



Pembrokeshire Association of
Voluntary Services

Volunteering Pembrokeshire

Volunteer Bulletin Summer 2018 Volunteers' Week Edition



**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



Cefnogi Trydydd
Sector **Cymru**
Third Sector
Support **Wales**





Come and
help us celebrate...



and the PAVS Pembrokeshire Volunteering Awards 2018

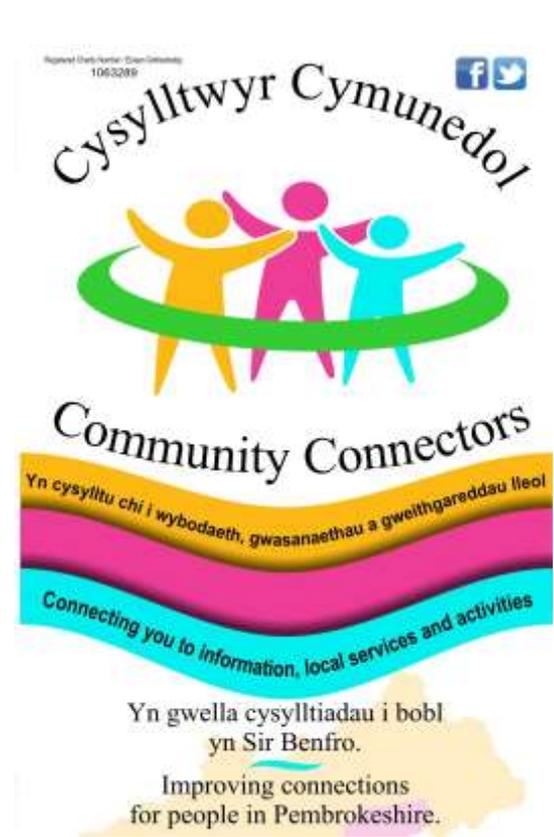
June 6th 2018
10.30am - 4pm
The Regency Hall, Saundersfoot

- Voluntary Organisations Exhibition Stands - find out about what volunteering opportunities are available in Pembrokeshire
- Visit the Community Connectors and find out about services available in Pembrokeshire
- Visit 'Dot.e' the ateb Get Connected bus
- Refreshments served throughout the day
- *Free Lunch* (to be served at 12.30- please book if required)
- Award Ceremony to follow lunch

Volunteering - something for everyone!

To book your *Free* place please visit the website
<https://volweek18.eventbrite.co.uk>

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



Volunteering Pembrokeshire, and the Community Connectors, will be at the Haverfordwest Farmers' Market on Friday 1st June from 9am (until about 2pm depending on the weather).

Come and talk to us about volunteering, or finding services/ support, in your area.

Can't make it to the Market? You can contact Volunteering Pembrokeshire or the Community Connectors on 01437 769422

Scouting opportunities across Pembrokeshire

Scouting offers a fantastic programme of activities to children and young people aged 6 and upwards. It's about fun, adventure, making friends and becoming a positive role model. We need your help to offer these opportunities to more young people across Pembrokeshire. You're never far from a Scout Group, in fact you might be surprised to find out how close your local group is. We are currently looking for volunteers to work with our Beavers (aged 6 to 8), Cubs (aged 8 to 10), Scouts (aged 10 to 14) and Explorers (aged 14 to 18). Opportunities are flexible and time commitments can vary to suit you. So why not start your Scouting adventure today?

1st St Davids Sea Scout Group is growing!

Would you like to join us in the Adventure? We are launching a new Scout Troop and looking to grow our adult leadership team; this could be regularly with Cub Scouts (girls and boys aged 8-10.5) and Scouts (girls and boys aged 10.5-14), one off activities and fundraising, helping with hall developments and other behind the scenes tasks. We'd love to have you aboard!

For more information, please contact Helen@scoutscymru.org.uk

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

Paul Sartori Foundation

Volunteer Case Study - Darren Richards

Darren Richards has been volunteering at the Narberth store since last May after just popping in one day when passing and offering his help. He started doing a few hours, 1 day a week, but in a short time expanded his volunteering to 3 days, very quickly becoming a valued member of the team. Even though Darren has Cerebral Palsy, he is very independent and travels to Narberth on the bus.

In the past, his employment background has been in retail working for Tesco and he recently had an interview for a part time job at M&S in Carmarthen with the support of Remploy. He mentioned that if he is successful in gaining employment at M&S, he will still carry on volunteering at the store in Narberth in his spare time even though he has a busy life.

Darren said, "I really enjoy volunteering with Volunteer Supervisor Ruth (pictured with Darren) and the team in Narberth, it has built my confidence no end and I've learned new skills like displaying merchandise and organising the shop floor. I've met so many new people through the shop and have made some lovely friends too". Adding "I always do my best in everything I do at the shop in Narberth and really feel part of a family here. Ruth always makes me laugh and gives me encouragement plus she even persuaded me to have my picture taken (under duress) for this article".



The team at Paul Sartori want to give a big thank you to all their volunteers, including Darren.

1-7 NOV
VOLUNTEERS' WEEK

Join us to celebrate National Volunteers Week and show appreciation to our fantastic volunteers. Wear a hat this week and donate £1 to Paul Sartori to BT My Donate.

paulsartori
HOSPICE AT HOME

Join our 'Hats off to Volunteers' Campaign

Send your hat photos to enquiries@paulsartori.org or share on social media #paulsartori

View volunteering opportunities with Paul Sartori on the Volunteering Wales Website:

https://www.volunteering-wales.net/opportunity/?x=x&organisation_id=2283

Options include:

- Administrative Assistant - Haverfordwest
- Driver/Warehouse Assistant - Snowdrop Lane, Haverfordwest
- Events/Fundraising Assistant
- Retail Shop Assistants - Haverfordwest, Milford Haven, Narberth, Neyland, Pembroke, Pembroke Dock, Fishguard, Letterston, Tenby
- Volunteer Cafe Supervisor - Haverfordwest
- Volunteer E-Commerce Assistant - Pembroke



A Warm Welsh Welcome

It is good to know that in troubled times when the world seems all at odds that there are people keen to extend the hand of friendship with a welcome smile and a listening ear, ready to see that we have far more shared aspirations than insurmountable differences. This is the positive attitude taken by the volunteer hosts working for HOST UK.

HOST UK is a registered charity founded in 1987 which, for over 30 years, has offered hospitality to international students studying here in the UK. The visits are for just a day or more commonly for a weekend and in that short time, special friendships have often resulted. Hosts have been proud to show off the beauty of their local area, happy to make and share a meal, to engage in conversation offering insights and exchanging ideas. They are equally keen to learn about the life and culture of their guests which helps the student feel valued.

For the student, a weekend away from the campus, away from studies and pressures and the chance to see a different view of the UK is greatly appreciated. Their interest in our cuisine, our habits, our lifestyles and homes, adds invaluable to their experience of studying abroad and allows them that close and meaningful contact that no tour operator can offer. Those too far from home to make visits, are especially pleased to discover a home-from-home.



This is what James Onyinge from Uganda, studying at the University of Reading had to say about his visit to Gwent. 'I felt so free and close to my host indeed that I enjoyed great tasting English cuisine and slept very relaxed... I enjoyed every programme that was scheduled during my visit. I will remain to cherish the experience of the morning village walk, some stretch of two miles with the lovely Toto (pet). What a beautiful scenery of green leafy neighbourhood and beautiful farms- giving me a fresh breath from the concrete neighbourhood of the university.'

Zhi Tong Yap from Malaysia studying at University of Warwick had an equally enjoyable stay with hosts Jim and Jenny and son-in-law in Rhondda Cynon Taff. 'Every moment spent with Jenny & Jim is as special as it is! That was a great weekend spent with perfect company, full of fond memories that we will always keep. My experience has been a pleasant and joyful one, having learned so much from our lovely Jenny and knowledgeable Jim, the nicest couple I know.'



If you share this positive attitude and have a desire to contribute to a friendlier more understanding world we would be delighted to welcome you on board as a volunteer host.

More information can be found on the website www.hostuk.org

View this opportunity on the Volunteering Wales Website:
<https://www.volunteering-wales.net/opportunity/5470/>



TIME 4 TEENS



VOLUNTEERS NEEDED

Would you like to share your hobby or interest with young people in Pembroke?

Gain skills & experience, have fun and make a difference in your community now!



**HORTICULTURE: MOUNTAIN BIKE WOODLAND TRAIL:
PHOTOGRAPHY: ARTS & CRAFTS: YOUTH ACTIVITIES**

CONTACT: Suzanne, Volunteer Co-ordinator

Telephone: 01646 680068 email: tanyardyp@hotmail.com

Website: www.tanyardyouthproject.co.uk

THE TANYARD YOUTH PROJECT LTD

Commons Road, Pembroke, Pembrokeshire, SA71 4EA

Registered Charity Number 1108844

Company No. 5336853

The Tanyard Youth Project

Adult horticulture volunteer

Adult horticulture volunteer(s) needed to work with young people interested in gardening and horticulture. From April to September. Flexible hours/days. Keen interest and knowledge and at least a few green fingers required. We're looking for enthusiastic gardener(s) who would like to inspire young people. You'll be planning jobs and projects for our courtyard, poly-tunnel and Boatyard garden, and be working outdoors through the spring and summer with children and young people. You'll be responsible for maintaining and storing equipment and resources and for making sure young people use tools safely. You will have a budget for tools and materials, and you'll provide a monthly report on what you've been up to. You will be part of the team at the Tanyard and have lots of support from staff. Days and hours are flexible, but we'd like you to do at least 3 hours each week. We will require a DBS check (no cost to you) and you will be asked to complete Safeguarding training.

Creative activities arts and craft volunteer

Volunteers to work with young people aged 10-18 in arts, crafts and any other creative activity share your hobby.

Photographers to work with young people

Photographers volunteers needed to work alongside young people aged 10-18 interested in photography. Suitable for someone with an interest in photography and video production to work with young people aged 10-18 in lively youth centre.

Music and sound technology volunteer

Musicians and sound technologists needed to work in the well-equipped Boatyard studio with young people aged 10-18 after school and in school holidays. We have talented singers and musicians right through to complete beginners.

Woodland Bike Trail Volunteer

Fabulous opportunity for someone passionate about woodland to help to build and maintain a mountain bike trail for young people to use during their leisure time. You will need to be able to clear undergrowth and prune trees. We can provide training in mountain bike maintenance and you will have the opportunity to assist young people on the project.

See all these opportunities on the Volunteering Wales Website:

https://www.volunteering-wales.net/opportunity/?x=x&organisation_id=4619

Latest Volunteering Opportunities

Citizens Advice Witness Service - Witness Service, Haverfordwest Magistrates Court

The Witness Service provides practical and emotional support and information to witnesses so that they feel valued, respected and informed and able to give their best evidence in court. The role is court based and will involve providing support to witnesses, and their supporters, by explaining the court procedures and legal terminology, showing them around the courtroom before trial and sitting in the courtroom with them, when permitted.

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/30635/>

Promotional Photograph Volunteer to capture photos at PAVS events - in particular Volunteers' Week 2018

PAVS are looking for a volunteer with excellent photography skills to capture volunteer activity in Pembrokeshire. This could be through still photography or video. Photos and videos will be used by PAVS to promote volunteering in Pembrokeshire and to raise awareness of PAVS' services. Pictures / videos could be used in local press, on PAVS website, Social Media etc. There are a number of events and activities planned during Volunteers' Week 1-7 June 2018 which you will be expected to attend.

View this opportunity on the 'new' Volunteering Wales Website:

https://pembrokeshire.volunteering-wales.net/vk/volunteers/my_opportunities_info_ur.htm?pid=10047701

Tŷ Hafan - Charity Shop Volunteer, Haverfordwest or Tenby

Tŷ Hafan are looking for enthusiastic volunteers to help support their shop managers in the day-to-day running of the shops. No experience necessary as full training will be given. This is a great way to support Ty Hafan and make new friends, or gain some on-the-job experience. As a retail volunteer you will:

- Give great customer service with bags of enthusiasm
- Sort and prepare stock for the shop floor
- Keep the shelves and displays fresh and in-fashion by merchandising in accordance with seasonal styles
- Use your product knowledge to identify and price items
- Up-cycle old furniture and clothing for resale.

The possibilities are endless! By becoming a Retail Volunteer you will have the opportunity to develop your skills in a number of areas essential to the running of a successful charity shop.

View this opportunity on the Volunteering Wales Website:

https://www.volunteering-wales.net/opportunity/?663e34=1&postcode=haverfordwest&distance=5&search=&organisation_id=219&age_group=0

Y cyfleoedd diweddaraf

Cyngor ar Bopeth Cymru - Gwirfoddolwr allgymorth y Gwasanaeth Tystion, Llys Ynadon Haverford West

Mae'r Gwasanaeth Tystion yn darparu cymorth ymarferol ac emosiynol i dystion er mwyn iddynt deimlo eu bod yn cael eu gwerthfawrogi, eu parchu ac yn wybodus ac yn gallu rhoi eu tystiolaeth orau yn y llys. Mae'r gwaith wedi'i lleoli yn y llys ac yn cynnwys darparu cymorth i dystion, a'u cefnogwyr, drwy egluro gweithdrefnau'r llys a'r derminoleg gyfreithiol, dangos y llys iddynt cyn yr achos ac eistedd gyda nhw, pan ganiateir hynny.

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:
<http://www.gwirfoddolicymru.net/opportunity/30635/>

Comisiynydd Heddlu Dyfed Powys - 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.

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:
<http://www.gwirfoddolicymru.net/opportunity/30504/>

Age Cymru Sir Gâr - Gwirfoddolwr gwybodaeth a chyngor (Cymorth gyda cheisiadau am fudd-daliadau)

Mae Age Cymru Sir Gâr yn chwilio am wirfoddolwyr yn Sir Benfro. Gallai'r rôl gynnwys: Ymweld â chleientiaid yn eu cartref, neu mewn lleoliad addas arall, a'u helpu i lenwi ffurflenni hawlio budd-daliadau. Gall y ffurflenni hyn fod yn gymhleth ac yn anodd iawn eu llenwi i rai pobl hŷn ac rydym yn chwilio'n benodol am wirfoddolwyr sy'n fodlon helpu i lenwi amrywiaeth o ffurflenni yn cynnwys:

- * Lwfans Gweini (AA),
- * Lwfans Byw i'r Anabl/Taliad Annibyniaeth Personol
- * Lwfans Gofalwyr
- * Y Dreth Gyngor
- * Budd-dal Tai Anaddas i unrhyw un dan 18

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:
<http://www.gwirfoddolicymru.net/opportunity/25094/>

Nature Connections and Wellbeing Summer Course



Reconnect in Nature is running another free five week course aimed at improving people's mental health, wellbeing and confidence. Come join us to welcome in the summer season.

The next sessions are 7th, 14th, 21st, 28th June and 4th July
Haverfordwest
10am-3pm

Meet new friends in a supportive environment.
Learn camp craft skills.
Engage in nature awareness through nature art and nature writing.
Enjoy the peace of the woods.
And have fun outdoors!

Throughout this course we will be exploring the theme of Summer and as a group we will focus on something different each week such as nature art or campcraft skills. Most of all it will be space where everyone will feel comfortable and can tune into their surroundings.

If you're interested please visit the website
<http://reconnectinnature.org.uk/courses/summer/>

Reconnect in Nature CIC 2018





LEAF PROJECT

WELCOME TO THE WOODS

When: 10 am- 4pm on 19, 20, 21, 26, 27 June

Where: Coppicewood College, Cilgerran

Who: 16-25 y/o not in education, training or employment

How much: **FREE**



- Opportunities for further woodland training
- Taster sessions in wood craft and charcoal making
- Meet people who work in the woods
- Make friends and learn new skills
- Take home your own hand crafted item

For more information or a referral form contact the Pembrokeshire team:

Adam Dawson
Pembrokeshire Cordinator
sirbenfro@tircoed.org.uk
07396 179 567

Nancy Hardy
Pembrokeshire Mentor
pembsmentor@tircoed.org.uk
07476 899 544



tircoed.org.uk



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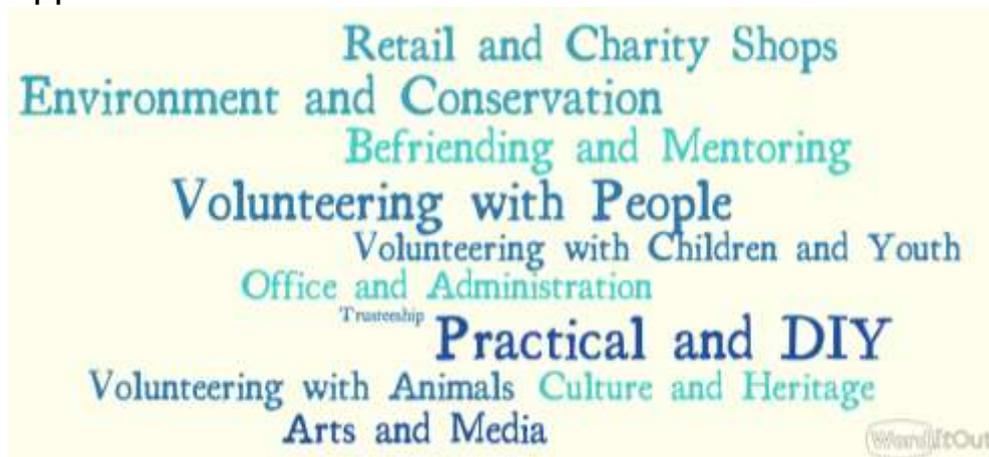


PAVS Volunteering Pembrokeshire

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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