New Year, New Technology sessions at CAVS in Carmarthen

KITE: Keep in touch [electronically]
Connect, communicate and keep up to date with friends, family, community, the world.
KITE offers training, advice and guidance to older people in basic computer skills. Our aim is to support older people throughout Carmarthenshire to become included and active in today’s digital world.

Have you just received a new computer or tablet for Christmas? Or maybe you have made a New Year’s resolution to get to grips with some equipment you’ve had for a while?

Take advantage of KITE’s Free digital support and training to get yourself started. You can book a one-to-one lesson, join a beginners course or come along to the computer drop-in.

For more information, please turn to page 8

New Year, New Year’s Resolutions: start volunteering in 2015!

The Volunteer Centre has been steadily busy with enquiries from would-be volunteers and Volunteer involving organisations. There have been an increasing number of young people choosing to volunteer, many taking up the opportunity to become Millennium Volunteers and work towards MV certification in recognition of their commitment and dedication.

Read more on page 3

A massive thank you.....

We would like to wish a Very Happy New Year to all our volunteers who are making such a positive difference to their communities throughout the County. Have a wonderful 2015!
Carmarthenshire Volunteer Organisers’ Network meetings 2015

- Wednesday 11th March 2015
- Wednesday 15th July 2015
- Wednesday 14th October 2015

10.30 am – 12.30 pm
at The Mount, 18 Queen Street, CARMARTHEN
SA31 1JT

Email volunteering@cavs.org.uk

Weekday Meeting Room Rates (9 a.m. — 5 p.m.)

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<th>Commercial</th>
<th>Community Group</th>
<th>Community Group CAVS Member</th>
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<td>Half Day</td>
<td>£54.00</td>
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<td>Full Day</td>
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Rooms can be booked on an hourly basis
Evening and weekend sessions available on request

CAVS Llanelli Office:
10 John Street
LLANELLI
SA15 1UH

Copydate for next edition
Please send your contributions for the Spring 2015 edition of Llais Myrddin to Admin by Tuesday 17th March 2015. To contact, Email admin@cavs.org.uk, or phone 01267 245555.
CAVS Volunteer Centre News

Congratulations to our colleagues Fflur Hughes and Matthew Lawlor on the safe arrival of their beautiful son, Tomos Ifan, in October 2014.

Fflur will be on Maternity Leave until the Spring. In the meantime, her Youth Volunteering role is being shared between Bill and Jane.

CAVS Volunteer Centre Statistics for 2014

Up to the end of November 2014 the Volunteer Centre team has been involved with:

- 550 Website referrals
- 770 Volunteer Centre enquiries
- 340 Volunteer interviews
- 135 New Millennium Volunteer registrations

Many young volunteers have been awarded MV Certificates for their time commitment to volunteering during 2014:

- 62 50 hour Certificates
- 39 100 hour Certificates
- 12 200 hour Awards of Excellence

If you would like to know more about how volunteering might benefit you and your community contact:
- CAVS Volunteer Centre 01267 245555
- Bill.Martin@cavs.org.uk or
- Jane.Hemmings@cavs.org.uk

VOLUNTEERING—GOING GLOBAL!

Within an hour of landing in Australia, CAVS Administration Assistant, Sandra Williams, finds herself outside the Sydney equivalent of CAVS!

It just goes to show that volunteers are vital the whole world over.

Later in her trip, Sandra visited Brisbane and came across this ‘Colour me Brisbane’ display which was constructed in preparation for the G20 Summit held there in November 2014.

The display was accomplished through the work of volunteers who represent 9 of Queensland’s community associations. Each of the 3 metre tall letters was built by the local branch of the Queensland Men’s Sheds Association (QMSA). QMSA is a voluntary organisation that contributes to a range of men’s health promotion activities.

The Men’s Sheds scheme originated in Australia while groups have formed in Wales, including one in Llanelli and another in Ferryside.

What a small world!!
PURPLE ROUTES

Wishing you all
a very happy New Year

You may have noticed that over the last couple of months there has not been much play provision in your area. We had lots of fun during our Big Lottery Funded project offering open access play provision to over 15,000 children and young people throughout many areas in Pembrokeshire and Carmarthenshire, over the last 4 years. We know that the children we worked with learnt new skills and had the freedom to play in nature, explored their creativity, and really had a good time.

We wanted to ensure that the project lived on, here is what we are doing:

- Purple Routes is currently working in Morfa and Felinfoel Family Centres in Carmarthen and we offer sessions in 4 areas within Pembrokeshire weather permitting (Monkton, Pembroke, and Pembroke Dock & Haverfordwest).

As you can see it is very different delivery to a couple of months ago, but we are very proud that we have been able to continue promoting and advocating for Children’s Play in the two counties. We know that it is an important part of a child’s life to be able to freely play in their local area and it is enshrined in the UNCRC (United Nations Rights of the Child) it is their right to play.

- You can hire our services:
  Schools - lunchtime session for £85.00
  Lunchtime Supervisors Training available
  Session in your local community - £150.00

- We also hire out equipment such as “Soft Play”, “Badge Machine”, “Giant Jenga”

For more information please contact Jackie on 01267 245555 or email: Jackie.dorrian@cavs.org.uk
The Recovery Wall is an exciting new project developed by WWAMH in partnership with CVCMedia.

The project will use digital media as a means of promoting recovery and well-being. We will work with service users and providers, volunteers and professionals, people who are recovering from mental health problems, and those who can help in the recovery process, to build a collection of stories, case studies if you will, of ordinary people who have shown extraordinary strength and courage on the road to recovery.

These films will help to illustrate the huge impact mental health problems have on individuals and families’ lives, highlight the range of coping strategies and recovery gateways people find, and address the stigma attached to mental health problems. They will also simply give people hope that recovery is in fact possible.

We’ve already got the ball rolling, with funding from the National Lottery’s Awards for All.

So if you have a story to tell and you think it might inspire others, if you would like to join us on our journey, or if you would just like to know more about the project, please get in touch!

West Wales Action for Mental Health
www.wwamh.org.uk/recoverywall
01267 238 367

CAVS MEMBERSHIP

CAVS MEMBERSHIP NEWS

JOIN CAVS NOW!

Carmarthenshire Association of Voluntary Services (CAVS) is the county voluntary council for Carmarthenshire. We’re inviting you to become a member of CAVS for just £20 per year.

The great membership benefits to your organisation will be:
- Voting rights at CAVS’ Annual General Meeting
- An opportunity to become a CAVS trustee member
- Discounts on meeting room hire
- Discounts on photocopying services
- Discounts on CAVS fee paying training courses
- Discounts on ‘Bus’ hire (a mobile office suitable for promotional / recruitment purposes)
- Discounts on basic PA system
- Discounts on hire of PAT tester

Your membership is valuable to CAVS because it will help us to:
- provide information and support to the voluntary and community sector, not-for-profit groups and social enterprises in Carmarthenshire
- recruit volunteers for Carmarthenshire groups
- promote volunteering and the work of the voluntary sector
- provide training, and networking and information workshops
- support groups to be represented in local strategy planning and decision-making.

To join CAVS:
- Fill in an online form on the following webpage http://www.cavs.org.uk/online-membership-form/, or
- Email admin@cavs.org.uk or phone 01267 245555.
The Volunteering in Wales Fund is pleased to announce the launch of the 2015-2016 volunteering grants.

The aim of the Volunteering in Wales Fund (VWF) is to:
1. Support formal volunteering (as per the definition in appendix 1) projects that aim to recruit, support, train and place NEW volunteers
2. Encourage good practice in volunteering;
3. Support the development of volunteering in under-developed areas such as underrepresented groups, areas with less opportunities or types of volunteering opportunities.

N.B. Underrepresented groups can be the volunteers and/or beneficiaries of the project.

How to apply:
You can get more information and download the application forms and guidance at http://www.wcva.org.uk/funding/wcva-funding/volunteering-in-wales
The deadline for applications is 5pm Friday 13th March 2015.

The GwirVol grants have also launched, for more information about the grants visit http://www.gwirvol.org/en/organisations/funding/

Welsh Language Technology and Digital Media Fund 2015-16

The Welsh Language Technology and Digital Media Fund was established to provide grants to support projects that encourage activities aimed at promoting and facilitating the use of the Welsh language through technology and digital media.

The scheme’s main focus areas are:
- Raising awareness of, or promoting the use of, Welsh language software, applications, online services, content creation tools - and Welsh language digital content.
- Supporting the development of Welsh language software and digital services available online.
- Increasing the amount of digital content available in Welsh online.

The programme has an indicative budget of £200,000 available to be awarded during 2015-2016. Grants will usually range from a minimum of £5,000 to a maximum of £50,000 per application; however, applications for less or greater than these amounts can be considered.

Applications will be accepted from voluntary and community sector organisations, charities, social enterprises, private sector businesses and public sector bodies in Wales. Applications involving a consortium of the aforementioned organisations may also be accepted. Applications will only be accepted for activities not covered by statutory Welsh language schemes that are available to the applicant/s.

The deadline for applications is midday on 30 January 2015.
For further information please visit: http://cymru.gov.uk/

Awards for All Wales

Awards for All Wales is a small grants programme for voluntary and community organisations, supported by the Big Lottery and the Heritage Lottery Fund. The main aim of the programme is to fund projects which involve people in their local communities, bringing them together to participate in and enjoy a wide range of heritage, charitable, health, educational, environmental and other community activities. Grants of between £500 and £5,000 are awarded to successful applicants.

For more information on Awards for All Wales you can visit the Big Lottery Fund website (www.biglottiefund.org.uk) or contact the Wales office on 01686 611740.
Awards for All Wales success

The Development team at CAVS works with a number of organisations across the county to help them submit applications to Awards for All. One of the successful organisations was Tumble Old Age Pensioners who accessed funding for a series of day trips for club members.

Mrs. Pat Gilbert, Chair of the group, gives her account of how the funding benefited the Club:

“With a great deal of help from CAVS, Tumble OAP secured an Awards for All grant for help with days out. One of the most memorable was a cold winter’s afternoon spent enjoying tea at the Celtic Manor Resort Hotel. We arrived a little early to soak up the atmosphere, some went to the bar others just sat and people watched. At the allotted time we took our seats at our two long tables and admired the place settings and beautiful china and chose which type of tea or coffee we would like to drink. We were then descended upon by the waiting staff bearing tiered stands with the most dainty sandwiches and cakes I have ever seen also little cake boxes to take home whatever we couldn’t eat, a posh doggy bag....... then scones hot from the oven were delivered with pots of jam and cream....delicious. We all felt like royalty it was a truly memorable afternoon and thanks to our grant we were able to do it.”

For more information regarding funding then please call either Matthew Lawlor or Sara Edwards on (01267) 245555 or e-mail matthew.lawlor@cavs.org.uk or sara.edwards@cavs.org.uk

Carmarthen Foodbank

The Carmarthen Foodbank has been open for 4 years now and they have seen a huge increase in demand.

A spokesperson for the Foodbank said: ‘In April 2011 we fed 10 people and in April this year we fed 87 people, so far this financial year we have fed 1,010 people. This month the All Party Parliamentary Group on Food Poverty releases a report entitled ‘Feeding Britain’, this supports the fact that there is real poverty in Britain and that Foodbanks are a very important service in helping people who find themselves in “crisis”’.

The Carmarthen Foodbank relies on volunteers to run efficiently and has about 15 regular volunteers who give of their time weekly to ensure people get their emergency supply of food. Every volunteer goes through the Trussell Trust Foodbank Training and Manual Handling. This training has been topped up by CAVS training sessions on “Staying Safe” and “Confidentiality”, which were found to be very useful and informative.

The Foodbank also has a pool of volunteers who help at special events such as the National Tesco Food Collection and other one-off events. A food collection point can be found in the Reception area at CAVS while the Foodbank itself is situated behind the Xcel Bowling Alley in Johnstown, Carmarthen.

For further information on Carmarthen Foodbank, please ring 01267 225996 or 232101.
CAVS
Annual General Meeting

On Tuesday, 27th January 2015, 2.00—4.00 p.m.
At The Mount, 18 Queen Street, Carmarthen. SA31 1JT.

To include a Third Sector Funding Review Update

If you would like to attend, please contact Sara Edwards on 01267 245555 or email sara.edwards@cavs.org.uk

Keep In Touch (electronically)
Further details on front cover

⇒ FREE one-to-one lesson:
Book a one-to-one lesson in January or February to get started with your new technology.

⇒ Beginners Course (6 sessions): Learn how to use a computer, surf the internet and send emails. Wednesday afternoons starting 5th January 2015 from 2 to 4pm; or Thursday mornings starting February 19th from 10 to 12pm.

⇒ Computer Drop-in: Thursdays 2 to 4pm (from 15th January 2015)
Come and ask questions, get support, practise and improve your skills. No need to book.

Start Volunteering in 2015
Are you able to use a computer? Are you able to share what you know?
KITE needs more volunteers to help at the computer drop-in sessions. The more volunteers we have, the more easily we can help people. If you have some digital skills (you don’t need to be an expert) and would like to help other people by sharing what you know please contact Clare Pilborough on 01267 245555, email kite@cavs.org.uk or visit itkite.wordpress.com.