



Pembrokeshire Association  
of  
Voluntary Services  
**Volunteering  
Pembrokeshire**

*Volunteer Bulletin  
Autumn 2016*

**Latest news and Volunteering  
Opportunities inside**

Volunteering Pembrokeshire offers  
a comprehensive advice and  
information service on:

- Volunteering Opportunities
- Personal Development
- Careers and Education

To find out more call  
**01437 769422**

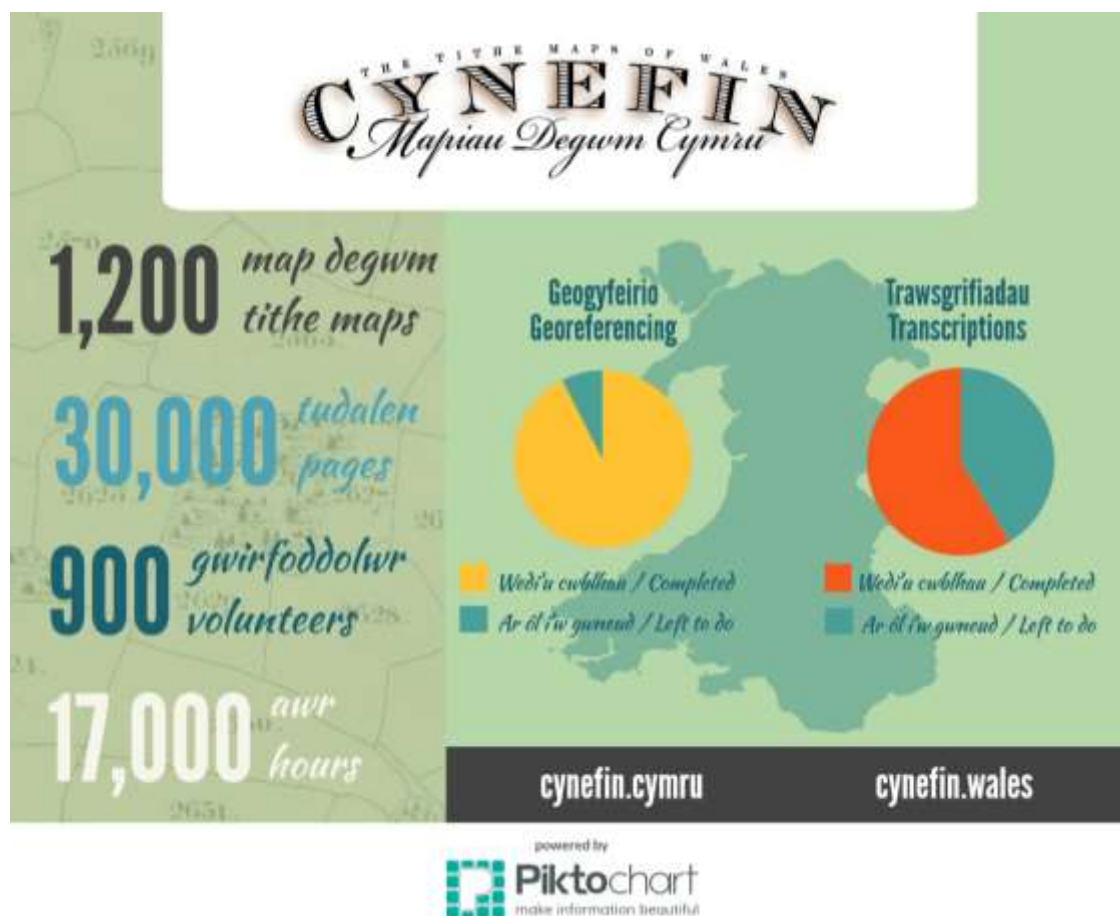


T4T  
Drivers  
Volunteer  
Computers  
Volunteer  
Admin MW  
Volunteering  
Online Monitor  
Trustees  
Support  
Marine

## Cynefin Project extended until March 2017

The Cynefin project has been extended until March 2017. The conservation and digitisation work is nearly complete and every tithe map should be online shortly. The collection of 1,200 tithe maps from the 1840s will cover 95% of Wales.

The volunteering work on the crowdsourcing platform [cynefin.wales](http://cynefin.wales) will continue until March. So far over 900 volunteers have participated online. Together they have contributed over 17,000 hours of their time and transcribed over 1.2 million records. 92.5% of the georeferencing and work has been completed, and the mammoth task of transcribing 30,000 pages of apportionment documents is currently 60% complete.



The project staff would like to take this opportunity to thank all the volunteers for their contribution and dedication. Together, the army of volunteers have completed an outstanding amount of work which will benefit the people of Wales and beyond when the final website launches in the spring of 2017. The final website will make the tithe maps of Wales, and the wealth of information they hold, easily accessible to all through a free online platform. It will be possible to search the data and browse the maps using innovative and efficient methods. Through this we hope to shed light on the geographical and social landscape of our nation on the cusp of transformation. If you'd like to get involved, visit [cynefin.wales](http://cynefin.wales).

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/20183/>



### What is Millennium Volunteers?

- Millennium Volunteers (MV) is a scheme administered in Wales by the Welsh Government which gives recognition to young people aged **14-25** for their volunteering activities. It also operates in Northern Ireland and there are similar schemes - vInspired and the Saltire Award - in England and Scotland respectively.

### Why become a Millennium Volunteer?

- Certificates are awarded for 50, 100 and 200 hours of volunteering
- The 200 hours certificate is signed by the First Minister of the Welsh Government
- It can help develop your skills, qualifications and job prospects - a certificate endorsed by the First Minister showing 200 commitment to volunteering will impress employers, UCAS, college applications departments etc.
- If you're volunteering anyway (e.g. Duke of Edinburgh) it's really easy to become a MV as well
- Incurred out of pocket expenses can be paid subject to agreement
- If you already volunteer you can register on the scheme and all the hours you have volunteered can be backdated for MV
- If you are in school or college and studying Welsh Baccaulaureate (WB), the hours of community participation you do as part of your WB course can be included and backdated for MV if you carry on volunteering after the 15 or 30 hours you do for your course.

### Want to sign up?!

To register as a Millennium Volunteer or for more information on anything to do with volunteering please contact the Volunteering team at PAVS in one of the following ways:



01437 769422;



[volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk);



PAVS Volunteering Pembrokeshire or



Volunteering Pembrokeshire (@VolPembs).

PAVS will then send you a registration form and a timesheet. Simply complete and return the form by email or post and start recording your hours on the timesheet. Once you have reached 50 hours please send the timesheet back to PAVS to get your 50 hours certificate. Repeat once you have reached 100 hours and 200 hours!

For information on Millennium Volunteers please go to:

<http://www.gwirvol.org/en/volunteers/get-recognised/mv-yp/>

# Drivers needed in Pembrokeshire



## VOLUNTEER DRIVERS NEEDED URGENTLY

Our Community Transport Service supports older people in our communities who have trouble accessing transport with ease. The majority of our journeys are to help people to attend medical appointments, access shopping, go to social groups and generally to avoid social isolation by getting out and about.

We are very keen to find drivers for our wheelchair accessible vehicles.

To find out more contact us on

01348 875399

email: [penelope.curtis@royalvoluntaryservice.org.uk](mailto:penelope.curtis@royalvoluntaryservice.org.uk)



ROYAL  
VOLUNTARY  
SERVICE  
*Together for older people*

### Are you signed up to the 25+V scheme?

25+V is a volunteering recognition scheme run by PAVS, in Pembrokeshire, which gives recognition to people aged over 25 for their volunteering activities.

Certificates are awarded for 50, 100 and 200 hours of volunteering.

If you are already volunteering you just need to keep a record of your hours (PAVS can provide you with a timesheet), get your sheet signed by someone at the place you are volunteering, and return it to PAVS.

Contact [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk) for more information, or a timesheet.

## Spotlight on... Volunteering beside the seaside.



### **Wooltack Point NCI - Watch keeper, Marloes and St. Brides**

Located in the old Coastguard station on the Deer Park at Martin's Haven, volunteer watch keepers provide a visual watch over the immediate area of sea and land, and monitor the safety of people and vessels. Visual watch keeping means being

aware of what is going on in the vicinity of the station both at sea and on land, so that potential incidents can be anticipated and dealt with rapidly. In addition to visual watch keeping, watch keepers also monitor radio messages for emergency traffic relating to craft or persons within the area. All incidents are reported promptly to the relevant authority and a written record is maintained via a log book.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/10806/>

**Marine Society and Sea Cadets - Trainee Activity Volunteers, Various locations**  
Work with cadets across lots of activities that you can gain new skills in too. With a mix of uniformed and non-uniformed roles there is something for everyone. We follow a rank structure aligned to the Royal Navy and the Royal Marines. At Tenby we are looking for committed volunteers who are keen to learn new skills or even pass on their existing knowledge onto cadets. From Kayaking, Sailing and rowing to Seamanship and general cadet training.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/24110/>

### **Management Team Volunteer, Tenby**

Each Sea Cadet unit is an independent charity with trustees in roles like: chair, company secretary and treasurer. You'll be part of a team that fundraise for and manage the unit. Tenby Sea Cadets are looking for enthusiastic, committed and willing volunteers who would help develop the existing sea cadet unit and bring it up to date as a modern and exciting experience for the youth of Tenby/ Pembroke.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/24109/>

### **Sea Trust - Marine conservation, Fishguard and Goodwick**

Sea Trust is a non profit organisation based at the Ocean Lab in Goodwick. We have a small marine exhibition that showcases local species. We require volunteers to assist with tank maintenance, collecting new species and giving guided tours of the exhibition. We give tours to members of the public and school groups. This role would suit somebody who is interested in conservation, marine biology and /or environmental education. We also undertake regular land based surveys of cetaceans (dolphins, porpoise & whales) from Strumble Head and the Fishguard breakwater. We are always looking for volunteers to help with these surveys.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/23594/>



Ian has been an Independent Visitor (IV) with NYAS (National Youth Advocacy Service) for nine years. After three successful matches he has decided to bow out gracefully from his role at the ripe old age of 78. Ian did his final visit with his young person last month.

Ian was matched with his current young person for 5 years. The young person, then 12, was shy lacked confidence and rarely spoke. At the beginning of the friendship Ian used to say that he didn't think he was making a difference; as the young person said very little when out on visits. However it was when he returned to his placement that they saw the change. The young person would be keen to share with his foster carers, and other foster siblings, all that he had done on his visits and repeated a lot of what Ian had told him about the world.

Having experiences he was willing to share was clearly important to the young person. Over the years the relationship grew and the young person's confidence increased doing many activities he had not done before, being a supporter at football and rugby matches, trips to the theatre and cinema, watching the gliders and aeroplanes take off and even jogging in the park, with Ian.

To celebrate Ian's commitment to NYAS and the young people he has worked with we arranged for our local commissioner to present Ian with a plaque. His young person presented Ian with a card and hand written note to say thank you for the help he had given him in building his confidence and explained how he could talk to people much easier than before.

The young person we met last month at the presentation clearly appreciated all Ian had done for him and chatted to all who were there.

NYAS have young people living in the North Pembrokeshire area that are living a long way from home in foster care placements. Young people that would really benefit from having the support from someone independent from the local authority, someone with patience, flexibility, who wants to make a difference and has a good sense of humour. Does this sound like you?

To become an Independent visitor for NYAS and make a difference to the life of a young person looked after by the local authority contact Ruth by email [ruth.gaisford@nyas.net](mailto:ruth.gaisford@nyas.net), call 01296 432540 or visit the website [www.nyas.net](http://www.nyas.net)

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/17650/>



# TRUSTEES' WEEK November 2016

The theme for this year's national Trustees' Week (7th - 13th November) is stronger charities through good leadership. PAVS will be celebrating Trustees' Week with a coffee morning for trustees and those who work with them on 8th November and a briefing on the Well-being of Future Generations Act and the Social Services & Well-being Act on 10th November.

The team are in the process of finalising the agenda for the coffee morning and would like to shape one of the sessions around your requests for information. Is there anything on the horizon for your organisation you'd like to discuss? Are there any lessons you've learned recently that you'd like to share? Is there something you've been meaning to read up on or put into practice but you just haven't had the time to give it any head space? If so this session could be your opportunity, just let the team know (contact details below).

If you'd like to book for either of the above sessions please email [development@pavs.org.uk](mailto:development@pavs.org.uk) and if you've a question or topic you'd like to see discussed at the coffee morning on 8th send it by email or give one of the team a call on 01437 769422.

Not a trustee yet but interested in finding out more, you can view trustee opportunities on the Volunteering Wales Website [https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=30&when=0&search=&categories-23=23&age\\_group=0&showall=1](https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=30&when=0&search=&categories-23=23&age_group=0&showall=1)

**Guide to Volunteering if you get benefits**  
Volunteering Wales and Jobcentre Plus (part of the Department of Work and Pensions) has produced a guide to volunteering for anyone who gets state benefits. It includes information about volunteering, including the advantages of becoming a volunteer, and practical information if you are claiming.



It is vital that if you are on benefits, and you are planning to volunteer, that you let your local Jobcentre Plus know. This must be done before you start volunteering, in order to make sure that volunteering does not impact on your benefits, and that the relevant forms are completed. In most cases volunteering should not have any effect on your benefits as long as you keep to the relevant conditions for getting them.

For more information you can read the guide online:  
[http://www.wcva.org.uk/media/2463255/a\\_guide\\_to\\_volunteering\\_-\\_sept16\\_final\\_eng.pdf](http://www.wcva.org.uk/media/2463255/a_guide_to_volunteering_-_sept16_final_eng.pdf)

Speak to your Work coach... or one of the Volunteering Officers at PAVS.

## Latest Volunteering Opportunities

### **Green Links Community Interest Company - Admin support in the Green Links office**

Desperate for help in a busy office! Answering the phone, general typing, filing, photocopying, laminating, handling email, setting up meetings. You know the type of thing! Very busy in term time with pupils of various ages in and out and keeping track of their whereabouts and wellbeing.

View this opportunity on the Volunteering Wales Website

<https://www.volunteering-wales.net/opportunity/24179/>

### **Parkinson's UK - Local Finance Mentor**

The role of the Local Finance Mentor is to support branch treasurers and support group finance contacts to make sure that they are equipped and confident to carry out their role within their group effectively. This will include: - providing guidance locally on internal controls; financial policies and procedures; and the appropriate use of funds - providing accounting support to branch treasurers and support group finance contacts to ensure that they accurately record and report the group's financial activity - supporting volunteers in completing annual financial returns so that they are accurate and returned to UK office within specific timescales - corresponding between branch treasurers/support group finance contacts and UK office - supporting branch treasurers/support group finance contacts to communicate finance requirements and policies, including appropriate use of funds, to other lead volunteers

View this opportunity on the Volunteering Wales Website

<https://www.volunteering-wales.net/opportunity/24075/>

### **Learning Pembrokeshire - Volunteer with ICT classes**

To volunteer with Learning Pembrokeshire by providing support for individual learners with Literacy needs in an ICT community class.

View this opportunity on the Volunteering Wales Website

<https://www.volunteering-wales.net/opportunity/23679/>

### **Cadw - Young Adult Project Facilitator**

Record currently unprotected heritage sites in new, innovative ways. To facilitate designing and organising new heritage events and activities. To engage with the local community and develop new ways of telling local history and stories. There are 7 project areas Wales wide to choose from, Pembroke Dock being one. The Unloved Heritage Project should officially begin next year, however if you are interested in helping with its development please get in touch.

View this opportunity on the Volunteering Wales Website

<https://www.volunteering-wales.net/opportunity/23624/>

For more information regarding anything in this Volunteering Bulletin, including any of the latest volunteering opportunities, please get touch with the PAVS

Volunteering Team on

[volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk) or 01437 769422.



### **Pembrokeshire People First - Computer (Hardware) Volunteer**

To lead a small group of PPF members in a project that seeks to demystify hardware - take it apart, see how it works, put it together again! And develop the role in line with members' interests. This might be teaching members how to clean and speed up computers etc. The role will be closely linked with our Gaming Club - the old computers you work on will eventually be passed on to our 'gamers'.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/24357/>

### **Breast Cancer Care Cymru - Moving Forward Volunteer - Moving Forward courses**

We understand that a person's need for support doesn't end when treatment finishes. Our Moving Forward services and information are for anyone living with and beyond breast cancer, helping them approach life after treatment with increased confidence. Volunteers help by • Assisting in setting up and clearing away at the beginning and end of the event • Meeting and greeting participants on arrival and making them feel welcome • Helping with provision of refreshments • Talking briefly about your role as a Breast Cancer Care volunteer/or Breast Cancer Care services • Talking briefly about your personal experience of breast cancer • Talking to participants during breaks • Offering support to participants if they become upset or need to leave the room. • Signposting participants to Breast Cancer Care's other services where appropriate (or other local services if relevant)

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/22994/>

### **British Red Cross - Support in the Home volunteer - Help us combat loneliness**

There are people, right here in your local community, who are lonely and isolated. Our Support in the Home service helped 8,000 people last year in Wales reconnect with their communities. We need more volunteers in this area to make sure we are there for people who need us. Our Support in the Home volunteers visit people within their own homes and help them reach their three main goals. Our support is based on the person and therefore you could be helping with a wide variety of tasks from going with them to watch a local football match to showing them how to use Skype to reconnect with family who live overseas. We try where possible to match our service users with volunteers with similar interests, which is why we try to ensure we have a diverse range of volunteers from the local community.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/24363/>

### **Pembrokeshire Action To Combat Hardship (PATCH) - Basics Bank Volunteer**

We are a charitable organisation aiming to relieve the effects of poverty for individuals and families in the county of Pembrokeshire. We give food and / or clothes and small household items to people in financial crisis via referrals from recognised agencies. Volunteers help run the provision bank.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/24346/>



### **Final Chance to claim your treat!**

If you were signed up to the **Treats for Time\*** scheme this is your last chance to claim your treat.

The scheme is currently closed to new applicants, but if you are already registered with PAVS send us in your completed timesheet, as soon as possible!

Treats may include: A day at a spa, cinema or theatre tickets, a day out at a theme park... And much, much more!

You only have until **31 December 2016** to get your 50 hour timesheet completed, signed, and returned to PAVS.

Any timesheets received after 31.12.16 will not be processed. The number of treats are subject to availability, so if you are registered, get your timesheet to us as soon as you can. Below is a reminder of the terms and conditions (full terms on the PAVS website).

- Participants will only qualify to register on the Treats for Time scheme once they are registered as a volunteer with PAVS Volunteering Pembrokeshire
- Participants can only register once for the Treats for Time scheme and receive one treat
- Participants will only qualify to register on the Treats for Time scheme if volunteering is carried out with an organisation registered with PAVS Volunteering Pembrokeshire
- Participants will need to complete a Treats for Time timesheet form (provided by PAVS Volunteering Pembrokeshire) showing a minimum of 50 volunteering hours completed and signed by a representative(s) from the organisation(s) where volunteering has been carried out
- Participants will receive their Treats for Time voucher once PAVS Volunteering Pembrokeshire verifies the volunteering hours have been completed with the registered organisation(s)
- Volunteering hours will not be backdated and hours will only count once the Participant has registered with PAVS Volunteering Pembrokeshire and with the Treats for Time scheme
- Participants must be registered with the Treats for Time scheme before June 30<sup>th</sup> 2015 and must complete their volunteering hours and claim their voucher by December 31<sup>st</sup> 2016
- The Treats for Time Terms and Conditions are subject to change at any time
- The choice of Treats for Time Treat Providers are subject to change at any time
- The 50 hours of volunteering can be carried out with more than one registered organisation
- Each Treat will be subject to the Terms and Conditions and will be the responsibility of the Treat Provider
- If the first choice Treat is not available , an alternative Treat will be offered

**\*Treats for Time is a volunteering incentive scheme providing rewards in return for 50 hours of volunteering.** Treats for Time is funded by Port of Milford Haven (PoMH) [www.mhpa.co.uk](http://www.mhpa.co.uk) and coordinated by Pembrokeshire Association of Voluntary Services (PAVS) [www.pavs.org.uk](http://www.pavs.org.uk)

**ScoutsCymru** - Are you looking for an adventure? From abseiling to zorbing, Scouting offers an amazing programme of activities to children and young people aged 6 to 25 and we need your help to do it. Volunteer to learn new skills, earn qualifications, meet new people and make a huge difference to young people and your community. Contact [helen@scoutscymru.org.uk](mailto:helen@scoutscymru.org.uk) for more info.



**ScoutsCymru** - Ydych chi'n chwilio am antur? O abseilio i ymaflwyd codwm, mae Sgowntio'n cynnig rhaglen anhygoel o weithgareddau i blant a phobl ifanc 6 i 25 oed ac rydyn ni angen eich help i'w wneud. Gwirfoddolwch i ddysgu sgiliau newydd, ennill cymwysterau, cwrdd â phobl newydd a gwneud gwahaniaeth enfawr i bobl ifanc a'ch cymuned. Cysylltwch â [helen@scoutscymru.org.uk](mailto:helen@scoutscymru.org.uk) am fwy o wybodaeth.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/23045/>

**Shelter Cymru** are looking for enthusiastic volunteers who want to make a difference in their communities. We are looking for volunteers to be involved in a project that provides information advice and support with housing and related issues to people aged over 50. We need volunteers who are willing to take calls, support advisors at appointments, run drop in sessions and promote the service. In return we will provide free training to update skills and give comprehensive support and development throughout your time with the project.



For further information please contact Kelly White on 01554 899371 or by email on [fiftyplus@sheltercymru.org.uk](mailto:fiftyplus@sheltercymru.org.uk)

Mae Shelter Cymru yn edrych am wirfoddolwyr brwdfrydig sydd eisiau gwneud gwahaniaeth yn eu cymuned. Ni'n edrych am gwirfoddolwyr i fod yn rhan o prosiect sydd yn darpary gwybodaeth, cyngor a chymorth gyda'u tai a materion chysylltiedig i pobl dros 50 oed. Ni eisiau gwirfyddolwyr sydd yn fodlon cymryd galwadau, rhoi cefnogaeth i cynghorwyr mewn apwyntiadau, rhedeg sesiynau galw heibio a hyrwyddo y gwasanaeth. Mewn gyfnewid byddwn yn darparu hyfforddiant am ddim i diweddarau sgiliau, a rhoi cefnogaeth a datblygiad cynhwysfawr drwy gydol eich amser gyda'r prosiect.

Am fwy o wybodaeth plis cysylltwch gyda Kelly White ar 01554 899371 neu drwy ebost ar [fiftyplus@sheltercymru.org.uk](mailto:fiftyplus@sheltercymru.org.uk)

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/20050/>



**SPPOT (Supporting People & Pets Through Opportunity & Training)** is a social enterprise based in Pembrokeshire which is helping to improve the lives of vulnerable people in Pembrokeshire with its unique dog walking service. SPPOT aims to bring the needs of people together with the needs of dogs.

It offers qualified dog training and behaviour services and dog walking and sitting to the general public and accredited training courses for people who are considered furthest away from the job market, i.e. people who have long term illnesses and disabilities enabling them to become Volunteer Dog Walkers, sitters, day carers and home boarders.

Twelve trainees recently passed their vocational dog walking training course and will join the rest of the team walking dogs around Pembrokeshire. All dog walkers complete six months of training with a qualified behaviourist, are fully insured and abide by a strict code of conduct.

The service, which now covers Fishguard, Haverfordwest, Milford Haven, Neyland, Rosemarket and many surrounding villages, is available to all dog owners at low rates to enable people on lower incomes to use the service.

Angela Clarke is one of the dog walkers. She said: “I loved the course and I’m looking forward to helping people who can’t walk their dogs.”

SPPOT’s Volunteer Dog Walkers usually live in social or supported housing where they cannot have pets, so becoming a dog walker enables contact with dogs. In addition, the service enables elderly people to keep their dogs, alleviating loneliness, depression and other health problems that stem from being isolated.

SPPOT has now started to set up a new dog daycare service, staffed by trained volunteers at St Thomas Hall on St Thomas Green in Haverfordwest. The daycare service currently runs on Thursday and Fridays but will expand soon. The daycare service offers a bespoke 1:1 service for a small number of dogs per session, with play, training, varied walks and rest periods.

For more information about any of SPPOT’s services or to find out how to get involved, visit <http://www.sppot.org.uk/> or call 01437 767648/07962220625. You can also find SPPOT on Facebook and Twitter.

View all volunteering opportunities with SPPOT on the Volunteering Wales Website:

[https://www.volunteering-wales.net/opportunity/?x=x&organisation\\_id=3585&showall=1](https://www.volunteering-wales.net/opportunity/?x=x&organisation_id=3585&showall=1)





**Span Arts', Cheerful Project** is looking for a volunteer to coordinate their new programme of skill sharing workshops. This is an exciting opportunity to work within a vibrant team and learn about event planning and delivery. Span Arts are keen for this idea to take flight so they are looking for someone who shares their enthusiasm who can really give this idea wings!

The main purpose of the role will be to play a central part in the delivery of a programme of monthly skills share events under the support and guidance of the Cheerful Project team.

View this opportunity on the Volunteering Wales Website  
<https://www.volunteering-wales.net/opportunity/22818/>

### **Volunteer 'pop up' Tourist Information Centre**

On Friday May 26th 2017, the Cleddau Community Arts "pop up" Tourist Information Centre will open daily between 10.30a.m. - 2.30p.m. Hopefully it will be situated somewhere in Riverside Shopping, in the centre of Haverfordwest. With the help of Visit Wales, they will be promoting "pretty" areas in Haverfordwest, where it will be lovely to have a stroll, take a photo, eat a picnic etc.



Cleddau Community Arts are looking for volunteers who can spare a few hours a week between the end of May - middle of September 2017. Training will be given and all ages/experience will be welcome.

Please contact Barbara Shone, Co-Ordinator, Cleddau Community Arts, at [barbarashone83@gmail.com](mailto:barbarashone83@gmail.com) , tel: 01437 767005.



### **Electoral registration is important**

Local council elections are planned for May 2017 and other elections could be called at any time.

Any Household Enquiry Forms and Invitations to Register you are sent must be returned to the Electoral Services Office. This will ensure that you are on the electoral register to vote. If your name doesn't appear on the electoral register you may face problems getting mobile phone contacts, credit cards and other forms of credit.

If you need any assistance with the forms you have received contact the Elections Office on 01437 775714 or find out more on the website [www.gov.uk/yourvotematters](http://www.gov.uk/yourvotematters)

You can find over 400 different opportunities, including driving, on the [www.volunteering-wales.net](http://www.volunteering-wales.net) website. You can search by location (e.g. where you live) or by an area that interests you (e.g. admin, heritage, environment)



### Support for People in Pembrokeshire

Workways+ works with long term unemployed, and economically inactive, people to help them overcome barriers to employment and volunteering. The project works with participants

to find out about their experience, current situation, and what they want to achieve.

Workways+ can support eligible participants with various options such as:

- Work related training and qualifications
- Bespoke training delivered through Norman Industries in areas such as Woodworking & Joinery, General Maintenance, Area & Grounds Maintenance, Customer Service and Administration
- Confidence building & soft skills
- Access to volunteering opportunities
- The support of an Employer Liaison Officer who will work with local businesses to identify opportunities specifically for the participant
- Create work experience and paid work experience placements

All the way through participants will have the support of their Employment Mentor who will take them through their action plan and help them with the basic employability tools and skills required to compete in today's labour market.



For more information about the Workways+ Project please give the team a call on: 01437 776609 or email: [workwaysplus@pembrokeshire.gov.uk](mailto:workwaysplus@pembrokeshire.gov.uk)


### New service launched to support carers

A new carers' information and support service has been launched to provide information, advice and assistance for carers in Pembrokeshire.

The free service based at the Crossroads offices in Upper Market Street Haverfordwest is available to anyone in Pembrokeshire, aged 18+, who identifies themselves as being a Carer.

The new Carers Support Service aims to take time to listen to carers' needs and help them access relevant support.

A Carer can be anyone, of any age who provides or intends to provide unpaid care and support to a relative, friend or neighbour who is disabled, physically or mentally ill, or affected by substance/alcohol misuse on a regular basis.




**Pembrokeshire Carers Information & Support Service**

**Drop-in centre  
Outreach Support & Information for Carers**

Contact: 01437 611002  
 Joanne Thomas – Service Co-ordinator  
[PCISS@crossroadsmww.org.uk](mailto:PCISS@crossroadsmww.org.uk)  
 Frances Wray – Outreach Worker  
[PCISSOutreach@crossroadsmww.org.uk](mailto:PCISSOutreach@crossroadsmww.org.uk)

20 Upper Market Street  
 Winston Churchill House  
 Haverfordwest  
 SA61 1QA

Supported by: 

For more information contact the Carers Information & Support Service on 01437 764639 or email [pciss@crossroadsmww.org.uk](mailto:pciss@crossroadsmww.org.uk)



## Wanted! Volunteers to join a panel to look at the quality of policing

The Police and Crime Commissioner for Dyfed-Powys Police is looking for volunteers to join him on a panel set up to scrutinise the quality of policing.

They would form the Quality Assurance Panel, which Dafydd Llywelyn is setting up to scrutinise police contact with the public through complaints and how police handle phone calls through the 999 and 101 numbers at the Force Communications Centre.

Volunteers must be over 18, live in the Dyfed-Powys force area and must not be, or have been, a police employee. For more information about the role and to find out how to apply visit the Commissioner's website at <http://www.dyfedpowys-pcc.org.uk/en/work-with-me/volunteer/qualityassurance-panel/>



**Reach Courses**  
Cyrsgiau Ymestyn



COLEG Sir Benfro  
Pembrokeshire COLLEGE



ARIENWR GAN Y LOTERI  
LOTTERY FUNDED

September – August 16/17

### What is the REACH project?

The 'Reach' project is co-ordinated by Pembrokeshire College's Adult Community learning department. Courses are offered for free or at heavily subsidised rates to ensure those who usually would not be able to access courses can do.

The project is aimed at those with mental and physical health issues, unemployed and over 55's. It is designed to deliver courses to motivate, increase wellbeing, confidence and skillset for enjoyment or to help find employment. Engaging with local support charities and agencies and working closely with Learning Pembrokeshire and Dysgu Bro Ceredigion the project offers a wide range of subjects from First Aid, to IT and arts and crafts.

Courses on offer from September 2016 onwards include:

- Apple Mac: Essential
- Arts & Crafts
- Barista Skills
- Bread Making
- Catering Course
- Computing & Photography Course
- Cookery
- Creative Writing
- Cycle Maintenance
- Digital Photography
- Emergency First Aid at Work
- First Aid at Work
- Floristry
- Food Safety in Catering
- Interior Design
- Let's Get Digital
- Lip Reading
- Patchwork & Quilting
- Photoshop
- Sewing
- Sign Language
- Using your mobile device
- Yoga

Book your place Phone: 01437 753206 ~ Email: [community@pembrokeshire.ac.uk](mailto:community@pembrokeshire.ac.uk)

Visit the website for a full list of courses including dates, times and venues.

<http://reach.pembrokeshire.ac.uk/>

## PAVS Volunteering Pembrokeshire

Contact Volunteering Pembrokeshire (details below) to make an appointment with a volunteering advisor who will help find a volunteering opportunity to suit you.

PAVS is based in Haverfordwest but also offers an outreach service (by appointment only) in Fishguard, Narberth, Milford Haven, Pembroke Dock and Tenby.

Opportunities include:



To find out more about volunteering and how to get involved, contact PAVS on the following:

Phone: 01437 769422

Text: 07526 215536

Email: [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk)

Web: [www.pavs.org.uk](http://www.pavs.org.uk) / [www.volunteering-wales.net](http://www.volunteering-wales.net)



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