

WORD FROM THE THIRD

QUARTERLY NEWSLETTER



**What's
happening
in Torfaen**



cynghair gwirfoddor
torfaen voluntariaid

www.tvawales.org.uk

info@tvawales.org.uk

01495 365610

Contents

Page 3	Word from the Chair/Senior Management
Page 4	Get to know... Aimi Morris
Page 5	Torfaen Voluntary Alliance
Page 6	Torfaen Community and Volunteer Awards
Page 7	Awards and Sponsors
Page 8	Health and Wellbeing
Page 9	Look after your wellbeing
Page 10	Volunteering
Page 11	Volunteer's Week
Page 12	Volunteer Opportunities
Page 13	Funding
Page 14	Governance
Page 15	Case Study... Cold Barn Farm
Page 16	Opening Doors
Page 17	Opening Doors
Page 18	Connect Torfaen
Page 19	Connect Torfaen: Cost of Living
Page 20	Mount Pleasant Hall
Page 21	National Lottery Community Fund
Page 22	Bron Afon
Page 23	Farewell Pat
Page 24	Dates for your Diary
Page 25	Follow our Socials

WORD FROM

SENIOR MANAGEMENT

Anne Evans - Strategic Executive Officer at TVA



Welcome to the first edition of the quarterly newsletter for TVA. I am Anne Evans, the Strategic Executive Officer, for our organisation.

I'm sure you will enjoy, and benefit, from our newsletter, produced by Annabelle Jones, annabelle@tvawales.org.uk

Thanks for reading and sharing.

Get to know... Aimi Morris

Operational Executive Officer



Birthday & Zodiac Sign: 23rd April / Taurus.

Favourite thing about working at TVA:

The people who make up TVA! They each bring their own sparkle and together we make a bang!

Favourite thing about the Third Sector:

The way in which we can respond to community need. Our members are always one step ahead in ensuring our communities have access to the support they need.

What would you like to see change in the sector?

There is a growing realisation within partnerships that the sector is a trusted and valuable commodity – I would like to see the distribution of funding within the sector on an even footing.

Most important thing:

To take a positive from the most of negative days!

Torfaen Voluntary Alliance

Torfaen Voluntary Alliance (TVA) are the designated CVC for Torfaen



TVA can help organisations and groups to find and recruit volunteers, assist with finding relevant funding and help with applications, provide support with governance and policies to strengthen the sector and to help you to promote your services and activities off and online!

Meet the Team



Clare Taylor
Development Officer
01495 365616
07888287355



Thomas Boor
Development Officer
01495365616
07888287355



Patrick Downes
Development Officer
01495 365618
07888284669



Annabelle Jones
Support Officer
01495 365617



Caroline Andrews
Opening Doors
Development Officer
01495 365614
07888284618



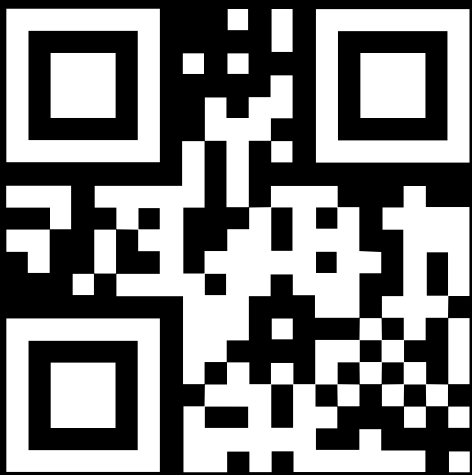
Amanda Rawlings
Members Payroll
07888285312



Joanne Lloyd
Health and Wellbeing
Engagement Officer
01495 365610
07888 282254

Torfaen Community Volunteer Awards 2023

The TCVA Awards are back for 2023. It provides the opportunity to show appreciation for those in the community that have shown remarkable devotion and service. The nominations for this years awards are now open and can be made [here](#)
The QR code will take you directly to the holding page for more information



Finalists will be invited to a celebration event at the Parkway Hotel on Friday, 20th October 2023; where the winners will be announced.

Help us say thanks by nominating:
closing date 31st July 2023

#TorfaenSaysThanks

Award Categories & Sponsors

<p>Adult Volunteer of the Year</p> 	<p>Young Volunteer of the Year</p> 
<p>Environmental Award (Volunteer / Organisation / Group)</p> 	<p>Community Leader of the Year</p> 
<p>Community Response</p> 	<p>Trustee of the Year</p> 
<p>Health Volunteer of the Year</p> 	<p>Heart of the Community</p> 
<p>Business of the Year</p> 	<p>Arts, Culture & Heritage</p> 
<p>Children Group</p> 	<p>Sports Volunteer</p> 

Health & Wellbeing

Our aim is to promote health and well-being to individuals and voluntary groups across Torfaen through encouraging joint working between the voluntary sector, statutory services and health. If you're interested in learning more, speak with our Health and Wellbeing Engagement Officer, Jo Lloyd (jo@tvawales.org.uk, 01495 365619)

Organisations who provide activities and groups to support looking after your Health and Wellbeing

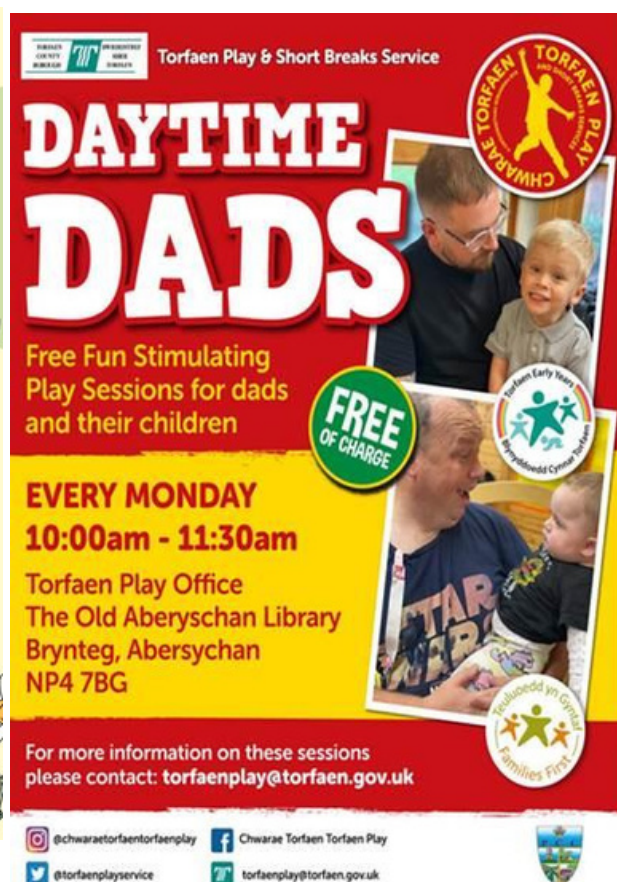


Men's Gardening & Social Group
Every Friday at Able, Nant Bran, Upper Cwmbran, NP44 1SN

10am-12 midday
FREE
Tea/Coffee available

For more information please contact Community Connectors on 01495 742397/
communityconnectors@torfaen.gov.uk

Community Connectors
Bringing you and the community together



Torfaen Play & Short Breaks Service

DAYTIME DADS

Free Fun Stimulating Play Sessions for dads and their children

FREE OF CHARGE

EVERY MONDAY
10:00am - 11:30am

Torfaen Play Office
The Old Abersychan Library
Brynteg, Abersychan
NP4 7BG

For more information on these sessions please contact: torfaenplay@torfaen.gov.uk

@chwaraetorfaentorfaenplay | Chwarae Torfaen Torfaen Play
@torfaenplayservice | torfaenplay@torfaen.gov.uk



Dyfodol Cadarnhaol
Positive Futures



ACTIVE TEENS FREE GYM SESSION EVERY FRIDAY

4-5PM - TERM TIME

BLAENAVON ACTIVE LIVING
CENTRE

WITH TORFAEN SPORTS
DEVELOPMENT COACHES

FOR AGES 11-16

NO BOOKING REQUIRED

FOR MORE INFORMATION CONTACT
SOPHIE.JOHNSON@BLAENVONTOWNCOUNCIL.CO.UK

07877 849143

@BlaenavonTC @blaenavontowncouncil.co.uk 01495 790643

WIDDERSHINS OPEN DAY

MONDAY 11TH SEPTEMBER
10:00-13:00PM

LIGHT REFRESHMENTS PROVIDED



"CENTRE OF EXCELLENCE FOR DEMENTIA & ISOLATION"
VISIT US, TO HEAR ABOUT THE
SERVICES WE PROVIDE

Please register via Eventbrite: <https://www.eventbrite.co.uk/e/age-connects-torfaen-open-day-tickets-643661427657> or email widdershins@ageconnectstorfaen.org

age connects
torfaen.
Charity no. 1172466

Telephone: 01495 769264
www.ageconnectstorfaen.org

Gwent
carershub
action · help · advice



Wellbeing Centre

24 George Street, Pontypool, NP4 6BY
01495 757393

Open to All every
Monday, Wednesday & Friday
Free Tea, Coffee & Refreshments

Drop-in 10am – 2pm

A Range of Activities available such as:
Bingo, Arts, Crafts, Relaxations, Gentle Exercise &
Movie Day plus more...



Torfaen and Blaenau Gwent



Gwent Carers Hub offers unpaid carers a safe space to talk about you and your caring role.



Together, we can identify how Gwent Carers Hub and other local services can help you to understand, achieve and grow as an unpaid carer.



T: 01495 769996
E: Gwentcarershub@ctsew.org.uk

Volunteering

Torfaen Voluntary Alliance can offer a range of support in regards to volunteering. We can provide advice and support to volunteers, those who wish to start volunteering and for voluntary organisations who are looking to recruit volunteers. We provide a referral service for anyone who wishes to start volunteering, with training and DBS support. If you would like more information on how we can help, please contact: volunteering@tvawales.org.uk



TVA Volunteering Fair March 2023

If you are an organisation that works with volunteers and would like help with promotion or training, get in touch

To find volunteer opportunities within your area, visit [Connect Torfaen here](#) (alternatively, email info@tvawales.org.uk for help with registering)

Volunteer's Week 2023

Volunteer's Week took place on the 1st-7th June. To celebrate, TVA visited a range of community venues in Torfaen armed with cupcakes to help them say thanks to the volunteers that keep them going

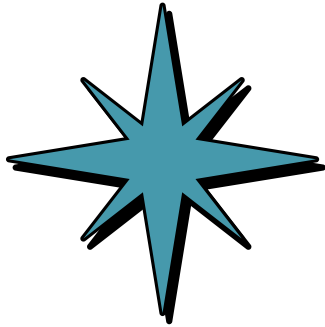
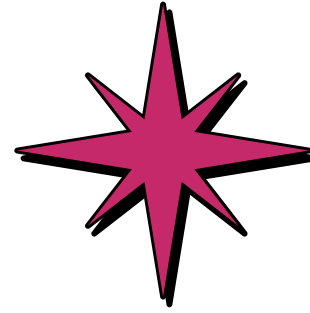


Cupcakes were presented to volunteers who give their time and skills to community organisations such as New Inn Juniors AFC, Citizens Advice, The Trussell Trust, Age Connects and Mind.

Volunteer Opportunities

**Maintenance Team - Pontypool
Ski Centre**

Contact:
volunteering@tvawales.org.uk

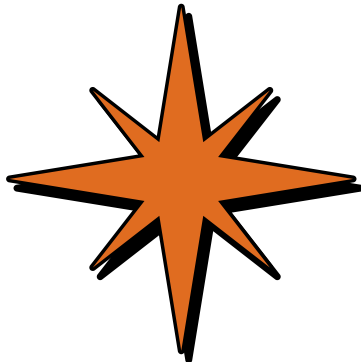
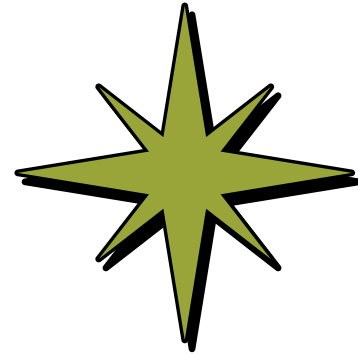


**Group Coordinator - MS
Society**

Contact
MNT@mssociety.org.uk

Kitchen Assistant @ Co Star

Contact
lynneh@costarcwmbran.co.uk

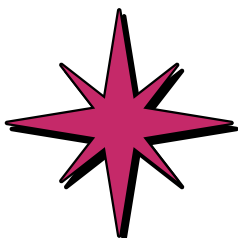
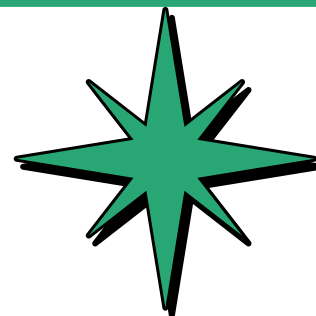


Volunteer at Ty Glas

Contact
volunteering@tvawales.org.uk

Blaenavon's Heritage Railway

Contact
info@bhrailway.co.uk



Volunteer Football Coaches

Contact
contact@newinnjuniors.football

Funding

At TVA, we aim to create a thriving and sustainable third sector where organisations can secure and generate the resources they need to survive.

To work towards this, we can support with searching and developing funding applications, as well as organisational support with account verification service, budget planning and payroll services.



TVA Funding Fair April 2023

In 2022, TVA helped community projects, members and groups to successfully gain a total of £92,000 in funding

To see how we could support you, contact

funding@tvawales.org.uk

National Lottery Community Fund



NATIONAL LOTTERY DROP IN SESSIONS

Do you have a new
project idea but need
funding?
A new drop in service
is coming to Torfaen!

The National Lottery's
Awards for All Officer will be
at TVA offices



**Every Third Monday
of the month
10am-3pm**

*If you would like to book some time with the
Lottery, please contact the funding team to book
your space on 01495 365610 or email
funding@tvawales.org.uk*



Torfaen Voluntary Alliance
Registered Charity No. 1097079 | Company No. 04603713



Governance

Governance is about taking responsibility for the running of an organisation and doing everything within the law to ensure its success. This requires a multi-disciplinary approach and that is why it is so important for trustees to have a clear understanding of what governance is – and what it is not

TVA are here to give free support to the third sector, community groups & voluntary organisations in Torfaen to run effectively and maintain high standards of governance.

TVA offer FREE one to one advice and guidance on starting a new group and strengthening or expanding your organisation. We can help with developing or updating your constitution, policies and procedures and help to find the right bank account and insurance for you, as well as employment support and much more!

Governance/Safeguarding Officer



Clare Taylor
Third Sector
Development Officer
clare@tvawales.org.uk

Case Study... Cold Barn Farm



We are a newly formed committee who took over the running of Cold Barn Farm in January 2023. TVA (in particular Tom and Clare), have been a great help in getting us up and running and applying for grants. They have provided support and guidance on how to set up events, manage the

building and apply for funding.

We have felt supported and it has enabled us to successfully run a number of events, apply for funding and run a very busy warm hub. In April 2023, we were awarded a one off grant of £3000 from TVA in recognition of all the work we have been doing in the community, as a committee we decided to use this funding towards getting a lifesaving defibrillator which we have attached to the wall outside of the building. This is a huge benefit not only to the centre but to the wider community also. This has been greatly recieved by the public and we are so thankful to TVA for giving us the grant to enable us to offer this.

Opening Doors



OpeningDoors
CONNECTING TORFAEN

About the Project

The aim of the Opening Doors Project is to recognise community venues who engage lonely and isolated people and give support to access a range of services including wellbeing

The network encourages the hubs to work together, share information and prevent duplication. The network currently has over 30 hubs across the Torfaen borough

North

Bethlehem Church, Garnsychan Partnership, Blaenavon Library,, Blaenavon Resource Centre, Forgeside Community Gardens, Noddfa Church

Mid

Sharon Full Gospel Church, High Street Fitness, Pontnewynydd Community Centre, Mind Wellbeing Centre, Griffithstown Baptist Church, Cold Barn Farm Community Centre, Neighbourhood Learning Centre, Upper Trostant Baptist Church, Pontypool Market, Torfaen Museum, Pontypool Library, The Care Collective, Salvation Army Pontypool

Southeast

Llanyrafon Methodist Church (Tasty not Wasty CIC), Cwmbran Library, Ponthir Village Hall, HWB @ Woodland Road, CCYP, TLC Community Church, Richmond Road Baptist Church, Ponthir Sports and Social Club, Court Farm and Oakfield Community Centre

Southwest

Fairhill Methodist Church Community Gardens, Thornhill Community Centre, CoStar; The Threepenny Bit, Salvation Army Cwmbran, Able, Ty Glas Y Dorlan, Mount Pleasant Community Hall

Benefits of the Network

Increased engagement with lonely and isolated people, make connections with other hubs, make links with partners, access to help in promoting health and wellbeing, assistance to promotion and social media, a range of support from the Opening Doors Officer

Networking Forum

A networking forum is held every quarter at a Opening Doors Hub. The purpose of this event is for a range of speakers to share information on a range of topics as well as representatives from a variety of hubs to share their groups and activities. The event also provides networking opportunities. The next forum will be held in the Autumn. If you would like to attend the next event, contact Caroline.

Connecting Torfaen Grant

A grant up to £2,500 is available to Hubs via an application form. The grant is to help engage more lonely and isolated people, to ensure a welcoming space for the community to connect and access services.

Community Information Folders

These folders are given to Opening Doors Hub to display for the community to easily access the information. They contain a range of information including contact details for Hubs, services, agencies, and organisations. The folder gives information about Food Banks and useful websites including wellbeing.

Contact

Caroline: Opening Doors Officer
Tel: 01495 365614/07888297824
Email: caroline@tvawales.org.uk



OpeningDoors
CONNECTING TORFAEN



caroline@tvawales.org.uk





Connect Torfaen

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

More than 700 people and organisations have signed up to the new website that promotes a variety of events including summer fun for children and families, twilight yoga and social activities such as craft groups and coffee mornings.

An interactive map will let you search for activities and events across your community to keep you in the know of what's on around Torfaen.

You can browse activities and events just by visiting Connect Torfaen [here](#), or sign up as a member and interact with other registered users.

Connect Torfaen is a partnership between Torfaen Voluntary Alliance (TVA), Torfaen Council and the Aneurin Bevan University Health Board.



Cost of Living Support

In response to the cost of living crisis that is affecting all of us, Connect Torfaen, the real social network, has added a new category to the system: Cost of Living / Costau Byw.

This new category will make it easier for people to browse local services that may be able to help them, and for organisations to find sources of support for their clients.

But we need your help.

As Connect Torfaen is a 'self-service' platform, where organisations control their own listings, we ask that if you are registered you take a couple of moments to log in and apply the new category to any applicable services.

If you haven't registered your organisation and services on the platform before, please do so now. It is straight forward, and you can edit your entry as often as you like.

The platform is only useful if people can find the information they need, so we would be grateful if you could review your information and add the new Cost of Living category where it applies.

If your group needs support to update your entry, or are having difficulties logging in, please email info@tvawales.org.uk.



CYSYLLTU
Torfaen
CONNECT
Torfaen

Mount Pleasant Hall



Mount Pleasant Hall in Pontnewydd, Cwmbran, has reopened under the new management committee - The Family & Community Group!

The Family & Community Group is a registered charity, operated by volunteers to support children, young people and families. The group are working hard to develop the venue, opening up unused parts of the venue to provide support and opportunities, such as developing an IT suite, a sensory room, and a multi-functional area that complements the large hall. The group appreciates the continuing support from their partners, such as local county and community Councillors from the Pontnewydd ward, TVA, and funders investing in the venue and the work of the charity.



The group have successfully secured grants, helping to open up the venue, and developing opportunities. Thanks to the support of volunteers, the venue is now open for occasional use. events such as the fundraiser for the Togs Centre, the Young Carers group accessed two evenings of activities during Carers Week.

There have also been birthday parties and other occasional activities taking place within the community facilities. The venue benefits from a large hall and stage, which is accessible, and in a prime location. there are also two inflatables available in the hall, they are used by groups and enjoyed by children.

Bron Afon is a housing association and community mutual based in Torfaen. We look after more than 8000 properties across the borough. We believe everyone should have a place they are proud to call home and we offer a range of services and support to help our customers live comfortably, including repairs and maintenance, welfare advice, and financial support.. Our focus is on improving the services that customers have said matter most to them such as repairs and maintenance and anti-social behaviour. To help us hear more from our customers we recently launched a new online platform called Your Voice.

It's easy to join and easy to use. Your Voice is an interactive way for you to have your say on topics and projects that matter to you. We want to work with our customers to help us shape what we do. We share all our latest conversations and projects on this platform, new projects are added every month and it's available to access at any time of day or night.



When you sign up and register, we promise to:

- listen to what you say
- Act on your feedback
- Keep you informed

By taking part, you will:

- Help to shape our services
- Be the first to hear about projects
- Hear about what changes are being made

Visit Your Voice Bron Afon and sign up to give share your views on a range of projects

Farewell Pat

We, as TVA, wanted to take the opportunity to wish one of our longest serving employees good luck as they head towards retirement.

Many of you (if not all 😊) will be familiar with Pat Powell and will have worked with her at times. Pat has been supporting the voluntary sector for just on 20 years now. I, personally, have worked with Pat over the same period of time.

Always providing your voice, as the sector, in many ways and in many environments. In a straight-talking manner as you may well know. This has been with a Torfaen focus but also on the regional and Wales wide agendas.

Pat has been working over the years on the Health and Wellbeing agenda, as the Health and Wellbeing Co-ordinator. Recognising the strength of the sector and the added value provided to partner agencies and local communities. During her time with TVA Pat has been committed and loyal, both to us, as an organisation, but also to you, the voluntary sector.

An advocate for the fantastic work that goes on with the larger organisations but always recognising the important place for the smaller grass roots, community groups, and the ongoing support they provide.

We will miss Pat, her straight talking, and her sense of humour, very respected, both as a friend and a colleague.

I'm sure you will join us in wishing Pat good health and good fortune in her retirement with her family, and the next phase of her life.

With very best wishes Pat.

(Anne Evans, Strategic Executive Officer at TVA)

Dates for your Diary.

Torfaen Youth Service Summer Programme

31st July- 24th August

Information and Advice Events- Torfaen Adult

Community Learning:

Tuesday 8th August: The Power Station 4pm-7pm

Wednesday 9th August: Pontypool CEC, The Settlement 4pm-7pm

Forgeside Community Centre Engagement Day

9th August 11am-3pm

Nifty Thrifty School Shops:

Wednesday 16th August 11am-2pm at Pontypool Indoor Market

Tuesday 22nd August 11am-2pm at the Congress Theatre Cwmbran

Age Connects Torfaen Open Day

11th September

Opening Doors Networking Forum

Thursday 14th September at Llanyrafon Church

FOLLOW OUR SOCIALS!



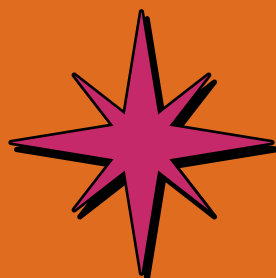
Torfaen Voluntary Alliance



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THE NEXT ISSUE...



**If you would like to be
featured in our next issue,
contact:
annabelle@tvawales.org.uk**



**cynghrair gwirfoddol torfaen
torfaen voluntary alliance**

If you would like a digital copy of this newsletter, contact:
annabelle@tvawales.org.uk

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