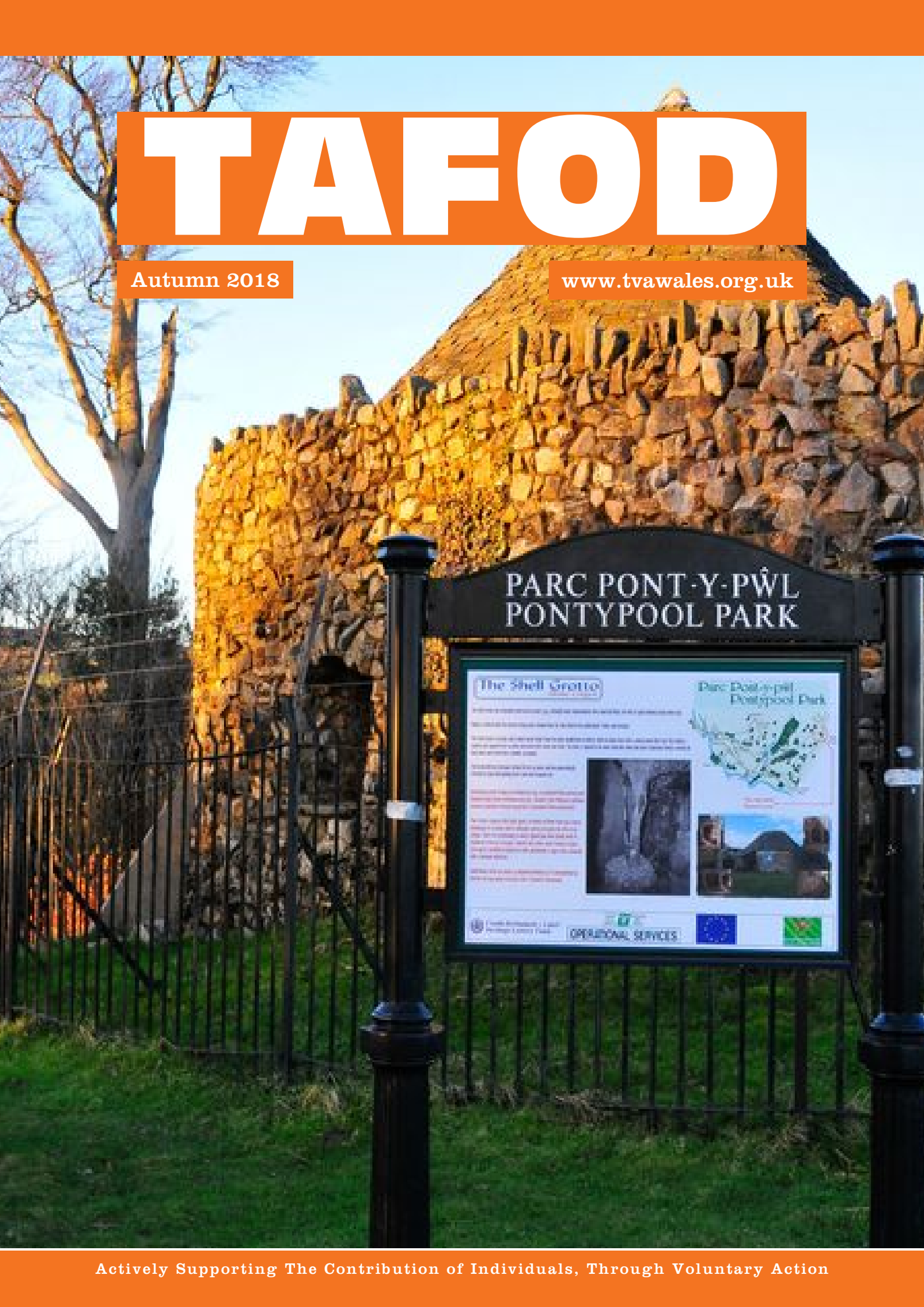


TAFOD

Autumn 2018

www.tvawales.org.uk



PARC PONT-Y-PŴL
PONTYPOOL PARK

The Shell Grotto

Parc Pont-y-pŵl
Pontypool Park

An informational sign for 'The Shell Grotto' and 'Parc Pont-y-pŵl Pontypool Park'. The sign contains text, a map, and two photographs. At the bottom, it features logos for 'Local Authorities & Community Councils', 'OPERATIONAL SERVICES', the European Union flag, and another logo.

Torfaen Voluntary Alliance Free Discrimination Training

Torfaen Voluntary Alliance are pleased to announce a Free Discrimination Awareness session, delivered by Citizens Advice on Monday 22nd October 1pm-4pm. For more information or to book a place please contact us on **01495 742420** or **info@tvawales.org.uk**



Free Training Discrimination Awareness

citizens
advice

Date: Monday, 22nd October 2018

Time: 1pm—4pm

Venue: Torfaen Voluntary Alliance, Pontypool



Objectives:

- Increase your understanding of the law on equality
- Look at 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

New Volunteering Portal

START RECRUITING VOLUNTEERS TODAY!

Sign up on the new Volunteering Wales website today to post your volunteer opportunities.

To register in Torfaen visit torfaen.volunteering-wales.net

For more information or any help please contact us on **01495 742420**
or email volunteering@tvawales.org.uk

Torfaen Voluntary Alliance
Cynghrair Gwirfoddol Torfaen

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

Cymraeg

Home Login Events Training About Us Get In Touch Register Search

Torfaen Volunteer Centre
Our aim is to provide help and advice to volunteers, those who wish to start volunteering and voluntary organisations who recruit volunteers.

Try Volunteering Register now | Need Volunteers Add your opportunities

Enter search and click Search

Keep in touch
Contact us 01495 742420 volunteering@tvawales.org.uk www.tvawales.org.uk

Registered office for Torfaen Voluntary Alliance is:- Portland Buildings, Commercial Street, Pontypool, Torfaen, NP4 6J5. Charity Registration No. 1097079. Company Limited by Guarantee. Registered in England and Wales. Company No. 4603713

Torfaen Voluntary Alliance
Cynghrair Gwirfoddol Torfaen

TVA are taking part in Turn the Town Pink

Torfaen Voluntary Alliance (TVA) are proud to say that they are taking part in the 'Turn the Town Pink' Fundraiser. The aim of the fundraiser is to raise £2000 to go towards the new breast cancer unit at Ystrad Mynach Hospital in Caephilly (Ysbyty Ystrad Fawr). The date of Turn the Town Pink is 17th October. If you are part a group that would like to take part, please contact Emma Wilkins on **07970880031** or email emma.wilkins5@wales.nhs.uk or if you would like to make a donation please click [Here](#).



TVA Rooms Available for hire!!

Here at TVA would like to inform our members that we have rooms available for hire from £5 an hour. Have a look at the rooms below.



Community Room

Layout: This room has been split into a meeting style but tables can be moved if needed and has an IT Suite with six computers.

Meeting Style: Seats 16 comfortably around tables. Without tables 25 max

Can be used for: Large group meetings, training (both IT and other)

Availability: Monday Afternoon and Friday Morning.

Big Office

Layout: This room has been split into a meeting style but tables can be moved if needed and has an IT Suite with six computers.

Meeting Style: Seats 8 comfortably around tables. Without tables 20 max

Can be used for: Large group meetings, training (both IT and other)

Availability: Monday to Thursday 10am-4pm



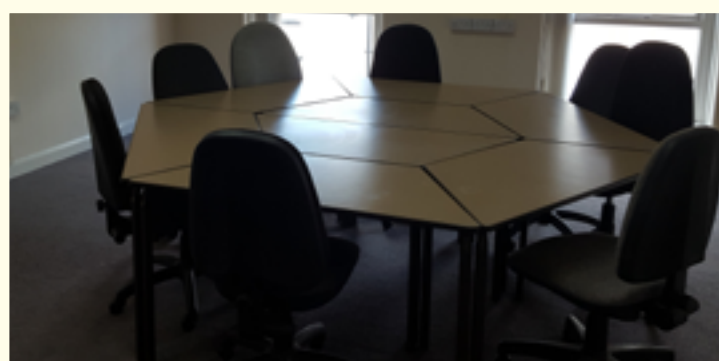
Meeting Room 2

Layout: Meeting style but tables can be moved if needed.

Seats: 12 comfortably around tables. Without table 20 max

Can be used for: 1-1 sessions, training and meetings.

Availability: Monday - Thursday 10am-4pm



If you would like to book one of the rooms or want to know more please contact Amanda on **01495 742420** or email **amanda@tvawales.org.uk**.

WE WANT TO HEAR FROM OUR MEMBERS

Has your organisation received support from TVA in the past? If YES, then please take our short survey and tell us what you think of our work.

TVA is part of Third Sector Support Wales, a network of support organisations. Help TSSW help the sector by taking a super-quick survey about our work.

English survey link: <https://www.surveymonkey.co.uk/r/VZMFD5X>

This is also a chance to have your say on Third Sector Support Wales' support for the sector on influencing, volunteering, governance and more.



Sight Cymru - Volunteer Awards

Sight Cymru held their Annual Volunteer Awards Ceremony on the 13th September at their office in Pontypool, where volunteers enjoyed a light lunch along with awards and recognition for their dedication and hard work that they give to Sight Cymru. They had some volunteers from a few of their clubs, projects and befriending services as well as other volunteering agencies. Thanks to all volunteers who help out at Sight Cymru and thank you to all who attended.

If you would like to know more about Sight Cymru or would like to volunteer for them, please contact Rebecca Harris on **01495 763650** or email Becs.Harris@sightcymru.org.uk





2nd December 2018
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
(On the day £9.00 spaces will be limited)

Children under 6 FREE +

Price includes a medal and goody bag.
Enter Online via Eventbrite link:,

<https://www.eventbrite.co.uk/e/torfaen-santa-run-2018-tickets-43194341438>
or contact **01495 769264** emma.wootten@ageconnectstorfaen.org for more details.

Torfaen Friends of the Earth

Make & Take Workshop Christmas mouse, flower brooches, gift box, gift bag

Fancy a morning learning how to create gifts or accessories for yourself, including little gift boxes and bags?

Using fabrics, buttons, beads and paper you can create one or more items which will be completed in time for you to take home. Everything you need is supplied. This is an ideal opportunity to learn how to make unique gifts for the upcoming festive period, for a family member or friends, or for yourself!

Participants must be competent in the use of scissors as well as needle and thread for simple stitchery.

Cwmbran Library - Saturday 3rd November 10am to 12noon
£5 per person including materials

Ring **01495 767983** or email **ennirocrafter@gmail.com** for more info or to book.



27TH, 28TH, 30TH & 31ST OCTOBER 2018

GHOST TRAINS

4PM - 9PM

**£6 PER PERSON
PAY ON THE DAY**

CASH & CARD PAYMENTS

BLAENAVON'S HERITAGE RAILWAY
THE PONTYPOOL & BLAENAVON RAILWAY

✉ **INFO@PBRLY.CO.UK** 📱 **01495 792263 // 01495 707480**



THE RAILWAY STATION, FURNACE SIDINGS, GARN YR ERW, BLAENAVON, NP4 9AX



Cwmbran Community Council
Cyngor Cymuned Cwmbrân

Do you know someone, or a group, who deserves recognition for what they do / have achieved / overcome?

Why not nominate them for a Cwmbran Community Council Community Award in 2018?



This is the chance to reward and recognise the 'Unsung Heroes' of your community.

**The closing date for applications is Wednesday
31st October 2018**

Please contact Cwmbran Community Council and we will be pleased to send you details:



01633 624152



david@cwmban.gov.uk /

clare@cwmban.gov.uk



HALLOWEEN SPOOKTACULAR

FEATURING Harry Potter EVENT AT PONTYPOOL INDOOR MARKET

SATURDAY 27TH OCTOBER

FUN FOR ALL THE FAMILY RIGHT HERE IN TOWN!

LIVE MUSIC

FEATURING:

REDLINE

MIDNIGHT ICE
Jazz, Soul, Pop



THE FANTASTIC VOICE OF

ALAN J PRESTON



CLIMB ABOARD THE WESTERN WELSH 713

LOTS TO SEE AND DO!

£50

TO BE WON!

GOLD PAINTED ROCK
HIDDEN SOMEWHERE IN PONTYPOOL TOWN CENTRE



BE ENTERTAINED BY
MAD MEL'S DISCO

DEMONSTRATIONS BY

STREET FIT
HIGH ENERGY DANCE & FITNESS

Curves



Event funded by Pontypool Regeneration Partnership & Pontypool Community Council



Posters designed by DMP Printing Ltd
Tel: 01495 760592



The Congress Theatre Celebrate the Refurbishment of the Theatre!

In recent months the Theatre has undergone a huge amount of investment including, new electric moveable seating, modified/upgraded Bar facilities, much needed air-conditioning, a folding wall to increase room hire capacity and new stage curtains, to name but a few of the improvements. So far a total of £165k has been invested in the Theatre and it is with a huge thanks to The Arts Council of Wales, Cwmbran Trust, Barclays Bank, our fundraising volunteers and Torfaen's Neighbourhood Services team who have helped enable these works to happen.



The Congress Theatre was opened on 19th October 1972 as a multipurpose hall. It lacked the facilities of a conventional theatre and only hosted events such as celebrity lectures, union meetings and local tribunals. In 1974 the entire building was closed, revamped, and modified to incorporate facilities to offer a broader entertainment offer. The Theatre reopened in 1975 as a performance venue with a 306 auditorium capacity, dressing rooms and theatrical lighting. In 1992 when threatened with closure, a group of theatre enthusiasts lead by Mr Ron Prosser, formed a committee to take on the running of the building and then a year later, in April 1993 the Theatre formally became the Congress Theatre Co. 25 years on, after much hard work and support from our friends, you can see the thriving venue its become today.

This year the Charity and our resident Youth Theatre celebrated its 25th Anniversary. The Youth Theatre is still run by its original founder Rachel Hamilton and its musical director Wayne Beecham and continues to play a vital role in engaging local young people in creative and motivational ways. The Congress Theatre generates most of its revenue from Theatre Hire, but it also receives financial support from Torfaen County Borough Council, Cwmbran Community Council, Cwmbran Centre and Croesyceiliog & Llanyravon Community Council. This support is vital to help with expensive day to day running costs and ongoing maintenance of the building.



THEATR
CONGRESS
THEATRE
Cwmbran

Your local Charity run Theatre



The Congress Theatre is a place for people to be inspired. A place at the heart of the community where the arts transform lives; a place for people to meet, to learn and to be entertained while enriching mind and soul.

Funding: Mind and Agenda launch the Women's Mental Health Peer Support Programme

Mind, the leading mental health charity in England and Wales, and Agenda, the alliance for women and girls at risk, are delighted to announce that their £1.3m women's mental health peer support grants programme is open to applications, with a closing date of 15th October.

The programme responds to the needs of women experiencing disadvantage, particularly those experiencing multiple disadvantage, who are frequently under-represented in services. Covering England and Wales, the programme aims to fund:

- Organisations to facilitate peer support initiatives with women experiencing or at risk of multiple forms of disadvantage.
- Capacity building, knowledge, and networking and influencing 'Hubs' to support and promote delivery of women's mental health peer support

Find out more and how to apply at www.mind.org.uk/womenspeersupportprogramme where you can also sign up to face-to-face information sessions and webinars.



Citizens Advice Bureau Torfaen

Citizens Advice Torfaen is changing its drop in advice session times

The operating times of our drop in advice surgeries are now between 9.30am – 1pm (with the last client being seen at 12.30), Mon – Fri, from our offices in Cwmbran and Pontypool. No appointment necessary.

We have set aside the afternoon to help people from the morning session who's problem takes a little longer to resolve. We hope our changes will make for a speedier service and result in more people getting the help they need on the same day.

Our doors are open from 9am until 4pm daily for all other services including pre-booked appointments.

Remember you can also get advice from www.citizensadvice.org.uk and by calling Adviceline on **03444 77 20 20**



VOLUNTEERING OPPORTUNITES

Age Connects Torfaen - Volunteer Driver

As a volunteer community driver you will provide a transport service throughout Torfaen and the surrounding area. Your typical duties would include planning the best route and driving the vehicle safely, stopping at designated points.

Your duties will include helping passengers get on and off the vehicle and performing basic vehicle checks. You will also be delivering food to the various lunch clubs located throughout the borough of Torfaen.



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.



Torfaen & Blaenau Gwent Mind - Volunteer Caretaker. To provide efficient and effective caretaking support

To contribute to the smooth running of Torfaen and Blaenau Gwent Mind services, by ensuring a very high standard of cleanliness and hygiene within the centre/project, whilst monitoring and reporting any maintenance issues. To undertake day-to-day maintenance and minor repairs. To assist staff and other volunteers to resource and maintain the facilities for all people that access the centre/project. To report any defects within the building, furniture, fittings and equipment to the Volunteer Coordinator.



VOLUNTEERING OPPORTUNITIES

NYAS - Special Volunteer

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.



Friends of Pontypool Town - General Volunteer

We are looking for volunteers to help us with various tasks and roles at future events.

We meet every 1st Tuesday of the month, all welcome contact us to find out more.

Event organisers - Come along and find out a little more about how you can get involved with our events.

Stewards required - Make sure visitors are safe and know where they are going.

Media/Promotion - Distribute posters and flyers in local area. Possibly getting involved with Social Media

Photographers - Can you help take pictures at our events and instantly post on Facebook.

Musicians/Bands - Are you an upcoming musician or band that would like some publicity and experience. Come along and play at one of our events.

Litter Pickers - We organise one Litter Pick a month, all welcome to come along.



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

Growing Space

Helping People Grow

Talygarn Allotments

Are you looking for support in your community?

Do you lack confidence, but would like to develop your skills?

Come and join our allotment project in Talygarn

- Gain Qualifications
- Learn New Skills
- Meet New People

Running Times:

Thursdays 9.30—3.00



ABOUT US

Growing Space is a registered mental health charity founded in 1992. We provide training, work experience and support to adults with mental ill health. With recovery at our foundation we help build confidence, develop social skills and improve quality of life.

Ways to join us

- Self-Referral
- Through family or carers contacting us
- Referral from GP, Mental Health Services or other agencies

To make a referral, or find out more, contact us on 01633 810718, or email:

julie@growingspace.org.uk

Invest in Nature Cymru

Does your group or organisation want to develop an environmental project?
Invest in Nature Cymru can help point you to resources, support and funding!

Invest in Nature Cymru (previously Environet Cymru) is a Welsh Government programme working to support any community group or third sector organisation wanting to start or develop an environmental project.

For those of you who knew us as Environet Cymru, don't worry we will still offer a free signposting and advice service and promote the amazing work of environmental and community groups through our digital network. However, we will have a new name – Invest in Nature Cymru – to tie in with an important strand of our work, which is to demonstrate how care of our natural world underpins all our prosperity and well-being.

From 1 September 2018, you will be able to find us and all our resources through the following:

- **Website:** www.wcva.org.uk/invest-in-nature-cymru
- **Twitter:** [@wcva_inc](https://twitter.com/wcva_inc)
- **Facebook:** [@InvestinNatureCymru](https://www.facebook.com/InvestinNatureCymru)
- **Email:** inc@wcva.org.uk

(You can also still reach us individually at: cjenkins@wcva.org.uk for publicity and funding enquiries or cberry@wcva.org.uk for policy and project collaboration)

Thank you for bearing with us during this transition, please share our new contact details with colleagues and please update any of our old logos and links from your website if relevant. If you need any help with this, please just get in touch.



Artregen

After 5 years and efforts to raise the necessary funds, the completion of the Hospital Memorial in Pontypool Park is almost complete. The paths have been laid and the sloping bank tiered. We shall very shortly prepare the ground for the planting of samples of medicinal plants – although it may not be possible to complete all the planting until the Spring. The information board is prepared and is ready for positioning. It will be a great relief to complete the work.

We are now desperately trying to raise the funds to rescue the beautiful Japan Ware mural at the bottom of Tesco steps by the underpass. The ivy, undergrowth, trees and weeds have all been removed, This has now revealed the full extent of the damage to the mural. Large chunks of tiles have fallen off and are continuing to fall off. If the deterioration is not dealt with in the near future, it will be past redemption. We are open to any suggestions to raise the £800 to remove and store the tiles, which we collect as they fall off and then £8,000.00 to completely restore it to its former glory.

If you would like to know more information or would like to help in anyway, please contact ArtRegen through their Facebook Page: [Pontypool Artregen](#)

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 Public 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 a 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

Torfaen Voluntary Alliance
Portland Buildings
Commercial Street
Pontypool
NP4 6JS
Tel:01495 742420



www.facebook.com/Torfaenvoluntaryalliance



www.twitter.com/TVAtorfaen

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

