

Torfaen Voluntary Alliance

Cynghrair Gwirfoddol Torfaen

Autumn 2012

Tafod



BUENSGHEDDFAIR ARIENK CŴDL
INVESTOR IN PEOPLE



TVA Completes Office Refurbishment

Come and meet us at our coffee morning on Friday 28th September 10:00 - 12:00
Portland Buildings
Commercial Street

All donations will go to Macmillan Cancer Support



Follow our Volunteer Centre



Like us on Facebook.
www.facebook.com/TorfaenVolunteerCentre

In This Issue:

- TVA Volunteer Centre
- Message from our Chair
- CSV Volscape
- Able Radio
- A Year in the Life of Friends for Life

- Learn to Win
- Save the Children
- Change the NHS for the better
- Struggling with Debt?
- Breathe Easier Torfaen
- Torfaen floating support
- Women's Sessions



Torfaen Youth Grant

This grant is available for groups to support a range of small volunteering projects and activities, led and carried out by young people, between 14 – 25 years old.

Maximum of £1000.

Application forms are available from the TVA office or on our website:

<p>Torfaen Voluntary Alliance Portland Buildings Commercial Street Pontypool NP4 6JS</p>	<p>Tel: 01495 742468 Email: amy@tvawales.org.uk www.tvawales.org.uk</p>
---	--

For more information contact Amy Gibbon on 01495 742468

Closing Date for applications Friday 26th October 2pm.



Forgotten Landscapes - Landscape Ambassador

We would like you to provide a friendly and welcoming presence, help visitors with any questions they have and obtain some feedback from them about their experience by conducting a short questionnaire.

VOLUNTEERS WANTED!

Vintage Vision—Blaenavon

Three Types of volunteers wanted:

1. To work in the vintage clothes shop, dealing with customers etc.
2. People with sewing skills to help make/repair/teach etc.
3. One off help at events e.g. vintage fairs + festivals.

Able Radio - Radio Presenter

Able Radio is an internet Radio Station. Able is unique in that all of its presenters, and most other volunteers have a disability, or limiting health condition.

Able radio aims to present disability related stories in an uplifting and entertaining fashion, mixed in with some great music in a magazine format. To do this we need more presenters, researchers and technical operators.

CSV Reading Buddy— Local School

Volunteers may support literacy in other ways than just listening to children read. They could be helping with comprehension, research and writing.

Age Cymru Trust and Foundation

You will identify trusts and foundations that are allocating funds to organisations similar to Age Cymru; undertake research to complete funding applications; where applicable, draft applications to trusts; maintain accurate records of activities.

Three Counties Community Play Project

- Encourage children and young people to have fun and play!
- Participate in the running of Community Play Provisions, activities, and games.
- Keep accurate records via the Three Counties toolkit
- To assist children and young people in playing

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



Message from Chair

Welcome to the Autumn edition of Tafod. Summer (what Summer!) has now passed and we are again coming to the beginning of a new Season.

Torfaen Voluntary Alliance has, I am very sad to say, lost one of its longstanding Board Members in the passing of Stuart Smith. Stuart was a very much respected man who was held in high regard by former co-workers during his time at Girlings and by the voluntary organisations whom he freely gave so much time. TVA has lost a valuable Board Member and a good friend. We offer our condolences to his family

You will all be aware of the fire TVA experienced a few months ago. I am very pleased to say that we now have superb new premises alongside our old office. You will no doubt be hearing more about this later on. Our new office will enable us to broaden and strengthen the service we already supply to you our members.

The Olympic and Paralympic Games will no doubt have spurred you all on to achieving sporting heights, this can be achieved by joining many of our members organisations whether it is football, boxing or keep fit. If you are not sure how to find out what is available in your area I am sure officers at TVA would be pleased to advise on your area.

We do value your thoughts on how we can improve our service to you; an ideal opportunity for these thoughts to be raised is at our Annual General Meeting to be held on Thursday 11th October 2012 between 2.00pm and 4.00pm at Pontypool Active Living Centre, Pontypool.

I look forward to seeing you at the AGM!

With Best Wishes, Lynn Tanner, Chair, Torfaen Voluntary Alliance



Annual General Meeting & Member Information

11th October 2012 2.00pm – 4.00pm

Pontypool Active Living Centre

Light refreshments available from 1:30pm.

Our annual report and accounts are now available on our website for viewing or downloading from www.tvawales.org.uk.

If you require a hard copy please contact John Taylor on 01495 742451



CSV VOLSCAPE



Are you aged between 26 to 49?

Unemployed or economically inactive or just looking for something new and challenging to undertake?

Then the Volscape Project could be just for you!

Volscape is a Project run by the national voluntary organisation CSV (Community Services Volunteers), the main aim being to improve skills and experiences of residents aged 26-49 across Gwent.

A range of information on voluntary placements is available for anyone to access. With over 250 different places under several headings, including Family and Relationships, Sport, Environment, Health, you are sure to find something in the Volunteering Directory to suit you. All volunteers will be covered by insurance, identified training supported and all out of pocket expenses will be reimbursed.

Working across Gwent, adults are offered opportunities that are tailored to their needs and aspirations. As a result, it will enhance a person's career and employability potential or aid in meeting new friends and above all an opportunity for some fun!

So, if you are aged 26-49 and are interested in finding out how to join the project, please give us a call today.

To find out more information please contact Sianne Morgan on tel: (01495) 750333 or email on: smorgan@csv.org.uk

Volscape is funded for 3 years by the Volunteering in Wales Fund.



Able Radio is an internet Radio Station, broadcasting to the UK and the entire world from its studios in Pontypool. Able is unique in that all of its presenters, and most other volunteers have a disability, or limiting health condition.

Following a recent review of what we do the decision has been made to get back to our core aims of presenting disability related stories in an uplifting and entertaining fashion, mixed in with some great music in a magazine format. To do this we need more presenters, researchers and technical operators.

We are therefore seeking the opportunity to talk to any groups of disabled people and those with long term health conditions about what we do, and to chat to individuals who might be interested in volunteering with us.

For more information or to book us for a meeting please call Rob Symons on 01495 750929 or email rob@ableradio.com



A Year in the Life of Friends for Life

The Friends for Life Project is shortly approaching the completion of its first year of being established. The Befriending Service is funded by the Big Lottery and involves a partnership approach towards tackling social isolation with Age Concern Torfaen, Torfaen Mind and Crossroads Care South East Wales

The project has seen the creation of six community hubs throughout Torfaen. These are based at:- Pontnewynydd Community Centre, Oakfield Community Centre, Ponthir Village Hall, 12/13 Broad Street, Abersychan, St Marys Church, Croesyceiliog and St Marys Church Hall, New Inn

Over the last year people have been able to tackle their feelings of loneliness and isolation by attending a Community Hub. The hubs allow people to take part in a range of activities, these have included trips to the seaside, hub in a pub, gentle exercise classes, lunch clubs, pampering sessions, cake decorating, IT Classes and reading group just to name a few. In the first year we have seen over 1000 people take part in the many different activities on offer and we have worked with over 20 different agencies within Torfaen.



Some highlights of the project in the first year include the St David's Day Festival, Diamond Jubilee Party, outing to watch the Olympic Torch and our very own Friends For Life Olympic Games.



The project has also been able to offer volunteering opportunities for people wanting to become befrienders, to date; we have 23 befrienders of all different ages. Some befrienders help with the running of the lunch clubs, some showcase their expertise and run activities in the hubs and others carry out befriending in the home. The volunteering opportunities are a good way to improve your skills, confidence and gain valuable work experience.

The project will soon be launching a membership card, which will entitle people who attend the hubs to special offers and discounts in their local community shops and businesses. For further information about the Friends For Life Project contact Emma Davies on 01495 769264



The **Learn to Win** project is aimed at improving the digital knowledge of Torfaen residents with a view to improving job opportunities and earning potential, we aim to assist local businesses and their employees to improve the use of ICT within their day to day environment. Training can be provided in relation to computer hardware and software, mobile phones, Microsoft applications, internet use and emails, and much more.

For further information in relation to courses or drop in sessions contact Graham on 01495 774453 or email learntowin@garnsychan.com



Making a Change - 'My Place, Your Place Our Place'
A Reach the Heights funded project for young people aged 11 to 13 who are at risk of becoming 'NEET'

This project creates an opportunity for young people aged between 11-13 who maybe or are **at risk** of becoming NEET with the chance to take part in a participative activity in Torfaen. During which they will learn more about themselves and the way in which they engage with others and help them to develop self-confidence and self-esteem which will in turn help them make a change in their community.

Young people are eligible if they:

- are in care or have recently left care	- do not attend mainstream schools	- have committed a crime
- are having or have had a negative experience of education	- are young carers	- have a mental illness
- have suffered from bullying/racism at school	- have experienced drug and alcohol abuse	- are from an ethnic minority group
- have problems with literacy and numeracy	- have a physical disability/learning disability	- from workless households

How does it work?

Groups of 12 young people are brought together following referral from yourselves and then take part in a participation project for a total of 20 hours spread over a chosen time. We aim to be flexible and run projects via a series of linked workshops or even as a holiday activity.

The projects will be held in suitable venues and at time enabling maximum attendance. The final timing, format and theme of each project will be defined by the participants following discussions.

Each project has four stages:

- Induction
- Research
- Activity
- Celebration

If you would like to find out more please contact: Gary Hardwick-Bishop, Project Manager

Tel: 01633 841329 or email: GHardwick-Bishop@cfbt.com



Save the Children





YOUR CHANCE TO CHANGE THE NHS FOR THE BETTER

Aneurin Bevan Community Health Council (CHC), your local health watchdog, is looking for committed volunteers from Torfaen who are willing to give three to five days a month to monitor local health services and help keep them up to standard.

We are currently looking for new members under the category of Voluntary Sector nominations.

Members are normally appointed for four years with the opportunity to renew for a further term. The positions are unpaid but any expenses are reimbursed. Induction and training are offered.

If you are interested in these vacancies or would like to receive more information please contact the Chief Officer, Cathy O'Sullivan or David Kenny, Deputy Chief Officer on 01633 838516. You can also contact us on-line abchc@abchc.org.uk

Our members are drawn from their local communities and are not expected to have any medical or professional knowledge. Their expertise comes from being users of the service and seeing things from the public's point of view. In short we act as the "voice" of the patient.

You will be expected to be part of a small team undertaking monitoring visits to hospitals and community based facilities such as GP surgeries. Community Health Council members are given powers to scrutinise plans to change or develop health services and to oversee public engagement. Members are also invited to join working groups reviewing services and any particular experience or interests you may have, for example on the needs of children in hospital or people coping with chronic illness in the community, can be put to best use.

Our members drawn from their own County Boroughs meet regularly so that the local focus is never lost.

We ask ourselves the same questions you do. "Is this hospital really clean? Why do I have to wait so long for a routine GP appointment?" but as a Community Health Council we can try and do something about it.

Catherine O'Sullivan, Chief Officer , July 2012



Wales Third Sector Funding Conference Venue Cymru, Llandudno, 9th October 2012

The annual WCVA Funding Conference is the authoritative guide to key funding trends and funder policy, and this year takes place at **Venue Cymru, Llandudno, on 9th October, 2012.**

This is the key event in the calendar for anyone concerned with their organisation's funding. It showcases the best in Welsh fundraising, gives invaluable insight and advice on the latest funding issues and offers plenty of networking opportunities too. **To register your interest in the conference, email eventsadmin@wcva.org.uk.**

What was the best thing before sliced bread?

Where in the nursery rhyme does it say Humpty Dumpty is an egg?

If you're a kleptomaniac, is there something you can take for it?

Why did kamikaze pilots wear helmets?

Why didn't Noah swat those two mosquitoes?

The shinbone is a device for finding furniture in a dark room



Breathe Easier – Torfaen welcomes new members

Breathe Easy Torfaen, a group for people with any type of lung condition, are hoping to welcome new members to their future meetings.

Breathe Easy Torfaen have been running since 2008; providing a network of friends, advisers, events and activities for people with lung disease and their families and carers.

Every meeting provides an opportunity for a chat and a cup of tea, as well as the chance to hear from a guest speaker. Upcoming speakers include:

Lawrence O’Leary, talking about missionary work **(2nd October)**

Kathy Barclay from Magor Marsh Nature Reserve **(6th November)**

Adrian Bailey, BLF Wales Development Officer, supports the group and feels that it makes a positive difference in the lives of members:

The group is very friendly and made up of people with different breathing problems. Many members have grown to feel a lot better about their condition through meeting with others who understand, firsthand, what challenges breathing problems can bring.”

Anyone interested in joining is welcome to attend the next meeting, simply come along on the day. If you would like any more information about Breathe Easy Torfaen please call the BLF Wales office on 01792 455764 or email wales@blf.org.uk

The group meets on the first Tuesday of the month, at Canalside Resource Centre, Five Locks Rd, Pontnewydd, 2-4pm.



Children, Young People & Families Forum

Thursday 20th September 2012

9.00am – 11.15am

Join us for registration and coffee at 9.00am

Pontypool Active Living Centre

To book your place

Contact Amanda Tel 01495 742457 or email

amanda@tvawales.org.uk





Take your Career OR Business to the Next Level



FOUNDATION DEGREE
PROGRAMME RHAGLEN
GRADD SYLFAEN

Foundation Degree
in Business Practice
Enhance your prospects!

Foundation Degree - Business Practice

By studying the theory behind the practice you could improve your effectiveness as a manager and reap the rewards for your business.

Our part-time, two-year course studied at Ebbw Vale Learning Zone, will develop skills and knowledge that can directly apply to the workplace.

IT courses to meet your business needs

DIGITAL ECONOMY HEADS OF THE VALLEYS



IT can improve your business through Work Based Learning

Digital Economy in the Heads of the Valleys (DEHOV)

DEHOV is a Project designed to equip employers and employees with the skills needed to succeed in this digital age. We offer a wide range of IT courses for local businesses.

<http://www.uhovi.ac.uk/dehov.aspx>

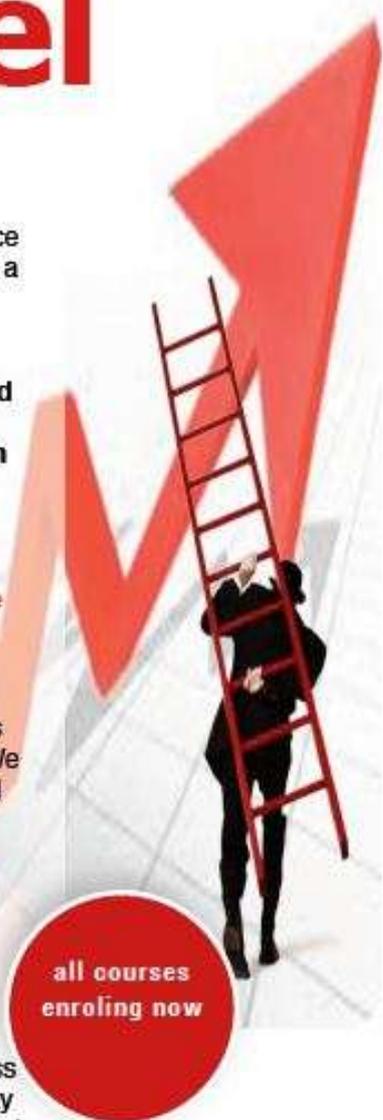


Heads of the Valleys
Funded Professional/Skills Development for Business

Elevate

Elevate Cymru will enable employers to improve their companies' competitiveness by giving employees a golden opportunity to boost their leadership and management skills. We offer tailored, focused and relevant training.

Visit the website for more details - www.elevatecymru.co.uk



all courses enrolling now

DEHOV, Elevate Cymru & FD Business Pathways are part of the Work Based Learning and Foundation Degree programmes and have been made possible by the EU's Convergence European Social Fund (ESF) through the Welsh Government. If you are in private or voluntary sector employment and live and/or work in West Wales and the Valleys, you may be entitled to a fully or partly funded place on the course (conditions apply).

For further information Contact Alison Barrell
01495 356760 Alison.Barrell@newport.ac.uk

University of Wales, Newport
Centre for Community and Lifelong Learning

Prifysgol Cymru, Casnewydd
Canolfan Dysgu Cymunedol a Gydol Oes





CALL FREE ON **0800 328 0006**

Struggling with **Debt?**

FREE debt counselling in your community
from an award winning charity

CHRISTIANS
AGAINST POVERTY **UK**
www.capdebthelp.org



01223 790700 | info@capuk.org | Registered Office: Jubilee Mill, North Street, Bradford, BD1 4ER

Registered Charity No. 1191217 | Charity registered in Scotland No. SC038179 | Company limited by Guarantee, Registered in England and Wales No. 4020178

www.capuk.org



facebook.com/CAPuk



@CAPuk

Free Debt Help for the Community

The Registered Charity Christians Against Poverty (CAP) UK has opened a new centre in Pontypool. Although a Christian ethos, the service is available to all members of society regardless of their belief or ethnicity.

The Charity offers face to face counselling to those struggling under the burden of debt, empowering people to work themselves out of debt.

Working through a network of local centres CAP has been recognised for excellence by winning numerous awards, including the Sunday Times "Best Small Companies to Work for" two years in a row in 2009 and 2008.

Clients can be referred by telephoning 0800 328 0006 or to learn more about the local centre contact Nathan Davies, Centre Manager.

Nathan Davies
Centre Manager - Torfaen
Christians Against Poverty

Tel: 07864 907339

Email: torfaen@capuk.org

capdebthelp.org | facebook.com/capuk | twitter.com/capuk

Debt Counsellor of The Year 2011 - Credit Today Awards



**ARE YOU A RESIDENT LIVING IN TORFAEN?
DO YOU NEED SOME SUPPORT TO MANAGE YOUR
HOME?**



**TFS CAN OFFER FREE & CONFIDENTIAL
SUPPORT FOR UP TO 2 YEARS**

**If you are at risk of losing your home or having difficulties coping we
may be able to help!**

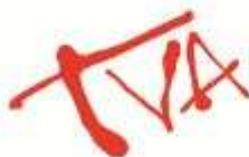
Do you need assistance because of difficulties in areas such as:

- Physical Disability
- Mental Health
- Domestic Abuse
- Drugs misuse
- Chronic Illness
- Offending Behaviour
- Learning Disabilities
- Vulnerable Families
- Homelessness
- Alcohol Misuse

We can help you with things like:

- Developing Life Skills
- Budgeting / Managing your Money
- Accessing learning, training & employment
- Improving your Confidence or Self Esteem
 - Accessing Other Services
 - Claiming Benefits
- Access to Social Networks & Activities
- Other Practical or Emotional Support

* TFS is funded through Torfaen County Borough
Council's Supporting People Programme



Company Limited by Guarantee
Registered in England & Wales Company No. 4601713
Torfaen Voluntary Alliance is a County Voluntary Council
Charity Registration No. 1097079



For more information please contact us at:
Torfaen Floating Support(TFS)
Torfaen Voluntary Alliance, Freepost
SWC3252, Portland Buildings,
Commercial Street, PONTYPOOL
NP4 6JS

Tel: 01495 742461/4
e-mail: tfs@tvawales.org.uk
Web: www.tvawales.org.uk



At last Ladies!

At the Lighthouse, George Street , Pontypool, NP4 6BZ

tel: 01495 742323



Are drugs or alcohol affecting your life?

Women's Sessions

Mondays 10:30—12:00



Feel good activities



Time to chat



Time for YOU!

Groups are run by Janine a Drugaid volunteer with 10 years experience in group facilitation

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 1st December.

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.....

.....

Telephone.....

Email.....

This News Bulletin was printed and published by:
Torfaen Voluntary Alliance
Portland Buildings
Commercial Street
Pontypool
NP4 6JS Tel 01495 742420, www.tvawales.org.uk

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