

## TVA News Bulletin – November 2014

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[www.tvawales.org.uk](http://www.tvawales.org.uk)  
Charity Registration No. 1097079  
Company No. 4603713

### **Torfaen Voluntary Alliance's Annual General Meeting**

4<sup>th</sup> December 2014, Cwmbran Centre for Young People

2.00pm

Guest Speakers Include:

Antony Metcalfe – Programme Manager, Time to Change Wales

Ian Johnston QPM – Police and Crime Commissioner Gwent

Paul Harris – Deputy Police and Crime Commissioner Gwent



We very much hope that you will be able to attend and would appreciate it if you could confirm your attendance by sending an email to [info@tvawales.org.uk](mailto:info@tvawales.org.uk) or by contacting reception on 01495 742420

## Memoria - Re-live

For the first time in the UK, people living with a dementia diagnosis, their loved ones, and professional carers will take to the stage to share their extraordinary stories with an audience. Memoria will lift the lid on the emotional, surreal, and at times, humorous journey of those affected by one of society's greatest challenges. Excitingly, Memoria will be the first theatre production Re-Live will present to an audience watching online.

Thanks to consumer demand, the technology is now available for smaller theatre companies to live stream productions over the Internet, and make powerful theatre accessible to a global audience. We are inspired by National Theatre's groundbreaking project to broadcast the best of British theatre live from the London stage to cinemas across the UK and around the world.

We are working with partners including The Purple Angel Foundation, The Alzheimer's Society, Age Cymru and Chapter to promote the live broadcast to tens of thousands of their members in the UK and across the world. Our aim is to connect new audiences to Re-Live's work, especially people living with a dementia diagnosis and families who are unable to attend a performance in Cardiff. Memoria will be broadcast live and online on: November 20th, 21st and 22nd at 8pm. You can find more information and sign up to the mailing list here: [www.re-live.org.uk](http://www.re-live.org.uk) Supported by the Arts Council of Wales, Chapter and Legal & General.

Re-Live create theatre with people on the margins of society, empowering them to become performers, so that audiences can collectively experience the untold stories of our time.



## **Kaleidoscope – Alcohol Brief Intervention Sessions**

An Alcohol Brief Intervention is a structured conversation designed to motivate someone to change their drinking behaviour. Kaleidoscope Alcohol Service delivers an Agored accredited course.

In the run up to Alcohol Awareness Week (17th – 21st November 2014); Kaleidoscope Alcohol Service are running Alcohol Brief Intervention sessions with a twist.

This year's focus will be around Alcohol Brief Interventions & Pregnancy

### **The Dates and Locations of upcoming Alcohol Brief Intervention Sessions are:**

**Monday 17th November 2014**

**09:30am – 12:00pm**

**Community Council House, Cwmbran. NP44 3JY**

**Monday 17th November 2014**

**2:00pm – 4:30pm**

**The Lighthouse, George Street. Pontypool. NP4 6BZ**

**Thursday 20th November 2014**

**09:30am – 12:00pm**

**The Multi Agency Centre, Monk Street. Abergavenny. NP7 5NP**

**Thursday 20th November 2014**

**2:00pm – 4:30pm**

**The Junction, Chepstow. NP16 5PB**



If you are interested in attending please contact us on either email or telephone number below & we will reserve you a place:

Tom Damsell – 07527190464 [tom.damsell@kaleidoscopeproject.org.uk](mailto:tom.damsell@kaleidoscopeproject.org.uk)

## Community Connectors - Volunteer Befrienders Wanted

Community are looking for volunteer befrienders to support vulnerable adults out in the community for personal shopping/social activities, taking them for lunch or tea and cake. The befriending may be expected to visit the vulnerable adults at their home to chat and let their carer's have some free time. The aim of the befriender is to support vulnerable adults in the community to reduce social isolation.



**To find out more please contact the Community Connectors**

**Email - [cc@tvawales.org.uk](mailto:cc@tvawales.org.uk) or Tel - 01495 742463**



## St David's Hospice Care Volunteers Wanted

Christmas is approaching and preparations are under way for our Festive Events, without the help of our generous volunteers these events would not be possible. Which brings me to ask the question, could you be one of our generous helpers this year and give up a little of your time to help raise funds for our patients and their families?

**They are looking for the following:**

### **Festive 5k Christmas Pudding Run Saturday**

6th Dec. - North & South Fields Cwmbran 9.30am – 1.00pm approx.: Marshals along the route, Car Park Attendants, Meet and Greet, Activities, Water Stations.

### **Awareness Day Saturday**

29th Nov. Cwmbran Town Centre – 9.00am – 3.00pm Volunteers to promote our Christmas Pudding Run & the Services of St David's, any duration welcome

They would love to hear from you, for more information please contact Franca Nigro

Community/Events Fundraiser (Caerphilly/Torfaen)

Phone: **01633 851051**

Email: **[Franca.Nigro@stdavidshospicecare.org](mailto:Franca.Nigro@stdavidshospicecare.org)**

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



## **Dementia Friends – Invite to Interactive Training Session**

Dementia Friends is an Alzheimer's Society initiative trying to change the way people, think, talk and act about dementia. It is done through an information session that is interactive and last 50 – 60 minutes and raises awareness and understanding of dementia within local communities. By becoming a Dementia Friend you can help people with dementia be a part of your community.

### **What is a Dementia Friend?**

Dementia Friends should come from all communities, organisations and businesses that are likely to come into contact with people living with dementia. To achieve this, the initiative will involve many partners. Any organisation can get involved by encouraging staff or volunteers to sign up for a Dementia Friends Session. Anyone can then go on to become a Dementia Friends Champion to engage even more Dementia Friends. A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. From helping someone to find the right bus to spreading the word about dementia on social media, every action counts.

If you are interested in becoming a Dementia Friend and joining a national initiative that will help people living with dementia feel included in their communities, then you need go to one of our Friends' information sessions.

### **Information sessions**

Friends' information sessions are run by Dementia Friends Champions, who are volunteers who have taken the Dementia Friends Champions' training. Each Friends' information session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities.

Anyone of any age can be a Dementia Friend - we want school children and young people to be involved, as well as older people.

You don't need any previous experience or knowledge of dementia to be a Dementia Friend. You do need to want to know a little bit more about what it's like to live with dementia and then turn that understanding into something that could make a difference to people with dementia living in your community.

Details of the training session as follows: **Date:** 2<sup>nd</sup> December 2014 **Time:** 10.00 am to 11.00 am **Venue:** Torfaen Voluntary Alliance, Portland Buildings, Commercial Street, Pontypool NP4 6JS

**please note that there is a set of stairs to climb – apologies if this causes problems**

The Torfaen Voluntary Alliance offices are in the centre of Pontypool town very near to the Civic Centre. Easily accessible by bus and with plenty of parking in the town. Please let me know if you require further travel instructions.

I would be grateful if you can indicate your attendance via email by **Thursday 27<sup>th</sup> November 2014** in order that we can arrange refreshments and seating for the session.

## Torfaen Voluntary Alliance - "Being a Trustee" Course

Torfaen Voluntary Alliance will be running a "Being a Trustee" course

Disability Advice Project

Unit 9

Cwmbran

NP44 1UG

10.00am - 3.30pm

If you are interested in this course or you are looking for a bespoke course to suit your needs

please contact Pauline Griffiths on **01495 742454**

Or contact **Pauline@tvawales.org.uk**



## **VOLUNTEERS WANTED!**

Circulate Furniture Recycling

Gilchrist Thomas Ind. Est. Blaenavon.

**Are you creative and interested in DIY?**

We are looking for volunteers to help with Furniture restoration: Painting, decorating and modernising furniture.

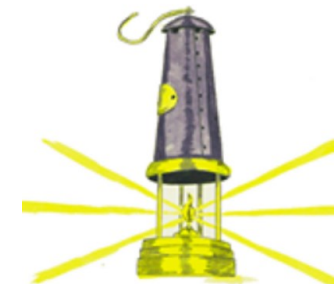
Updating and recycling donated furniture items to redirect them into the community.

**Contact**

Amanda Brake

Tel: 01495 774453

Email: **Amanda@garnsychan.org.uk**





### Congress Theatre

Bar Staff / Coffee and Ice Cream Sales / Front of House The Congress Theatre present, promote, organise, provide, commission, manage and produce all dramatic and theatre forms and to encourage and develop the abilities of young people in theatre disciplines by performing and teaching in schools, colleges and classes.

## VOLUNTEERS WANTED!

### County Hospital League of Friends

Selling newspapers, drinks etc. around the wards and units at local hospital. Involves collecting newspapers from local store each morning, loading stock onto trolley after sales round. Cash up and return unsold papers to the store.

### Changing Gearz

Supporting young people aged 14-24 at risk of becoming or who are NEET (not in employment; education or training) Community Work – helping the project develop our workshop unit where we both have developed a base for cycle maintenance and repair and cycle hire and cycle training for young people in particular. Developing Arts provision by recycling cycles and parts into useful objects such as clocks and seats and also sculptures etc. Teaching and Training young people in cycle use and/or repair Selling cycles and hiring them out to the public using am range of methods including web based and Ebay etc.

### Blaenavon Workmen’s Hall

The Blaenavon Workmen’s Hall is looking for a range of volunteers to help with the smooth running of the hall. Tasks could include the following: cleaning, moving furniture, ticket sales, stocktaking, meeting and greeting, bar work, reception, secretary, website work, bookings, garden area, general maintenance and clearing up.

### Prince’s Trust - Business Mentor

How being a Business Mentor can benefit volunteers The role will give you the opportunity to: Develop mentoring skills Develop skills and knowledge relating to working with young people Develop knowledge of the issues facing small businesses Be involved in a small business venture Take on a new challenge and make a difference to young people’s lives Mentoring on the Enterprise Programme

### Stroke Association

Media Volunteers help raise awareness of stroke across the UK by sharing their personal experience of stroke and representing the Stroke Association in the media. What tasks can this role include? Talking to the media about your experiences of stroke. Being photographed or filmed. Presenting a positive image of the Stroke Association and its work.

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



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