

# WORD FROM THE THIRD

QUARTERLY NEWSLETTER  
JULY - SEPTEMBER 2023



10  
**action**  
for elders  
adding life to later life



**We are going Orange This October to  
raise awareness of the great work our  
members Action for Elders do in  
supporting those in later life!**



for more information check out page 12  
[www.tvawales.org.uk](http://www.tvawales.org.uk)  
[info@tvawales.org.uk](mailto:info@tvawales.org.uk)  
01495 365610

# Foreward

There have been several changes within TVA this last quarter, and a lot of activity:

- we said 'farewell' to Patrick as he takes up an exciting new post with Coalfield Regeneration Trust. Patrick joined us in October 2019 and over the span of 4 years he was involved in several projects which had a great impact on the organisation and our members. In his own words:

*'From Connect Torfaen, TCVA, and the Word From The Third podcast, there's been so much achieved. I feel privileged to have worked here, and although this is the end of this chapter, the book is far from complete.'*

*We look forward to keeping up to date with Patrick as he continues his new adventure!*

- we have welcomed two new officers to the team: Katie Davies, who will be leading the volunteering work and Jo Lloyd, who will be engaging people and organisations in understanding what their health & wellbeing needs are!
- the office has been a hive of activity, ensuring our members feel supported in accessing a range of information from governance, to volunteering and funding - we currently have 430 members, and on funding we have supported organisations to access over £204k in funding, and awarded £93k from funding we manage on behalf of external funders.
- and last but certainly not least, the team have been busy planning the Torfaen Community & Volunteer Awards 2023 with our partners. In its 3rd year and growing in nominations from all over Torfaen, it is humbling to see just how much is delivered, and supported by the people of Torfaen! #TorfaenSaysThanks

**Aimi Morris**

**Operational Executive Officer**

# What is TSSW and where does TVA fit?

Third Sector Support Wales is a network of support organisations for the whole of the voluntary sector in Wales. It consists of the 19 local and regional support bodies across Wales, the County Voluntary Councils (CVCs) and the national support body, Wales Council for Voluntary Action (WCVA).

We work with citizens, volunteers and voluntary sector groups to identify and address what matters to them. Our core activities to strengthen the voluntary sector and volunteering focus on:

\* Enabling & Supporting      \* Being a Catalyst      \* Engaging & Influencing

*“The third sector has always been at the heart of positive change and with our current challenging climate, the roles of our diverse organisations have become more important than ever. We must stand up for others and support one another to continue to achieve.”*

*JANE HUTT, DEPUTY MINISTER AND CHIEF WHIP @WCVACymru #gofod3*

To achieve our shared goal we collaborate with other key partners across the voluntary sector, the public sector, business, research and funders.

We have four pillars of activity that make up our universal offer, these are:

1. Volunteering
2. Good governance
3. Sustainable funding
4. Engagement and influencing

Our work is broadly focused on the common themes of:

- Information and advice
- Learning and development
- Networking and communication
- Shaping, influencing and building the social capital and resilience of the sector
- Raising the profile of the sector





# Volunteering

## Strengthening volunteering in Torfaen

I am extremely happy to be joining the Torfaen Voluntary Alliance team as the Volunteer Development Officer. I am really looking forward to going out into the community and working alongside volunteers and partner organisations to support and strengthening Torfaen through volunteering.

My primary goal is to ensure your volunteer experience is enriching, fulfilling, and aligned with your interests, aspirations, and passions.

I am here to provide guidance, resources, and a listening ear as we work together to make a positive change in Torfaen with our Volunteer Journey booklets.

I am incredibly excited about the journey ahead and the opportunity to collaborate with such a dedicated and dynamic community. Together we can achieve remarkable things, and I cannot wait to see the impact we make and how many certificates will be awarded!

### **Katie Davies- Volunteering Development Officer at TVA**





# What's new to Volunteering?



Take a look at the improvements on the webpage for volunteering

# Volunteer Opportunities

Age Connects Torfaen  
lunch club and dementia buddy's

Citizens advice Torfaen  
Admin assistant and  
Customer service

Garndiffath Parnership  
Admin assistant, ware house  
assistant and much more!

Able - Admin Assistant

MIND - Wellbeing centre  
volunteers, Marketing and Admin  
support, Kitchen Assistant  
Reception, Activities support

Garndiffiath Millennium Hall -  
trustee, Event Team -

Ffrind I mi  
Befriending services, café, meet  
and greets, therapy dog  
volunteering and many more!

Court Farm and Oakfield  
Community Hall - Coffee  
morning support, Key  
holders, Cleaner

To advertise your volunteer  
vacancies or if you need help  
developing the role, get in contact  
[katie@tvawales.org.uk](mailto:katie@tvawales.org.uk)

# Governance

## **We refer to Good Governance, but what does governance mean?**

- It is about the leadership and direction of an organisation and the way it is run. Governance has been defined as:

*The systems and processes concerned with ensuring the overall direction, effectiveness, supervision and accountability of an organisation.*

(The Governance of Voluntary Organisations, Cornforth 2003)

- It is important to understand that governance is different to management.
- It is the term used for the matters to do with controlling the organisation and taking overall responsibility for it.

Management is the day-to-day management of operational matters that do not need to be carried out by the trustees and can be delegated to staff or volunteer.

## **The trustees of an organisation are legally responsible for its governance.**

If you would like support with strengthening the governance within your committee, please get in touch with Clare: Clare@tvawales.org.uk / 01495 365615

Have you checked out the Knowledge Hub? There is a library of free resources relating to governance available to all organisations on The Third Sector Wales (TSSW) Network, Knowledge Hub.



Hwb Gwybodaeth  
Knowledge Hub

These include Safeguarding, policy templates and training courses. To access all you need to do is register by following the link - <https://knowledgehub.cymru>



TVA are now running as an independent umbrella body with Powys Council to provide DBS checks for volunteers and staff. Registered Verifiers are Aimi Morris, Thomas Boor and Clare Taylor. For further information contact 01495 365610 or email [info@tvawales.org.uk](mailto:info@tvawales.org.uk)



# Funding

## How we can support at TVA:

We have a dedicated Funding Officer who will support and assist with finding the right pot for your project, assisting and guidance with applications.

- We have a regular dropin session with Lottery - if you would like an appointment, get in touch and we can book you in.
- Coordinating the Funding Fair, with a range of guest speakers from various funding bodies - watch this space for the next one!



## Cyllido Cymru Funding Wales

- A new funding search platform created by Third Sector Support Wales. Find funding for your charity, community group or social enterprise using our free online search engine. You can search hundreds of grant and loan finance opportunities from local, national and international sources. From small grants to large capital projects we can help you find the funding you need.

### Winter Resilience Grant

RIF - CVC Small Grant

#### Expressions of Interest

Total Amount Available: £12k

This grant is specifically to support the delivery of Third Sector services and activities under the following priorities:

- Priority 1:** Preventative Community Capacity  
*(wrap around support to prevent escalation of need/specialist intervention)*  
Examples of support (but not limited to):
- Educating the Community About Health & Wellbeing
  - Home Safety
  - Encouraging Physical Activity
  - Supporting Families
  - Keeping People Engaged & Connected
- Priority 2:** Alternative Capacity to Support Discharge  
*(a range of solutions to support individuals waiting for community care to leave hospital/turnaround at the front door)*  
Examples of support (but not limited to):
- Coordinating Care Support
  - Arranging Transportation
  - Offering Respite Care
  - Rehabilitation At Home or In The Community
  - Delivering Meals/Essentials to Support Individuals To Remain At Home
  - Provide Social Support and Befriending To Mitigate Crisis Interventions
  - Assisting In Crises and Responding To Urgent Situations
  - Offering Legal Help

**Expressions of Interest By:** Monday, 16th October 2023.

Please email your submission to [funding@tvawales.org.uk](mailto:funding@tvawales.org.uk)

If you would like to know more about this fund or to get an EOI form please email [funding@tvawales.org.uk](mailto:funding@tvawales.org.uk) or call 01495 365610



With support from TVA,  
Able secured £99,170 from  
National Lottery Community Fund.



# Engagement



Brought to you by TVA - The Word From The Third is a podcast based around the Third Sector and Torfaen Voluntary Alliance in Wales, UK.

We have a range of interesting stories from around Cwmbran, Pontypool, Blaenavon and Torfaen.

Why not have a look of our content and listen <https://www.spreaker.com/show/word-from-the-third>

Have you signed up to Connect Torfaen?  
If not, why not take a look today!

*The community platform where you can meet friends, make connections and share information.*

As a community group, voluntary organisations, business you can promote your services and activities free and quickly. As a community member you can find out what's happening in your local area - there really isn't any reason NOT to join!

The banner for 'Connect Torfaen' features the TVA logo on the left and the text 'CYSYLLTU Torfaen CONNECT Torfaen' next to it. On the right, it says 'Connect with YOUR COMMUNITY'. Below this, there are three main sections: 1) 'Are you a group or organisation in Torfaen?' with a sub-question 'Want a free online space to help people find opportunities to support your local community?' and a small photo of people at a table. 2) 'Pre-book your appointment to help you register onto Connect Torfaen'. 3) 'Promote &amp; highlight the opportunities available through your group/organisation', 'Increase community followings', and 'Widen your knowledge of what is happening in Torfaen'. A green arrow points to the text 'To find out more about registering or to book a quick and easy session with one of the team at TVA.' The TVA logo is also present in the bottom right. At the very bottom, contact information is provided: 'Torfaen Voluntary Alliance - 01495 365610', 'Registered Charity No. 1097079 | Company No. 04603713', and social media icons for LinkedIn, Twitter, Facebook, and YouTube.

If you would like to know more about the platform, get in touch by calling Thomas on 01495 365610

If you have a project or activity you wish to promote, get in touch and we can help develop promotion material, set up a social profile on the main social platforms, and get your community group, voluntary organisation promoted!



# Health & Wellbeing

The Welsh Assembly Government recognise the voluntary sector as a key partner in delivering the health and wellbeing agenda.

The purpose of this scheme is to provide direction for delivering the Third Sector's contribution to strengthening partnership by working together with the sector, local authority and the NHS.

Health & Wellbeing will have a different meaning to each of us, and so I am very excited to start my journey as the Health & Wellbeing Engagement Officer for Torfaen at TVA, and explore and understand your needs better I will be:

- Working in line with the Torfaen Wellbeing Framework
- Supporting the community with their health & wellbeing needs
- Working alongside our partners to ensure the community voices are heard
- Promote collaborative working within the borough to build a stronger resilient Torfaen where community groups become sustainable
- Working with groups and their members to enhance their wellbeing
- Promote awareness around all areas of health improvement
- Promote and encourage the community to become a Torfaen Wellbeing Friend.
- Working on new and exciting projects to enhance the Health & Wellbeing of the community.

Everyone's Health and Wellbeing was affected during Covid-19 and it is important to ensure we are all doing what we can to take care of ourselves both mentally and physically.

If you are concerned or would like to understand more about wellbeing, contact:: [jo@tvawales.org.uk](mailto:jo@tvawales.org.uk) / 01495 365619

**I look forward to working together with you to make  
Torfaen a great place to work, live and visit.**





# Opening Doors



**OpeningDoors**  
CONNECTING TORFAEN

## Building Social Connections

through providing public spaces that bring several community agencies and neighbourhood groups together to offer a range of activities, programs and services.

**Opening Doors** recognise hubs that

- are safe places to connect and access support
- promote health and wellbeing
- signpost to a range of services, agencies and partners
- share good practice, activities, services & information



**Over the next phase of the project, we will be working with our identified hubs to develop and strength their offering to the local communities in the following ways:**

Quarterly Networking Forums

Governance Health Checks

Quarterly Newsletters

Get There Together Films

Community Information Folders

Opening Doors Podcasts

Cluster Meetings

Connect Torfaen

Identify Key Training Needs

**For more information, contact: [Caroline@tvawales.org.uk](mailto:Caroline@tvawales.org.uk)**

# Activities/Events

## Orange October



### About Wear It Orange

Action For Elders Wear Orange month is aimed towards our amazing people to 'wear it orange' in their communities, schools or work places. Together, we will be wearing it orange to support those in later life. You can bring shades of orange to dress-up days, bake sales, social walks, knitting sessions and much more. You can have a lot of fun with this, why not even dye your hair or beard too?

### Get Creative

Wearing orange can open up all kinds of possibilities.

Here's a list to give you some ideas:

- Wear orange swimming trunks.
- Play in a band wearing orange clothes
- Wear an orange suit
- Design an orange hat
- Knit an orange jumper

**Wear Orange This October And Help Add Life To Later Life**

### Get Involved

It's time to get involved and support our programmes which give older people hope for a better life. Take part in or organise your own fundraising event. It could be a Bake Sale, Raffle, Quiz, Social Walk, Coffee morning, a Jigsaw Club or a sponsored Cycle Ride. Just give your event an orange theme: either by wearing an orange T-Shirt or shorts, bake orange colour cakes, orange jam or just simply, serve a bowl of oranges.

## Why October?

Older People's day is on the 1st October and we felt 1 day is not enough to celebrate older adults. When we try to celebrate getting older all year round we thought October would be a great month to raise awareness of the challenges older adults face with getting older.



## Why Should I Fundraise For Action For Elders?

We want to show that older adults can still contribute to society. They can still lead full independent lives that are important and have meaning.

Loneliness is a huge challenge at the moment with latest estimates showing that there could be nearly 2 million older people who are lonely by 2026.

Loneliness is a killer in its own right increasing the risk of death by 26% - we want to reduce this with our community programmes.

**For more information, email:**

**[orangeoctober@actionforelders.org.uk](mailto:orangeoctober@actionforelders.org.uk)**

## Why Orange?

Whilst we have a growing older population there is still a lot of negativity towards ageing throughout society and we wanted to show that this should not be the case. Older people are too often invisible and looked at negatively in society.

This is why we chose the colour  
Orange,  
it's bright,  
vibrant and out there.



# Torfaen Community & Volunteer Awards 2023

Count down is on for TCVA on Friday 20th October (invite only!).

Over 100 nominations across the 12 categories were received, we would like to congratulate all nominees. Our independent judging panel met at the end of August, and we are happy to announce the **finalists for each category are:**

## Adult Volunteer of the Year:



Judith Long  
Lynette Webber  
Helen Withers

## Trustee of the Year:



Pontypool Community Council  
Cyngor Cymuned Pont-Y-Pŵl

Karen Brown  
Peter Friswell  
Jonathan Mudd

## Young Volunteer of the Year:



Elizabeth Jacobs  
Jessica McCarthy  
Samiya Houston

## Sports Volunteer of the Year:



Richard Welsford  
Julie Roche

New Inn Juniors & Youth AFC

## Health Volunteer of the Year:



Nick Bryne  
Ffrrind i Mi  
Relay for Life Pontypool

## Community Leader of the Year:



Anthony Gillard  
Kyle Greenhalf  
Chris Morgan



**Arts, Culture & Heritage:**



Jenni Crane  
Mike Woodard  
Croseycast Podcast

**Environmental Volunteer:**



Sam Freere  
Prof John Hunt  
Bridge 46 to Five Locks Canal  
Group

**Business of the Year:**



Team Kotecha  
Coffi Kitoko  
Mandeep Sandhar - MRS Stores

**Heart of the Community:**



CoStar  
Torfaen Play  
Friends of Fishpond Park

**Community Response Volunteer:**



Nicola Grainger  
Garnsychan Partnership  
Panteg House & Foodshare



**Children & Youth Group:**

Beckie Forest - Vibe Kids Dance  
New Inn Juniors & Youth AFC  
Pontypool Youth Council



TorfaenSaysThanks

# Partner Information

## Melin Homes

Melin Homes is a housing association based in Torfaen and serving communities right across South East Wales. We take care of over 4000 homes across the region. We believe everyone should have access to a safe, secure, happy and warm home.

We offer services to help our residents live comfortably, including taking care of repairs, keeping our neighbourhoods safe, providing money advice, helping with work/training and running community engagement events. We believe that residents should be at the heart of our decision-making processes and should have a say in how these services are run. This is why we have our Melin Voices residents' group.

Joining is easy and we want as many residents involved with our Voices as possible. Any Melin resident can join and take part in in-person or digital meetings, providing their feedback and insight on how to make Melin better.

For more information, get in touch with us:  
[Communities@melinhomes.co.uk](mailto:Communities@melinhomes.co.uk) #TogetherWeCan



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Chwarae Teg was founded in 1992 and has been working since then to make sure women in Wales can "enter the workplace, develop their skills and build rewarding careers"



Following the sad news of the imminent closure of Chwarae Teg, we ask that any members who may be affected by the closure to get in touch so that we maybe able to advise on future action.

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The Gwent Helping End Homelessness Project:  
**BOOST** (Building On Our Strengths Together)  
is a five year project supported by the  
National Lottery Community fund.

Gwent Boost is a partnership project aimed at enhancing current homelessness provision in Gwent through collaborative services with people with lived experiences.

The project will deliver:

- Targeted Peer Advisor Programme
- An employment agency
- Champions Network for Landlords and Tenants
- Gwent-wider clinical psychology support

Cyfannol Women's Aid is co-delivering the Targeted Peer Advisor Programme with St Giles Trust, supporting the recruitment of women with lived experiences to become peer advisor, support them as they go through training, and helping to gain volunteer placements within the sectors and services aligned with it.

The project aims to support the development of confidence, skills, and qualifications of women and help them to gain employment that is meaningful to them.

For more information in regards to this project please download our leaflet.

To refer into the BOOST Project, make an enquiry, or find out more, call us on  
03300 564456 or [BOOST@cyfannol.org.uk](mailto:BOOST@cyfannol.org.uk)





## Find out your inner animal!

In under 5 minutes, discover:

- What personality type you are. There are 16 possible results - each connects to an animal. Find out which animal your personality type connects to.
- Your strengths and what makes you tick
- Some jobs linked to personality traits
- Popular subjects and courses for your personality type

There is no sign up requirements, just a few simple clicks:

<https://careerswales.gov.wales/buzzquiz>

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### WCVA Survey:



WCVA  
CgGC

The impact of inflation on voluntary sector organisations delivering public services

- Are you struggling to meet the current service demands
- When did you last receive a contract uplift?
- Is staff recruitment and retention difficult?

Help us understand the challenges you are facing in delivering public service contracts

WCVA are working alongside sister councils across the UK to make the case to UK and national governments for sustainably funded public services. Your responses to this survey will help us build an evidence base from Wales and support our influencing efforts.

The survey closes at 12 pm on 13 October 2023 /  
<https://www.surveymonkey.co.uk/r/chwyddiant-inflation>

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Autumn - Free on line workshops to help protect vulnerable people from carbon monoxide (CO) poisoning

You can help protect vulnerable people that you support by booking on to one of our free, hour long (9.30 - 10.30) and interactive Zoom workshops delivered by the Gas Safe Charity. You will learn about the sources, signs and symptoms of CO poisoning as well as what to do to help prevent the risks and some of the sources of support that exist for those people in fuel poverty.

Just click on this link: <https://www.eventbrite.co.uk/e/think-co-an-introductory-workshop-to-carbon-monoxide-co-risks-at-home-tickets-115618952399>



Bipolar Commission Wales

Live in Wales? Help us by taking this survey <https://www.bipolaruk.org/bipolar-commission-wales>

Bipolar UK wants to expand their peer support services for people affected by bipolar. If you live in Wales, can you spare 10 minutes to take this survey to help them understand what your community needs?

Please forward the survey link to your colleagues or any of your clients or patients or service users you think may be interested in completing it.



## Would your group or organisation like help to use technology?

For many of us, using the internet is part of daily life. We use digital skills at work and at home, to keep in touch, to socialise, to access services, buy groceries, to bank, and to make everyday time-consuming tasks easier. Many people need help to overcome the barriers to enable them to use digital technology.

Digital Communities Wales, (DCW), a Welsh Government funded project provides a wide range of digital inclusion training for staff and volunteers, Can also loan a variety of digital equipment to organisations. If you would like to find out more contact Angela Jones [angela.jones@cwmpas.coop](mailto:angela.jones@cwmpas.coop) 07766 495473.





Sarah Lawrence from Deaf Friendly Business Solutions will be delivering an hour-long session on the basics of sign language that will be useful for you as a coach to make your sessions more inclusive.

The BSL taught will be specific for coaches and sporting environments.

The most basic of sign language courses, it offers people with no past experience the chance to try out the language. Learners get a brief look at the basics, which includes the use of the eyes and facial expression to get a feel for what it is like to be Deaf and to see whether they would like to learn more.

Delivered in the fun way it is, be prepared for staff to want more!

Sarah Lawrence from Deaf Friendly Business Solutions is an expert tutor and has over 20 years experience of running BSL training courses. <https://www.deaf-friendly.co.uk/>

To Book a place: <https://www.eventbrite.co.uk/e/british-sign-language-for-coaches-tickets-722019157737?>

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The next edition of Word from the Third, will be circulated early January, if you would like to feature in the newsletter, then please contact

**[communications@tvawales.org.uk](mailto:communications@tvawales.org.uk)**

or speak to one of the team by calling **01495 365610**.