

Volunteer and Member Services **Bulletin – March 2013**

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Wales Wellbeing Bond

Matt Evans from Wales Council for Voluntary Action will be giving a briefing about the new 'Wales Wellbeing Bond' which provides access to money to redesign or create new third sector public services at a National Regional or Local Authority level

Date: Wednesday 17th April 10.30am (duration around an hour) – Civic Centre, Pontypool. To book a place email: david@tvawales.org.uk to find out more www.wcva.org.uk/media/254467/wales_wellbeing_bond_prospectus.pdf

Centenary Celebration of the life of Pontypool's Bard, poet & artist Myfanwy Haycock

You are invited to an open afternoon at Amgueddfa Pontypool Museum on Saturday 23rd March, 2pm – 4.30pm. Poetry Competition for all ages 2.30pm: Poetry Recital with Lorna Pearson & Gill Harris followed by free afternoon tea and cakes. All welcome.

Pontypool Pacers have been awarded £1,968. from The Millennium Stadium Charitable Trust Fund.

Pontypool Pacers Heart Support Club was established as part of the strategy to develop a service in Torfaen in 1995. This strategy aimed to support people from the time they became ill until optimum health was achieved. The rehabilitation of a person with heart problems continues long after full clinical recovery and stabilisation of the heart condition has been made. To achieve optimum health a service that provides education and on-going support through a multi professional and multi-agency approach is needed.

Community Health Champion Training

The Power Station, St Dials, Cwmbran

3rd April 2013, between 9.30am and 4.30pm

Would you like to improve your health, find out about health services in your area and share information with your friends, family and neighbours? If the answer is YES, then you could join the Community Health Champions Network!

There are often small steps we can take to lead healthier lives. However, it can be hard to take the first step, even if we really want to make changes. It can be difficult to know what information and advice is right and what is wrong, and we can be unaware of the support available. By joining the Community Health Champions Network in your area, you can make a difference to your health and the people around you.

Who can join the Community Health Champions Network?

- Anyone aged 16 or over
- Anyone interested in leading a healthier life
- Anyone who wants to learn more about health.

What does the Community Health Champions Network offer me?

If you become part of the Community Health Champions Network you will be able to:

- Receive free training in local venues. Child minding costs for those with young children and transport costs will be refunded
- Have the option of gaining a qualification. Our high quality training has been developed in partnership with the NHS
- Learn more about health issues and local support services
- Meet new people in your community
- Have the **right** information to help you and others take steps to lead healthier lives.

To register your interest please contact Pat Powell before 27th March 2013

Email: pat@tvawales.org.uk Tel: 01495 742460



Fruit & Vegetable Co-Operatives

Starting this month, in partnership with Health Challenge Wales, two local food co-ops are opening at the Oakfield and Victoria Village hubs. The co-ops will allow you to buy fresh, locally grown, fruit & vegetables at wholesale prices. Bags will cost a fixed price of £3 per bag and you can choose between bags of fruit, vegetables or salad or a mixture of produce. The Oakfield Co-op is already up and running on a weekly basis and the Victoria Village Co-op is currently due to start on the 4th April. Pop along and support local growers and save yourself a few pennies too!

Court Farm & Oakfield Community Centre, Cwmbran - Mondays 12-3pm

Victoria Food Co-op Victoria Village Hall, Abersychan – Thursdays

For more information contact Rebecca May – 07807 003039 / rebecca.may@rru.org.uk

www.ruralregeneration.org.uk

Enterprising Communities

Allow me to introduce myself my name is David Stephens and I'm the new **Community Economic Development Officer for the Enterprising Communities Project.**

Enterprising Communities is a project that supports third sector organisations and individuals to help them in becoming a sustainable, social business and to generate income through trading.

What support can you expect?

Advice and Guidance on understanding social enterprise and trading

Supporting you with your business plans

Support in seeking funding and other sources of finance

Support and advice in effective management.

Please feel free to contact me for an informal chat on 01495 742476 or alternatively email me on david@tvawales.org.uk



St Hilda's Church Hall Renovations Progress

The work is progressing well and it should be completed by the end of April. A website has been developed which enables you to see the rooms available for rent and the new disabled facilities provided. These include a lift and disabled toilets.

Upstairs there are offices and a meeting room which can be rented and the downstairs still has the large main hall with the smaller gun room. The stage is still there and there are changing rooms and a lift onto the stage. A well fitted kitchen is also available for rent.

An open day will be held on May 6th (Bank Holiday Monday) to enable people to call in and look around the building. This will provide an opportunity to see the changes that have been made.

The hall will be open from 10.30am until 4.00pm and refreshments will be provided so please call in and see what facilities St Hilda's Church Hall can now offer.

St Hilda's Church will at a later date in the year be having a special opening ceremony and information about this will be circulated.

Please look on the website and make contact if you have any questions. Bookings can be made online and also by telephone.

Website details are: www.sthildaschurchhall.co.uk

Contact Details – Volunteer and Member Services

Charis Easter - Development Officer - charis@tvawales.org.uk - 01495 742469

Amy Gibbon – Support Officer - amy@tvawales.org.uk - 01495 742468

Marie Williams – Admin Support – marie@tvawales.org.uk - 01495 742420

Kyle Thomas – Support Officer – kyle@tvawales.org.uk – 01495 742475

TAFOD

The next edition of TAFOD is due to be sent out at the beginning of June. If you have any information you would like to be included please send to kyle@tvawales.org.uk

by 24th May



Tenovus – Advice Assistant

Listening to concerns or queries that might have arisen following cancer diagnosis with regards to entitlement

Identifying clients' needs and signposting where appropriate

Contacting clients and professionals on a regular basis to gather information through a variety of communication methods

Working closely with Cancer Support Advisers to share good practice

Undertaking basic administrative duties, including keeping a record of all calls and updating the online database.

Alzheimer's Society – arts and crafts support volunteer

The support services volunteer role is essential in assisting staff at this Arts and Crafts Club. You will meet and greet, making sure that everyone feels welcome and spend time helping people with dementia and their carers to make items.

VOLUNTEERS WANTED!

Dyfodol - Volunteer

Wales' youth forum for sustainability issues. We educate and empower young people, and enable them to act upon issues that are important to them. We are a movement run by young people, for young people who are interested in creating a future that's safer and more sustainable for all.

Epilepsy Wales - Support Group Member

To assist with the running of a local Support Group with the aim of supporting Group activities and promoting the Group within the wider community.

Main tasks - helping with the day to day organisation e.g. booking venue, attending monthly Support Group and assisting with raising awareness of Group within local community.

Dragon Bands – Volunteer

Dragon Bands aim to help maintain musicians whether individuals or bands. Volunteers with photography, writing or desktop practising skills needed to help young people compile a newsletter about their musical activities at the studio.

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

For more information on any of these opportunities, please