

Voluntary Voice

Spring 2019

GAVO's magazine for the Voluntary & Community Sector in Gwent

'I Gymunedau, gyda Chymunedau'



'For Communities, With Communities'

Fantastic turn-out at our annual Families Love Newport event!



Big thank you to everyone involved – your hard work helped make the day a big success



Facilitating, encouraging,
enabling & empowering the
Third Sector across Gwent.

www.gavo.org.uk



Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent

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Mission Statement: To improve the lives and opportunities of communities through partnership and collaboration



Cefnogi Trydydd
Sector Cymru
Third Sector
Support Wales



INVESTORS
IN PEOPLE | BUDDSODDWYR
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Llywodraeth Cymru
Welsh Government

From the Chief Executive Officer...

Welcome to the Spring 2019 Edition of Voluntary Voice

This issue is packed with information, articles and case studies reflecting the breadth and impact of GAVO's work. Importantly there are also contributions from a number of GAVO's member organisations.

The Families Love Newport Event was a huge success and I would like to thank the GAVO staff who organised and delivered this flagship event. Carers Week will soon be here, in this issue there are details of Events taking place in Carers Week in through the GAVO Monmouthshire Carers Project.

There is an interesting insight into the work of the GAVO Early Language Team and the activities they deliver and the commitment they demonstrate to support children to achieve their communication milestones.

The performance of GAVO's Communities for Work and Communities for Work Plus Teams are exceptional and I urge you to read the case study.

We are pleased to include contributions from GAVO's members, including Circles of Support and FareShare.

Please also look out for innovative initiatives from the GAVO Volunteering Team, Forum Dates and funding opportunities including the 'Cash Seized from Criminals Fund' which can be applied for through the Office of the Police and Crime Commissioner in Gwent.

Dates for your Diary

GAVO Volunteer Achievement Awards 2019

Nominations will open during Volunteers' Week (1st – 7th June 2019)

National Carers Week

Monday, 10th June – Sunday, 16th June 2019

One Beat – Caerphilly Third Sector Showcase

St Gwladys Church Hall, CF81 8RP

10am – 2pm, Thursday, 13th June 2019 – email gina.jones@gavo.org.uk for more info– Booking Forms for Groups wishing to have a Stand to be circulated shortly

'Be Proud of Your Community' Gwent Awards

We will be launching our new competition at the end of May, keep an eye on our website for details

Kind regards

Martin

Martin Featherstone

Grants Available – Get Thinking!

GAVO's Cash 4 U 2019-2020 Grant (application window opened 25th April)

Volunteering by young people is encouraged and supported through the Volunteering Wales Grant scheme and a percentage of the funding available has been ring-fenced to support projects that exclusively **recruit young volunteers aged 14 - 25 (this ring-fenced amount makes up the Cash 4 U funding pot)**.

The Application Form and Guidelines can be found here www.gavo.org.uk/cash4u The closing date for applications is **10th June 2019** – so be quick!

The maximum amount of funding you can apply for is **£2,000** (however, larger amounts may be considered for Gwent-wide projects).

We are particularly interested in receiving applications with a focus on any of the six priority areas, identified by Welsh Government, which have the potential to make the greatest contribution to long-term prosperity and wellbeing: **Early Years (0-7 year olds) | Housing | Social Care | Mental Health | Skills and Employability | Decarbonisation**



Caerphilly County Borough Health and Wellbeing Small Grant Scheme 2019-2020

We are pleased to announce that we are administering this Grant Scheme again this year. The grant scheme will focus on the objectives of the Health and Wellbeing Theme of the "Caerphilly We Want" Well-being Plan 2018-2023 and will support voluntary organisations with projects and activities that support that theme. The priorities are:

- > **Improve joint working, with an emphasis on prevention to address current and future health challenges**
- > **Invest in the wellbeing of Staff and Volunteers**
- > **Support an integrated system of Health, Social Care and Wellbeing closer to home**
- > **Ensure front line Staff and Volunteers have the necessary skills and expertise to provide joined-up services that meet the needs of residents**
- > **Create a supportive environment that enables residents to manage their physical, mental and wellbeing needs in partnership with services**

Projects will need to be able to identify how they meet one or more of the priorities and **£4,000** is the maximum amount you can apply for. Application Form and information will be available here www.gavo.org.uk/funding and the closing date for the first round is **15th June 2019** (then 7th August and 8th October).



Families Love Newport Event



Now in its seventh year, **Families Love Newport** was back on 23rd March 2019 and once again, we came right into the heart of Newport's main shopping area in John Frost Square and Kingsway Shopping Centre.

This year, the theme of the day was 'Welcome to Newport' as we were mindful that Newport has attracted an increasing number of people making it their home in recent years.



With over 34 agencies attending, including Statutory and Third Sector organisations side by side; again a family-friendly atmosphere was the order of the day and all stands provided activities for children to participate in while their parents had time to chat with the staff.

At the main reception area, children could take part in a Treasure Hunt which led them to each of the stands to find the hidden letter and complete their wordsearch for a small prize.

"It was a great opportunity to chat to parents about the ways GAVO could support them but also signpost them to other relevant projects and services in Newport and the wider Gwent area."

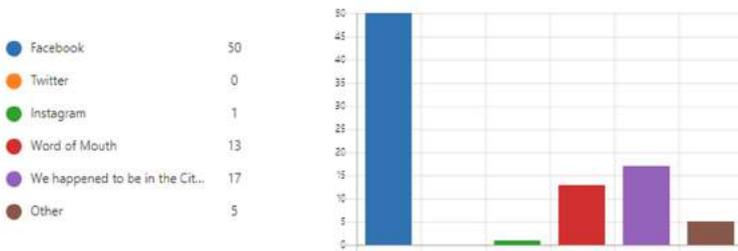




Visitors were encouraged to take part in an online survey to encourage feedback from families about the event. Over 80 responses were received and the results proved that this informal, fun event was a hit with these families.

1. How did you know about the Families Love Newport event today?

[More Details](#)

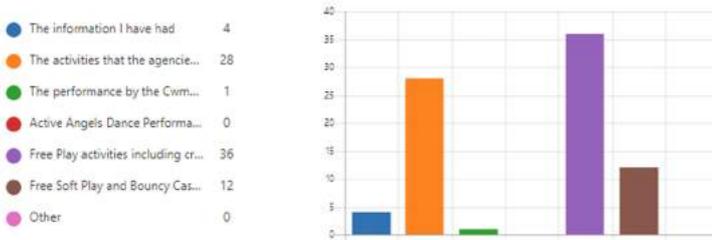


The survey showed that most families attended the event because they found out about it through Facebook posts.

It also demonstrated that by making the activities fun and free, it was by far the biggest encouragement for families to come along and indeed stay.

5. What have you enjoyed most about the event today?

[More Details](#)



“With 34 Information stands, activities for children and families, mascots and entertainment it was a wonderful day which fully realised its theme of ‘Welcome to Newport’. Without GAVO’s support...hundreds of families would not have had such an enjoyable day with the opportunity of acquiring very useful information and support”

Sue O'Brien, Programme Manager for Families First in Newport

Bernadette Byrne, our PPO is your point of contact for everything Newport Parent Network related.

Tel: 01633 241578 or 07949 509415

Email: bernadette.byrne@gavo.org.uk

www.gavo.org.uk/npn



@NewportParentNetwork



@ParentNetNPT



@newportparentnet

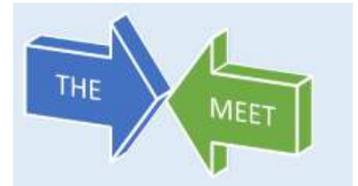
Newport Parent Network



GAVO's Newport Parent Network supports parents and carers living in Newport by getting their voices heard to ensure that decisions are made with parents not for them – all views and opinions are taken seriously and listened to. Below are the current local Parent/Carer Support Groups supported by our Newport Parent Network Officer:

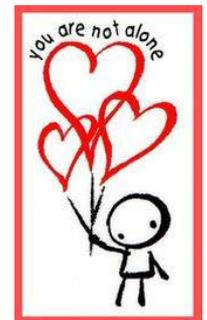
Parents for Change's 'The Meet'

Group for teenagers (17 - 25yrs) with disabilities which sometimes limit their social life and leisure interests. "If you would like to make friendships, be involved with some group activities, trips out and to gain more independence then 'The Meet' could be for you".



Newport Autism Support Group

Group for Parents and Carers of a child or young person who is on the Autism Spectrum and meets on the 1st Thursday of each month 9.30am-12.00pm at the Serennu Children's Centre.



ADHD/ASD Family Support Group Newport

Group for Parents and Carers of a child or young person with ADHD/ASD and meets on the 2nd Thursday of each month 10.00am-12.00pm at the Serennu Children's Centre



T:21 Dragons

Support group for families with a child or young person who has Down's Syndrome, which meets 1st Tuesday of each month 10.30am-12.30pm at the Serennu Children's Centre



Grandparents & Kinship Carers Support Group

Group for those who look after a child/children of a relative or friend on a full time basis (Kinship Care), who would like to get together, chat informally and share tips & ideas chat with others in a similar situation.



For further info on the above Groups or if you're interested in setting up your own Parent/Carer Group, visit www.gavo.org.uk/newport-parent-network or email bernadette.byrne@gavo.org.uk

Carers Week 2019 Celebrations

Approximately 1,100 carers have registered their caring role with Tracey Davies, Carers Co-ordinator - Monmouthshire Carers Project. As part of a national celebration, the fantastic work carried out by carers in Monmouthshire will be recognised during Carers Week 2019.

Carers Week takes place from **Monday, 10th June until Sunday, 16th June 2019** and a number of events have been organised to celebrate:

Monday 10th June - 9.30am to 4pm

A coach trip to the lovely city of Hereford has been organised for carers. The city has many attractions including a cathedral, the Black & White Museum and a new shopping complex.



Tuesday 11th June - 10.30am to 3pm

On **Tuesday 11th June** carers are invited to Monmouthshire Golf club, Llanfoist to learn new golf skills such as pitching & chipping, basic golf swing & putting followed by afternoon tea.



Friday 14th June - 10.45am to 12.30pm

On **Friday 14th June** carers are invited to join an expert guide for a stroll around Caldicot Country Park to learn more about the flowers and wildlife of the country park and history of Caldicot Castle. Enjoy a light lunch at The Castle Inn, Caldicot around 12.30pm.



Sunday 16th June - 7pm to 10pm

On **Sunday 16th June** carers will be taken on a nostalgic ride listening to the songs of Roy Orbison at The Savoy Theatre, Monmouth.



Monmouthshire Carers Project would like to wish all carers an enjoyable week of events.

Supporting Children to Reach Their Communication Milestones

GAVO's Early Language Team (Caerphilly) are supporting the language and communication skills of preschool children in the Borough. With funding through a Flying Start and Families First partnership we hope to make a big difference to the long term communication milestones of the children we work with.

Who is it for?



Tiny Talkers groups are available to children aged between 6 months – 2 years who live within a Flying Start postcode area. This is part of the Flying Start journey following on from baby clinic and moving onto childcare the term after their 2nd birthday.



Little Voices groups are available for children aged between 1-3 years of age who may not currently be meeting their speech and language milestones. Families are referred through the Joint Assessment Family Framework (JAFF) system via the Information Advice and Assistance team (IAA). Families can self-refer or speak with their health visitor or other support professional. Little Voices offer one initial term (approx. 12 weeks) with a possible 2nd term should it be appropriate for the individual child.

What do we do?

We deliver term time weekly sessions for 1 ½ hours for children to attend locally with their parents/carer and we provide a stimulating and safe environment for families to explore new ways to extend talking and language skills. Staff facilitate the groups and offer additional tips and ideas for language skills to be continued and extended at home.

The sessions

We sing: Singing is a really important and fun way to encourage language, we use lots of props and repetition of songs to encourage words, actions and understanding.

We play: Play is so important for all areas of child development including speech and language, in groups we offer a variety of play opportunities including sensory messy play, creative, physical and role play. It is important children have the time and freedom to explore and play and parents/carer are encouraged to follow their lead and us play as a medium to explore and express communication.



We read and listen to stories: Stories and books are a great way to create closeness and to designate time to language, words and imagination. In group we read a story together and use aspects of the story to link in with playful activities.

We offer a healthy snack: Another good opportunity for offering choice and encouraging speech in though snack and mealtimes. We demonstrate this in group by offering snacktime routine where children sit together and share healthy snack options. Mealtimes should be social times and we encourage families to continue face to face family time at home.

We talk together: We offer continued support for parents and staff can offer advice or sign post them to other services and agencies where asked for or appropriate. We offer top tips for encouraging speech and language and model good practice within the sessions.



We operate within and promote the speech and language key messages first devised within Flying Start but these messages are important to us all:

"Talking is what we need to do and I will learn it all from you"



"Our best place is face to face"

"Sing me a rhyme anytime"

"Talk, Talk, Talk. Please talk to me"

"Listen to me, not the phone or TV"



"Let's play every day"

"For clear speech keep my dummy out of reach"

The team is made up of Early Language Officers who coordinate the teams, process referrals,

keep in contact with families and work in partnership with key agencies and partners to offer holistic support for families within the project.

Early Language Facilitators who deliver weekly groups to parents and children to encourage individual engagement, offer variety and space for interaction, good practices and key messages around early speech and language.

What do our Families think?

"I've really enjoyed coming and will miss the group. The staff have all been fab and A has felt at ease with everyone. Found the sessions structured and has definitely helped A thank you"

"K has really enjoyed coming and looks forward to the group. His confidence has increased. Staff have been helpful and supportive."

"Really well planned and well run group which T has enjoyed very much. It's given me good tips on ways to help T's language development"

"I just wanted to say a big thank you from me and T. You and the team run a lovely group and I think it has been a great help and support to us.

Each session is well planned and resourced, engaging and you make it fun always. We will be singing the tapping the sticks song for a long time to come!"



If you would like to find out more about the Project, then please feel free to contact us on the details below:

Tel 02921 321511 or Mob: 07483 128090

Early Language Officers: Lisa Brook lisa.brook@gavo.org.uk or Nicci Davies-Williams nicola.davies@gavo.org.uk

Helping to Change Lives – Tackling Poverty & Social Exclusion



Cymunedau am Waith
Communities for Work



Llywodraeth Cymru
Welsh Government



Snapshot of our Communities for Work and Communities for Work Plus programmes' End of Year figures for 2018/19

Across Blaenau Gwent, the following has been achieved for Communities for work

| | |
|---|---|
| P1 Engagement of Economically Inactive People with Complex Barriers to Employment | 49% of the target has been reached |
| P1 Engagement of Long Term Unemployed Individuals with complex barriers to employment | 87% of the target has been reached |
| P1 Job Entries secured for Economically Inactive People with Complex barriers to Employment | 156% of the target has been achieved |
| P1 Job Entries for those who are Long Term Unemployed with Complex barriers to Employment | 137% of the target has been achieved |
| P3 Engagements for NEET young people | 112% of the target has been achieved |
| P3 Job Entries for NEET young people | 120% of the target has been achieved |

In terms of Communities for Work Plus, the programme has achieved the following in its first year

| | |
|---|--|
| Engagements | 218% of the expected target has been achieved |
| Enrolments (People enrolled onto the programme) | 203% of the target has been achieved |
| Job Entries | 107% of the expected Job Outcomes has been achieved |

Below is a Case Study from earlier this year, that helps to illustrate how big an impact the C4W and C4W+ programmes can have and their ability to completely transform people's lives.

Summary

Participant who has had a long term drug addiction problem (Heroin) recently out of rehab. Ready to upskill, build experience and look for work.

The engagement

AR attended several meetings with me as the Adult Mentor for Communities for Work. We discussed her recent stay in rehab and her barriers to seeking work. She was lacking in confidence, and did not know what she wanted to do with her life. She had no close friends or family living in the area and was unsure about what she wanted to do as a job. She had had jobs previously, but could never hold down a steady job, due to her addiction problems.

She told me that due to being addicted to drugs for many years (25 years), she now felt like she had just woken up to a whole new world in front of her, and she wanted to do something meaningful with her life and future career. She needed support with employability skills/training, job search, interview skills, CV and application forms as well as some up to date work experience and a reference for her CV.

I started by encouraging her to talk about what she was interested in and found out that she had found faith through her recovery process and belonged to a church. Over the coming weeks, I helped her compile a CV and discussed her hobbies and interests and found out that she was a naturally caring person, and would quite like a career in the health and social care field.

I suggested she might like to think about volunteering in this line of work, to see if it suited her. I explained how this would help develop her confidence and give her some up to date experience. She started to volunteer at the church's kids club and felt that her future career could possibly be in this field or the Health and social care field in general. AR has been volunteering there for several months now and the difference in her confidence and general demeanour has been remarkable.

I also suggested she complete some training courses to enhance her CV. I arranged for her to undertake Paediatric First Aid, Mental Health First Aid and she then progressed on to undertaking her Youth Work level 2 training. As part of this she undertook a voluntary placement in a Youth Club.

Following her completion of her Youth Work course we continued to have one-one sessions where we updated her CV and looked for suitable jobs to apply for. I supported her to apply for her dream job working as a Night Shelter co-ordinator for a homeless shelter in Newport.

I supported her to prepare for her interview and helped her to create and practice a PowerPoint presentation that she had to deliver. She attended the interview, and although she was not successful, she still felt the interview went really well. A few weeks later, she received a call from the Manager who stated that the person they had appointed had not worked out in the job and they offered her a week's work trial. She was over the moon with this and accepted the offer of undertaking a work trial. I was also able to access the Barrier Fund to support her with travel costs to and from the Night Shelter in Newport and this resulted in the participant being offered a full time position there as the Night Shelter Co-ordinator.

My participant was extremely happy about this, however, being offered a full time job put her in a bit of a dilemma about accepting because she is currently on ESA and has not worked for many years due to being previously addicted to drugs and going through and coming out the other side of Rehab. Due to this, she was unsure about going straight in to full time employment just in case she was not able to cope with the hours.

I encouraged my participant to speak to the employer, to see whether they would offer her part time hours initially, under permitted working rules on ESA, with a view to moving in to full time hours after a few months. My Participant had been completely honest with the employer about her background and the fact that she had been through Rehab, which the employer completely understood due to the fact that The Manager of the project had also been through the same Rehab programme many years before due to a Drug problem.

They agreed to employ my participant for 15 hours a week for 2 months as a stepping stone approach to accepting the full time job, which all being well, she will start in April 2019. My Participant was delighted with this outcome, and for now, she is still engaged with C4W until she feels ready to move in to the full time hours.

My Participant was so grateful for the help she received from the CFW project that she emailed the Manager to express her gratitude.

"I am writing to let you know what an amazing team you have in Abertillery. I have worked closely with Bethan Trapnell for a year since leaving rehab, feeling insecure, unconfident having not worked for a long time. She hooked me up with various courses and really built me up and edified me.

Last week, I got the job of my dreams at the Night Shelter, after she helped me put together a CV and PowerPoint Presentation and gave me tips on interview skills. I am almost crying with gratitude as I write this, because I never thought I could secure a job like this.

I also want to mention Annette, Kiki and Theresa who have also encouraged and helped me over the year. These guys are such a credit to your company."

"I am so proud to manage such a dedicated Team of people, who go out of their way to make lives better for others!"

Rhian Padfield, Employment Programme Delivery Manager



Working in Partnership with Communities and JobCentre Plus.
Gweithio mewn Partneriaeth â Chymunedau a'r Ganolfan Byd Gwaith.

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CONSTRUCTION
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& MANY MORE

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@BGC4WPlus

Adult Learners' Week 17-23 June 2019

Once again, organisations in Newport will be holding events in Adult Learners' Week as part of an international campaign that celebrates and promotes learning opportunities. Adult Learners' Week gives individuals the chance to take a step towards developing their skills; whether they want to get a better job or build confidence to access a course. The festival provides an umbrella to promote formal and informal opportunities and to celebrate lifelong learning.

In recent years, the Newport Adult Learners' Network of organisations has held one-day events in various locations throughout the city during the week. This year, however, the Network's plans are a bit more ambitious. **In recognition of its work in previous years, The Institute of Learning & Work (formerly known as NIACE) has awarded the Network funding to put on a wider range of activities, one of only three areas in Wales to be invited.** This is an exciting opportunity to show how vibrant the adult education and training scene is in the city. Members of the public will be able to attend several days of taster sessions and find out what support is available to help individuals fulfil their potential.

For more information, please contact Jane Shatford, Third Sector Development Manager, Newport - jane.shatford@gavo.org.uk Tel: 01633 241574

Newport Forums Update

GAVO Newport Children and Families Forum

The theme of the meeting held on 22nd January was 'Tackling Bullying' and proved very popular.

Carole Phillips of Kidscape, a national charity that provides help with bullying and offers practical workshops on assertiveness skills for young people, outlined her innovative work in the Newport area.

Bernadette Byrne, Newport's Parenting Participation Officer, provided information on the Welsh Government's consultation '*Respecting others – inspiring rights, respect and equality*' policy on bullying in school. Bernadette encouraged all those organisations represented at the meeting to contribute to the consultation.

Abby Rowe, Whole School Approach Project Coordinator with Newport Mind explained the framework for this pilot project focussing on promoting good mental health to everyone. This year-long project achieved an impressive number of interventions including the development of a Resilience Programme, Peer Support, Enabling Youth Voice, School Workforce Training and providing mental health information to parents.

Newport Third Sector Forum

This forum has not met since June 2018, although there was an ad-hoc meeting focussing on Tackling Serious and Organised Crime in September.

Despite the absence of any formal meetings, a lot of work has been going on in the background with regard to the status of the various Third Sector forums in Newport and their relationship to the One Newport Public Service Board (PSB).

At the PSB on 12th March 'Terms of Reference' were agreed for the Newport Third Sector Partnership Board, which is a subcommittee of the PSB. The chair of the partnership will represent the voice of the Sector on the PSB along with the Chief Executive Officer of GAVO.

At the time of writing this article, Expressions of Interest were being invited from Third Sector organisations working in the Newport area who wish to become members of the Partnership. Membership will comprise of: -

- 2 representatives of GAVO – who will support the work of the partnership
- 5 Representatives to act as the 'voice' of the Sector feeding into the 5 Interventions identified in the Well-being Plan 2018-23 – The Newport Offer, Strong Resilient Communities, Right Skills, Green and Safe Spaces, Sustainable Travel – plus 3 additional representatives
- 1 representative of a statutory member of the PSB.

This important step will provide the framework for improved communication between the strategic PSB, the 5 Intervention Boards and the members of the Third Sector Organisations that make up the Newport Third Sector Forum, the GAVO Newport Children and Families Forum and the Health and Social Care Network.

For more information about the work of these forums please contact Jane Shatford, Third Sector Development Manager, Newport - jane.shatford@gavo.org.uk Tel: 01633 241574



Exciting New Community Awards

GAVO's new 'Be Proud of your Community – Gwent Awards' are being held to recognise extraordinary people and outstanding organisations that make a positive contribution to the local community and make their communities proud to live in Gwent.

It's the perfect way to say thank you to those extraordinary individuals and groups for their hard work in helping others, and with **six** categories covering a wide range of different elements to community life and wellbeing, there is bound to be a Category your community can enter.

The proposed categories are:

- Go Wildlife!
- Remembering Them
- Taking Care of your Community
- Saving the Planet
- Primary Schools (as previous years)
- My Favourite Place (for 11-25 year olds)



These awards seek to highlight great projects, individuals, community initiatives who have and still are providing a community that you are proud to live in.

The Guidelines and Entry forms will be available at the end of May on the GAVO website, or by emailing BPYC@gavo.org.uk

Supporting Community Well-Being



In order for us to continue to improve the health and well-being of our growing and ageing population, now, and in the future, we need to change how we do things. Working together better, in a more integrated way to find more effective ways to support community well-being.

To make this happen in Gwent, a range of organisations are working together to develop a place-based model of well-being called **Integrated Well-being Networks**.

It is not about creating something new – it's about starting with what we already have; building on what's strong, and using the unique strengths and assets that exist in our communities.

- **Our People** - Relationships, knowledge and skills
- **Our Places** - Healthy people need healthy places
- **Our Provision** - Well-being Support and Services

No One Thing or Service can provide all of this. Keep a look out for further developments in your area.



HOW INTEGRATED WELL-BEING NETWORKS WORK

4. EASY ACCESS TO WELL-BEING INFORMATION



Academi Wales' Volunteering Day

Written by Nikki Bedford, PA to Director of Academi Wales

"We, at Academi Wales - love nothing more than our annual Volunteering Day!

We are the Centre for Excellence in Leadership and Management for public services in Wales and part of Welsh Government. Over the years, we have taken part in gardening work in Duffryn House Gardens, a beach clean in Porthcawl, and extensive gardening at Porthkerry Park Cottage.

This year, courtesy of the *Gwent Association of Voluntary Organisations (GAVO)*, they directed to us towards volunteering work needed at the Caldicot Guide Hall – just up our street.

The lovely Andrea from the Hall, was there to greet and guide us as to what needed doing, provided donated equipment for us to use and off we went.

We divided ourselves into three groups – sanding and painting inside the hall; painting benches and the garden shed in the patio area; and lawn mowing, and hedge cutting and trimming around the whole building.

With around 20 of us eager to roll our sleeves up and get going, it wasn't long before the transformation started to take shape!"

AcademiWales



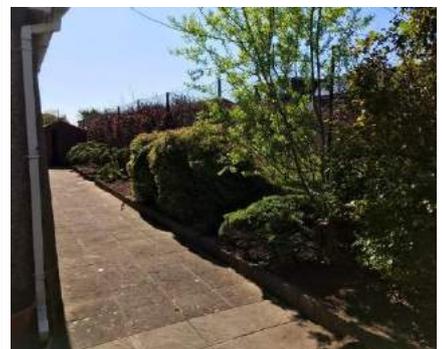


“We stopped briefly for lunch and a cuppa (packed lunches and a trip to the local chippy!) and of course photos.

Several trips to the recycling centre later, more paint spattered faces, and much clearing up work – we’d finished!

We are an extremely cohesive team, and the day reinforced the bond we have, and showcased our commitment to a community challenge and to our teamwork.

We would like to thank Andrea and the GAVO team for your support and wish you all well for future endeavours.”



If you are an organisation, community group or project looking for help then get in touch with our Volunteering Team so we can match you with a Business and vice versa

volunteering@gavo.org.uk

Cash 4 U Youth Led Volunteering Grant – Case Study

Each year, our Youth Panel have given out small grants to a wide variety of Youth-Led Projects, with the aim of increasing youth volunteering in Gwent. One project receiving grant money in the 2018/19 round was the **Student Union Buddying Project** based at Blaenau Gwent Learning Zone, but spread across the four colleges that are part of Coleg Gwent.

The Student Union Buddying Project was initially started in May 2018, led by the Student Union Vice President Ffion Collins, 18. Ffion found inspiration for the Buddying Project, from an anti-bullying scheme in her secondary school in which she wanted to bring aspects of it into college so that older Students could benefit from support too. The Buddying Project was set up to support Students who find it difficult transitioning from secondary school into the college learning environment – and for any other Students who need some support too.

From being successful in the grant application receiving money from the Cash 4 U grant (£2,400 awarded), the Buddying Project was able to be launched properly in September 2018 across the four campuses of Coleg Gwent. The money from the grant was used to pay for Safeguarding, Equality and Diversity training to the Buddying Volunteers, Team building resources, and Buddying Badges.

The Buddying Project has been lead and run by the Student Volunteer Buddies across the Coleg Gwent campuses, with support from college staff. Volunteer Buddies have gained and developed many skills including: better working relationships, empathy, communication, time keeping, and understanding safeguarding procedures.

The lead, Ffion Collins has gained and developed new skills from this project such as: management of the project, time keeping liaison with external agencies. Ffion even delivered a talk to other Students and professionals at the Learner Voice Conference 2019 at the Newport Campus, about the success of the Buddying Project.

One Volunteer Buddy who was paired to support a Student with a hearing impairment has gone the extra mile, to begin understand the basic greetings of sign language so that they are able to communicate better with their paired Buddy. This is just one example of the success of the project and the support and friendships that have been taken from the project too.

“We have lots of things in common, and everything is going well between us.

She is a lovely person.” - *From a Student being buddied*

“I really like having a Buddy and it’s going really well.” - *From a Volunteer Buddy at Crosskeys Campus*

The Buddying Project has proven to be a success with 33 Volunteer Buddies who have been trained and paired up with Students across the four Coleg Gwent campuses and 19 more eager Volunteer Buddies awaiting training to start themselves on the project. Going forward, the Buddying Project's existing Volunteer Buddies will support and train new Volunteer Buddies in safeguarding, empathy and other skills.



“This year we have set out the foundations for the pilot of this Project. Next year we will be able to run with the project from September 2019 to enable a better transition of Students coming up to the college from schools which will support the widening of participation.” - *Ffion Collins, Vice President of BGLZ SU and Lead for the Buddying Project*

If you're interested in applying for Cash 4 U funding, you need to be quick! The Application Form and Guidelines can be found here www.gavo.org.uk/cash4u The closing date for applications is **10th June 2019**.

Volunteering supports Employment

NB: The Volunteer's name has been changed to protect their privacy

Caren White and Angela Tillcock, GAVO Volunteering Officers (Caerphilly), recently visited Smart Money Cymru Credit Union. The focus of the meeting was to update Smart Money Cymru Credit Union's volunteering opportunities in Gwent via the Volunteering-Wales.net Kinetic System. On arrival we were welcomed by a lovely member of the team, Kathy; through discussions of the Credit Union and her role there, a wonderful story unfolded.

Kathy explained how volunteering had changed her life and supported her into her current position at Smart Money Cymru Credit Union as a Member Service Officer.

Kathy, a single parent, started using high-interest doorstep lenders to purchase school uniforms for her children; the small weekly repayments at the time were manageable. Kathy said 'this was so easy, the collector came to the home each week to collect the money and I was able top up loans'. Before she knew it, Kathy found herself with increased weekly repayments and mounted debt. This was a turning point for Kathy and she decided she needed to find employment and improve her financial situation for her family.

Over a three-year period, Kathy successfully completed college courses, which included; CLAIT level 3, Power Point Presentations, Word Processing Level 3, Book Keeping and Sage. Kathy also completed a further two years of AAT.

Kathy contacted Working Links for assistance in completing a CV and employment support which included interview techniques and job searches. When visiting the DWP, Kathy's advisor sign-posted her to GAVO's Volunteering Team and quite rapidly commenced working as a Volunteer at Smart Money Cymru Credit Union.

With support from the Staff and other Volunteers, Kathy's confidence grew within the role and 6-8 months later Kathy was employed at the Credit Union for 18.5 hours a week. This fitted around the responsibility of her children and was advised by DWP of the financial support available.

Kathy is now employed full-time at Smart Money Cymru Credit Union as a Member Service Officer. She thoroughly enjoys her role and feels rewarded, not only supporting Volunteers to thrive as she did, but being able to support members of the public access Smart Money Cymru Credit Union services.

Credit Unions' offer their members a safe and secure place to save and access low cost ethical loans, Smart Money Cymru Credit Union is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and Prudential Regulation Authority.

It's a New Year, how about a new you? Why not join Smart Money Cymru Credit Union and save for a rainy day; with offices based in Caerphilly Town Centre and Tredegar Blaenau Gwent.

Smart Money Cymru Credit Union currently has volunteering opportunities in both Caerphilly and Tredegar either in the offices or service points; for further information and or to apply, visit <https://gwent.volunteering-wales.net> and search for 'Smart Money'.

Why volunteer?

- Learn new skills
- Improve job prospects by gaining experience
- Contribute to your local community
- Improve your wellbeing
- Meet new friends who live in your own locality
- Gain a whole new social life



“Thank you” from Blackwood Stroke Support Group

By Mike Rees, Secretary of the Blackwood Stroke Support Group

“GAVO's Gina Jones (Third Sector Development Manager), called in to our weekly meeting last Thursday thinking she was going to help us with some grant applications. However, she was reduced to tears when she was presented with a bouquet of flowers and loud cheering.”

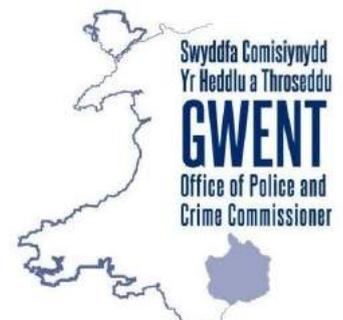


As a result of her hard work, we had just received a Cheque of £1,998 from Greggs Bakery Community Grant towards our planned programme of visits and outings this year. With Gina in the photo, is our treasurer Kevin Powell (with the cheque) and (left to right) Volunteers Kevin Wyatt, Mike Rees, Helen Norman and Geoff Berry of the Blackwood Stroke Support Group. At their side is Lynette sporting her new purple hair in support of the 'Make May Purple' campaign to raise awareness of Strokes.

As a result of the grant, we are now finalising a busy program of outings throughout the year. Already in hand are:

- > **22nd May** - A Visit to Rhondda Heritage Park and a trip underground. The more-able will have the full tour on the surface and underground. By special arrangement the disabled members will do the surface tour and a quick trip to pit bottom to sample the conditions underground before returning to the surface. Both groups will also enjoy the Cinematic Experience and lunch at the surface.
- > **6th July** - Walk around Brynbach Park followed by lunch.
- > **14th August** - Boat tour around Cardiff Bay with a trip up river to the city centre.
- > **18th September** - A cruise along the Sheerness Canal, Gloucestershire.

£300k Seized from Criminals - now available to support Young People in Gwent



Organisations from across Gwent can now apply to the Police and Crime Commissioner (PCC) for a share of £300,000 in cash seized from criminals and from the sale of unclaimed found property.

The PCC Police Community Fund is open to organisations that work to support children and young people, affected by crime in Gwent, to live safe, healthy, happy lives, whilst building a better future for themselves and their community.

The new fund, which replaces the PCC's Partnership Fund, encourages bids from not-for-profit organisations for sums of between £10,000 to £50,000, who can demonstrate that their project will deliver against the Commissioner's police and crime priorities.

Commenting on the launch of his new fund, PCC Jeff Cuthbert said "This new fund will ensure that even more of the monies recovered from criminals goes back to benefit our local communities.



I believe that by supporting children and young people affected by crime to move forward with their lives and realise their full potential, we can create safer and more inclusive communities."

"We want to recognise the projects which provide early intervention and prevention. Those which are making a huge difference to the lives of many at-risk young people in our communities.

If you think you have a project which meets our criteria, please get in touch."

Since its launch, the new fund has provided £167,604.50 to six projects across Gwent.

One of those supported is Urban Circle and it's 'U Turn Project'. An initiative that uses different forms of creative arts to tackle multiple social problems affecting vulnerable young people.

Applications are open all-year round, with four funding boards being held per year.

Local Inspectors, together with the Gwent Police Income Generation Officer, will facilitate and enable the generation of project ideas from within their respective communities. Projects that are delivered through the medium of Welsh or are bilingual are welcomed.

For more information on the PCC Police Community Fund including the process and details on how to apply, please visit www.bit.ly/PCCPoliceFund



'Circles of Support' in Newport & Surrounding areas



Viv Leach would like to speak with disabled adults and aging family carers interested in setting up a 'Circle of Support'

My name is Viv Leach, the "Lead Facilitator", Circles Network Charity. Currently creating 'Circles of Support' for any disabled adults (18+) with aging family carers who live in Newport, Monmouthshire or Torfaen.

The power of setting up circles of support has proved time and time again to make an amazing difference in the lives of many disabled people, and might well create positive changes in yours too?

Does this sound interesting?

I am delighted to say that Circles Network Charity celebrates its 25 years this year and "Circles of Support", has been found to create improvements in the lives of many disabled adults; the people at the centre of the circle!

What is a Circle of Support?

A "Circle of Support" is simply a group of people made up of friends / family / neighbours / community /and or professionals, that regularly meet for 2 hours (approximately) once a month to explore ideas/actions for the benefit of the disabled adult. The disabled adult decides who to invite to the circle.



Where do meetings take place?

Meetings can either take place in the home, community venue, or an informal setting such as a pub/café, at a time convenient to them.

Want to find out more?

Please contact me, Viv Leach via 07876 478088 or email

vivienne.leach@circlesnetwork.org.uk

FareShare Cymru are Coming to Caerphilly!



FareShare Cymru is a registered food redistribution charity based in Cardiff, working throughout South Wales.

We work with suppliers and distributors in the food and drink industry securing good quality, surplus food, which we then redistribute to our partners. Providing a value for money option for their supply food and drink.

Our partners are the charities and not-for-profit organisations who provide food to vulnerable people within their local community. The food is used in their kitchens, the kitchens used by residents, a community café, cooking classes, food parcels, breakfast clubs, afterschool clubs etc.



The food we provide is ambient, fresh, chilled or frozen and is in date and of a high quality but is surplus for a number of reasons.

We are currently setting up a Local Collection Point in Caerphilly where organisations will be able to collect food.

If you are a not-for-profit organisation who can put good food to good use, please get in touch today and help us to fight hunger and tackle food waste!

Contact Katie Padfield:

Email: katie@fareshare.cymru

Tel: 02920 362111

Mob: 07773 618175



“Your Medicines, Your Health” campaign



The Aneurin Bevan University Health Board (ABUHB) is participating in the all Wales “Your Medicines, Your Health” public education campaign which is being funded by Welsh Government. The campaign has been piloted in Cwm Taf University Health Board and has been very successful, which is why it is being rolled out across Wales.

The Campaign initiatives include:

- Spring clean your medicines cupboard
- Take them if you can, tell us if you can't
- Remember to bring your medicines into hospital
- The holiday health travel checklist for medicines
- Complete the cycle (Inhaler project)
- Have you got the bottle
- Education pack for schools

The launch date for the first initiative was the 1st April 2019 with “**Spring Clean Your Medicines Cupboard**” and the campaign will run until the end of June 2019.

The campaign is hoping to encourage patients to review their medicine cupboard and to safely dispose of any out of date medication and unwanted medicines by returning them to their pharmacy. The Health Board will be advertising this campaign with GP practices, community pharmacies, dentist, optoms, social media and local papers.

Help ABUHB spread the word by sharing these posters on social media and in newsletters – email claire.lewis@gavo.org.uk to request the PDFs.

They are available in Welsh and English.





Free to a good home!



On the hunt for stationery?

We have loads of spare ring binders, lever-arch files, box files and polypockets, in good condition – free to any non-profit Groups & Organisations that can make use of them.



If you're interested, please pop into our Head Office at **Ty Derwen, Church Road, Newport, NP 197EJ** and have a browse!

COLLECTION ONLY

If you would like to include an article in our Summer edition, please send your submission to Claire Lewis via email: claire.lewis@gavo.org.uk by 19th July 2019. The publication is due out in late August 2019. We reserve the right to edit or omit articles if they are deemed inappropriate or resources do not allow inclusion.



Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent