

Pembrokeshire Association  
of  
Voluntary Services  
**Volunteering  
Pembrokeshire**



*Volunteer Bulletin  
Spring 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**



Lab in a Lorry Gardener Treats for Time Trustee  
Meals on Wheels Build your CV Citizens Advice  
Newport Library Volunteer Volunteering  
PATCH Tudor Merchant House Confidence  
Guide Dogs Cymru Skills Tithe Maps Courses Shelter Cymru 50+

Looking to Learn Something New? The REACH Project can offer low cost, or even free, courses.



What is the REACH project?

The project is aimed at those with mental and physical health issues, unemployed and over 55's, designed to deliver courses to motivate, increase wellbeing, confidence and skillset for enjoyment or to help find employment.

Courses on offer include:

Arts & Crafts  
Cookery Skills  
Counselling Skills: Introduction  
Creative Writing  
Emergency First Aid at Work  
Interior Design  
Microsoft Windows: Essential Guide  
Mindfulness: Introduction  
Sign Language : Taster Workshop.... And much more



For more information visit the website <http://reach.pembrokeshire.ac.uk/> /  
Phone: 01437 753139 / 01437 753206 / Email: [community@pembrokeshire.ac.uk](mailto:community@pembrokeshire.ac.uk)

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## New Active Inclusion Projects

**Skills4U**, is a new project offered by HB training. This new project will inspire & motivate individuals to succeed and guide them to make the right choices in life. It will focus on the provision of workshops to develop confidence and self-esteem, along with an opportunity to gain new occupational skills and qualifications.

Workshops include:

- \* Hair & Beauty
- \* Hospitality
- \* Tourism

To apply you must over 25, be long term unemployed (12 months or more), or economically inactive and cannot get work due to a health limiting condition, have low skills or are from a jobless household.

For more information contact the Skills4U team on 01437 765597 or email [caroline@hbtraining.org](mailto:caroline@hbtraining.org) or [Julie@hbtraining.org](mailto:Julie@hbtraining.org)

## Run the Club Programme - Transform Sport Clubs to Community Hubs

- \* Learn to run your own sports club
- \* Work experience to boost your CV
- \* Fully funded training experience with work placement and volunteering opportunities

Gain qualifications :

L2 BTEC in Football Industries  
Emergency First Aid at Work  
L2 Health and Safety

## Sports Leadership

Based at Haverfordwest County AFC.

Open to people aged 25+ who are unemployed or not in education  
For more information contact Jo Price on 0771 8426095 or email [courses@vability.org](mailto:courses@vability.org)

**Learning Pembrokeshire's 'New Directions'** project offers FREE, attractive, fun activities to help you improve your skills and confidence.  
Learn something new. Achieve a qualification. Get guidance and support in YOUR new direction.

Activities include:

- Creative courses such as jewellery making, family history, card making, sewing, wood craft and many more.
- Short courses leading to qualifications.
- Skills to benefit your everyday life.
- English, maths and computers.

Classes will be held across Pembrokeshire at a Community Learning Centre (or other location) near you.

Who can take part?

New Directions is here to help you if you are:

- Age 54 and over and economically inactive
  - Age 25 and over and looking to improve your skills: economically inactive or long term unemployed
- (some exceptions apply)

New Directions can provide support with respite care, travel and child care costs to help you attend a class. They can also provide one to one support if required.

How can I take part?

- Phone 01437 770130 and ask about 'New Directions'
- Text COURSE to 07972 689348
- Email [newdirections@pembrokeshire.gov.uk](mailto:newdirections@pembrokeshire.gov.uk)

## **TASTE (Training and Skills towards Employment)**

TASTE is designed to help individuals get FREE:

- Support and advice for Training and Work Taster Opportunities with local companies
- Accredited skills & training in Food, Hospitality & Environmental related subjects
- Volunteering experiences in local Food and Hospitality organisations, outdoor and community environments
- Support to enter employment

The TASTE Project is only eligible for individuals aged 25+ in Pembrokeshire & Carmarthenshire who are:

- Individuals who are unemployed or out of work for over 12 months (on benefits such as Income Support / ESA / JSA / PIP and Universal Credit for those not in work)
- Economically Inactive (Not earning an income) People Aged 54+

- Individuals who come from a household where no one else is currently in employment
- Individuals living outside Communities First areas in Pembrokeshire & Carmarthenshire
- Individuals NOT on the Work Programme / Work Choice / Future Works / PACE / C4Work programmes

So if you are or know of somebody who fits the profile please tell them to get in touch. If you are an employer who can accommodate a voluntary person (post training) please let us know.

For more information on courses or to see if you are eligible

Contact - Ashley Calvert on [ashley@tasteproject.co.uk](mailto:ashley@tasteproject.co.uk) or 01994 240631 or visit [www.tasteproject.co.uk](http://www.tasteproject.co.uk)



Visit us at one of our stores:  
 Old Hakin Road **Merlin's Bridge**  
 Kingswood Trading Est. **Pembroke Dock**  
 Goodwick Industrial Est. **Goodwick**

## Pathways to Employment

Through the Active Inclusion Programme 'Pathways to Employment', we aim to reach out to people with **barriers to work** and the **long term unemployed** to help them gain skills in the workplace through volunteering and training courses, taking them closer to **getting into work**.

### Courses available include:

Interview Skills  
 Using Money  
 Preparing a Meal  
 Applying for a Job  
 Customer Service  
 Work Occupation Tasters

### Volunteering Opportunities:

Retail  
 Admin  
 Upholstery  
 Horticulture  
 Workshop  
 Deliveries & Collections

If you think you would be interested, or know anyone that would, get in touch with our Training Support team and see what we can do for you!

We aim to support people into voluntary work, training, work tasters and paid employment.

 [Tony.S@frameld.co.uk](mailto:Tony.S@frameld.co.uk)  
 [pembrokeshire-frame.org.uk](http://pembrokeshire-frame.org.uk)  
 01437 763204



## Could you help a blind or partially sighted person to get out and about in Pembrokeshire?

Guide Dogs Cymru is seeking volunteers to act as sighted guides in the area. Successful applicants will receive specialist training and a qualification that can be added to a CV.

The opportunity has arisen as part of a scheme entitled My Guide, which is already proving popular in other parts of Wales. Trained volunteers are matched with people who are blind or partially sighted, in order to help them reach their mobility goal. This could be as simple as walking to the shops or a social club, or practising routes they have learnt with their rehabilitation officer. The aim is to increase mobility, confidence and independence.



Identifying the right volunteer is vital, and care will be taken to get the right match of personality and interests.

The successful volunteer will receive specialist training in practical sighted guiding to enable him or her to form a successful and confident partnership with a visually impaired person. Further training will focus on improving communication skills and overcoming barriers to independence.

Steve Kersley, volunteer co-ordinator for Guide Dogs Cymru, said: "Volunteers say they get great satisfaction from helping a visually impaired person to become more mobile. They are giving something back to their community, and will also learn new skills that they can apply in day to day life. These are skills that transfer well to the workplace, and the qualifications can be added to a CV."

Would-be volunteers must be over 18. To find out more, ring Steve Kersley on 07785 907728 or email [Steve.Kersley@guidedogs.org.uk](mailto:Steve.Kersley@guidedogs.org.uk)

View this opportunity on the Volunteering Wales Website  
<http://www.volunteering-wales.net/opportunity/15335/>

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### Independent Custody Visiting Scheme

This is a scheme which sees volunteers - Independent Custody Visitors visit custody suites across the Dyfed-Powys area. They visit in pairs, unannounced, at any time of the day or night; and provide an independent check on the welfare of the detainees in custody, and the conditions in which they are being held.

View this opportunity on the Volunteering Wales Website  
<http://www.volunteering-wales.net/opportunity/21406/>



**Smash a wine glass with sound, create spiral rainbows, use light to heal wounds and explore medical optoelectronics -volunteers needed!**

Do these things sound intriguing? Are you interested in communicating science to a young audience? Lab in a Lorry needs volunteers with a scientific or engineering background for events across Wales during school term time from September 2015 until March 2017.

### **What is Lab in a Lorry?**

Lab in a Lorry is an interactive mobile laboratory, which gives young people (11-14 year olds) the opportunity to explore science through open-ended experiments. Volunteers guide the students through the experiments (optoelectronics and medicine, sound and resonance, light scattering and colours) and make sure everyone gets to be involved through hands-on experience.

### **What would I have to do?**

You would be asked to oversee an experiment for the day. They send you all the background material in advance and on the morning of an event you receive full training on the lab.

They ask that volunteers commit to a minimum of one full school day, but you are welcome to come along for as many days as you like. In return you'll have a rewarding and unforgettable experience, receive some IOP freebies and also be awarded affiliate membership to the Institute of Physics for a year [www.iop.org](http://www.iop.org)

### **More information?**

To find out more about what's involved in volunteering for Lab in a Lorry and where they will be touring visit the website at [www.labinalorry.org.uk](http://www.labinalorry.org.uk), or contact James on the details below.

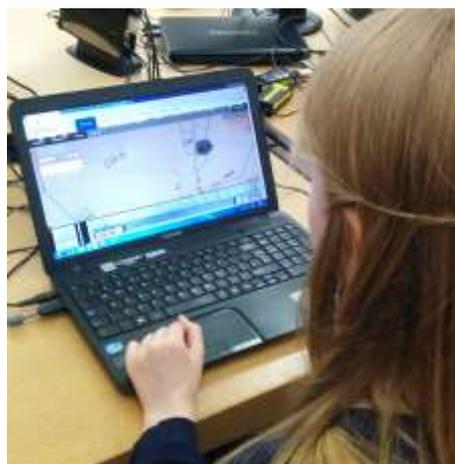
James Bamford, Lab in a Lorry - Senior Operations Coordinator, Institute of Physics  
Tel 07920 118 673 e-mail [james.bamford@iop.org](mailto:james.bamford@iop.org) / [www.labinalorry.org.uk](http://www.labinalorry.org.uk)

View this opportunity on the Volunteering Wales Website  
<http://www.volunteering-wales.net/opportunity/19932/>

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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.

**The Cynefin project is searching for volunteers across Wales, and beyond, to help transcribe tithe maps and documents from the 1840s**



Cynefin is a Heritage Lottery Funded project which is conserving, digitising and transcribing the tithe maps of Wales in order to create an innovative online resource that will be free for all to access. This online resource will be the first of its kind and will change the way in which people can access and research the history of Wales through tithe maps. As part of the project approximately 1,200 maps and 30,000 pages of documents need to be transcribed and georeferenced by volunteers by the end of September 2016.

### **What are Tithe maps?**

Tithes were payments charged on land users. Originally, payments were made using commodities such as crops, wool, milk and stock. Tithe maps were produced between 1838 and 1850 following the Tithe Commutation Act of 1836 as a part of the process to ensure that all tithes were paid with money rather than produce. They are the most detailed maps of their period and they cover more than 95% of Wales. The maps vary in detail, but they all have associated apportionment documents which name landowners, land occupiers, field names and land uses from the 1840s.

### **Get involved**

All the volunteering work is done online on the [cynefin.wales](http://cynefin.wales) crowdsourcing website and can be done at a time and pace which suits each individual. There is no commitment required in terms of volunteering hours - every contribution is appreciated!

The project will be hosting a workshop at Pembrokeshire Archives, Haverfordwest, to provide an opportunity for potential volunteers to get to grips with the Cynefin website, and to learn about the different tasks which volunteers can contribute to online. There is no commitment in terms of volunteering hours, any contribution is appreciated.

The workshop will be held at Pembrokeshire Archives, Haverfordwest on 19th April between 10:30pm - 1:00pm.

Register for the workshop, or find out more, by contacting the project on:

Website [cynefin.wales](http://cynefin.wales) or [cynefin@llgc.org.uk](mailto:cynefin@llgc.org.uk) / 01970 632 416

This is a project run by a partnership led by Archives Wales, and also includes the National Library of Wales and People's Collection Wales.

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

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## Treats for Time - 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!

Treats for Time is a volunteering incentive scheme providing rewards in return for 50 hours of volunteering.

# Over 240 'treats' provided



# Over 12,000 hours of volunteering completed

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) .

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## Newport Community Library - first gathering of volunteers

A call to take over the running of Newport's library has provoked an extraordinary response. Pembrokeshire Council, as part of their cuts, are closing some libraries in the county. "There has been a public library in Newport for almost 100 years" says Kate McEvoy, chair of the Save Newport Library group.



"We are all disappointed by the Council cuts and about the reduction in paid staff hours. But we are hopeful that with the enthusiasm from the community in Newport we will be able to not only keep it going until better days come, but make it flourish."

The Newport Community Library core group meet weekly and have raised funds to smooth the take-over from the council. The first large group meeting saw over twenty local enthusiasts make their way three miles out of town for information and discussions at Roger and Philly Morrall's home in Cilgwyn.

Fuelled by amazing cakes, tea and coffee, creative ideas flowered: Book readings, children's poetry, visiting authors, all could make the library a happening space. A summer open gardens event is planned to raise funds, after the next cake and plants stall at the town market on Easter Monday 28 March.

Pembrokeshire County Council and the library group are working very much in partnership to ensure a smooth transition, with the Council continuing to supply the books, CDs and computers and four and a half hours of professional librarian time. Fundraising will be necessary to pay the rent and service bills in the future, although this has now been secured for the first year from 1 July.

Philly Morrall, hosting the gathering of volunteers, is very keen to hear from more people with a little time to spare, to join the group. "The more volunteers we have, the more hours we can open the library and enhance its value to our community."

See Newport Community Library on Facebook at [www.facebook.com/newportpembslibrary](http://www.facebook.com/newportpembslibrary) contact the working group on [newportpembslibrary@gmail.com](mailto:newportpembslibrary@gmail.com) or phone 01239 820151

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Volunteering Pembrokeshire will be celebrating National Volunteers' Week in June. Keep an eye out, on the Facebook and Twitter page, for more information about events happening in your area.

## The National Trust is looking for volunteer house stewards to help at the Tudor Merchant's House



The Tudor Merchant's House is a vibrant part of Tenby past and present. It is set in 1500 and the team of staff and volunteers work to 'set the scene!' They have a good range of superstitions for people to read and are now becoming quite wary themselves!

The volunteers are an integral part of the team and have such a wealth of knowledge and a wide variety of skills. They currently have seamstresses, architects (with a special interest in old houses), archive assistants, researchers and individuals with knowledge about Tenby. All are keen to talk to visitors about the Tudor Merchant's House. Some of the volunteers enjoy dressing up and adding to the house's charm. BUT please don't think that the volunteers know all about the house when they start. The main role is to welcome people into the house and talk about what life was like 500 years ago - don't worry you don't need to know everything about the Tudors just be keen to gain some main points!

They are a variety of opportunities available. It is possible to volunteer for a couple of hours a week, more hours if you would like, or just to come in during the school holidays - give Angela a ring (number below) and chat about the possibilities.

Angela Jones 01834 842279

View this opportunity on the Volunteering Wales Website  
<http://www.volunteering-wales.net/opportunity/14701/>

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**Shelter Cymru is looking for enthusiastic volunteers who want to make a difference in their communities.**

Shelter Cymru is 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. They need volunteers who are willing to take calls, support advisors at appointments, run drop in sessions and promote the service. In return they 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)

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

## Make a difference - Become a Citizens Advice Trustee



Pembrokeshire Citizens Advice Bureau is looking to recruit new Trustees, the local offices are busy and thriving and they are looking for people who want to help develop their services and actively contribute to the good governance of the charity.

Trustees are an essential part of the volunteer team at Pembrokeshire Citizens Advice, it is an important role and trustees make significant contributions to the well-being of the charity and clients. Now they are increasing their community based projects, it is even more important to have Trustees that represent the wider community.

So what is it they do? Pembrokeshire Citizens Advice aims to provide the advice people need for the problems they face. Each client can be sure when they seek information and advice from them that is free, independent, impartial and confidential.

One of the newest Trustees is Phil who has recently retired to Pembrokeshire. Phil joined the team as a volunteer on the Digital Welfare project where he helped clients develop their IT skills, helped with preparation of CVs along with many other things. When that role came to an end he joined as member of the Trustee Board.

Phil has spent the last 40 years working in the aluminium and plastics industry in senior management roles throughout the UK, USA and the Netherlands. Phil says: "After recently retiring to Pembrokeshire I wanted to put my experiences gained, from working and living in different parts of the world, to good use. Volunteering initially as a Digital Welfare volunteer and then as a Trustee has allowed me to be part of and appreciate the great work that the volunteers at Citizens Advice do day in and day out. In my volunteer role as a Trustee I have been given the opportunity to support a great team of people who are dedicated to helping less fortunate people within the local community."

Can you give time and commitment to help run Citizens Advice?

Citizens Advice would like to recruit as diverse a board as possible and welcome applications, from all sections of the community, from those who are aged 18 or over.

Alongside the role of Trustee they offer a wide variety of volunteering roles and have something to suit everyone. If you are looking to boost your skills and access free training contact; Jo Bevan or Vani Athithan on: 01437 767936

Email; [jo.training@pembcab.org.uk](mailto:jo.training@pembcab.org.uk)

Visit the website: [www.pembrokeshirecab.org.uk/volunteering](http://www.pembrokeshirecab.org.uk/volunteering)

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/15609/>

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## Latest Volunteering Opportunities

### Meals on Wheels need you! Particularly if you live in the Fishguard / Narberth / Pembroke area

Over 50,000 hot meals are delivered to elderly and vulnerable people by volunteers in Pembrokeshire each year.

Supporting the elderly to remain independent living in their own homes

Do something positive with your spare time.

Volunteers are desperately required in these areas.

Full training provided

All expenses paid

Contact: Simon Rickard on 01646 699108 for more information

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/5809/>

### St Davids Library Volunteer

An opportunity has arisen for interested volunteers to assist with the opening of St Davids Library for an additional 2-3 hours each week. Duties will include opening, running (and closing) the library. This will entail: undertaking general Health and Safety checks, shelving and display of items, helping with basic IT enquiries, dealing with customer enquiries, reporting accidents or incidents, collecting data about the use of the library. An interest in reading and helping customers choose books would be helpful.

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/21589/>

### Supporting adults in their learning of Essential Skills

To support adults learning essential skills (such as reading, writing, spelling, communication skills and maths) in a community setting under the direction of an essential skills tutor.

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/21520/>

### Volunteer Gardener wanted.

Maintain three flower beds at the museum at Haverfordwest Castle. Easter to end of September. 2-3 hours every other month.

Weeding, edging, limited planting. Small range of own gardening tools required.

For more information contact:

Simon Hancock, Curator, Haverfordwest Town Museum, Castle House, The Castle, Haverfordwest, Pembrokeshire, SA61 2EF - 01437 763087

<http://www.haverfordwest-town-museum.org.uk/>

You can find over 400 different opportunities 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, shops, culture, heritage, environment etc.)

### **Gallery Technician - Queens Hall, Narberth**

Queens Hall is looking for an able volunteer to assist the gallery curator during the changeover of exhibitions. Duties include assisting with the physical aspects of exhibition changeover including some lifting and painting, using ladders and power tools such as an electric drill. This is a good opportunity for someone who would like to gain experience in the logistical side of exhibitions and an opportunity to gain understanding on how exhibitions are curated.

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/21722/>

### **Gallery Invigilator - Queens Hall, Narberth**

Queens Hall is looking for a friendly and approachable volunteer with a keen interest in the visual arts to invigilate at exhibitions at Oriel Q, Narberth. Duties would include ensuring the exhibition is safe and presentable and the volunteer would also be the first point of contact for members of the public who wish to know more about the works. This is a good opportunity for anyone looking for experience in a established white-cube gallery in Pembrokeshire.

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/21721/>

### **Honorary Secretary**

The St. Davids Peninsula Community Land Trust Ltd. has recently been incorporated as a community benefit society with the aim of creating vital affordable housing for local people in the area and replacing the St. Davids swimming pool that was closed in 2009.

Six years of dedicated work has brought the project, the biggest of its kind in England and Wales, to the stage of issuing a pre-planning application with the National Park by the end of March 2016.

The 18 member Steering Group of the Trust is looking for a secretary who can ensure that the obligations of the Trust to record all meetings and to make the minutes public by posting them on the Trust website are scrupulously kept.

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/21377/>

**PATCH** (Pembrokeshire Action to Combat Hardship) would be pleased to receive expressions of interest from anyone interested in joining the **Board of Trustees**.

Specific positions such as Treasurer and Secretary are currently available but they would also be pleased to hear from anyone with experience in the following areas: Human Resources - Finance - Tackling Poverty - Marketing - Third sector relationships - Grant applications

Please submit a copy of your CV together with a letter of interest detailing your experience to: Mr D. O'Connor, Chairman, PATCH HQ, Havens Head Business Park Milford Haven, Pembrokeshire, SA73 3LD

or via email to [contact@patchcharity.org.uk](mailto:contact@patchcharity.org.uk)

All applications are to be received by 31st March 2016.



COMISIYNYDD  
HEDDLU A THROSEDDU  
DYFED-POWYS  
POLICE AND CRIME  
COMMISSIONER

The Police and Crime Commissioner for Dyfed-Powys, Christopher Salmon, is looking for **volunteer members of his Residents' Panel**.

Once a quarter, the Panel scrutinises Police contact with the public, and recommends improvements. It's a fascinating process.

The role is best suited to those with experience of analysing, reviewing or developing services, or evaluating performance.

Mr Salmon invites you to bring this opportunity to the attention of friends and acquaintances who are enthusiastic about public services and who'd like to help improve local policing.

Those interested can contact the office on 01267 226440 or [opcc@dyfed-powys.pnn.police.uk](mailto:opcc@dyfed-powys.pnn.police.uk) - or look at this web page: [www.bit.ly/PCCrp](http://www.bit.ly/PCCrp)

The deadline for applications is 5pm on Monday, April 25.

### **Gadget Guide - Macular Society**

Having a macular condition can make everyday tasks seem impossible. As a Gadget Guide you can have a huge impact on people's lives by showing them some of the simple and cheap equipment that is available to help.

The training provided will show you how to demonstrate gadgets like liquid level indicators at Macular Society groups and other local events showing how simple solutions can make all the difference.

New technology can transform the lives of people with sight loss but some feel intimidated by smartphones and tablet computers. If you would enjoy helping visually impaired people gain confidence with technology the training course will help you achieve this.

You will need to be able to travel but the Macular Society will meet all your expenses.

View this opportunity on the Volunteering Wales Website  
<http://www.volunteering-wales.net/opportunity/21863/>

Other roles include:

Volunteer Speaker

Volunteer Befriender (Telephone)

Skills for Seeing

Group Leader

Volunteer Macular Matters Distributor



Gwirfoddoli Cymru  
Volunteering Wales

## Would you like to be on this page?

Send us a picture of you, in your volunteering role, and you could be in the next Volunteer Bulletin.

We are looking for people who would like to tell us about their volunteering, or would just like to share some pictures with us.

If there is a group of you why not take a group picture? Just make sure everyone in the picture is happy to be included.

Your picture could help inspire other people to volunteer, or could promote the organisation you volunteer for.

Just email your picture(s) to us at [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk)

Who knows where your picture might end up!

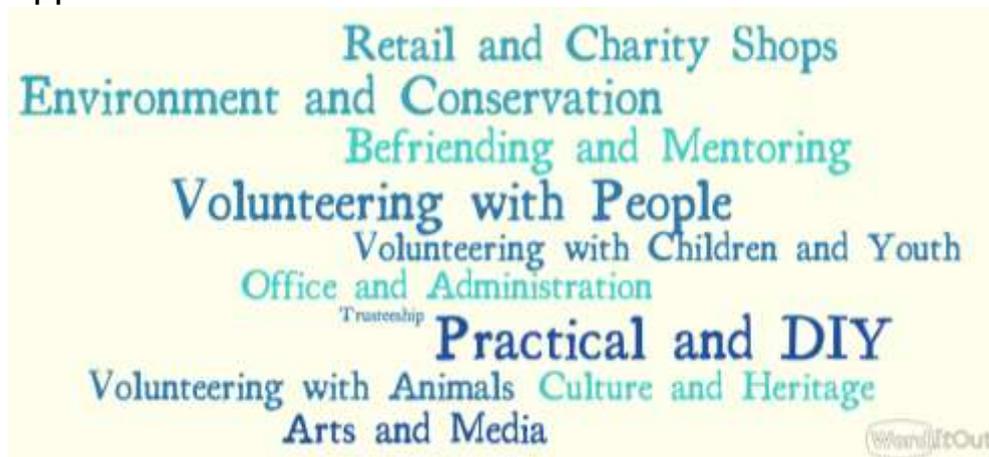


## PAVS Volunteering Pembrokeshire

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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