."

The team's progress will be broadcast live on The One Show throughout the week, as co-presenter Alex Jones follows the team on their 423 mile journey. Ahead of this year's challenge, Matt Baker said: "This is the eighth year that we'll be heading on the road with the Rickshaw Challenge and I can't wait to get back in the saddle and be a part of this team of six truly inspirational young people.

"Every year the support that we get from the public never ceases to amaze me, it's fantastic to see how people from all across the UK get behind the Challenge and I'm looking forward to seeing all those friendly faces willing us on again this year, and helping us to raise money for a charity which is incredibly close to my heart."

Fellow 'The One Show' presenter, Alex Jones added: "The Rickshaw Challenge is a chance for our viewers to really see how funding from BBC Children in Need is making a difference to young people's lives. It's one of the highlights of our year at The One Show, and I can't wait to cheer on the team as they conquer another epic journey across the country on the rickshaw."

Since 2011, The One Show's Rickshaw Challenge has raised over £21 million for BBC Children in Need, with every penny going on to make a difference to the lives of children and young people across the UK who need it most.

The One Show viewers will be able to follow Team Rickshaw's progress on the show each day, but the full route – including a real-time update of the rickshaw's progress – is also available at <http://pudsey.viewranger.com/>.

Here is How You Can Support:

To support the Rickshaw Challenge, you can donate £5, £10 or £20 by text. To donate £5 text the word TEAM to 70405. To donate £10 text TEAM to 70410. To donate £20 text the word TEAM to 70420. Texts will cost your donation plus your standard network message charge. All of your donation will go to BBC Children in Need. You must be 16 or over and please ask for the bill payer's permission. For more information and full terms and conditions go to bbc.co.uk/pudsey. The Text to donate Service will close at 23:59 on the 31st December 2018.



Free Training



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](#)

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!

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

Date: Monday 26th November 2018

Time: 09.30 am to 3.00pm – lunch and refreshments included.

Venue: Pontypool Active Living Centre, Pontypool NP4 8AT (set in Pontypool Park Grounds)

There is plenty of free parking in the vicinity of Pontypool Active Living Centre and it is easily accessible by bus.

Places will be allocated on **a first come first served** basis and are limited. Cut off for applications is **16th November 2018**

To reserve your place contact Pat Powell at Torfaen Voluntary Alliance:
Email: pat@tvawales.org.uk Tel: 01495 742460

Love Your Liver FREE health events



Bangor – 19th November 2018 – 10am to 4pm

Wrexham – 20th November 2018 – 10am to 4pm

Cardiff – 21st November 2018 – 10am to 4pm

Bridgend – 22nd November 2018 – 10am to 4pm

Swansea – 23rd November 2018 – 10am to 4pm

Are you at risk of liver disease?

- Up to 1 in 3 adults in the UK are at risk of liver disease
- There are no obvious symptoms in the early stages
- Finding out early is vital and can save your life
- Take our Love Your Liver health screener to assess your liver health risks: www.loveyourliver.org.uk



Love Your Liver is a British Liver Trust campaign

Registered charity England and Wales 298858 Scotland
SC042140 British Liver Trust: 6 Dean Park Crescent,
Bournemouth BH1 1HL



The Prince's
Responsible
Business Network
Cymru

Business in the Community Cymru In Partnership with



Torfaen Voluntary Alliance
Cynghair Gwirfoddol Torfaen
Actively supporting the contribution of
individuals through voluntary action.
Charity Registration No. 1097278
Company No. 4003713

You are invited to:

Start a Conversation: Make a difference

Communities across Wales face their own unique challenges and these are best addressed by all parties working together to achieve a bigger, more sustainable impact. Collaboration is key – and that starts with building relationships between employers and community groups.

We have a 'Community Conversation' coming up within **TORFAEN** (Woodland Road Sports and Social Centre) at 10am – 1pm Friday 30 November.

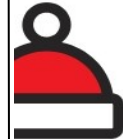
Overview of the event

Our Community Conversation events create an opportunity to discuss how to work together – the challenges, the opportunities and existing best practice. We welcome a mix of businesses, community organisations and others with an interest in the area, to these conversations where:

Businesses have the chance to understand local issues, share ideas and be more effective and targeted in their responsible business activities

Community groups can share their knowledge of local issues, forge valuable relationships with local businesses and unlock potential support

There will be ample networking opportunities and lunch will be provided. Please note that places at our Community Conversation events are limited to one representative per organisation. We anticipate a lot of interest in this event so please [book now](#) to make sure of a place or give Business in the Community Cymru a call on 029 2078 0050.



CHRISTMAS CAROLS

**FRIDAY 14TH DECEMBER
WIDDERSHINS CENTRE
10:30-11:30AM**

Free Event- Ticket Only



Enjoy a wonderful free morning
of Christmas Cheer!
**Featuring Lliswerry Baptist
Church Choir**

Refreshments will be available to
purchase



Independent • Local • Listening

For more information please call 01495 769264.



MAKE A DIFFERENCE AND START VOLUNTEERING



Come along and chat with us on:

- Thursday 18th October
- Thursday 1st November
- Thursday 15th November
- Thursday 29th November
- Thursday 13th December

VOLUNTEER
DROP IN AT
CWMBRAN
LIBRARY

From
10am until
1pm



Benefits of Volunteering

- Make a difference in the community
- Gain confidence and meet new people
- Gain new skills, knowledge and experience
- Enhance CV
- Improve employment prospects



@TorfaenVoluntaryAlliance



@TVATorfaen

#VolunteeringInTorfaen



01495 742420

volunteering@tvawales.org.uk

www.tvawales.org.uk

torfaen.volunteering-wales.net

Befriend a local young person in care



Volunteer as an Independent Visitor

What does an independent Visitor do?

An independent visitor is a volunteer who befriends and develops a long-term friendship with 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, helping them learn to trust, have fun and grow.

Who we are looking for?

We are looking for adults of all ages and from all walks of life who relate well to young people and have a genuine interest in their well-being. We ask you to commit a few hours once a month for a minimum of two years and be a consistent and trusted friend in a young person's life.

No formal experience necessary as full training and induction provided including out of pocket expenses

For more information

Please contact us with your details (including a phone number) and your location.



Alternatively please visit our website www.nyas.net/services/independent-visitors/ and complete the online volunteer registration form.

www.nyas.net



NYAS.jp



@NYASServices

Registered Charity No: 1012485



**VOLUNTEERS AND CHOIRS
needed for the**

Christmas Gift Wrapping Service

We will be at Cwmbran Centre between:

Saturday 15th - Saturday 22nd December 2018

**We will wrap your gifts in return for a donation
to Cancer Research Wales.**

If you would like to volunteer please
contact Cancer Research Wales on
crw@wales.nhs.uk
or call 029 2031 6976



**CANCER RESEARCH WALES
YMCHWIL CANCER CYMRU**



Cancer Research Wales, Velindre Hospital, Cardiff CF14 2TL | T 029 2031 6976 |
www.cancerresearchwales.co.uk | Registered Charitable Incorporated Organisation No: 1167290



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Cancer Research Wales: Christmas Gift Wrapping Volunteer at Cwmbran Shopping Centre

It's that time of year again (well nearly) where Cancer Research Wales will be at Cwmbran Shopping Centre on the below dates offering our ever-so popular gift wrapping service.

They will have everything you need to make your thoughtful gifts look their best, and we'll even be dressed in Christmas jumpers, hats and antlers to ensure we are getting everyone into the Christmas spirit.

Funds raised from the Christmas gift wrap go directly to fund some of the world's leading cancer research which is happening right here in Wales. Every day their making vital developments into early diagnosis, treatment and cure.

Dates of the Christmas Gift Wrap:

Saturday 15th December: 10am – 6pm

Sunday 16th December: 11am – 5pm

Monday 17th December: 10am – 6pm

Tuesday 18th December: 10am – 6pm

Wednesday 19th December: 10am – 6pm

Thursday 20th December: 10am – 6pm

Friday 21st December: 10am – 6pm

Saturday 22nd December: 10am – 6pm

**WE ARE CURRENTLY LOOKING FOR VOLUNTEERS, CHOIRS AND
SUPPORTERS TO GET INVOLVED AND SUPPORT US!**

If you are interested please contact their fundraiser Kirstin on
Kirstin.jenkins@wales.nhs.uk

Volunteer receptionists/admin required to manage our front desk at Pontypool.

To assist with the smooth running of the reception area by tending to visitors and dealing with enquiries on the telephone and face to face. To provide information regarding the organisation's services to the public, professionals and customers.

Access to training to further personal development. Pathways to further employment. Personal self-development and satisfaction. Experience of working in mental health. Lunch and travel expenses within the borough of Torfaen.

Good interpersonal skills, with the ability to build and maintain relationships. Good spoken and written communication skills. Ability to stay calm and in-control in challenging situations. Good organisational skills. Basic IT skills Word and Outlook. Friendly and approachable. An understanding of equal opportunities and confidentiality.

Volunteers to be part of an award winning mental health and positive wellbeing project.

Mind Matters is looking to recruit volunteers to join the team across Gwent to help deliver peer led workshops on mental health and positive well being. All workshops are fun, interactive and engaging. All support is provided in gaining awareness on mental health and peer support. You can join a team of other like minded young people or you can look to start your own group with friends in your area, This is a great opportunity to help others in your community and develop amazing skills in mental health awareness and positive well being.

VOLUNTEERS WANTED!

Gateway Credit Union—General Office Assistant

Gateway is run largely by volunteers. We currently need collectors to staff community collection points, greet members, receive and record payments and answer enquiries.

Volunteers will answer general telephone calls be responsible for photocopying, printing and shredding documents.

Volunteers will also greet visitors to the offices and new members. Volunteers will also learn how to help members fill in loan forms and other forms. This is where all our volunteers start, but some move onto work on promotion, loans granting, supervisors and board members. We require volunteers to help staff at our Pontypool, Cwmbran and Abergavenny offices.

Trolley Volunteer in County Hospital, Torfaen

Selling newspapers, drinks etc. around the wards and units at local hospital. Involves collecting newspapers from local store each morning, loading stock onto trolley after sales round. Cash up and return unsold papers to the store.

Training provided with induction. Social Gatherings throughout the year.

Able Bodied Friendly Reliable and Trustworthy Understanding of hospital environment and confidentiality Money Handling involved

Public transport on the X24 route.

Disabled males aged 16-35 required for help with peer led workshops around sexual health, safer friendships and exploitation.

The SAFE Male project is looking for male volunteers to help take part in fun, interactive and engaging workshops around sexual health and safer relations to deliver back to their peers across the Gwent areas i.e. Torfaen, Caerphilly, Newport, Blaenau Gwent, Monmouthshire.

All volunteers will receive a t-shirt, I.D Badge, free travel and food expenses and a great opportunity to meet other like minded people. Sessions around sexual health, pornography, safer internet and safer friendships will be provided.

No skills required as full support and development provided.

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