



Pembrokeshire Association of
Voluntary Services

Volunteering Pembrokeshire

*Volunteer Bulletin
Spring/Summer 2017*

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



Volunteers' Week 2017
Wythnos Gwirfoddolwyr 2017



Come and help us celebrate...



**WYTHNOS GWIRFODDOLWYR
VOLUNTEERS' WEEK**

and the PAVS Pembrokeshire Volunteering Awards 2017

June 7th 2017

10.30am - 4pm

The Regency Hall, Saundersfoot

- *Free* sessions all morning - to try something new from 10.30am just pop in any time
- Have a go with Keep Wales Tidy on a mini-litter pick adventure (11.30am)
- Voluntary Organisations Exhibition Stands
- Refreshments served throughout the day
- *Free* Lunch (to be served at 12.30- please book if required)
- Award Ceremony to follow lunch

Volunteering - try something new, learn something new

To book your *Free* place please visit the website

<https://volweek17.eventbrite.co.uk>

Call PAVS on 01437 769422 / or email

volunteering@pavs.org.uk

Festival of Learning

Gŵyl Dysgu

Registered Charity Number / Eilusen Gofrestedig:
1063289



Cysylltwyr Cymunedol



Community Connectors

Yn cysylltu chi i wybodaeth, gwasanaethau a gweithgareddau lleol

Connecting you to information, local services and activities

Yn gwella cysylltiadau i bobl
yn Sir Benfro.

Improving connections
for people in Pembrokeshire.



01437 769422

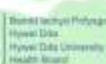


communityconnectors@pavs.org.uk



www.pavs.org.uk

36-38 High Street, Haverfordwest, SA61 2DA
36-38 Ystryd Fawr, Hwlfordd, SA61 2DA



What matters to you, your community life, matters to us.

Improving connections for people in Pembrokeshire

A free, person centred confidential service for people & families in Pembrokeshire.

Community connectors can support people to take positive steps to improve health & wellbeing, social interaction and help them enjoy life within their communities.

Supporting people to live well day to day through Signposting & Referring

Through meaningful conversations, community connectors will offer information, local services and activities to suit individual interests and widen their social networks.

Community Connectors Team Leader Gwyneth Jones

Contact: communityconnectors@pavs.org.uk 01437 769 422

South	Andrea Howard	07595 192931
East	Angela Phillips	07595 192933
West	Tessa Fudge	07595 192935
North	Liz Roach	07595192937

Gwella cysylltiadau i bobl yn Sir Benfro.

Gwasanaeth di-dâl, cyfrinachol, sy'n canolbwyntio ar y person, ar gyfer trigolion a theuluoedd yn Sir Benfro.

Gall **Cysylltwyr Cymunedol** gynorthwyo pobl i gymryd camau positif i wella'u hiechyd a'u lles, i ryngweithio'n gymdeithasol a'u helpu nhw fwynhau bywyd yn eu cymunedau.

Cynorthwyo pobl i fyw'n dda, o ddydd i ddydd, trwy eu Cyfeirio a'u Hatgyfeirio nhw.

Trwy sgysiau ystyrlon, fe fydd y Cysylltwyr Cymunedol yn cynnig Gwybodaeth, gwasanaethau a gweithgareddau lleol, sy'n addas ar gyfer diddordebau'r unigolion ac sy'n ehangu eu rhwydweithiau cymdeithasol.

Cysylltwyr Cymunedol Arweinydd Tîm Gwyneth Jones

Cysylltwch â: communityconnectors@pavs.org.uk

De	Andrea Howard	07595 192931
Dwyrain	Angela Phillips	07595 192933
Gorllewin	Tessa Fudge	07595 192935
Gogledd	Liz Roach	07595192937

VOLUNTEERING MATTERS

In Pembrokeshire

Want to get Volunteering in Your Community?

One hour of volunteering can make a huge difference to someone's life. We are currently looking for volunteers in communities throughout Pembrokeshire.

Volunteers can support people in a range of roles:

- Helping people to get involved in local groups and activities, so they can make new friends;
- Running a small group in the community based on local interests and hobbies;
- Providing transport to help people access social opportunities;
- Befriending someone in their home and helping them regain their independence.

Contact us to find out more:

01437 769422 / 07788 310443 / anne.may@volunteeringmatters.org.uk



Yn Sir Benfro

Eisiau gwirfoddoli yn eich cymuned?

Gall awr o wirfoddoli'r wythnos wneud gwahaniaeth mawr i fywyd rhywun. Rydym ar hyn o bryd yn chwilio am wirfoddolwyr drwy'n cymunedau i gyd yn Sir Benfro.

Cynorthwya gwirfoddolwyr pobl mewn ystod o rolau:

- Cynorthwyo pobl i ymgynefino mewn grwpiau lleol a gweithgareddau, fel gallent wneud cyfeillion newydd;
- Rhedeg grŵp bach yn y gymuned yn seiliedig ar ddiddordebau a hobiau lleol;
- Darparu trafnidiaeth i gynorthwyo pobl gael nynediad at gyflededd cymdeithasol;
- Cyfeillio â rhywun yn eu cartref

Cysylltwch â ni wtbod mwy:

01437 769422 / 07788 310443 / anne.may@volunteeringmatters.org.uk

Spotlight on... Volunteering in your community, did you know there are a number of volunteering roles you can do from almost anywhere in Pembrokeshire? There are a few below that might interest you...

Befriending:

Everyone needs other people, but not everyone has someone. For people who become isolated because of ill health, disability or social disadvantage, being matched with a befriender often fills a big gap.

Befriending offers supportive, reliable relationships through volunteer benders to people who might otherwise be isolated.

Below is a short list of just some of the organisations looking for benders:

Alzheimer's Society Cymru - Befriending Volunteers
British Red Cross (Support Services only) - Support in the Home volunteer - Help us combat loneliness
British Wireless for the Blind Fund - Befriender/Radio supporter
Deafblind UK - Home Befriender
Guide Dogs for the Blind Association - My Guide Volunteer
Hywel Dda Health Board Volunteering for Health Project - Ward Patient Befriender
Macular Society - Volunteer Befriender (Telephone)
Pembrokeshire Association of Community Transport Organisations: PACTO - Bus Buddies
Pembrokeshire Mind - Pembrokeshire Mind - Befriending Scheme
Royal Voluntary Service - Befrienders
Stroke Association - Communication Support Volunteer
The Silver Line - Befriending - Telephone Friend
Volunteering Matters - One to one, time limited Befriender

Visit the website for more https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=20&when=0&search=&categories-25=25&age_group=0&showall=1

Driving:

Pembrokeshire's Community Transport services help people and groups who don't have access to their own transport and who don't have or can't use conventional public transport services. There are numerous driving roles available many of which may include using your own transport, or a mini-bus/ van/ or accessible vehicle.

Below is a short list of just some of the organisations looking for drivers:

Contact the Elderly - Volunteer Driver
Macular Society - Volunteer Macular Matters Distributor
Paul Sartori Foundation - Driver/Warehouse Assistant
Pembrokeshire Association of Community Transport Organisations: PACTO - Drivers
Pembrokeshire County Council: Transport Unit - Pembrokeshire County Council - Transport Section - Social Services Volunteer Driver
Pembrokeshire FRAME - FRAME - Luton Van Driver
Pembrokeshire People First - volunteer transport provider / volunteer accompanier
Pembrokeshire Voluntary Transport - Minibus Drivers

Preseli Rural Transport Association - Preseli Rural Transport Association - Driver
Royal Voluntary Service - Drivers for country cars
Royal Voluntary Service - RVS - Meals on Wheels Delivery
SPPOT - Volunteer Driver
Transition Bro Gwaun - Collector of surplus food
Volunteering Matters - RSVP - Cars for Carers Driver
Welsh Ambulance Service NHS Trust - Welsh Ambulance Services NHS Trust -
Volunteer Car Driver

Visit the website for more: https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=20&when=0&search=&categories-20=20&age_group=0&showall=1

Learning something new:

There are so many opportunities in Pembrokeshire to help people, young and old, to learn something new or improve their skills. If you think you could be the sort of person who can support someone with their personal development one of these roles could be for you, and some even provide training.

Below is a short list of just some of the organisations looking for help in classes, to support people to learn:

British Red Cross (Support Services only) - Casualty Simulation Volunteer
Girls Friendly Society - Activity Club Helper
Learning Pembrokeshire - Supporting adults in their learning of Essential Skills
Learning Pembrokeshire - Volunteer with ICT classes
Macular Society - Skills for Seeing
Marine Society and Sea Cadets - Trainee Activity Volunteers
Pembroke Dock Sunderland Trust - Pembroke Dock Sunderland Trust - Education Assistant
Pembrokeshire Coast National Park - Pembrokeshire Coast National Park - Youth Rangers
Pembrokeshire County Council: Libraries - Digital Volunteers
Pembrokeshire County Council: Youth Service - DofE Award Leader
Scouts Cymru - Volunteering Opportunities across Pembrokeshire
Sport Pembrokeshire - Assistant Sports Coaching
The Tanyard Youth Project - Tanyard Management Trust - Peer Mentor

Visit the website for more:

https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=20&when=0&search=&categories-4=4&age_group=0



Please come and help us celebrate...

...10 years of the Volunteering Awards!

...20 years of PAVS!



Volunteering for the Police and Crime Commissioner's Office 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.

To volunteer you must be over the age of 18, live, work or study within the Dyfed-Powys area, have been resident in the UK for at least 3 years, be independent of the Police and Criminal Justice System, and be able to make unbiased observations and informed judgements in which the public can have confidence.

For further information please contact the Engagement Support Officer, Caryl Bond, on 01267 226097, email caryl.bond.opcc@dyfed-powys.pnn.police.uk, or visit the Commissioner's website at <http://www.dyfedpowys-pcc.org.uk/en/work-with-me/volunteer/>.

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

Gwirfoddoli ar gyfer Swyddfa Comisiynydd yr Heddlu a Throseddau Cynllun Ymweliadau Annibynnol â Dalfeydd

Dyma gynllun sy'n gweld ein gwirfoddolwyr - Ymwelwyr Annibynnol â'r Ddalfa - yn ymweld â dalfeydd ledled ardal Dyfed-Powys. Maen nhw'n ymweld mewn parau, yn ddirybudd, ar unrhyw adeg o'r dydd neu'r nos; ac maen nhw'n darparu gwiriad annibynnol ar les carcharorion, a'u hamodau.

I wirfoddoli: rhaid bod dros 18 oed, byw, gweithio neu astudio o fewn ardal Dyfed-Powys; wedi bod yn byw yn y DU am o leiaf 3 blynedd; yn annibynnol o'r System Heddlu a Chyfiawnder Troseddol; ac yn gallu gwneud arsylwadau diduedd a chynnig barn wybodus y gall y cyhoedd gael hyder ynddi.

Am ragor o wybodaeth cysylltwch â'r Swyddog Cymorth Ymgysylltu, Caryl Bond ar 01267 226097, e-bost caryl.bond.opcc@dyfed-powys.pnn.police.uk [<mailto:caryl.bond.opcc@dyfed-powys.pnn.police.uk>](mailto:caryl.bond.opcc@dyfed-powys.pnn.police.uk), neu gallwch ymweld â gwefan y Comisiynydd <http://www.dyfedpowys-pcc.org.uk/cy/work-with-me/volunteer/>

<https://www.gwirfoddolicymru.net/opportunity/21406/>

You can find over 400 different opportunities, on the 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)



The National Trust - 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!'

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!

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 (01834 842279) and chat about the possibilities.

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

Newport Community Library
The new Mayor of Newport, John Edwards, was among a host of visitors to an enjoyable fundraising event for Newport Community Library.



Tea and coffee and home-made cakes were an important part of the occasion. Over refreshments, Mr Edwards chatted to library volunteers, showing great interest in plans for the library to become a hub for young and old in the community and expressing his intention of becoming a library member. Newport Community Library runs in partnership with Pembrokeshire County Council. They are always keen to hear from those interested in volunteering - in the library, on the management working group or helping with fundraising and library publicity events throughout the year. Please contact Philly Morrall on 01239 820839 or email philly.morrall@btopenworld.com

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 for more information, or a timesheet.

**Aged 24 or under?
Not working?**

**One of these projects might interest
you...**



**WE'RE RECRUITING..
CATERING &
CUSTOMER SERVICE**

**ARE YOU:
Aged 18 - 24?**

**Currently not in Employment,
Education or Training?**

LIVING IN PEMBROKESHIRE?

**If you're interested in learning more then
please email us your CV or call the office.**

**GREENLINKS@HOTMAIL.CO.UK
01646 686804**



**WHAT WE'RE
OFFERING:**

**A 16 WEEK SUP-
PORTED WORK
PLACEMENT**

**20 HOURS A
WEEK, PAID AT
NATIONAL
LIVING WAGE.**

You will:

- ◇ **Gain a recognized qualification**
- ◇ **Be mentored throughout**
- ◇ **Gain valuable skills and experience**
- ◇ **Be given support and guidance to get you into employment or training.**

**Learn, Enjoy and
Progress!**



Gain a qualification, learn new skills, build your CV...

GETTING GOING

Giving you a helping hand to move forward...

MAKE THAT CHANGE TODAY...

Are you under 24, currently out of work and need help to decide on your next steps? Our mentors are here to help you start out on a possible path to employment.

For you, this may be building your confidence, gaining skills or increasing your motivation.

For others it may be moving into employment, a volunteering position or considering your future further education or work-based learning options.

Get Going will help you:

- Build a CV
- Develop interview skills
- Use a computer
- Build confidence
- Work in a team
- Gain motivation

FREE nationally recognised qualifications in:

- Food Safety
- First Aid

Get in touch today:

Pembrokeshire College delivering the GET GOING Project across Pembrokeshire

Contact: Susie

Telephone: 01437 753 337

Email: ai@pembrokeshire.ac.uk

Qualifications

Confidence

Volunteering

Further Learning

Short Courses

Employment



Latest Volunteering Opportunities

Paul Sartori Foundation - Nostalgia Shop Tenby

Paul Sartori are looking for Volunteers for the Nostalgia shop in Tenby, someone with an interest in “times gone by”, someone who has a passion for the “good old days”, someone who feels pleasure from finding a treasure in the vast array of interesting donations the general public give us.

Someone who feels great pride in our historic manufacturing processes, where furniture was really built to last “buy quality and buy once”. We would love someone with a keen eye for detail, who can spot a rare diamond amongst the glass baubles that are abundant in our Stores. It’s not a run of the mill charity shop. Nostalgia embraces all things “gone by” and keeps History Alive!

Please contact Kathy Pollard, Store Manager of Nostalgia Tenby on 01834 843804 or email Kathy@paulsartori.org

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/13167/>

Multiple Sclerosis Society Cymru - Activity Coordinators and Supporters

Exciting opportunities to make a real difference to the lives of people affected by Multiple Sclerosis! Join the Pembrokeshire team of volunteers at this exciting time as we develop new services and activities across the area.

Could you help with...? • Activities • Newsletters, promotion and communication • Fundraising • Transport • Membership and other admin roles
You would be part of a team that meets once a month in informal locations (pubs, cafes) to catch up, make plans and create a network of support and activities for people affected by MS.

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/25690/>

New volunteering opportunities available with Pembrokeshire Citizens Advice Bureau including:

- Interpreter/Translator
- Media / Publicity Volunteer
- Research & Campaigns Volunteer
- Adviceline Telephone/Webchat Assessor

View these opportunities on the Volunteering Wales Website
https://www.volunteering-wales.net/opportunity/?x=x&organisation_id=2292&showall=1

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 or 01437 769422.

Pembrokeshire Health and Wellbeing Project CIC - Volunteer Pet Dog Handler
Provide canine companion visits in establishments such as hospitals, care homes, colleges. A canine companion visit is made by a dog and its owner and allows the individuals being visited to interact with the dog. This role involves interacting with service users on an individual (1-2-1) basis but may also form part of a group engagement activity.

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/26684/>

Tenovus Cancer Care - Become a Mobile Support Welcome Team Receptionist
Our Mobile Support Units bring cancer treatment into the community and closer to home, and make a real difference to the patients who receive treatment on board. We're looking for volunteers to help support this amazing service. What will I be doing? *You'll be the first point of contact for our patients, welcoming them and their families on board the Mobile Support Unit *Undertaking basic admin skills including taking patients' details *Offering refreshments to all visitors on the Mobile Support Unit *Speaking with visitors about all of our services *Liaising with the nurses on board the Mobile Support Unit to help provide an excellent service for those receiving treatment.

View this opportunity on the Volunteering Wales Website:

https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=20&when=0&search=welcome+team&age_group=0

Haverfordwest Town Museum- Trustee

To act as a member of Haverfordwest Town Museum trustee board. The board consists of twelve members, three nominated by Haverfordwest Town Council and nine others. The board is charged with overseeing the museum and the management by the curator/manager. We are seeking a new committee member who ideally has experience at a board level with any of the following business, financial experience, human resources, marketing. The board meets in March, June, September and November plus occasional special meetings to review budgets or fund raising. An empathy or appreciation of the importance of the heritage sector would be advantageous.

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/26554/>

Fishguard & Goodwick Chamber of Trade and Tourism - Fishguard Friendly Face
Are You.... Unique, Local, Community Minded, Inspired, Friendly, Enthusiastic, Proud, may be even Adventurous? Fishguard Bay Welcome is committed to providing a unique presence to cruise passengers, coach visitors and individuals, whilst also supporting facilities within the locality. The role of a Fishguard Friendly Face could be quayside, in town or within any of the local organisations that provide a community service in the area. You will have the opportunity to meet new people, have some fun, provide a valuable service and potentially help your community grow and benefit.

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/26268/>

'Box Office' a Hit with Hadley



Hadley was referred to Workways+ by Job Centre Plus as he was keen to re-enter the world of work after being out of work for some years. Hadley has been volunteering with the Paul Sartori Foundation and had a varied employment history but was finding it difficult to progress into paid work.

Working closely with his Mentor, Hannah, and the Volunteering Development Coordinator at Workways+ a volunteering placement was found for Hadley in the office at Theatr Gwaun.

Vanessa, Office Manager at Theatr Gwaun said, "Theatr Gwaun is very pleased to be able to offer Hadley an opportunity to volunteer in our busy office. Always extremely punctual Hadley is developing his office skills and is growing in confidence with every visit."

Theatr Gwaun is a community run venue that offers a number of different volunteering opportunities and relies on volunteers to remain open.

Hadley started doing a few hours a week in the office, since October, and has been learning valuable office skills. "Hadley has been very enthusiastic about his volunteering at the Theatr", commented Workways+ Mentor Hannah, "his self-esteem has really increased and he is very eager to apply for jobs that will utilise his new skills."

Talking about his involvement in the Workways+ project, and his volunteering, Hadley said, "The biggest thing it has given me is confidence."



Councillor Keith Lewis, the Deputy Leader of Pembrokeshire County Council and Cabinet Member for Economy and Communities said: "I hope that the new confidence and skills Hadley has acquired will help him reach his goal of employment in the local area."

Workways+ works with long term unemployed and economically inactive people to help them overcome barriers to employment. The project works with participants to find out about their experience, current situation and what they want to achieve. Participants have the support of a dedicated Mentor who will take them through their action plan to enable them to better compete in today's labour market and achieve their end goals. Workways+ is backed by £7.5m of EU funds through the Welsh Government

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

View opportunities with Theatr Gwaun on the Volunteering Wales Website <https://www.volunteering-wales.net/opportunity/5763/>

Your Vote Counts!

We have two important elections coming up; the local council elections on May 4th and the General Election on June 8th. Some people don't see much point in voting as they don't think their 'X' in a box would make much difference - but it can - see below. Please note you must be registered to vote in the General Election by 22nd May 2017.

1. It gives you the power to create change.

Voting gives you the power to decide how the UK is run. If you have a complaint about the way the country is being run, voting is a way simple you can make a change.

2. Voting is important even if you don't think your candidate will win.

Living in a safe seat constituency doesn't mean your vote won't make a difference. The constituency of Crewe & Nantwich was a safe seat for over 25 years until 2008. If everyone just 'gives up' change will never happen. Also supporting other candidates means that they won't lose their deposit (the money they put down to appear on the ballot paper, which they will lose if they don't receive enough votes) and can continue to fight elections in your area.

3. Many movements have campaigned to give you the right to vote.

Many campaigners within movements, such as the women's suffrage movement, even gave their lives, some say it is disrespectful to them to waste your vote.

4. MPs represent your local area in parliament and solve issues for local people.

Voting enables you to help decide who represents your local area in parliament, it's their job to raise local issues and support you as much as they can. You can go to them and ask for advice on certain issues or ask them to promote an issue in parliament.

5. You can leave your ballot blank if you do not agree with any of the political parties.

Of course, if you don't feel aligned to any of the political parties then there is Blank Voting. Staying at home just makes you another statistic, it is presumed you are just uninterested, by actively going to the polling station and not selecting any candidate before submitting to the ballot box, you become a voice for the disengaged. Blank Votes and Spoiled Ballots are read out at the count, along with the results and are also included in subsequent reports - your apathy towards the political parties will be heard not just forgotten.

Credit www.votingcounts.org.uk More information on political parties, elections and all aspects of voting can be found on the website.



You must be registered to vote <https://www.gov.uk/register-to-vote>

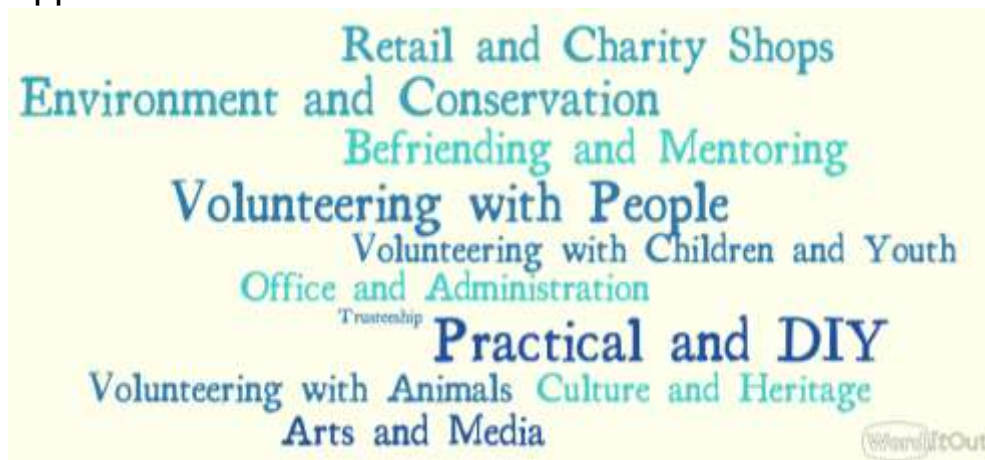
If you have received a form through the post asking you to register and need assistance you can contact the Elections Office on 01437 775714 or find out more on the website www.gov.uk/yourvotematters

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

Web: www.pavs.org.uk / www.volunteering-wales.net



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36/38 High Street, Haverfordwest, Pembrokeshire SA61 2DA

If you would like PAVS to publish your article in this bulletin, please contact us