



Pembrokeshire Association
of
Voluntary Services

Volunteering Pembrokeshire



Volunteer Bulletin Summer 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



You are invited to join us for...



and the PAVS Pembrokeshire Volunteering Awards 2016

June 9th 2016

11am - 4pm

Letterston Memorial Hall

Station Road, Letterston, SA62 5RY

- *Free* sessions all morning - to try something new and spoil yourself
- *Free* Lunch (to be served at 12.30- please book if required)
- Award Ceremony to follow lunch
- Voluntary Organisations Exhibition Stands
- Refreshments served throughout the day

To book your *Free* place please visit the website

<http://tinyurl.com/volweekbook>

Call

PAVS on 01437 769422 / or email volunteering@pavs.org.uk

About Volunteers' Week



Over 21 million people volunteer in the UK at least once a year and this contributes an estimated £23.9bn to the UK economy. Behind these big numbers is a big contribution. We believe such a big contribution is worth a big celebration!

This year Volunteers' Week will be running from the 1-12 June. There are an additional five days enabling more people than ever to take part and more time to celebrate!

Other events happening during Volunteers' Week in Pembrokeshire:

- ★ **3rd June** - Field to Fabric - Natural Dye Making with the Cheerful Project at Lammas Hub (more about the Cheerful project below)
- ★ **4th June** - Field to Fabric - Bundle Dyeing with the Cheerful Project at Lammas Hub

Volunteering Pembrokeshire will be popping up @

- ★ **Haverfordwest Farmers' Market. 3rd June 9am-2pm** Riverside Shopping Centre, Haverfordwest.
- ★ **The Community Hub, 10th June** from 10am -12pm Suite 17, Cedar Court, Milford Haven, SA73 3LS.
- ★ **Fishguard Library, from 10am-3pm on 13th and 15th June.** You can even give volunteering a go in the library - try out some micro-volunteering as part of The Learning Festival.

Come along and have a chat about volunteering

PAVS Pembrokeshire Volunteering Awards 2015 - Just two Volunteers' stories from last year....

David Coombes - Green Links CIC

David is 16 years of age and currently in year 11 at Pembroke Comprehensive School. He is an outstanding volunteer for Green Links, willing to help with the full range of tasks around the farm, including the mucky jobs and turns up to help even in cold, wet and icy weather.

Throughout all of last summer he volunteered at Glan-y-Mor Community Farm and turned up for 6 full days a week throughout the summer holidays. He has a calm, friendly personality, is very good with the animals and he can be relied upon to complete tasks efficiently and with good humour. He is now back in school studying for his GCSEs but he still continues to volunteer most Saturday and Sunday mornings.

David says what he most enjoys about volunteering at the farm is meeting and getting to know new people, working as a member of a team and working with all the animals. His enjoyment of volunteering has also encouraged others, including his brothers, to come along to help, learn new skills and look after the animals.

Joan Cull - PATCH

Joan had worked hard all her life until illness prevented her continuing in employment. Joan started to feel very low as a result of being at home so much as she is by nature a very sociable person.

It was suggested that Joan volunteered for PATCH. Whilst PATCH was delighted to have Joan on board, at first they wondered what volunteer role she could carry out because of her mobility issues. So PATCH created the role of 'greeter'. This involved greeting the clients, taking their details and making them feel at home. Joan excelled in this role and gradually her mood improved.

About 6 months after joining, PATCH moved to new premises and Joan is now the receptionist. Her jolly manner makes her perfect for greeting people and she is warm and caring.

Then Joan's mother became ill and so she went to live with Joan and her partner, who helps her look after her Mum now. He looks after her so that Joan can continue to volunteer for PATCH.

Volunteering is Joan's life line; it is her escape from the pressures of her difficulties, both physically and mentally. She hates having to take time off.

"Joan is a huge asset to PATCH. She has a giant heart and is a true mother figure to us all". Tracy Olin, Volunteer Co-ordinator, PATCH

Barista Skills
Introductory Course, 9:30am—1:30pm
Academy Restaurant, Pembrokeshire College, Merlins
Bridge, Haverfordwest, SA61 1SZ



Upcoming Courses:

Thursday 2nd June

Thursday 28th July

Book a place:

Ffon / Telephone: 01437 753139 / 01437 753206

Ebost/ Email: community@pembrokeshire.ac.uk



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Pembrokeshire COLLEGE



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community@pembrokeshire.ac.uk ☎ 01437 753139 / 01437 753206 🌐 reach.pembrokeshire.ac.uk

Forthcoming courses with the Reach Project include:

Cookery: BBQ Delights
Cookery: Picnic Treats
Emergency First Aid at Work
First Aid at Work
Food Safety in Catering Level 2
Sugarcraft : Introduction
And much more...

For more information visit the website

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

/ Phone: 01437 753139 / 01437

753206 / Email:

community@pembrokeshire.ac.uk

The Reach Project will be at The Big Celebration event at Letterston Hall, why not pop in and see them from 11am, there will be a chance to have a go and try something new.

Peer and Self-led Groups in Pembrokeshire

Dewis Centre for Independent Living has been offering Independent Advocacy to eligible adults in Pembrokeshire since January 2015. This means offering support to someone to have their voice and rights heard and considered. In addition to this they have been working with people in Pembrokeshire to start creating 'mixed abilities' group opportunities which focus on socialising, learning and supporting campaigns for change.



GLOW Pembrokeshire LGBT+ (18+)

'An independent group, supporting the rights and equality of the LGBT+ community through awareness raising and campaigning.'
(GLOW Mission Statement)

Set up by an individual who feels she has experienced first-hand the lack of support networks and opportunities for the Lesbian, Gay, Bisexual and Transgender community in Pembrokeshire, she is using her own experience to support others. Sue Williams, is keen to get as many people from the LGBT+ community across Pembrokeshire, as well as their friends and family, to get involved; both in raising awareness of the issues faced by people who identify as LGBT+ and to support them, through social gatherings and delivery of awareness sessions.

Get involved!

- Meet every Wednesday 12 - 1pm in Haverfordwest
- FREE awareness raising workshops available looking at: what is LGBT+? Who are GLOW? and language and terminology

Call 07940479738 or look up 'GLOW Pembrokeshire' on Facebook for more information.

(N.B. This is a campaigning and support group set up for anyone over 18 who is lesbian, gay, bisexual, transgender or friends and family who want to support local campaigns and awareness raising)

'Icebreakers' social group is a grassroots group which formed in October 2015 to create social and enterprise opportunities for adults. The group is driven by a member's committee, who drive the group forward based on the needs and interests of everyone involved.



The group tagline 'Together we break through' defines what the group stands for: breaking down real or perceived barriers. This is initially done by being a 'mixed abilities' group, opening its door to anyone who wants to come along for a cuppa, to take part in sessions or put forward new ideas for the future development of Icebreakers.

We currently meet at Simpson Cross Community Centre and open our doors 12pm on Fridays. There is lunch and a different activity each week and the first session, including your lunch, is free!

Call 07572786645 for a chat and to find out more.

GLOW and Icebreakers are open as 'mixed abilities' groups, anyone 18+ who is a carer, older person, an individual living with or recovering from an illness, has a physical, learning or sensory disability or a mental health condition or who might feel isolated and lonely due to any number of reasons. They are simply an opportunity to meet other people in a relaxed and supported environment.

Citizen Advocacy volunteering - Dewis are currently looking for 'Volunteer Citizen Advocates' to offer a few hours a month, one-to-one, supporting vulnerable and isolated people across Pembrokeshire to engage with the community and access support where it is needed. Dewis provide all volunteers with on-going training, support and expenses to ensure they feel confident and able to support the person they are matched with.

If you or someone you know would like to get involved, or would like more information, please call Alison Moore to have a chat 01646 629123 or email advocacy@dewiscil.org.uk

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/17187/>



CHEERFUL
Proiect Llawn
PROJECT

The Span Arts Cheerful Project

The Cheerful Project helps to organise exciting creative opportunities in rural communities with the aim of reducing isolation and increasing cheerfulness. They want to create more opportunities locally for people (you!) to make friends, socialise and have fun while also awakening your inner creativity.

What is the Cheerful Project?

The Cheerful Project will develop a programme of arts and social activities, workshops and events in rural Pembrokeshire.

The project is community led; which means they want to hear your voice, your ideas and get you involved. The Cheerful Project is for people of all ages. For more information visit the website <http://www.span-arts.org.uk/news/the-cheerful-project/> or give the Cheerful team a call on 01834 869323 email/ cheerful@span-arts.org.uk

There are also volunteering opportunities available with the project (and more coming soon)

Marketing and Admin Volunteer <http://www.volunteering-wales.net/opportunity/19122/>

Event Volunteer <http://www.volunteering-wales.net/opportunity/19123/>

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.

Learn Together Cymru on course for Big impacts in Schools

Eight months after launching Learn Together Cymru, Volunteering Matters confirms that the project is on course to meet its ambitious targets - of recruiting 450 new volunteers to support 21,000 pupils in their learning over three school years.

Already the team has handled enquiries from 142 potential volunteers, carried out reference and police checks for 58 new volunteers, established working links with strategic partners and volunteer centres in all local authorities, run several training days and placed 34 new volunteers in schools around Wales.

The Big Lottery Fund funded project builds on Volunteering Matters' 50+ years of experience of supporting learning and the 500 Volunteering Matters' reading volunteers already in place in Welsh primary schools. It responds to demand from schools for support in other subject areas, as well as from secondary schools, after school clubs and professionals in community and family learning, especially in areas where basic skills levels are poor.



Learn Together Cymru targets older volunteers - aged 50+ years - although it is expected that some will be younger people too. They are given basic training in schools volunteering, literacy development, numeracy resources and child protection. But they capitalize on their existing social skills and life experiences to make connections with pupils that help them develop the basics they will need for learning. As well as listening to the pupils read, volunteers may be with a class which is measuring or drawing, cooking or growing in the garden. They take their lead from the teaching staff, who oversee all activities, and support the teachers' efforts to embed literacy and numeracy into all subjects.

One to one volunteer support is an effective intervention. The project's impact on pupil attitudes and reading age is being measured whenever schools consent. Volunteering Matters' previous schools project contributed to an average 20+ gain in reading age in addition to chronological age gain, as one of a number of interventions.

"The only thing slowing us down right now" said Project Manager Teresa Walters, "is our initial contact with schools. They're such busy places and it's difficult to find a teacher or administrator who has time to listen to us explain how the project works. We're trying to make strategic links with teaching professionals so that they know who we are when we call them to say 'we have a volunteer in your area'." If your school could benefit from a volunteer, or you are part of a network through which the project could be promoted, please contact Rebekah.Sharpe@volunteeringmatters.org.uk .

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/19285/>



Carreg Sarn

PPF is starting a new project.

You can gain confidence, learn new skills and move closer to work.

Get involved with Carreg Sarn at our fun, safe groups. Or join one of our training courses.

Who can take part?

You can take part in Carreg Sarn if you:

- Have a learning disability and/or autism
- Are over the age of 25

What can I do?

Groups

Attend our groups to meet new people and take part in exciting creative projects

Training in

- Being more resilient
- Making decisions
- Understanding relationships
- And many more!

How do I get in contact?



01437 762524



chris@pembrokeshirepeople1st.org.uk

Where will it be?

The training courses will run from our living skills centre at the PPF office in Haverfordwest

When will it start?

April

With a launch party at drop-in on May 26th

Anything else?

We can do outreach sessions away from PPF. Interested? Get in contact on the number below.

Our funder



Princes Trust Team Programme - next programme starts September

Are you aged 16-25? You might be interested in joining the next Princes Trust Team Programme, a 12-week personal development programme which helps young people develop new skills, take a qualification and meet new people.

This is what the Princes Trust says about the programme:

“When you come on board, you’ll be challenged to:

- Take on your own group community project, making a positive difference to the place where you live
- Take part in an action packed residential trip
- Get two weeks’ work experience in something you’re interested in
- Develop your English and Maths skills

As part of the course, we also spend some time developing your interview and CV skills to ensure your confidence is sky-high for when taking the next step.”

Find out more here

<https://www.princes-trust.org.uk/help-for-young-people/get-job/boost-your-confidence>

If you or someone you know is interested in taking part in the next programme, please contact Gary or Lee on 07974 234576, 01437 753367 or email GaryMc@pembrokeshire.ac.uk



Nant-y-Cwm
Steiner School

Trustee Vacancy at Nant Y Cwm Steiner School, Llanycefn, Pembrokeshire.

Nant-y-Cwm Steiner Waldorf School, founded in 1979, is one of over 950 Steiner Waldorf Schools - the largest independent educational movement in the world. The warm and friendly school is located in a wooded valley beside the Eastern Cleddau River in rural Pembrokeshire. They cater for children from Parent and Toddler through to 14. See the website at www.nant-y-cwm.co.uk

The trustees hold ultimate responsibility for the Charity and limited company; they support and monitor those involved in the direct running of the School. They are not involved in the day to day management issues and should not be a member of staff or a related to a child attending the school.

For more information contact 01437 563640 or email info@nant-y-cwm.co.uk

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/11594/>

Spotlight on... Charity Shops and Retail Volunteering Opportunities

Did you know Charity shops can be one of the best ways of raising funds and awareness for a charity?

All charity shops rely heavily on Volunteers and there is always a need for more volunteers. Volunteering in a charity shop can be very rewarding and tasks can vary from sorting donations and pricing goods to creating window displays and using the till. Some charities even sell items online, so if you are good with computers you might like to offer your skills.

Volunteering in retail can be a good way to meet new people, become part of a team and gain new skills and experiences. Volunteering need not interfere with other commitments, some shops ask for a regular commitment of a set number of hours per week, which could work around your availability.

Paul Sartori is just one example of an organisation looking for more volunteers in Pembrokeshire, they have eleven stores located around the county, and a stall at Withybush Hospital once a week; the Paul Sartori Foundation shops play a large part in generating income for the Foundation.



Run by retail coordinators and a dedicated team of volunteers, the stores are split under three brands, Sartori Stores, Sartori Stores & Home Furnishings and Nostalgia.

Sartori Stores & Home Furnishings sell furniture and items traditionally sold in charity shops.

Situated in Tenby and Fishguard, the Nostalgia brand stores specialise in retro and vintage items, as well as quality items of bric a brac and furniture.

Above: A donated vintage typewriter

Organisations who currently have vacancies, in a retail setting, in Pembrokeshire include:

- Age Cymru Pembrokeshire
- Aviation Heritage Foundation
- Barnardo's Cymru
- Cancer Research UK
- Cards for Good Causes
- Green Acres Animal Rescue
- Oxfam Cymru
- Paul Sartori Foundation
- Pembroke Dock Sunderland Trust
- Pembrokeshire FRAME
- Picton Castle Trust
- Samaritans of Haverfordwest and Pembrokeshire
- Tenovus Cancer Care
- Veteran Horse Society
- Wales Air Ambulance
- Wildlife Trust of South and West Wales

To find an opportunity in your area visit <http://www.volunteering-wales.net/>



It is Volunteer Week

1st - 12th June 2016

Hats Off to Volunteers

Help Paul Sartori Foundation celebrate all the wonderful volunteers by wearing a hat for the day during "Volunteers Week" show appreciation for the counties volunteers and the amazing work that they do!

The Funnier the Better



**DONATE £1 AND WEAR
A HAT**



*You can donate to the Paul Sartori Foundation in person, or online via Virgin Money Giving, BT My Donate, Just Giving or simply text 70070 with YRFC27 followed by £1

31 Haven Road, Haverfordwest, SA61 1DU

Tel: 01437 763223, enquiries@paulsartori.org

Send us your Photos so we can put them on
facebook

paulsartori
FOUNDATION

PAVS will be taking part in 'Hats Off to Volunteers' - if you come in to see us on the 1st June you might see a member of the team in a hat!

Latest Volunteering Opportunities

Sign and Share Club Committee member

To work with other committee members to ensure the smooth running of the club. To decide on activities, seek ways to raise funds, ensure funds are used effectively, plan new services, seek to raise awareness of the club and monitor health and safety. This is a small club and committee members are usually also involved in the activities undertaken such as art, craft, drama, trips to tourist venues etc.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/21988/>

Communication Support Volunteer

To provide communication support to people who are deaf, hard of hearing, deafened or Deafblind through note taking, working one to one with a lip reader, using British Sign Language, or using Sign Supported English (depending on your experience and skills). To provide practical support during group activities such as art, craft, trips to local tourist sites, bingo, games and presentations by speakers. Opportunity to learn basic British Sign Language available if desired.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/21987/>

Fishguard and Goodwick Chamber of Trade and Tourism - Welcomer to holiday coaches

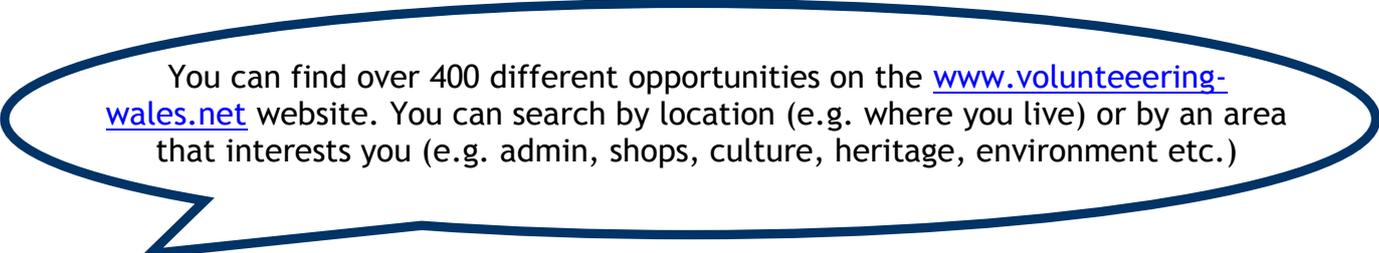
Fishguard now has a coach drop off point in the centre of town. Volunteers are wanted to open the locked gate giving access to the coach to the drop off point, greet the passengers, direct them to key facilities and re-lock the gate once the coach has left. Volunteers will be on a list and will be called by the project coordinator with hopefully a day's notice or more. Coaches have to book in to be able to use this facility. Training will be given to volunteers.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/22255/>

Volunteer admin assistant for Pembrokeshire Talking Newspaper

The Pembrokeshire Talking Newspaper records, and distributes, the Western Telegraph to the blind and partially sighted within Pembrokeshire, Carmarthenshire and Ceredigion. This role involves providing general administration support in the Talking Newspaper office and updating the Talking Newspaper records.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/22437/>



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, shops, culture, heritage, environment etc.)

Welsh Ambulance Services NHS Trust - Volunteer Car Driver

Ambulance Car Service Drivers (ACS) are volunteers who use their own vehicles to help with the transportation of patients to and from hospitals and clinics, thereby leaving ambulances free for emergencies and for patients too ill to travel by car. Volunteers are not paid for their time, however they do receive out of pocket expenses for their mileage. The current rate for mileage is 38p/mile.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/22455/>

Pembroke 21C Community Interest Company - rural skills and crafts

Coppicing, hedge laying, willow products, horticultural products, charcoal making. These rotate throughout the year - depending on the season.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/21974/>

Cancer Research UK - Race for Life Volunteer

Volunteers play a vital role at all our Race for Life 5k, 10k, Pretty Muddy® and Marathon events across the country, so whatever time and skills you have - we've got a role for you!

Local Promotions Volunteer Help with promoting Race for Life in your local area, supporting local promotional activities before the event

Enquiries and Administration Volunteer Set up the administration marquee and help assist participants and spectators with any queries

Event Day Volunteer Support the event logistics, such as start/finish activities, to ensure everything runs smoothly

Course Marshal Volunteer Inspire, cheer and motivate participants at marshalling points across the course Without volunteers, our events simply couldn't happen - your support helps us put on the best events possible to raise life saving funds, and ultimately help beat cancer sooner.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/22631/>

Talking Books Volunteer Co-ordinator (Fundraising) RNIB:Royal National Institute of Blind People

Could you support us to source a range of talks to promote our talking books service? The campaign aims to raise £1 million to fund 400 new books. You will help us to research potential groups, coordinate the planning, speaker allocation and carry out follow up on talks. Your support will help us to end isolation for blind and partially sighted people, giving them the freedom to read again? What Will You Be Doing? Being the face of RNIB Group; Build relationships; Raising Awareness of RNIB Group Promoting the Talking Books service; Researching potential groups, organisations & companies; Updating spreadsheets & our database; Liaising with speakers & confirming their availability; Carrying out follow up calls & thanking those who received talks When will you be needed? Flexible Location: From home or in one of our local offices.

View this opportunity on the Volunteering Wales Website
<http://www.volunteering-wales.net/opportunity/22455/>



Looking for something to do this Summer?

These opportunities are only available over the Summer months...

...so make the most of them before they are gone.

Summer Reading Challenge Volunteer - Pembrokeshire County Council-Libraries

Two volunteer roles: a) To promote the Summer Reading Challenge that will be happening in all libraries this summer to children in school assemblies (all areas, week days, end of the school summer term); b) To help prepare and deliver Summer Reading Challenge storytime and activity sessions in Fishguard, Haverfordwest or Milford Haven Libraries

5th July to 31st August

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/22926/>

Here Comes the Sun 2016 - Volunteer with Tenovus Cancer Care this summer!

The 'Here Comes the Sun' campaign will run between June-August 2016. During the campaign, we swap ice cream for sun cream & hand it out from our sun cream van in communities across Wales. We also attend events, schools & businesses to offer sun safety advice. And this is where you can help! Our staff are trained to have sun safety conversations, provide materials & capture data on awareness & sun behaviour. We're looking for volunteers to support them by attending events in the local community. What will I be doing? You could help with advising, research or driving: *Holding sun safety conversations with members of public & our contacts *Researching events to attend within your local community *Publicising the campaign with local partners such as pharmacies, colleges & community groups *Handing out literature & providing sun safety advice *Providing feedback on events *Driving our sun cream van to events (South Wales) *Ensuring local businesses & shops are stocked with our materials.

1 June to 31 August

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/22865/>

Mabinogion Carnival Project Volunteer - Span Arts Ltd

Working within the Cheerful Project's geographical area of Central Pembrokeshire, We will work with rural communities and the people of Narberth to create a spectacle at Narberth Carnival on the 30th July based on stories and creatures from the Mabinogion. Volunteering activities will include: Supporting the Cheerful project team in the facilitation of 'drop-in' workshops, including, planning and setting up of venue; welcoming participants and supporting participants to create mythical puppets (to join in the Narberth Carnival procession) To perform networking duties; dealing face to face with the public

17 June to 31 July

View this opportunity on the Volunteering Wales Website

<http://www.volunteering-wales.net/opportunity/22856/>

Ever wondered what it would be like to sail on classic boat, tall ship or racing yacht?

Join us at Seafair Haven 2016! Adults and supervised children welcome

Book a day sail aboard classic vessels or even a round-the-world yacht on Mon 13th, Tue 14th, Wed 15th, Thu 16th or Fri 17th June

Book a two day voyage aboard a classic vessel on Sat 11th-Sun 12th or Sat 18th-Sun 19th and stay onboard overnight

Enjoy a summer evening buffet aboard Johanna Lucretia classic topsail schooner moored in Lawrenny on Tue 14th or Thu 16th June

See the Milford Haven and Pembrokeshire coast from a new perspective, help to sail the vessel, learn the ropes, photograph marine wildlife and landscape.

FOR YOUNG PEOPLE:

Are you aged 16-25? Or know someone who is?

Join the 'Apprentice Ship Cup' tall ships voyage departing Milford Docks 13th June to Falmouth leg. A fantastic opportunity to gain RYA qualification, new skills, develop responsibility and meet people aboard active tall ships

Want to know more about Challenge Wales (Wales's largest training vessel) and her part in Tall Ships races this July from Holland to Portugal and Spain? Check www.challengewales.org. Tall Ships (Wales) Trust is supporting eligible trainees who want to join. Come and see Challenge Wales vessel in Milford Docks on Sun 12th June to find out more.

FOR PUBLIC VISITORS:

Enjoy Milford Haven Founders Day on Sat 11th June and also Sun 12th June when there will be tall ships TS Pelican and Bessie Ellen in Milford Docks.

Check the Captain's Handbook or www.seafairhaven.org.uk for information about activities and entertainment based at Lawrenny Event campsite. Traditional music and more...

11-18th June 2016 with dozens of visiting small classic vessels hosted in Lawrenny and camping for the week.

Day sails cost £100, 2 day Voyages £200, Apprentice Ship Cup place £700 (subsidy available to eligible participants), organic summer buffet dinner aboard £25.

Book places online at www.seafairhaven.org.uk or email seafairhaven@gmail.com or call 07971696014.

All activities subject to weather conditions and skippers' decisions on passage plans.

SEAFAIR Haven 2016

Pembrokeshire's 6th bi-ennial Seafair Haven

June 11-18th 2016



Port of Milford Haven



FESTIVAL OF THE MILFORD HAVEN WATERWAY

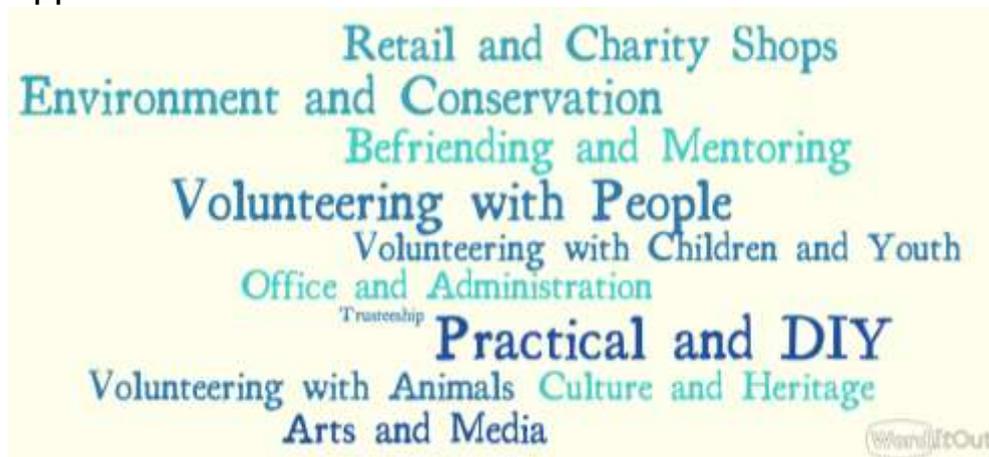
There are a number of opportunities for community groups, and individuals, to get involved in the above event. There are even some 'community' places on a number of the vessels (bursaries/ subsidies available). You might also be interested in offering to help at one of the many forthcoming events. For more information visit the website www.seafairhaven.org.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

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



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