



# Torfaen Voluntary Alliance

Cynghrair Gwirfoddol Torfaen

Summer 2012

Tafod



## MEMBERS INFORMATION DAY

### Information Stands and Guest Speakers

***Iain Willox , Head of Third Sector Unit, Welsh Government 11.00am:***

***Jane Rodgers, Torfaen Local Safeguarding Children Board, 12.00noon:***

**On the 13<sup>th</sup> June 2012, PONTYPOOL ACTIVE LIVING CENTRE, 10.00AM – 4.00PM**

**There is a light lunch at 12.30pm followed by the opportunity for members to share their project news To confirm your place or if you require an information stand (Spaces are limited so will be allocated on a first reserve basis)**

**Contact reception on: 01495 742420 or E-mail: [Marie@tvawales.org.uk](mailto:Marie@tvawales.org.uk)**



## Three Counties Community Play - Celebration of Play Events

The 23rd of May saw play events take place throughout the Three Counties. With over 70 children, young people and their families in attendance Beaufort Active Club for Kids, Celebration of Play was a huge success. This event was organised in partnership with Three Counties Community Play and the volunteers at the provision, where a number of partners provided a range of activities for children and their families to access. This included the Gwent Police Dog Unit; Karate World; Outer Limits and Melin Homes. The event was a huge success in helping to raise funds for the provision and supporting it's sustainability. Therefore, Three Counties Community Play and it's volunteers would like to say a huge thank you to their partners for their commitment and dedication to the projects aims. (continued on page 2)

<p><b>In This Issue:</b></p> <p>Stroke Services your views wanted</p> <p>Friendly Faces</p> <p>Asbestos in home danger</p> <p>Development of Fighting Fit Gym</p>	<p>Serennu Receive Lottery Grant</p> <p>Bits 'n Pieces</p> <p>Explore Internship Programme</p> <p>Community Health Champions</p> <p>Torfaen Adult Learning Partnership</p>
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## Three Counties Community Play—update

Currently the project is organising a number of community events across the three counties, being labelled, “Celebration of Play,” in order to acknowledge the dedication, time and commitment that our community volunteers show providing play opportunities for children and young people in their community. These will be taking place across a number of communities that we are currently supporting.

Crindau Primary School PTFA hosted their event on the 23<sup>rd</sup> May as part of the School day. Whereby, all School years were able to access a variety of activities that were provided by a number of partner organisations in attendance. These included; Gwent Police Dog Unit, Ezeeplay Play Bus, Karate World, Melin Homes and the Welsh Football Trust.

On Saturday the 16<sup>th</sup> June, 11:00-14:00 at George Street Primary school, Three Counties Community Play Project will be holding a Celebration of Play Family Fun Day, which is a free opportunity for the whole family to enjoy a few hours of fun and play in the community.

Numerous organisations will be providing activities on the day which include; a bouncy castle, balloon man, dance class, forest schools, face painting, raffle, arts and crafts, den building, football, goody bags, information and much more.

We hope you can come along and join in the fun! Our project supports a local play club in the Wainfelin / Tranch area, which is open 16:30 – 18:00 on Wednesdays and currently we are looking for volunteers to support this valuable play opportunity.

We can provide training, support, experience and qualifications for volunteers, as well as having a huge amount of fun in the process!

For further information please contact;

Dominic Pembridge, 01495 742472 or E-mail [Dominic@tvawales.org.uk](mailto:Dominic@tvawales.org.uk)



## Stroke Services – Health Watchdog seeks your views via Facebook

Aneurin Bevan Community Health Council (CHC) is seeking the views of the Facebook generation on local Stroke Services.

**The Facebook page can be accessed by keying in: Stroke Services “Tell us your Views.”**

Interested members of the public and those with recent experience of Stroke Services can complete our on–line questionnaire or post their own views and comments. They can also engage in our on-line forum.

The page also has a number of useful links. One to the Stroke Association’s own website and one to the Aneurin Bevan CHC’s own website which includes our review of local Stroke Services published earlier this year. Alternatively people can access our website directly at:

[www.communityhealthcouncils.org.uk/aneurinbevan/](http://www.communityhealthcouncils.org.uk/aneurinbevan/)

“We hope that through this new initiative people will have a new way of keeping in touch with us and exchanging information and experiences on the health services which matter to them,” says Aneurin Bevan Community Health Council’s Chief Officer, Cathy O’Sullivan. “We hope for a good response on stroke services and look forward to expanding the range of topics.



Welcome to the Summer edition of "Tafod". It does appear that Summer has really arrived these past few weeks.

The Jubilee Celebrations of Queen Elizabeth have passed, shame about the weather but it gave the spectators a chance to display British stoicism. As part of the celebration the Queen and Duke of Edinburgh undertook a tour of the country – no mean feat considering their advanced years!

Together with Bernadette Davies, Director of Torfaen Mind, Angela Reed Chief Executive and Tracey Jones of Age Concern Torfaen I was privileged to be invited to Ebbw Vale on the 27<sup>th</sup> April to meet Her Majesty and the Duke of Edinburgh. I hasten to add there were very many members of TVA also present a tribute to them and their organisations.



The weather was atrocious, pouring down with rain and the car park was swimming with mud, duck boards were put down but were totally ineffective! Nevertheless people had really "dug into the back of their wardrobes" and the overall effect was a mass of pretty hats and fascinators. Despite the weather it was a lovely day out and people thoroughly enjoyed themselves.

TVA is holding a "Members' Information Day" on the 13<sup>th</sup> June at Pontypool Active Living Centre. The day will begin at 10am and finish at 4pm. We have some very interesting speakers in the form of Ian Willox, Head of Third Sector Unit, Welsh Government and Jane Rodgers, Torfaen Local Safeguarding Children Board. Additionally there will be member's information stands – an ideal opportunity to gather information from other TVA members and form connections along the way. A light lunch will be provided and all in all it looks to be a very enjoyable day, do come along, we look forward to seeing you there!

Enjoy the rest of the Summer

Lynn Tanner  
Chair—Torfaen Voluntary Alliance

Three people check into a hotel. They pay £30 to the manager and go to their room. The manager suddenly remembers that the room rate is £25 and gives £5 to the bellboy to return to the people. On the way to the room the bellboy reasons that £5 would be difficult to share among three people so he pockets £2 and gives £1 to each person. Now each person paid £10 and got back £1. So they paid £9 each, totalling £27. The bellboy has £2, totalling £29. Where is the missing £1?

During a recent police investigation, Chief Inspector Stone was interviewing five local villains to try and identify who stole Mrs Archer's cake from the mid-summers fayre. Below is a summary of their statements:

- Arnold: It wasn't Edward it was Brian
- Brian: it wasn't Charlie it wasn't Edward
- Charlie: it was Edward it wasn't Arnold
- Derek: it was Charlie it was Brian
- Edward: it was Derek it wasn't Arnold

It was well known that each suspect told exactly one lie. Can you determine who stole the cake? (answer on page 8)



# Friendly Faces

## Community Health and Wellbeing Centre

Supporting Fibromyalgia and Long Term Health Conditions

**Tel: 01633 780021**



### Services Available

- ◆ *Charity Shop*
- ◆ *Coffee Shop*
- ◆ *Meeting Room for Hire*
- ◆ *Disabled Access*
- ◆ *Large Free Car Park*

### Coming Soon

- ◆ *Computer Suite*
- ◆ *Internet Café*
- ◆ *Alternative Therapies*
- ◆ *Children's Parties*
- ◆ *Vibration Plates*
- ◆ *Outside Bistro*
- ◆ *Light Bites*
- ◆ *Bingo/Exercise/Craft Classes*
- ◆ *Slimming Classes*



### HOURS

Monday to Friday	9.30 – 4.30
Saturday	9.30 – 12.30

**Barbarian House  
Llantarnam Road,  
Cwmbran  
NP44 3BB**

**Email:** [friendlyfaces2011@hotmail.co.uk](mailto:friendlyfaces2011@hotmail.co.uk)

Facebook: Friendly Faces



## 3 out of 4 people in Wales don't know the dangers of asbestos in the home

On 21<sup>st</sup> and 22<sup>nd</sup> of June, Members of Breathe Easy Torfaen, will be urging people in the area to be aware of asbestos when doing DIY around their homes. As part of the British Lung Foundation, Breathe Easy Torfaen are **backing the charity's Take 5 and Stay Alive campaign**, which is aiming to raise awareness about asbestos as a potential DIY hazard in the home.

Striking new BLF figures show that 73% of people surveyed in Wales thought that all asbestos use in buildings stopped in the 1970s and 1980s, when asbestos was in fact used in buildings as recently as 1999, when all types of asbestos were finally banned. Perhaps, more concerning though, is that an equal (73%) percentage of people stated they would be unable to confidently identify asbestos around the house.

To make people more aware of asbestos, and to tackle misconceptions, which if left unaddressed, could lead to people unwittingly exposing themselves to asbestos, Breathe Easy Torfaen will be at **Sainsbury's Cwmbran, holding an awareness and collection stand. Members of the public will be able to learn more about asbestos and find out about the Take 5 and Stay Alive campaign.**

All across Wales, Breathe Easy groups - open to anyone with a lung condition and their carers, will be out and about raising awareness about the dangers of asbestos, and lung conditions, as well as raising money for the British Lung Foundation to advance research in beating lung disease.

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**Charity Fashion Show here at Widdershins on Thursday 5<sup>th</sup> July at 6.30**

Tickets are £5 and include light refreshments.

Items will be available to buy on the night.

**Lesley Saunders**, Services Manager, Age Concern Torfaen

Email: [lesley@ageconcerntorfaen.org](mailto:lesley@ageconcerntorfaen.org), Tel: 01495 769264 extension 208

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Whoever said money can't buy happiness didn't know where to shop – Gertrude Stein.

"It is amazing how quickly the kids learn to drive a car, yet are unable to understand the lawnmower, snowblower or vacuum cleaner. ---Ben Bergor

"I'd much rather be a woman than a man. Women can cry, they can wear cute clothes, and they are the first to be rescued off of sinking ships." ---Gilda Radner

"I never forget a face, but in your case I'll be glad to make an exception." ---Groucho Marx





## Role of Torfaen Voluntary Alliance in the development of Fighting Fit Gym.

In 2005, we developed Taekwondo Clubs that had outgrown their venues and as such we looked at developing a Martial Arts centre that could house all of our classes in one place. We had our eyes on a derelict building situated in the heart of Griffithstown, but being new to all this, we needed guidance and advice on how to establish ourselves and run the centre effectively to ensure that we had the best chances of making it work.



We had already established that we were not profit driven and were keen that the benefits gained through exercise and Martial Arts training be enjoyed by many, regardless of financial or social background. Despite having this philosophy in place, we still needed advice on more practical day-to-day matters, which is where Torfaen Voluntary Alliance (TVA) came in.



When we approached TVA in 2005 it was to obtain initial advice on funding. However, from there we were also fortunate enough to obtain advice on our legal structure and with the help of the TVA we were able to design and develop the constitution which framed how we would operate. Peter Kennedy from TVA helped us to complete and submit the Charity Commission forms which were accepted within a short period of time. This structure then enabled us to apply effectively for capital funding from major sources, enabling us to secure a capital grant through Torfaen Sports Development with Sports Wales.

In June 2006 we opened Fighting Fit Gym, With the help of TVA, we managed to convert a dilapidated, disused bakery in the heart of Griffithstown into a thriving community facility. Fighting Fit Gym and Martial Arts Centre has since developed and undertaken two further extensions to expand the Martial Arts School and also houses a fully equipped fitness gym. With regular participation rates of over 200 different users from the local community, we have had to look at the next stage of development.

With the help of Llian Norman at TVA we have now successfully embarked upon our most ambitious project yet, and have successfully secured £96,000 in capital grants . The facility is about to expand to a third floor, with major work proposed to ensure that all levels are fully accessible. The plans take the level of service provided at this facility to a whole new level - there will be a new large studio on the 3rd floor that will provide new exercise classes as well as house the Martial Art classes, a 2nd floor training area designed to be more inviting for the less discerning user, in particular women and girls, and a fully equipped free weights gym with a power lifting area on the ground floor developed for all those keen to take weight training to the next level.



Torfaen Voluntary Alliance has been, and remains, a key player in the development of this community facility. They continue to be a massive support now as we embark upon looking at more capital funding to ensure that our equipment is as good as the service that we provide. What more can we say than a huge

thank you to all at TVA!



## Welsh Ambulance Service

### Online initiative helps public Choose Well for medical help

A new interactive online initiative is teaching web surfers to 'choose well' when it comes to medical help and advice.

Visitors to the Welsh Ambulance Service and NHS Direct Wales websites can now take part in an interactive quiz based on the national Choose Well campaign structure.

Evidence reveals that a significant number of people dial 999 for an ambulance or go to A&E departments despite there being other more suitable services available to help their needs.

Choose Well centres on a colour coded thermometer to assist people in linking their symptoms or injury to the right service, which is right for their need.

The online quiz asks browsers what level of the campaign thermometer they would choose for five illness or injury scenarios they are faced with on screen.

At the end a score out of five is given and the correct clinical pathways are highlighted for any wrong answers.

"As more and more people have access to the web thanks to better technology, we thought it appropriate to carry our support for this important campaign into the online arena.

"Every day the ambulance service receives a number of 999 calls for minor illnesses or injuries such as coughs, toothache or sore throats. These calls can divert our resources away from the patients that need us the most... those facing a cardiac arrest, severe blood loss, or a stroke.

"Visitors to both websites can support us in making sure that we are able to reach the people who really need us by logging on and testing their clinical knowledge through the quiz. If you can choose the right answers you can help make sure the people of Wales get the right care in the right place at the right time."

To visit the Welsh Ambulance Service and NHS Direct Wales online go to:

[www.ambulance.wales.nhs.uk](http://www.ambulance.wales.nhs.uk) / [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

To find out more about how you can use the Choose Well Campaign to help pick the appropriate medical care -log on to [www.choosewellwales.org.uk](http://www.choosewellwales.org.uk) [www.dewisdoethcymru.org.uk](http://www.dewisdoethcymru.org.uk)

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"Stand firm in your refusal to remain conscious during algebra. In real life, I assure you, there is no such thing as algebra." ---Fran Lebowitz

"The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back." ---Franklin Jones

"Be careful about reading health books. You may die of a misprint." - Mark Twain

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"If you think something small can't make a difference, try going to sleep with a mosquito in the room." ---Unknown

"The best time to give advice to your children is while they're still young enough to believe you know what you're talking about." ---Unknown

"I sometimes wonder if the manufacturers of foolproof items keep a fool or two on their payroll to test things." ---Alan Coren



## Serennu Receive Lottery Grant - South Wales Argus – 11 May 2012

CHILDREN at Newport's Serennu Centre are celebrating after the charity behind it won a near half million pound grant from the Big Lottery Fund.

The Argus-backed Sparkle Appeal, which was the driving force behind a seven-year campaign to fund the multi-million pound centre in Rogerstone, welcomed a £487,743 to fund new staff over the next three years. The grant, which is the largest the charity has received, will help pay for three new part-time posts, and fund the centre manager's role for three days a week.

These will include a much-needed counsellor, who will help parents and siblings of children with complex needs and disabilities deal with their situation.

The unique role has long been top of the wishlist for many parents of the 1,200 young people who use the centre for everything from treatment to social and leisure activities since it opened last year.

A play therapist will be taken on to set up mother and toddler sessions, while a parent liaison officer will help parents navigate the care system.

**Sparkle appeal** chairwoman, Dr Sabine Maguire, said the grant was the most exciting news the charity could have had. She said the play therapist would provide a welcome distraction for children when they are distressed and would create a much-needed support group for parents.

She added: "The new family liaison officer will be a very welcome resource, as frequently parents 'get lost' in the system and are unsure what is going on with their child, or who they should be seeing.

This person will be able to help them navigate the system, and direct them to the right professionals."

Part of the money, £45,000, will be put towards a specialist playground, which will be the first of its kind in Gwent, and available to families seven days a week.

The charity still needs to raise more than £100,000 to purchase technical equipment, £15,000 a year for its youth club and £25,000 a year for an activities co-ordinator.

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**Answer:** Charlie committed the terrible crime.

Looking at Brian's statements, one of the statements was a lie and the other was the truth. Therefore it must have been either Charlie or Edward.

Looking at Derek's statements, for the same reason, it was either Charlie or Brian.

Therefore it must have been Charlie who committed the crime. Double checking this against the other statements confirms this.

Advice for the day: If you have a headache, do what it says on the aspirin bottle: Take two, and keep away from children.



## Bits 'n Pieces

**Community Business Loan Fund.** The Royal Bank of Scotland has launched the Community Business Loan Fund (CBLF) to help potential or existing entrepreneurs who are unable to access finance through mainstream channels and the loans can be tailored to the individual requirements. Applicable to Charities, social enterprises, co-operatives and community interest companies in the UK may apply. **There is no closing date for applications. Visit: [www.rbs.co.uk](http://www.rbs.co.uk) for more details.**

**Heritage Lottery Fund launches All Our Stories Grant Scheme.** The Heritage Lottery Fund has launched a new £1 million grants programme called 'All our Stories' to support local projects across the UK that want to explore their local heritage. A wide range of voluntary and community sector organisations throughout the UK can apply for grants of between £3,000 and £10,000. **The deadline for applications is 31 July 2012. For more information visit: <http://www.hlf.org.uk/HowToApply/programmes/Pages/Allourstories.aspx>**

WCVA has produced a new supplement – **The third sector scheme: a guide to ministerial meetings** that will really help you out. The Third Sector Scheme sets out how the Government and the sector work together. Their new document explores the Ministerial Meetings that take place between the two, outlining what can be discussed, how they're arranged, who can attend and so on. It also contains an invaluable list of contacts at WCVA who can give you more guidance if needed. [http://www.wcva.org.uk/policy/dsp\\_paper\\_briefing.cfm?0=0&display\\_sitetextid=179&paperid=341](http://www.wcva.org.uk/policy/dsp_paper_briefing.cfm?0=0&display_sitetextid=179&paperid=341)

**What's happening with the Vetting and Barring Scheme and CRB?** It is now nearly a year since the coalition government launched the Protection of Freedoms Bill under which it proposed radical changes to the Vetting and Barring Scheme introduced by the Safeguarding Vulnerable Groups Act 2006 and to the Criminal Records regime. The Independent Safeguarding Authority has just issued an update to "stakeholders" which explains that the Bill is now in the House of Lords. To read more: [www.vwv.co.uk/site/briefings/briefingsdetail/IndepSchezine1\\_whats\\_happening\\_with\\_vetting\\_barring\\_060212.html](http://www.vwv.co.uk/site/briefings/briefingsdetail/IndepSchezine1_whats_happening_with_vetting_barring_060212.html)

**WCVA has produced a series of Information Sheets for third sector organisations engaging with Climate Change for the first time**, including one on health Climate change - it is one of the most important challenges facing the world. It is not simply an environmental problem: it has profound implications for the wellbeing of people here in Wales, and across the world. The third sector needs to understand the predicted climate change impacts and adapt to be resilient to these changes, empowering people to play their part in creating sustainable communities. These sheets are designed to provide an introduction to the key concepts and issues of climate change, why it is important to the third sector, including those who do not normally consider environmental aspects to their work, how it impacts on your area of work and your beneficiaries and what you can do to take action on climate change.

[www.wcva.org.uk/all/dsp\\_pub\\_infosheet.cfm?catid=25&display\\_sitedeptid=6&display\\_sitetextid=119](http://www.wcva.org.uk/all/dsp_pub_infosheet.cfm?catid=25&display_sitedeptid=6&display_sitetextid=119)

New Funding Website Launched – for more information visit: [www.institute-of-fundraising.org.uk](http://www.institute-of-fundraising.org.uk)

**Co-operative Bank launches money management package to third sector.** The Co-operative Bank has launched a new online banking service specially designed to help charities and third sector organisations manage and distribute money. *Financial Manager* is a customer money management package that makes the day-to-day running handling and distribution of money simple. For further information contact Andy Hammerton, Tel: 0161 903 3835, Mob: 07799 476 977, e-mail: [andy.hammerton@cfs.coop](mailto:andy.hammerton@cfs.coop)



## The WCVA Explore Internship Programme

The WCVA Explore Internship Programme works with organisations to offer short term structured placements to volunteers with specialist knowledge or skills such as marketing, film making, photography, research, graphic design, journalism.

The possibilities are endless, driven by whatever is sitting on your 'wish list' and the creativity of your organisation. If you have a project or short term piece of work which you would like completed if only you had the time or the available skilled resource, the Explore Internship Programme may be able to help you.

Interns can be of all ages and come from all walks of life, the only criteria being they have the requested knowledge or skills. They may be seeking a career change and would like to test their skills in an alternative environment or just want to gain some valuable work experience. At the moment the majority of our Interns are graduates and under graduates.

The placements are generally 1-3 days per week for 2-3 months, intended to run alongside job seeking or studies and provide something relevant which will complement existing knowledge and skills on the CV. The only direct cost to your organisation is the cost of travel expenses

If you are interested in taking part or finding out more, either as a volunteer or as an organisation looking for help with a project, please contact the Volunteer Centre" (our contact details are at the beginning of the newsletter)

The Explore Internship programme has just placed it's 150th Intern into a Welsh Charity.

Here is some of the feedback we are receiving...

**'Gareth, he has been fantastic, I'm still in contact with him and the work he has supported the charity with has been very professional. All our literature has been designed by Gareth as well as our posters. A great help and support to us and a really nice young man.** Rhian – Rowan tree Cancer Care



**Emma undertook a piece of research around children with sensory impairments. This research has been very useful for us in determining exactly where we will be trying to develop services in the next 12-18 months. It is not an over-statement to say that this development would have been much less likely to have happened without the input we received from Emma'** Wayne – Head of Services, Sense

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Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

The early bird might get the worm, but the second mouse gets the cheese.

If I agreed with you we'd both be wrong.



# WANTED!

## Local Community Health Champions

Do you volunteer  
in your community?

Do you want to  
make a positive  
difference to the  
health of people  
in your community?

If so, then we need  
you!

An exciting new programme, involving people just like you, is being developed locally to improve the health of people in your community.

We are looking for Community Health Champions in your community.

Community Health Champions are people who would like to inspire and motivate their friends, families and neighbours to lead healthier lives.

No prior knowledge of health issues is necessary and you do not need a background in health. Free training, with the option of gaining a qualification, will be provided.

As well as gaining new knowledge and skills, Community Health Champions will be able to make a real difference within their community.



To find out more information on becoming a Community Health Champion, please contact:

Pat Powell at Torfaen Voluntary Alliance

Tel: 01495 742460

Email: [pat@tvawales.org.uk](mailto:pat@tvawales.org.uk)



### And Finally ...



### TORFAEN ADULT LEARNING PARTNERSHIP

### CELEBRATION OF ACHIEVEMENT

The Celebration of Achievement took place on Thursday evening, 24<sup>th</sup> May 2012, at the Settlement, Pontypool.

Learners, learning groups and tutors had been nominated for awards and the evening proved to be very successful and enjoyed by all.

One of the groups that won an award was the online learning group from Blaenavon.

The group receives its learning via Learn Direct, in Church view, a joint resource centre for all partners, and tutored by Peter Townend of the Workers Educational Association and Pauline Griffiths of Torfaen Voluntary Alliance, all of which clearly demonstrates the success of partnership working.

If you have any opinions, comments, feedback you want to share with us send them in and we will put them in our next issue (space permitting) which is planned to be published in September.

If your contact details have changed please fill out the details below and return to -

Torfaen Voluntary Alliance, FREEPOST SWC3252, Portland Building, Commercial Street, PONTYPOOL, NP4 6JS

Name of Organisation.....

Name of Contact.....

Address.....

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Telephone.....

Email.....

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