



Torfaen Voluntary Alliance  
Cynghrair Gwirfoddol Torfaen

# Tafod

Winter 2013



BUDDSODDIAETH AMRŵK CŵM  
INVESTING IN PEOPLE

NEWS - EVENTS - FUNDING - TRAINING - VOLUNTEERING OPPORTUNITIES





## Training Courses

Course	Venue	Time	Date	Note
Assertiveness	TVA offices, Pontypool	10am to 4pm	19/12/13	You will need to provide your own lunch please be aware stairs access
Introduction to Play and Play work	Llantarnam Grange Arts Centre	10am to 1pm	16/01/14	

We can also answer needs of the community, and can produce a course appropriate to your group, so please ring 01495 742454 for more information or contact via e-mail: pauline@tvawales.org.uk

**Healthy Planet - Books for Free Volunteer**  
 Store operator of our 'books for free' and Healthy Planet 'drop-in' centre. Books for Free is a Healthy Planet initiative that offers FREE books to communities throughout Wales, Scotland and England. To keep our shops open as much as possible we need outgoing and friendly volunteers, to sort and display donated books and interact with the public to promote the initiative. With your help we can continue saving these wonderful books from being sent to landfill as well as providing great resources to your community. We also have initiatives that work with schools and conservation projects carried out by our project partners. For more information please visit our website [www.healthplanet.org](http://www.healthplanet.org)

**VOLUNTEERS WANTED!**

**Bipolar UK – Volunteer Mentor**  
 Mentor Opportunities for people with a diagnosis of bipolar or their carer's. People can volunteer to be a mentor with us and talk to people 1-1 on a weekly basis that may need some additional support. They must either have a diagnosis themselves or care for someone who has a diagnosis.

**Royal National Institute of Blind People (RNIB) - IT Specialist**  
 Would you like to use your expertise to help blind and partially sighted people to resolve IT problems? We are looking for IT specialists to join our 'Technology Support Squad' – a national team of volunteers helping blind and partially sighted people to support their independence.

**Three Counties Community Play Project Volunteer Play worker**  
 To support children and young people's play; helping to create and provide a safe and stimulating play space with a variety of play opportunities.  
 A volunteer play workers role is to;  
 •encourage children and young people to have fun and play!  
 •participate in the running of Community Play Provisions, activities and games.  
 •assist children and young people in playing  
 •adhere to all policies and procedures.

**Torfaen Mind - Kitchen Assistant**  
 Blaenau Gwent Mind are providing both a hot and cold meal at lunch time to service users. Additionally hot & cold drinks are provided during opening hours. Volunteers attend to kitchen functions involving use of a till and maintaining cleanliness of the kitchen area.

**Prostate Cancer UK Volunteer Speaker**  
 Volunteer Speakers represent Prostate Cancer UK at a wide range of events, giving talks about prostate cancer and prostate problems, their personal experience of prostate cancer and the work of the charity.

For more information on any of these opportunities, please contact the Volunteering Team on 01495 742420 or [Kyle@tvawales.org.uk](mailto:Kyle@tvawales.org.uk)



# Message From The Chair Lynn Tanner



Hello,

December 2013.....where did January - November 2013 go? This year has flown by so quickly it is difficult to believe we are all getting ready for Christmas!

Although the year has passed by so quickly it has been a busy and eventful year for TVA.

We have acquired new staff with Thomas Boor and Kyle Reed joining Volunteer and Members Services, Jodie Wild and Melissa Morgan joining Floating Support and Aimi Morris being seconded from Torfaen County Borough Council as Play Project Co-ordinator. A welcome is extended to all these people who are all doing sterling work for the organisation. Their work is being co-ordinated through our lovely reception area which does credit to the professional work undertaken by TVA.

What may not always be known is the fact that TVA provides a supportive "backroom service" for members providing payroll services and pension assistance. TVA works very much "behind the scenes" a fact recognised recently when we received an award at the "Torfaen's Most Recommended" award evening.

This year also saw the very successful Members Information Day which was hosted by Roy Noble. Eighty plus stands displayed their information and the day was enjoyed by all attendees.

2013 was a superb year for TVA - let's make 2014 a successful one together.

On behalf of the Board may I wish you and your family and friends the compliments of the Season and a Happy New Year.

Lynn Tanner  
Chair  
Torfaen Voluntary Alliance.





## **‘Unique, Challenged & Loved’**

Saturday 8<sup>th</sup> March 2014, 10am – 4.30pm

with Bobath Children’s Therapy Centre Wales, Cardiff

Don’t miss an exciting opportunity to attend ‘Unique, Challenged & Loved’ a conference for families living with a child who has cerebral palsy. The first of its kind in Wales, this event is for the whole family and will help you to increase your understanding of cerebral palsy and your child, provide space to meet and share experiences with other families and give an opportunity to hear from key experts in the field. As well as information stalls there will be a designated area to share some fun time with your child and refreshments throughout the day. For further information call 029 20522600 or email [familyconference@bobathwales.org](mailto:familyconference@bobathwales.org)

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### **Interested in family history?**

If you are getting started with your family history research you can get help and advice about the resources we have available in Torfaen.

Staff from Blaenavon Museum and the library will guide you through the first stages of research using our free access to [www.ancestry.com](http://www.ancestry.com) as well as the huge collection of local records held at the museum. Held every Thursday at Blaenavon Library.

***For more information contact:***

***Blaenavon Library***

***Tel: 01495 742802***

***Email: [blaenavon.library@torfaen.gov.uk](mailto:blaenavon.library@torfaen.gov.uk)***

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### **The Ability Work Club**

The Ability Work Club supports Torfaen residents who have a Work Limiting Health Condition or Disability. They have consultants who are able to offer 1:1 support and advice and guidance on training, volunteering and finding employment. They have courses starting in the New Year in the following subjects: Assertiveness, Problem Solving Skills, Mentoring Skills, Confidence Building, Interview Techniques, CIEH Level 1 H&S, CIEH Level 2 Food Safety, Level 1 Award in Work Related Education, Level 1 Award in Personal and Social Education, Literacy, Numeracy and Communication, Retail & Customer Service.

**If you know of anyone who would benefit from this project,  
please contact Angela on 01633 648289.**

**Information leaflet can be viewed on: <http://goo.gl/PV30Oo>**

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### **CCYP is once again open for Christmas Day this year**

They are open not just for young people and their families but **anyone** who wants to come along. They will be opening the centre between 12pm and 4pm. CCYP hope to provide a full Christmas Dinner (3 courses), presents for adults and children and also hope to put some entertainment on. Once again they are looking for volunteers, donations; literally anything will be great (if it is food they can make parcels to give out on the day). Please wrap the presents beforehand. There will be a raffle drawn on the day and donations are needed.

**For further information contact: [leighrowland.randomz@gmail.com](mailto:leighrowland.randomz@gmail.com) or Mobile 07811 033918.**



## The Gwent High Sheriffs' Community Fund

Examples of the types of initiatives supported include: Diversionary activities for young people to address anti-social behavior and low-level crime, skills, training and mentoring opportunities for young people to increase access to training and employment. Projects which reach out to young people from disadvantaged backgrounds through the arts, music, sport and education; raising aspirations and developing self-esteem and confidence, advice, guidance and life-skills education to children and young people, support for people suffering the effects of substance misuse, alcoholism and homelessness, particularly where this affects the lives of young people. Priority will be given to applicants who can best demonstrate the needs being addressed at a local level and how the project contributes to enhancing community safety.

**Applications to the 2013/14 grants round will be welcomed, with the grants to be awarded at a participatory grant-making event in March 2014.**

**For more information visit: [www.ghscf.org.uk/apply-for-a-grant/](http://www.ghscf.org.uk/apply-for-a-grant/)**

## World Mental Health Day Event

Mental Health service providers in Torfaen came together to raise awareness about mental health on 9<sup>th</sup> October 2013.

Members of the Mental Health Focus Group- including the Choices Bus for young people, Citizens Advice Bureau, Advocacy Support Cymru, Gofal, Torfaen & Blaenau Gwent Mind and the County Voluntary Councils for Gwent gathered at 'The Link' in Pontypool Town Centre to provide information, answer any questions and raise awareness of these facts:



- 1 in 4 people will seek help for a mental health problem.
  - By 2020 depression will be the leading cause of health problems in Europe.
  - 43.4 million anti-depressant prescriptions were administered last year.
  - In 2011 over 107,000 people spent time in hospital because of their mental health.
  - Around 40,000 people were detained or sectioned under the Mental Health Act last year.
  - Around 4,000 people take their own lives every year.
- The cost of poor mental health to our society is in excess of £110bn
- The Torfaen Mental Health Focus Group promotes the messages that:
- When you have a mental health problem, you need advice and support, someone to turn to quickly. Each day, thousands of people struggle to get the support they desperately need. We believe that no-one should have to face a mental health problem alone.
  - We provide advice and support to anyone experiencing a mental health problem. Whether you're stressed, depressed or in crisis, we're on your doorstep, at the end of the phone and online.

For more information contact Pat: [pat@tvawales.org.uk](mailto:pat@tvawales.org.uk) Tel: 01495 742460



### Jobs Growth Wales

Jobs Growth Wales is a Welsh Government programme that encourages sustainable employment for young people by covering salary costs at national minimum wage and national insurance contributions for the first six months of newly created jobs.

For any organisation interested in getting involved the following should be true:

- You would like to take on a 16-24 year old for at least 6 months;
- The vacancy is for a minimum of 25 hours a week and is additional to the current workforce;
- You have the intention that the job becomes sustainable after the 6 months;
- You are based in South, West or Mid Wales;
- The candidate will be paid at least the National Minimum Wage for their age.

We believe that tailored support is required for both employers and participants to make this programme a success. Even before a participant starts, we will steer you through the recruitment process and provide guidance and support for the first day of work. Throughout your journey as a Job Growth Wales employer 3SC will contact you regularly to make sure that the process is running smoothly.

To register:

Website: [www.3sc.org/jgw](http://www.3sc.org/jgw)

For more information:

Email: [Kathryn.jellings@3sc.org](mailto:Kathryn.jellings@3sc.org)



### Mental Health Training and Therapeutic Packages

Torfaen and Blaenau Gwent Mind offers a variety of mental health training courses through its Social Enterprise Training in Mind. All courses are delivered by qualified trainers with experience of working within the mental health sector. Our Mental Health Training courses aim to raise awareness of mental health problems whilst providing participants with the right tools and techniques to managed mental health problems in their job, in themselves, their work colleagues and friends and families.

Our courses include:

- Stress Busting
- Mental Health First Aid (Wales)
- Youth Mental Health First Aid (Wales)
- Applied Suicide Intervention Skills Training (ASIST)
- Managing Mental Health in the Workplace
- Recovery & Beyond Mental Health Awareness
- Youth Mental Health Awareness

For further information on any of these courses visit [www.torfaenmind.co.uk](http://www.torfaenmind.co.uk) or contact Torfaen and Blaenau Gwent Mind on 01495 757393 or email

**information • friendship • advice**  
free, confidential and open 24 hours  
**0800 4 70 80 90**  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

The Silver Line is a registered charity in the UK.  
Registered Charity No. 1147330 | Company No. 8000807





## Beat the Loan Sharks - BITE BACK!

The Wales Illegal Money Lending Unit (WIMLU) is warning residents who may be finding it difficult to make ends meet not to make the mistake of turning to loan sharks, who are even worse than doorstep or payday lenders. These illegal lenders operate without a consumer credit licence, and prey on people who are vulnerable – whether because of poverty or debt, or difficulties in their lives such as addiction or health problems.



Loan sharks charge extortionate interest (WIMLU says that 150,000% APR is not unheard of!) and adding on penalty payments as and when they want. “Sharks don’t give you paperwork explaining the terms of the loan, and you have to keep paying them back until *they* decide you can stop. They may appear friendly when they offer the loan, and when you pay - it’s when you *can’t* pay that you see the other side of them.”, the WIMLU team explains.

Be aware - more than half the loan sharks prosecuted by WIMLU are female.

Loan sharks use threats and sometimes violence to make sure their victims keep paying - the helpful person who offers to lend you some cash may not be such a good guy.

WIMLU urges residents to make sure that anyone offering to lend money has a consumer credit licence. If you are a loan shark victim, or think there may be a shark operating nearby then **contact WIMLU on the 24 hour Hotline:**

**Telephone: 0300 123 3311. You can telephone anonymously if you want.**

Specialist client liaison officers will support and assist victims, advising on debt and other problems. “Loan sharks should be warned,” says WIMLU, “we are determined to stamp out this crime.”



Illegal Money Lending Team Working with Trading Standards – funded by BIS	
<b>Stop</b>	<p><b>Does your client:</b></p> <ul style="list-style-type: none"> <li>Owe money to ‘friends or family’</li> <li>Have a cash loan which grows, even with regular repayments?</li> <li>Have no or little paperwork relating to this loan?</li> <li>Still have their bank or benefit cards, or have they been taken as ‘security’ against a loan?</li> <li>Seem scared, frightened or intimidated by the person who gave the loan?</li> </ul>
<b>Get Ready</b>	<p><b>What you can do if you think your client is using a Loan Shark:</b></p> <ul style="list-style-type: none"> <li>Ask THEM to report the information directly to the Stop Loan Shark team</li> <li>YOU TOO can also pass on any details, without breaking confidentiality</li> <li>REMEMBER the loan is illegal and, after prosecution, probably does not have to be paid back – but we need to know about it</li> </ul>
<b>Go</b>	<p><b>Call: 0300 123 33 11</b> (local rate call, including inclusive minutes from mobiles)  <b>Email: <a href="mailto:wimlu@cardiff.gov.uk">wimlu@cardiff.gov.uk</a> Web: <a href="http://www.direct.gov.uk/stoploansharks">www.direct.gov.uk/stoploansharks</a></b></p> <p><b>Text: loan (space) shark (space) + your message to 60003</b></p> <p>Any information is given in the strictest of confidence</p> <p>Many victims see the illegal lender as a friend; yet loan sharks prey on the most vulnerable in society and can be dangerous.</p> <p>Help us to help your clients in removing loan sharks from communities and showing people safer and cheaper ways to sort out their finances</p>



## Torfaen Voluntary Alliance wins Torfaen's Most Recommended Award

Thursday 7<sup>th</sup> November the Parkway Hotel played host to The Town Crier, Torfaen's Most Recommended Awards 2013.

Over 260 of the county's most influential business people represent dozens of organisations from sole traders, to the public and third sectors from across Torfaen and the surrounding areas, gathered together to celebrate enterprise excellence.

The Awards were handed out by "Mark the Beast Labbet" Star of ITV1's Prime TV show The Chase. Music was provided by "Wales' number one Leona Lewis Tribute Act, Lynsey Pugh." Channel One Newport Hospital Radio, and Carl Lewis.



The Event was headlined by the famous "Big Macs Wholly Soul Band" who played classic soul music into the early hours.

Performers from Cwmbran Centre for Young people who were beneficiaries of all the profits from the event also showcased the story of a local young person who has been aided by the Centre and the difference the centre has made on her life, from taking her in when she was homeless to providing training, housing and support to reach employment.

Over 40 Awards were handed out on the evening to the very best businesses and organisations in the county. A fantastic evening was had by all who attended.

Wherever you see The Torfaen Most Recommended Logo you can be assured you are buying from an organisation that puts its customers first who has been voted Torfaen's Most Recommended by the people who matter, their customers, the residents of Torfaen.

**Want to eat more healthily  
and save money?  
Use your local Food Coops**

A food co-op is an easy, more sustainable way to buy affordable, quality and where possible, local fresh fruit and vegetables from local producers or businesses. There are around 300 food co-ops based in communities across Wales, so there's bound to be one near you! To find out more visit [www.foodcoopswales.org.uk](http://www.foodcoopswales.org.uk)





## Torfaen Breathe Easy Fund Raise

The picture to the left shows charity chairman Keith Bown presenting a cheque to Lynda Rees of the Torfaen Respiratory Response unit. Also pictured is 'Breatheeasy', a lamb at All Creatures Great and Small Animal Sanctuary that members of the charity have sponsored.

Torfaen Breathe Easy meets on the first Tuesday of the month at Canalside Resource Centre, Pontnewydd. If you are living with a lung disease or are caring for somebody with COPD and would like to know more, call the British Lung Foundation on 03000 030 555 or attend the group's next meeting. If you would like to learn more about sponsoring or adopting an animal from the animal sanctuary, contact Matthew Nicholl on 01633 866144.



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### Sky Lantern and Helium Balloon

The Welsh Government and Defra jointly commissioned an independent research project to establish a body of dependable evidence on the impact on livestock, plants and the environment of sky lantern and helium balloon releases. The report was published in May this year and is available on the Welsh Government website:

<http://wales.gov.uk/topics/environmentcountryside/epq/cleanneighbour/cnpublications/sky-lanterns-risk-assessment/?lang=en>

The research report concluded that any impact on the environment and risk of widespread injury or death to livestock is low. However the report did find that the fire risk associated with the use of sky lanterns, mainly to agricultural crops, buildings and moorland is significant. I remain concerned about the issue and will continue to work closely with all our partners to ensure that the impacts of sky lanterns and helium balloons are minimised.

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### The Gwent Domestic Abuse Pathfinder Project Survey

The Gwent Domestic Abuse Pathfinder Project (GDAPP) wants to survey the public's opinions and experiences of domestic abuse in Gwent. This project is commissioned by the Welsh Government so it really is the opportunity to get your voice heard and make the changes that are needed. The short survey is completely anonymous and should only take 3 minutes to complete.

Go to [www.surveymonkey.com/s/7VYCNTG](http://www.surveymonkey.com/s/7VYCNTG)



## LiFT

LiFT is Torfaen's umbrella for long term conditions support groups.

Representatives of our member groups – for example for Diabetes, Heart conditions, Multiple Sclerosis - meet 3 times a year to hear news and share ideas. Recently the group, in collaboration with Health and Social Care facilitators Pat Powell (TVA) and Louise Tovey (GAVO), undertook a survey into exercise provision in the Aneurin Bevin Health Board area.

Louise and Pat hold the results of this survey, and putting those together with their other information, they are the people to go to first for exercise information!

Louise Tovey - [louise.tovey@gavowales.org.uk](mailto:louise.tovey@gavowales.org.uk)

Pat Powell - [pat@tvawales.org.uk](mailto:pat@tvawales.org.uk) - 01495 742460

The survey pointed to the importance of the National Exercise Referral Scheme and we hope to have a speaker about this at our next meeting, on January 17<sup>th</sup> 2014 at Henllys Village Hall, Cwmbran at 1.30 pm.

Please come along if you can.

If you'd like to find out more about LiFT, please contact Pat Powell on 01495 742460 or email [Pat@tvawales.org.uk](mailto:Pat@tvawales.org.uk)



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## Renew Wales Project

Are you part of a community group concerned about tackling the impact of climate change?

“Renew Wales” is a programme set up to help Welsh communities tackle the impacts of climate change and has employed regional co-ordinators all across Wales to help support community groups.

Would your group benefit from free advice, mentoring and training from an experienced community practitioner and from being part of a supportive network of like minded people?

Your group might be thinking of developing a renewable energy project, a local food club, making land or buildings more sustainable and energy efficient, a transport or waste reuse scheme or taking on any other kind of project which will help tackle the impact of climate change.

If you are based in Torfaen your local co-ordinator is Lynne Howles, at the CoStar Partnership.

For more information please contact

Lynne on 01633 869227 or email - [lynneh.costar@gmail.com](mailto:lynneh.costar@gmail.com)



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## A day in the Life of Torfaen Carers Centre

Torfaen Councillor David Daniels recently recorded a guided tour of the Torfaen Carers Centre. The tour has been uploaded to youtube and displays the fantastic facilities and the hard work of the volunteers who run the centre. The video can be viewed on youtube by visiting the following address: [www.youtube.com/watch?v=wcqnTuSfpfg](http://www.youtube.com/watch?v=wcqnTuSfpfg)



# ARMED FORCES COVENANT

Are you serving or have you served?

Let us know and we can offer help, advice and support

Torfaen have set up a Community Covenant that complements, at a local level, the Armed Forces Covenant, which outlines the moral obligation between the nation, the government and the armed forces.

For Torfaen and partner organisations, the Community Covenant presents an opportunity to share knowledge, experience and expertise to help and advise members of the Armed Forces Community.

The aims of the armed forces community covenant are to:

- Encourage local communities to support the armed forces community in their areas nurture public understanding and awareness among the public of issues affecting the armed forces community
- Recognise and remember the sacrifices faced by the armed forces community
- Encourage activities which help to integrate the armed forces community into local life
- To encourage the armed forces community to help and support the wider community, whether through participation in events and joint projects, or other forms of engagement.



[www.easyreadhealthwales.org.uk](http://www.easyreadhealthwales.org.uk)

## Easy Read website for you



Easy Read Health Wales gives people with a learning disability and their families access to lots of Easy Read information about health and well-being.

If you need help on using the website or understanding the information you can call the free Wales Learning Disability Helpline: **0808 808 1111.**

If you are a member of the armed forces, a veteran, family member or widow(er), Torfaen is committed to providing easy access to the support and entitlements available to you.

Torfaen website - <http://goo.gl/6F4Wc0> provides a 'one stop shop' that can offer help and support as well as information on the Armed Forces Community Covenant that Torfaen has signed up to.

If there is any information you cannot find or any information you wish to add then please contact Torfaen on 01495 762200 or email [armedforces@torfaen.gov.uk](mailto:armedforces@torfaen.gov.uk)



To find out more about Easy Read Health Wales phone Learning Disability Wales on 029 2068 1160, or email [easyread@learningdisabilitywales.org.uk](mailto:easyread@learningdisabilitywales.org.uk)



## St David's Hospice Care

St David's Hospice Care has been providing community-based hospice care for people with cancer or other life-threatening illnesses, and their families, since 1979. Our care is provided to people living within Caerphilly, Monmouthshire, Newport, Torfaen and within certain areas of South and Mid Powys. In June 2013 St David's Hospice Care took over the management of St Anne's Hospice which means that, should the need arise, our patients can receive care in the in-patient hospice in Newport.

In addition to the four teams of Clinical Nurse Specialists, we have a Hospice at Home team of nurses and healthcare assistants who provide hands-on care for our patients. St David's Hospice Care also has a Family Support Team comprising social workers, welfare rights advisers, bereavement support, children's support worker (Unicorn) and complementary therapists. We have four Day Hospices: in Newport; near Pontypool; in Ystrad Mynach and in Brecon. St David's Hospice Care also has two Resource Centres: in Caldicot and in Monmouth.

The need for our services continues to increase year on year and last year 2,171 patients were referred to St David's Hospice Care, 567 (26.1%) of whom had a non-cancer diagnosis. At any one time we are caring for over 1,100 patients, and during the year cared for a total of 3,262 patients and their families/carers.

Last year 61,760.75 hours of care were provided by St David's Hospice at Home service thereby enabling patients to remain in their own homes if that is their choice. Over 90% of patients who received Hospice at Home Care were able to die at home, or usual place of residence (UK average is 25%).

Last year 127 families were referred to Unicorn, which enables children to receive additional support at what is probably one of the most difficult times of their lives. We are aware that it is vitally important for children to receive appropriate bereavement support. This service is therefore not restricted to children of our patients, but referrals can also be made for children who may have experienced the sudden death of a close relative.

We are sure you will appreciate that the high level of care provided by St David's Hospice Care does have financial implications for the Charity. With the addition of St Anne's Hospice it will cost us approximately £7 million each year to provide our services and we receive less than 20% of this from the NHS. In order to raise much needed funds we have 36 charity shops, a weekly lottery, and organise many fundraising events throughout the year. We are indebted to the local community for their on-going support and we are sincerely grateful for any financial contributions towards the work of our Charity.

Email: [Franca.Nigro@stdavidsfoundation.co.uk](mailto:Franca.Nigro@stdavidsfoundation.co.uk)

Website: [www.stdavidshospicecare.org](http://www.stdavidshospicecare.org)



*Bringing care home*



**IOP** Institute of Physics



**Smash a wine glass with sound, create spiral rainbows, use light to heal wounds and explore medical optoelectronics – volunteers needed!**

Do these things sound intriguing? Are you interested in communicating science to a young audience? Lab in a Lorry needs volunteers with a scientific or engineering background for events across Wales during school term time, April - June.

**What is Lab in a Lorry?**

Lab in a Lorry is an interactive mobile laboratory, which gives young people (11–14 year olds) the opportunity to explore science through open-ended experiments. Volunteers guide the students through the experiments (optoelectronics and medicine, sound and resonance, light scattering and colours) and make sure everyone gets to be involved through hands-on experience.

**What would I have to do?**

You would be asked to oversee an experiment for the day. We send you all the background material in advance and on the morning of an event you receive full training on the lab.

We ask that volunteers commit to a minimum of one full school day, but you are welcome to come along for as many days as you like. In return you'll have a rewarding and unforgettable experience, receive some IOP freebies and also be awarded affiliate membership to the Institute of Physics for a year [www.iop.org](http://www.iop.org)

**More information?**

To find out more about what's involved in volunteering for Lab in a Lorry and where we will be touring visit our website at [www.labinalorry.org.uk](http://www.labinalorry.org.uk) where you can also register as a volunteer, or contact me on the details below. Volunteers are the key to the success of Lab in a Lorry and I hope that you will become part of the team.





**Creative Workshops: Vision 21's Fun and Friendship Project**

The workshops are running in the Torfaen area (location to be confirmed) in the February half term. The placements are open to **14-17 year olds** with a learning disability and additional learning needs. The workshops will run between **24<sup>th</sup> - 28<sup>th</sup> February 2014**. The workshops are **free** – although this excludes transport, food and 1:1 support costs. They can offer placements to 8 students at a time in a week block (Monday to Friday). The project focuses on making friends and working together to achieve creative outcomes through a range of different arts based opportunities with professional arts tutors – these could include drama, music, movement, printing, pottery, photography or drumming. The workshops are completely **free** but are **not open access** - so anyone wanting to come along will need to contact **Vision 21 to book a place on the workshop**. It is hoped that as many families as possible will benefit from this V21/Children in Need initiative.

For more information email: [kylie.fuller@v21.org.uk](mailto:kylie.fuller@v21.org.uk) or Tel: 02920 621194.

For referral form visit <http://goo.gl/Wscw8M>

**Do you want to know more about play?**

If so then:

**'Introduction to Play and Playwork'**

*is a free workshop developed for people with an interest in providing safe and fun play for children.*

*Come and take part :)*

**Thursday 16<sup>th</sup> January 2014**  
**Time: 10.00 am to 1.00 pm**  
**Llantarnam Grange Arts Centre, Cwmbran NP44 1PD**

**Booking is essential. To secure your place, please get in touch with us.**

**Three Counties Community Play**  
**01495 742 477**  
**[peter.hornyik@tvawales.org.uk](mailto:peter.hornyik@tvawales.org.uk)**

This information will provide you with the groundwork should you wish to progress to a recognised qualification, while enhancing any existing skills you may possess.

Supported by **The National Lottery** through the Big Lottery fund



**Citizens Advice**  
the charity for your community

**The Bureau is an independent charity. We help people with:**  
 Benefits, Housing, Money and debt advice, Legal matters, Consumer problems, Employment issues, Relationship and family issues, Immigration and discrimination

**Where We Are**

**Cwmbran**

45 Gwent Square  
 (in the bus station)  
 Cwmbran, NP44 1PL  
 01633 876121

**Pontypool**

Castle Mews, George Street  
 Pontypool, NP4 6BU  
 01495 759814

**Blaenavon**

Church View Advice Centre  
 Blaenavon, NP4 9NA  
 01495 742491

We also run regular advice sessions in Garndiffaith, Trevethin, Thornhill, Fairwater and in some other locations. Please ring 01633 876121 or go to [www.torfaencab.co.uk](http://www.torfaencab.co.uk) for details.

**Self help**

Adviceline Wales 0844772020  
[www.adviceguide.org.uk](http://www.adviceguide.org.uk)



## Torfaen MS Society require volunteers

Torfaen MS Society are currently looking for a volunteers. Roles include :

Volunteer Support Officer - Assisting people to access information and support to improve lives (phone, visiting, events, grants, liaising with professionals)

Support Team Volunteer - MS Support Teams aim to empower people affected by MS through giving information about MS, emotional support and facilitating access to available services and support.

The team is co-ordinated by the Lead Support Volunteer. We are developing support teams to enable them to offer a wider range of support and information to local people affected by MS. We offer 4 days of training for all support volunteers to assist you in your role as well as the opportunity to attend forums to share ideas and discuss common issues with other support volunteers.

From April next year Torfaen Ms Society will also require a new chairperson for their board if you're interested in finding out more please contact Sally Bailey via email - [torfaenms@gmail.com](mailto:torfaenms@gmail.com)



## Are you a resident living in Torfaen?

## Do you need some support to manage your home?



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
- Drug 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

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



### Sudoku

3		6		9				8
7				5		1		
		5						
		4	2				3	
			3	6	7			
	3				9	7		
						2		
	9		1					7
1				8		9		4

What are caterpillars afraid of?  
DOGerpillars!

Why did the Chicken cross the playground?  
To get to the other slide



"I met a Dutch girl with inflatable shoes last week, phoned her up to arrange a date but unfortunately she'd popped her clogs."

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 March.

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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