

# WORD FROM THE THIRD

QUARTERLY NEWSLETTER  
OCTOBER - DECEMBER 2023

3



cynghrair gwirfoddwyr  
torfaen voluntariaid

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

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

01495 365610

# Foreword

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

- We welcomed Daniel to our team. Daniel will be focusing on the strengthening volunteering alongside Katie, working closely with volunteering involving organisations and placing volunteers.
- We had a move about at our premises in Portland Buildings, which we share with Citizens Advice. We are now located in an open office so you can imagine there is a lot of noise as we share learning and stories from working with our members. Pop in and say hi!
- We have seen our membership grow - we currently have 440 members. If you are not a member and would like to know more, get in touch!
- The Torfaen & Community Awards were a resounding success, with planning already started for 2024, so if you know of a volunteer or community/voluntary organisation who you feel deserves highlighting, then get ready to nominate. Nominations will be open during Volunteers Week: 1st June 2024.
- We teased something new was happening in our socials, and I can now confirm that we will be opening a new shop in Pontypool that will enable members and the public to drop-in and discuss how TVA can support.
- We continue to commit to 'Connecting Torfaen' working towards a collaborative approach in supporting our communities to be proactive in managing their own wellbeing.
- And we took some time out to spend with our families over the holidays.

**Aimi Morris**

**Operational Executive Officer**

## Get to know TVA's Board

TVA is managed by a board of Trustees who come from a range of different backgrounds and roles and bring with them many skills and knowledge.

Read below to find out more about **David**, TVA Vice Chair



### **Role at TVA**

My role at TVA is a Board Member, joining at the end of 2021. From December 2023 I stepped up to be the Vice Chair. As such I look to support the TVA Chair and other Board Members and Senior Officers.

### **Interests & Background**

I have worked in local government for nearly 20 years before taking early retirement in August 2021. Before that I worked in the Home Office and National Police Training. My first job was as a Project Worker in a homeless charity in Liverpool. In my spare time I am a member of the Sealed Knot, (English Civil War Re-enactment Events, 1641 - 47), I enjoy taking part in the activities.

### **Third Sector**

I am an active committee member and volunteer at Blaen Bran Community Woodland, which was setup with the support of TVA in 2003. As such I have seen the value of the Third Sector in providing services in the community, as well as looking after places which are important to people, such as the wood at Blaen Bran. It is important that the volunteering sector has a strong voice. So, I am keen to support the sector as much as I can.



# Volunteering



## Volunteer Management Networking Forum

We held our first forum for 2023 in December at the WPCA Hall in Pontnewydd.

Twelve organisations attended, working together to share information, ideas and best practice, to strengthen volunteering in Torfaen and brainstorming how we can overcome barriers together.

If you would like to attend the next forum, get in touch for more information.



## Volunteer Induction Portfolio (ViP)

This ViP training has been designed to give volunteers the opportunity to enhance and develop their skills and knowledge.

This will be achieved by volunteers accessing basic training modules, which can progress to further training, volunteer opportunities and employment.

There are 5 modules which includes Introduction to Volunteering, Safeguarding, Customer Service, Health & Safety and Data Protection.

TVA is working in partnership with Torfaen Adult Community Learning, to ensure all volunteers are supported and have access to the digital equipment. If you would like to register for this training, contact TVA.

**During this quarter our dedicated volunteer officers:**

- Supported 10 organisations to develop over 27 opportunities
- Met with 102 people interested in volunteering
- Introduced 19 potential volunteers with volunteering-involving organisations

**If you are interested in involving volunteers in your organisation, or you are looking to volunteer get in touch with Katie & Daniel!**

# Volunteer Opportunities

**Torfaen Play** - Weekdays daytime and lunch time family projects in schools.

**Green Team Torfaen**  
Canal Maintenance

**Torfaen Play** -  
Weekend play and respite  
After School Clubs  
Summer Provisions

**Connecting with Friends**  
**Lunch Club**  
Front of House Volunteer

**Gateway Credit Union**  
Board members

**Mind**  
Marketing & Admin support  
Kitchen Assistant

**Victoria Hall Carers Hub**  
Tea & coffee making and conversation.

**Ffrind I Mi**  
Befriending

**To advertise your volunteer vacancies or if you need help developing roles, contact:  
[volunteering@tvawales.org.uk](mailto:volunteering@tvawales.org.uk)**





**Daniel**

01495 365618  
07888 287 355  
daniel@tvawales.org.uk

# Get to Know:

## Daniel Holborn

### Third Sector Development Officer

#### What is your Role at TVA?

I started at TVA in December 23, as a Third Sector Development Officer with a focus on Volunteering. My role is to support volunteers to find suitable volunteer placements and to help volunteering-involving organisations to recruit volunteers.

**Helping to strengthening volunteering in Torfaen.**

#### What are your Hobbies & Interests?

I enjoy watching football (Liverpool FC) and keeping active, including walking and playing roller hockey. I also enjoy anything I can do with my wife and children as a family. Whether we are relaxing on holiday by the pool, a manic city break, or supporting our daughter through her passion of musical theatre, or spending time at the ice rick with our son playing for the Cardiff Junior Devils.

#### What is the best thing about working at TVA?

Looking at how I can help in people's lives and future development. Helping to maintain the sector by helping and supporting individuals and organisations to give back to the community and strengthening volunteering in Torfaen.

#### Where did you grow up?

I grew up in Trevechin, so now working in Torfaen, means I am able to help and give back to the community where I grew up. This is an amazing feeling.

#### What would I like to see changed in the 3rd sector?

The Third Sector is a necessity, with the financial crisis, Covid and the cost of living, it shows how essential their support is. If there was more funding or funding was more evenly distributed to the Third Sector, it would make a difference. Every organisation I speak to would like to do more but are restricted due to funding.



# Governance

We are experiencing a high volume of calls for support from community and voluntary organisations in strengthening their governance. Asking for support or guidance is a good thing, sometimes it is just to be reassured you are doing things right!

Policies and procedures are important for large and small voluntary organisations as a way to ensure the organisation is run well and that you are following best practice. Your policies will also help you to comply with your legal responsibilities, limit risk and protect your organisation. The types of policies that you need will depend on the circumstances of your organisation. If you decide to apply for grant funding then funders are likely to require some key policies.

If you would like support with strengthening the governance within your committee we are able to offer Governance Health Checks, please get in touch with Clare.



**Clare**

01495 365615

07888 287 897

clare@tvawales.org.uk

**National Safeguarding Week** saw the launch of the National Safeguarding Training Learning & Development Standards Framework:

<https://socialcare.wales/resources-guidance/safeguarding-list/national-safeguarding-training-learning-and-development-standards>

It is recommended that all staff and volunteers complete:

**Group A Basic Awareness Training** <https://socialcare.wales/learning-modules/group-a-safeguarding>

## Trustees Week

6 - 10th November 2023

Trustees Week kicked off to a great start with the team visiting organisations across Torfaen delivering cupcakes.

Trustees are very often the unsung heroes working behind the scenes.



# Funding

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!



**Thomas**

01495 365618

07888 287 355

thomas@tvawales.org.uk

---

## Funding Streams

As well as our own funding streams, we regularly hear of other pots available.

We have listed a few below:

### Funding to Improve Access to Physical Activity (Wales)

Grants of up to £50,000 are available to support sports clubs and community organisations across Wales to improve access to physical activity.

### New £10 Million Fund to Support Community Projects That Reduce Energy Consumption (UK)

The National Lottery Community Fund (NLCF) has £10 million of funding available to support community projects in the UK that focus on the link between Energy and Climate.

### Grants for Older People on Low Incomes (England & Wales)

Small grants of up to £400 are available to support vulnerable older people living on low incomes in England and Wales. Friends of the Elderly currently have four grant streams open for older people who are of/over state pension age, have savings of less than £4,000, and who do not fit the criteria for other funders.

If you would like support with applying or other funding support, contact us on 01495 365610 or email [funding@tvawales.org.uk](mailto:funding@tvawales.org.uk)



**Check out our funding search engine:**  
**[www.funding.cymru](http://www.funding.cymru)**





# Engagement

**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 whats happening in your local area - there really isnt any reason NOT to join!

**CYSYLLTU**  
Torfaen  
**CONNECT**  
Torfaen

Connect with  
**YOUR**  
**COMMUNITY**

Are you a group or organisation in Torfaen?  
Want a free online space to help people find opportunities to support your local community?

Pre-book your appointment to help you register onto Connect Torfaen

Promote & highlight the opportunities available through your group/organisation  
Increase community followings  
Widen your knowledge of what is happening in Torfaen

To find out more about registering or to book a quick and easy session with one of the team at TVA.

Torfaen Voluntary Alliance - 01495 365610  
Registered Charity No. 1097079 | Company No. 04603713

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

## JOIN OUR BOARD

Torfaen Voluntary Alliance is seeking new Board Members to join their Board of Trustees.

We are seeking trustees who are passionate about our cause, share our values, and want to use their skills and experience to help us make a difference. Trustees are unpaid directors, who work together to oversee the strategy, direction and aims of the organisation.



**FOR FURTHER INFORMATION INCLUDING AN APPLICATION PACK PLEASE CONTACT  
ANNE EVANS, STRATEGIC EXECUTIVE OFFICER, AT ANNE@TVAWALES.ORG.UK**



# Health & Wellbeing

## October

October was spent out and about supporting Public Health Wales with the Talk Health Surveys, engaging with the community and asking them if they are aware of all the services that are available without seeing their GP.

### The services available without seeing your GP include :

- Chose Pharmacy
- NHS 111
- Healthier Together
- Melo Cymru
- Silver Cloud
- PHP's Practice based
- Community Connector
- Connect Torfaen
- Move Better Gwent

- Self-referral, Physiotherapy
- EPP long term condition management courses
- Help me quit
- Ask Sara
- Emergency Dentist
- Urgent Eye Care
- Minor Injuries Unit

## November & December

A busy few months identifying gaps in the community, leading to joint working with the Torfaen Community Capacity Builders, Aneurin Bevan University Health Board and the Integrated Wellbeing Network. Below are some of the items we have worked on:

A craft group running out of Cold Barn Farm wanted to have the opportunity to learn more about the different illnesses they live with. After meeting with them and discussing their needs we referred the idea to Simon, their Capacity Builder and asked him to meet with them. We are pleased to announce that a pilot session of health talks on how exercise can help pain, nutritional advice and relaxation techniques will be offered.

A much needed service that was missing in Torfaen was **Cancer Service Support**, we are glad to report after collaborative work with ABuHB, a **Cancer Café** will be held the last Thursday of every month, 12.30 - 2pm, from January 2024 at the Salvation Army, Pontypool.

We are working with the **Community Transport Association** and **Transport 2 Health Grants**.

There are two operators in Torfaen who currently offer this service:

Torfaen Community Transport and Age Connects.

If you need transport to get to your health appointments please contact them directly.

**Torfaen Community Transport 01633 874686** or **Age Connects 01495 769264**

# Opening Doors



**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:

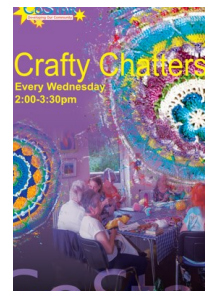
- are safe places to connect and access support
- promote health and wellbeing
- signpost to a range of services, agencies and partners
- share good practice, activities, services & information



The Opening Doors Network within 4 cluster areas:

Cluster	Partners
<b>North Cluster</b>	<ul style="list-style-type: none"> <li>• Bethlehem Church</li> <li>• Garnyschan Partnership</li> <li>• Blaenavon Library</li> <li>• Forgeside Community Centre</li> <li>• Blaenavon Resource Centre</li> <li>• Nodffa</li> </ul>
<b>Mid Cluster</b>	<ul style="list-style-type: none"> <li>• Sharon Church</li> <li>• Pontnewynydd Community Centre</li> <li>• Mind Wellbeing</li> <li>• Griffithstown Baptist Church</li> <li>• Cold Barn Farm</li> <li>• Neighbourhood Learning Centre</li> <li>• Upper Trosnant Baptist Church</li> <li>• Pontypool Market</li> <li>• Torfaen Museum</li> <li>• Pontypool Library</li> <li>• The Care Collective</li> <li>• Salvation Army</li> </ul>
<b>South East</b>	<ul style="list-style-type: none"> <li>• Llanyravon Church</li> <li>• Cwmbran Library</li> <li>• Ponthir Village Hall</li> <li>• HWB @ Woodland Road</li> <li>• CCYP</li> <li>• TLC Community Church</li> <li>• Richmond Road Baptist Church</li> <li>• Ponthir Sports &amp; Social Club</li> <li>• Court Farm &amp; Oakfield Community Centre</li> </ul>
<b>South West</b>	<ul style="list-style-type: none"> <li>• Fairhill Community Garden</li> <li>• Thornhill Community Centre</li> <li>• CoStar</li> <li>• Salvation Army</li> <li>• Able</li> <li>• Ty Glas Y Dorlan</li> <li>• Mount Pleasant Community Hall</li> </ul>

## Examples of Opening Doors Winter Warm Hubs:



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



# Activities/Events



Where you will be able find out more about the opportunities available to the third sector in Wales and how TVA can support organisations through governance, funding, volunteering and more!

Guest speakers and a chance to network!

**FRIDAY 1ST MARCH 2024**

**PONTHIR VILLAGE HALL**

Caerleon Rd, Ponthir, Newport NP18 1GX

START AT **10 AM**

**REGISTER NOW**



**SCAN ME**



**More Info:**



01495 365610



communications@tvawales.org.uk

# Torfaen Community & Volunteer Awards 2023

The awards ceremony was held at the Parkway Hotel on Friday 20th October 2023. The Awards was well attended with over 200 people representing finalists, nominators, judges, and partners.

The Lord Lieutenant, Robert Aitken and Gwent High Sheriff, Simon J Gibson, were in attendance again this year.

## TCVA Winners 2023:

Adult Volunteer:	Lynette Webber
Youth Volunteer:	Samiya Houston
Business Award:	Mandeep Sandhar – MRS Stores
Environmental Group:	Prof John Hunt
Community Leader:	Chris Morgan
Heart of the Community:	Torfaen Play
Health Volunteers:	Nick Bryne
Arts, Culture & Heritage:	Jenni Crane
Sports Volunteer:	Julie Roche
Children and Youth Group:	Pontypool Community Council
Trustee Volunteer:	Karen Browne
Community Response 2023:	Panteg House & Foodshare

Gwent High Sheriff Award for their exceptional work in the community was presented to:

Samiya Houston (Young Volunteer)

Lynette Webber (Adult Volunteer)



## Samiya Houston (Young Volunteer Winner)

Last night was CRAZY (in a good way)!

In the summer, I was nominated for the Torfaen Community & Volunteer Award in the Young Volunteer of The Year category. I got to the final three! Last night, I went along to the awards ceremony and I actually WON - along with a special award from the Royal High Sheriff of Gwent!!! 🏆🏆🏆🏆 I honestly had no idea that I would win anything let alone TWO awards... they even let me keep the golden envelope they used when they announced the winner (meeeeeeeeeeeeeee!),

AND I made a speech! I didn't prepare anything but that didn't stop me, I apologised to everyone who was there if it was a bit long. 😊. AND, to top it all off - I got to meet (and chat to) BGT finalist (and local resident) Travis George! Such a lovely, kind, talented man. I'm just so so so incredibly grateful to my family, friends and everyone who's ever believed in me and encouraged me throughout the years. I'll try and tag as many of you as I can but there will definitely be more! I've tagged a lot of you on Facebook already, so don't worry about being left out. I'm no particular order..... Esther Weller from @sightcymru nominating me in the first place! The lovely people who work with me on the Widening Vision Project and everybody else at @sightcymru EVERYONE at @ucanproductions for believing in me - the wonderful workshop leaders and the wonderful folks who join me for on Zoom and for SASI too. You are ALL the best friends a quirky girl could have! My family (and 'found family') My teachers and friends at school - again too many to mention And last (but certainly not least) my late Grandma, a passionate volunteer and "selfless people person" herself ❤️❤️❤️

Thank you everyone, for everything ❤️❤️❤️❤️



# Partner Information

## MEET OUR TEAM

### Community Capacity Builders



AMY EVANS

BLAENAVON



GORDON JONES

ABERSYCHAN



SIMON WARREN

PONTYPOOL



JENNIFER LLOYD

CWMBRAN  
EAST



KATE NOTES

CWMBRAN  
WEST



COREY PARRY



REBECCA POOLE



ELOISE WILCE



MAUDICE CHAMBERS



SOPHIE GRIFFITHS

### Community Resilient Support Officers

Our mission is to work with our local communities building on the strengths, providing support and guidance with the aim of them becoming more sustainable and resilient.

The Community Capacity Builders (CCB) work in the above patches directly with local communities, to identify strengths and build upon what is currently working well, consulting on local demand, developing collaborative initiatives and maximising resources to benefit the community.

The Community Resilience Support Officers work alongside the CCB, with local community groups and individuals, to establish new groups, co-ordinate training to support sustainability and increase footfall.

The team have developed and built upon Place-Based Networks enabling those people working in that society to come together, to share intelligence, and work alongside each other with the aim of improving well-being and self-sufficiency within communities. These include developing and launching new groups and activities that contribute to good physical, mental and social health.

- Have you identified a gap in your community that you would like to explore but don't know how?
- Do you have a group but would like to grow numbers?
- Do you need to help to advertise your group?
- Do you need further training to allow you to deliver better services in the community?

**If the answer is yes, please get in touch - [Katherine.mitchell@torfaen.gov.uk](mailto:Katherine.mitchell@torfaen.gov.uk)**



Do you play a role within a community organisation in Wales?



Can you give 10 minutes of your time to complete a survey?

On behalf of Building Communities Trust, we are researching how Welsh communities have responded to the Cost-of-Living crisis.

- Have you expanded or changed the services you offer?
- Have you experienced unprecedented demand?
- Has there been an impact on your staff and operations?



We want to know about it! Our survey runs until 12.02.2024 and it's vital we hear from local voices as feedback will be used to help government and funding bodies shape future support.

To complete the online survey, please visit this link:  
<https://forms.gle/Sg1iYSh5JQLFEXR9A>

Or use your phone camera to scan the QR code to take you directly there.



Plus, each entry will be included in a prize draw to potentially win 4x £50 shopping vouchers.



We greatly appreciate your help!

## New, Hope Grocery Store

Open every Wednesday & Saturday, 10 - 12noon

£5 for 14 items including:

4 items of fresh fruit & vegetables

A loaf of bread, pint of milk

1 item of tinned fresh meat or fish

3 cupboard items of salt/sugar/tea/sauces/tin veg/fruit etc

& up to 4 "specials"

PLUS! Additional items coming soon include eggs & kids' cereal, for small additional charge.



Hope for the Community Grocery Store  
Sharon Church, Osborne Road, Pontypool NP4 6LU  
Near Multi-Storey Car Park



Funded by UK Government

# MULTIPLY

Are you 19+ without a Maths GCSE grade C (or equivalent)?

## COOKING ON A BUDGET

This course will teach basic maths needed to cook on a budget. You will learn how to calculate costs of ingredients; how to weigh/measure accurately; how to work out discounts and save money. Recipes will be nutritious and tasty.

All ingredients will be provided.

Booking is essential as places are limited.



Croesyceiliog Community Education Centre, NP44 2HF  
MMC017T23 - Thursday 1 February 2024  
1.00pm - 3.00pm for 4 weeks

Register your interest today!

Call 01633 647805 or email [multiply@torfaen.gov.uk](mailto:multiply@torfaen.gov.uk)

Multiply is a UK Government funded project to help adults 19+ without GCSE Maths at grade C (or equivalent) to improve their numeracy skills. Multiply courses are FREE!

Tel: 01633 647805 / 07523 849957

Email: [multiply@torfaen.gov.uk](mailto:multiply@torfaen.gov.uk)

Facebook: [Facebook.com/TorfaenACL](https://www.facebook.com/TorfaenACL)



## Do you require housing support?

### Are you homeless or at risk of being homeless?

Some examples of housing support include:

Setting up and maintaining a home

Basic life skills training

Help with debt, managing a budget and claiming benefits

Advice, advocacy and liaison with organisations

Rent arrears

Support to apply for funding for housing items

Received an eviction notice

Housing support can help you access the tools and skills needed to find accommodation and live independently in your own home.

Our services also specialise in:

Domestic abuse

Learning disabilities

Mental health issues

Alcohol or drug dependency

Vulnerable adults

LGBTQ+

Single parents and vulnerable families

Financial support+

Young People 16 - 24 (including those leaving care)

If you think you would benefit from housing support, you can contact the Housing Support Grant Team for more information:

01495 766949

[gateway@torfaen.gov.uk](mailto:gateway@torfaen.gov.uk)  
[www.torfaenhomes.co.uk](http://www.torfaenhomes.co.uk)

[f/torfaenhomes](https://www.facebook.com/torfaenhomes)

[@TorfaenHomes](https://www.instagram.com/TorfaenHomes)





# Want to advertise?



**SHARE YOUR  
INFORMATION  
HERE!**



If you have activities that you want us to promote send them to [communications@tvawales.org.uk](mailto:communications@tvawales.org.uk) or speak to one of the team by calling 01495 365610 and we will add them in our next edition.