



Pembrokeshire Association of
Voluntary Services

Volunteering Pembrokeshire

*Volunteer Bulletin
Winter/ Spring 2018*

Latest news and
Volunteering Opportunities
inside

Volunteering Pembrokeshire offers
a comprehensive advice and
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- Volunteering Opportunities
- Personal Development
- Careers and Education

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Cefnogi Trydydd
Sector **Cymru**

Third Sector
Support **Wales**

Rhowch
ac mi gewch.
Gwirfoddolwch

Give a little,
gain a lot.
Volunteer



Side by Side with people with dementia in Pembrokeshire

A local charity is seeking volunteers for a new service to help people with dementia to keep doing the things they love. Side by Side is a free service from Alzheimer's Society that provides one-to-one support, making it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, remain active and feel part of their local community.

A survey by Alzheimer's Society found 40 per cent of people with dementia in Wales, England and Northern Ireland, have felt lonely recently (Dementia 2014). There is strong evidence that life satisfaction in general for older people is positively correlated with levels of activity. Social activity and social support are thought to be directly related to better physical and cognitive function and help slow down the rate of decline.

Cherry Evans Coordinator of the charity's 'Side by Side' service in Pembrokeshire, said: "This new service focuses on enabling people with dementia to lead more fulfilling lives and to continue to take part in the activities that they have always enjoyed and try new ones.

We need more volunteers to enable people with dementia to continue with activities that they enjoy.

"By doing things like going for a walk, to a football match, or joining a local class together, our volunteers support people with dementia to take up hobbies and get out and about. What they do together is entirely based on what the person with dementia wants."

"Volunteers are crucial to the success of this service and can range from providing support once a week to once a fortnight at a time that works for the volunteer and person with dementia. It might be taking a walk in the park, a visit to a café or a chat over the phone, sounds simple, but it can make a huge difference to someone's life." said Cherry Evans

If you are interested in becoming a Side by Side volunteer, please contact Cherry Evans on 01269 597690 or via email cherry.evans@alzheimers.org.uk for more details. Training will be provided so that volunteers are confident about carrying out the role. Volunteering provides a great opportunity to learn new skills, share your hobby with others and enhance your CV in addition to supporting a person to live more independently with dementia.



View this opportunity on the Volunteering Wales Website:
<https://www.volunteering-wales.net/opportunity/24506/>



Free woodland training courses to be offered in Pembrokeshire

Following a successful pilot, people are being invited to sign up for more free woodland training courses with Tir Coed in Pembrokeshire.

Tir Coed is a charity that looks to unlock the potential of woodlands to provide a community facility, educational and health activities, and to create job opportunities for disadvantaged individuals in rural Wales, with the aim of making positive lasting change.

There will be an introductory 5 day intensive course at the end of January. This will be based near Maenclochog and introduce basic tool skills and safety awareness. We hope that many of the participants will choose to progress onto the accredited 12 week course. The 12 week course will start in February. This will run two days a week (provisionally Wednesdays and Thursdays) and be based in a woodland at Scolton, outside Haverfordwest. Through the course, participants will build a round house while working towards Agored Cymru units and developing a host of new skills and experience.



There will be other courses running in other parts of the county later in 2018 and in 2019.

Advance booking is essential and priority will be given to people out of work or who may need some additional support. Help can be made available with transport and care costs to those who need it. The project is funded by the National Lottery.

If you or someone you know may be interested in taking part in either training course or would like more information please get in touch with Nancy Hardy the Pembrokeshire Mentor on pembsmentor@tircoed.org.uk or 07476899544.

Visit the website for more about volunteering with Tir Coed:

<https://www.volunteering-wales.net/opportunity/27735/>



Volunteers required in St Davids

A new initiative is being set up in 2018 to provide more support for people living with arthritis in St Davids. Working in partnership with local GP practices, Arthritis Care (a part of Arthritis Research UK), is looking to establish a new support group and/or more drop in services for people living with arthritis in the area. Volunteers will be given training and support to help establish any new services. We hope that local people in St Davids with arthritis will help us to decide what those services will be.

If you are interested or would like to find out more, please contact May Baxter-Thornton on 07411056071 or email maybt@arthritiscare.org.uk.

Youth Work HYPE (Helping Young People into Employment)

Could you volunteer as a part-time Sessional Youth Worker?

The Tanyard have lots of opportunities for people of all ages to volunteer and participate in a wide range of activities that take place at the youth centre, in Pembroke, and in nearby community settings.



The Tanyard Youth Project was formed in the late 1990s to support young people during their leisure time and to improve their lives.



There was nothing else like it locally then, and this is still true today. The Tanyard plays an essential role in supporting young people's mental health and well-being by providing a safe place to go.

They do not charge for membership or entry to the evening drop-in sessions that offer music, sport, games, drama, film, cooking, arts, crafts, Duke of Edinburgh award and much more.

Volunteers can, if they wish, undertake a recognised level 1 or 2 youth work qualification supported by qualified and registered youth workers. There are tutored lessons and practical sessions in the Tanyard youth centre in Pembroke, working with children and young people aged 10 to 18.

Funded by the European Social Fund, Youth Work HYPE addresses the needs of young people aged 16-24 who are not in employment, education or training in Pembrokeshire by building skills, employability and aspiration. Preference is given to those aged 18+.

For more information or to apply please contact tanyardyp@hotmail.com

Visit the website for more about volunteering as a Sessional Youth Worker:
<https://www.volunteering-wales.net/opportunity/29694/>

Heroes assemble for Spring Clean Cymru

Keep Wales Tidy's Spring Clean Cymru aims to encourage people across Wales to get together this St David's Day to clean up their local areas, beaches and rivers - bringing home to people that plastics and other waste ends up in our oceans because of irresponsible littering.

Community groups, schools and businesses will all be taking part in four days of action from 1-4 March.

The campaign is part of the Great British Spring Clean which is supported by TV naturalist and writer Steve Backshall, the BAFTA-winning Deadly 60 presenter.

Register your clean-up at <https://www.keepwalestidy.cymru/> or visit the website to find out how you can get involved.

Pum Ffordd at Les



Five Ways to Wellbeing

Pum ffordd syml i deimlo'n iachach a hapusach

Cysylltu â'r bobl o'ch amgylch – teulu, ffrindiau, cydweithwyr a chymdogion. Cyfarfod. Ymuno. Gwranddo.



cysylltu
connect

Find ways of connecting with the people around you – family, friends, colleagues and neighbours. Meet up. Join in. Listen.

Mynd am dro neu i redeg, beicio, chwarae gêm, dawnsio, garddio. Dod o hyd i weithgarwch corfforol rydych yn ei fwynhau.



bod yn fywiog
be active

Go for a walk or run, cycle, play a game, dance, do some gardening. Choose something to do that you enjoy.

Bod yn chwilfrydig, sylwi ar y tymorau'n newid. Bod yn ymwybodol o'r byd o'ch amgylch a'ch teimladau.



bod yn sylwgar
take notice

Be curious, notice the changing seasons. Be aware of the world around you and what you are feeling.

Rhoi cynnig ar rywbeth newydd. Ailgydio mewn hen ddi-ddordeb. Cofrestru am gwrs. Dysgu canu offeryn neu sut i goginio eich hoff fwyd.



dal ati i ddysgu
keep learning

Try something new. Rediscover an old interest. Sign up for a course. Learn to play an instrument or how to cook your favourite food.

Gwneud rhywbeth dymunol i ffrind. Diolch i rywun. Rhoi gwên.



rhoi
give

Do a favour for a friend. Thank someone. Offer a smile.

Five simple ways to feel healthier and happier

Get one of your five a day by volunteering! You can find over 300 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).

Spotlight on... Mentoring

Volunteer mentors are required by a number of organisations across Pembrokeshire.

Prince's Trust Cymru - Mentor (Various locations)

As a Mentor you'll make a real difference to the lives of young people by providing them with one-to-one support, guidance, encouragement and inspiration. You will mentor each young person for three to six months, supporting them one-to-one and, in some cases, in half-day workshops. Ideally a commitment of around four to six hours per month for a minimum of one year. Meeting on a regular basis with a young person and help them identify and achieve goals - providing guidance on employability and job search issues, including supporting with CV writing

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/29680/>

Prince's Trust Cymru - Business Mentor - Minimum age 26 (Various locations)

The role will give you the opportunity to: Develop mentoring skills Develop skills and knowledge relating to working with young people Develop knowledge of the issues facing small businesses Be involved in a small business venture Take on a new challenge and make a difference to young people's lives Mentoring on the Enterprise Programme The Enterprise Programme supports unemployed 18 to 30-year-olds interested in self-employment to explore and test their ideas, write plans and start their own businesses or achieve alternative outcomes in employment, education, training or work. The role is about guidance. It involves helping young people to find and translate information, understand problems, identify solutions and implement action plans. It is not about you providing solutions, but guiding young people to find their own. The role of a business mentor is to develop good working relationships with the young people.

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/29679/>

NYAS - Volunteer Peer Mentor

NYAS is a charity which supports children, young people and vulnerable adults by helping them to be heard, through the provision of confidential and independent advice, information and representation. Volunteers aged 18-25 are needed to be Peer Mentors. In this role a young person supports another young person to explore issues they want stopped, started or changed using their lived experience to provide guidance. The aim is for the younger person/mentee to begin to make informed decisions based on their own needs and goals. These goals would be related to education, employment, voluntary work, work experience, exploring apprenticeships etc. The mentees will also require support from their mentor to develop their life skills and confidence within their transition from leaving care. We particularly welcome applications from care experienced young people.

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/23386/>

Sova Cymru - Mentor for Adults

A mentoring role, with ACE project service users (adults from the local BME and Migrant communities). Volunteers are matched to the service users according to their skills and interests. The volunteer will work with the individual, to build a goal focused mentoring relationship. Volunteers will need to have the ability and motivation to support individuals into employment, training or volunteering. Giving as little as an hour or two a week, in this role, can have a great impact on someone's life. Please get in touch for an application form or informal chat about the role.

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/26690/>

Tanyard Management Trust - Peer Mentor

To provide a safe, welcoming, stimulating and innovative drop in youth project for all 11-18 year olds Pembroke and surrounding rural areas. We aim to provide excellent services, activities and facilities for young people to experience new opportunities and to develop physically, mentally and spiritually, enabling them to become mature members of society and positive citizens for the community.

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/24948/>

Fishguard & Goodwick Young Person Trust - Volunteer Mentor

To work alongside staff at POINT, Fishguard & Goodwick Young Persons Trust, and in the community to support young people (10-25yrs) in their journey from childhood to adulthood. This opportunity is by application and Mentors will receive full training and induction to provide quality support to young people in the North Pembrokeshire area, primarily of Fishguard & Goodwick.

View this opportunity on the Volunteering Wales Website
<https://www.volunteering-wales.net/opportunity/27828/>

Family Volunteering HMP Swansea Visitors Centre Volunteer

Pact is a national charity that provides support to prisoners, people with convictions, and their families through a range of services.



Pact Family Services provide support to families who have a loved one in prison. Staff and volunteers meet and greet families as they arrive for a visit with practical and emotional support like refreshments, visitor information and play services for children. Pact operates in prison Visitors Centres (outside the prison gates) and inside the Visits Hall (inside the prison gates) across the UK.

Pact are looking for volunteers who can help facilitate prison visits by offering a friendly and welcoming environment within the Visitors Centre where people visiting loved ones in prison can spend time before and after their visit.

The visitors centre is inside the prison gates, on Oystermouth Road, Swansea. For more information about Pact and to apply for this role please visit www.prisonadvice.org.uk or email volunteering@prisonadvice.org.uk

OpenLearn - Free Learning from the Open University



Why study a free course on OpenLearn?

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You can spend as long as you like on an OpenLearn course, plus, if you sign up you can track your progress and work towards a statement of participation.
- There are around 1000 courses to choose from...
The courses always focus on a specific area of learning. Some focus on important and fascinating academic subjects, whilst others help you develop skills needed for study or work.
- You can try out what's on offer from The Open University...
If you're interested in taking an Open University course but are not sure what to study or if distance learning is right for you, then OpenLearn lets you get a feel for what's on offer.

Some courses you might be interested in:

Using Voluntary work to get ahead in the job market

This free course, Using Voluntary work to get ahead in the job market, explores how engaging in voluntary work can enhance your employment opportunities

- 12 hours
- Introductory level

Click here for more

<http://www.open.edu/openlearn/money-business/human-resources/using-voluntary-work-get-ahead-the-job-market/content-section-0?active-tab=description-tab>

Introducing the voluntary sector

If you feel that you want to learn more about the voluntary sector then this short 8-week course is for you. The course will guide you through some of the distinctive features and values of the voluntary sector, how organisations are funded and involve volunteers and other 'stakeholders' in their work. It will also provide you with knowledge and skills you can apply to your own work or volunteering as well as your everyday life.

- 24 Hours
- Introductory level

Click here for more

<http://www.open.edu/openlearn/money-management/introducing-the-voluntary-sector/content-section-overview?active-tab=description-tab>

More about OpenLearn here <http://www.open.edu/openlearn/>



Transition Bro Gwaun is moving

Two well established local groups in Fishguard, Abergwaun Gateway Club and Transition Bro Gwaun, are working together to develop a new community resource. Based at the Gateway club building, their plans are for it to become a place where community groups will be able to meet, hold events, and develop new community projects.

Transition Bro Gwaun trustee, Chris Samra, will miss their building by the Co-op, saying, “It will be sad to see Transition Cafe and its lovely mural demolished, but we are really excited by this kind offer of a new home. The Gateway building is bigger, it’s accessible for people with disabilities, and will be available for community groups to use. Transition Bro Gwaun will have office and meeting space upstairs and, while we don’t plan to open Transition café in the building, we’ll be helping to make meals for the Gateway members, and be able to provide soups and light snacks for community events.”

Transition Bro Gwaun has left their old building, although their successful new Community Fridge can stay there for a while longer, while they decide where it will next be sited.

If you are interested in being involved with the community fridge in Fishguard they have a number of volunteering opportunities available, click here for more https://www.volunteering-wales.net/opportunity/?x=x&organisation_id=4117



Bus Buddy Volunteers are superheroes - and they make an enormous difference to the people they support. Last year, Bus Buddies helped people use public and community transport to buy groceries (when they have no other way to get food to the house), taken them to doctors' appointments and out for lunch, played pool with them, visited craft markets and the seaside with them, shared a game of Bingo with them and kept them independent and connected with their communities.

Bus Buddies help people stay happy, independent, fed, healthy and getting as much out of life as they possibly can by helping them make journeys to places most of us take for granted. Of course, people this special are always in demand and we need more Bus Buddies across the County - no experience needed! We offer accredited training, support and valuable work experience and an opportunity to really make a difference in your community - why not give us a call or email us to find out more? 01437 770 119 or busbuddies@pacto.org.uk.

Visit the website for more: <https://www.volunteering-wales.net/opportunity/25469/>

Latest Volunteering Opportunities

Sustrans - Events volunteers (Pembrokeshire)

Sustrans are looking for events volunteers who can help people be more active through walking or cycling more for their everyday journeys. These volunteers are people who are active or want to be more active. They are good communicators, good motivators and can be a source of support and encouragement for others. As a volunteer you can select which volunteering activities you organise or take part in. These activities include:

- Holding an information stand
 - organising group rides or walks
 - create an information display
 - arranging travel advice clinics
 - giving talks
 - Setting up bike user groups or walking groups
- or, if you have your own ideas for activities the support team can work with you to develop them.

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/29814/>

Paul Sartori Foundation - Volunteer E-Commerce Assistant

To assist and work as part of a team to provide an E-Commerce Outlet in Pembroke including:

- To assist with tasks at the E-Commerce Sartori Store, Pembroke
- To assist in providing excellent customer service, ensuring customer enquiries are dealt with in a timely manner
- To assist with communicating with store managers and volunteers, submitting items for online sale, identifying items suitable for online sales
- To assist with listing items on all relevant online sales websites including researching items to identify price ranges
- To assist with creating eye-catching photographic images and descriptions that meet legal parameters
- Clean items for sale including jewellery, silverware and woodwork
- Monitor items for sale on a daily basis
- To assist with postage and packaging, from listing the correct price online to preparing items for postage

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/27723/>

Hywel Dda Health Board Volunteering for Health Project - South Pembrokeshire Hospital Cleddau River Day Unit Volunteer

South Pembrokeshire Hospital is a community hospital which offers support to patients to enable and enhance their rehabilitation process in the community in which they live

- Help to get patients to the communal areas i.e. day room or tables during meal times
- Provide an opportunity for the patient to chat.
- Sit with patients that are confused
- Reading books, letters and cards etc to patients
- Go to the shop for a newspaper with a patient
- Assist at meal times
- Encourage patients to eat and drink
- Do crossword puzzles with the patients

View this opportunity on the Volunteering Wales Website:

<https://www.volunteering-wales.net/opportunity/24784/>

Y cyfleoedd diweddaraf

Sustrans - Gwirfoddolwyr Digwyddiadau (Sir Benfro)

Rydym yn chwilio am wirfoddolwyr digwyddiadau a all helpu pobl i fod yn fwy egniol drwy gerdded neu feicio ar gyfer eu siwrneiau bob dydd.

Fel gwirfoddolwyr gallwch ddewis pa weithgareddau gwirfoddoli y byddwch yn eu trefnu neu'n cymryd rhan ynddynt. Mae gweithgareddau'n cynnwys:

- cynnal stondin wybodaeth
- trefnu teithiau cerdded neu feicio i grwpiau
- creu arddangosfa wybodaeth
- trefnu clinigau cyngor teithio
- rhoi sgysiau, sefydlu grwpiau defnyddwyr beic neu grwpiau cerdded neu, os oes gennych eich syniadau eich hun ar gyfer gweithgareddau gall y tîm cefnogi hyrwyddwyr weithio gyda chi i'w datblygu.

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:

<http://www.gwirfoddolicymru.net/opportunity/29814/>

Samaritans Cymru - Gwirfoddolwr Gwrando gyda'r Samariaid

Darparu cymorth emosiynol cyfrinachol i bobl sy'n cael teimladau o drallod neu anobaith, gan gynnwys y rhai a all arwain at hunanladdiad. Darparu cymorth o'r fath dros y ffôn, wyneb yn wyneb, trwy neges e-bost, llythyr, SMS a pha bynnag ffordd arall o gyfathrebu a gaiff ei mabwysiadu gan y Samariaid.

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:

<http://www.gwirfoddolicymru.net/opportunity/28326/>

English: <https://www.volunteering-wales.net/opportunity/28326/>

Scouts Cymru - Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:

Bob blwyddyn, byddwn yn helpu 400,000 o bobl ifanc (bechgyn a merched) yn y DU i fwynhau anturiaethau newydd; i gael blas ar yr awyr agored; i gydweithio ag eraill, i ennill hyder ac i gael cyfle i wireddu eu potensial yn llawn.

Yn gweithio ochr yn ochr â'n haelodau ifanc mae miloedd o wirfoddolwyr dros 18 oed. Mae amrywiaeth eang o gyfleoedd a swyddogaethau ar gael. Rydym yn cynnig cyfleoedd i oedolion weithio gyda'r bobl ifanc mewn amrywiol weithgareddau o dan do ac yn yr awyr agored.

Gall gwirfoddoli gyda'r Sgowntiaid fod yn hyblyg a chyd-fynd â'r amser sydd gan y gwirfoddolwr i'w roi. Rhoddir cefnogaeth a hyfforddiant llawn.

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:

<http://www.gwirfoddolicymru.net/opportunity/12489/>

English: <https://www.volunteering-wales.net/opportunity/12489/>

Dyfed Archaeological Trust - Chofnod Amgylchedd Hanesyddol gwirfoddolwr

- Dysgu sut i gofnodi digwyddiadau, adroddiadau a safleoedd archaeolegol
- Dysgu sut i ddefnyddio meddalwedd Cofnod yr Amgylchedd Hanesyddol a rhaglenni cyfrifiadurol eraill
- Dysgu sut i ddefnyddio Cofnod yr Amgylchedd Hanesyddol fel dull i ymchwilio
- Cael golwg ar sut mae Cofnod yr Amgylchedd Hanesyddol yn cael ei ddefnyddio i helpu gwaith maes archaeolegol, y broses gynllunio ac ymchwilio
- Dysgu arfer gorau o ran archifo digidol
- Dysgu am archaeoleg leol

Edrychwch ar y cyfle hwn ar Wefan Gwirfoddoli Cymru:

<http://www.gwirfoddolicymru.net/opportunity/27688/>

English: <https://www.volunteering-wales.net/opportunity/27688/>

Pembrokeshire Volunteering Awards 2017

PAVS Volunteering Pembrokeshire held a National Volunteers' Week celebration event on June 7th at the Regency Hall in Saundersfoot to recognise and give thanks to volunteers giving their time and commitment within their communities in Pembrokeshire.

Over 130 people attended a very lively event with over 20 voluntary organisations promoting various volunteering opportunities and new projects. Those who attended had the chance to try something new including art with the VC Gallery, painting sunflowers with Paul Sartori, Welsh with Menter Iaith Sir Benfro, willow craft with Pembroke 21C and a mini litter pick with Keep Wales Tidy.

The PAVS Pembrokeshire Volunteering Awards took place at the event giving recognition in 6 categories - Trustee, Individual aged Over 25, Individual aged Under 25, Group Over 25, Mike Beckett Award - Group Under the age of 25 and the Mary Sigley Award (where volunteering has changed the life of a person). Peter Davies, Chair of WCVA (Wales Council for Voluntary Action), attended to present the awards and Alex Beckett presented the Mike Beckett Award.



The winners were as follows:

Individual aged Over 25

Winner - Margaret Heron - Paul Sartori Foundation

Highly Commended - Jan Olin - PATCH, Tordy Jones - PATCH, Joan Palmer - Pembrokeshire Youth Justice Team

Commended

Christine Bellingham - Alzheimer's Society, Stephen Lucas - Transition Bro Gwaun

Individual aged Under 25

Winner - Carwyn Owen - Duke of Edinburgh Awards

Highly Commended - Liam Cole - SPAN Arts

Commended - Dylan Jones - Milford Haven RFC

Trustee Award

Winner - Janet Drogan - Pembroke Town Walls Trust

Highly Commended - Annette Barry - Forget Me Knot Dementia Group, Dennis O'Connor - PATCH

Commended - MIND Pembrokeshire Trustee Board,
Paul Sartori Foundation Trustee Board

Mary Sigley Award

Winner - Kim Jameson - Burns By Your Side

Highly Commended -

Christine Bellingham - Alzheimer's Society

Commended - Mark Henry - PATCH



Group aged Over 25

Winner - Burns By Your Side

Highly Commended - Llanrhian Community, Transition Bro Gwaun Café

Commended - SPPOT Volunteer Dog Walkers, Newport Community Library

Mike Beckett Award - Group aged Under 25

Winner - PATCH

Highly Commended - Goodwick Youthbank

Commended - 2nd Milford Haven Sea Scouts

Keep an eye out on the Volunteering Pembrokeshire social media pages (Facebook and Twitter) and PAVS website for Volunteers Week Events coming up in 2018!

<https://www.pavs.org.uk/volunteering/volunteersweek.htm>



Arwyr yn ymgynnull am Gwanwyn Glân Cymru

Nod Gwanwyn Glân Cymru Cadwch Cymru'n Daclus yw i annog pobl ledled Cymru i ddod at ei gilydd Dydd Gŵyl Dewi 2018 i lanhau eu hardaloedd, traethau ac afonydd lleol - gan ddod a'r neges bod plastigion a gwastraff arall yn dod i ben yn ein cefnforoedd oherwydd taflu sbwriel anghyfrifol.

Bydd grwpiau cymunedol, ysgolion a busnesau i gyd yn cymryd rhan mewn pedwar diwrnod o weithredu o 1-4 Mawrth.

Mae'r ymgyrch yn rhan o Glân Gwanwyn Prydain Fawr a gefnogir gan y naturwrydd a'r awdur Steve Backshall, cyflwynydd Deadly 60, sy'n ennill BAFTA.

Cofrestrwch eich glanhau yn <https://www.keepwalestidy.cymru/cy> neu ewch i'r wefan i ddarganfod sut y gallwch chi gymryd rhan.



Janine swaps the Big Smoke for the quiet life

Janine, originally from London signed up to the Workways+ project after re-locating to Pembrokeshire 1 year ago. She had previously worked as a Civil Servant in central London for over 30 years until she made the decision to leave the Big City for a quieter life in the Welsh countryside.

Janine began working with Volunteering Co-ordinator Louise and Workways+ mentor Rebecca, working together they worked on Janine's confidence, employability skills and looked for suitable volunteering opportunities.

A volunteering vacancy was sourced at the beautiful Picton Castle in the heart of the Pembrokeshire. The placement was perfect, a complete contrast to the fast paced life she lived in London. Janine began volunteering at the Castle and after 2 months a post became available and she was offered the job.

Janine said "Re-locating to a new place where I didn't know anyone was very daunting. Once I settled into my home I had to go and look for work, I'd never been out of work so didn't know where to start. I was referred to Workways+ and immediately felt supported. They sourced a volunteering placement which turned into a job at the Castle and I love it. Working in such a beautiful place was my dream, I couldn't be happier."

Since January 2017 Janine has completed over 200 hours of volunteering with different organisations including Picton Castle. Louise Wilkinson, Volunteering Development Co-ordinator says "Volunteering is a great way to learn something new, or keep existing skills up to date, and can really help people make a positive step towards paid work. I am really pleased the Castle spotted Janine's potential and was able to offer her a job.'

Cllr Paul Miller, Cabinet Member for Economy, Tourism, Leisure and Culture, wished Janine all the best in her new role and said: "I'm pleased that the partnership working between Workways+ and PAVS is proving successful in sourcing volunteering opportunities that give people a chance to use their existing skills, learn new ones, and improve their prospects of employment."

Workways+ provides support to help people overcome the barriers which prevent them from finding work. Participants, who choose to take part in the project, are helped with job applications, CVs, interview techniques, personal development and access to training.

Led by Neath Port Talbot Council in collaboration with Pembrokeshire, Swansea, Carmarthenshire and Ceredigion Councils, the Workways+ project is backed by the European Social Fund through the Welsh Government.

For more information on the Workways+ project, please call 01437 776609, email workwaysplus@pembrokeshire.gov.uk or visit www.workways.wales

Janine yn cyfnewid prysurdeb Llundain am fywyd tawel



Fe wnaeth Janine, sydd o Lundain yn wreiddiol, gofrestru gyda phrosiect Gweithffyrdd+ ar ôl symud i Sir Benfro flwyddyn yn ôl.

Cyn hynny bu'n gweithio fel Gwas Sifil yng nghanol Llundain am dros 30 mlynedd, tan iddi benderfynu gadael y Ddinas Fawr er mwyn byw bywyd mwy tawel yng nghefn gwlad Cymru.

Dechreuodd Janine weithio gyda Louise, Cydlynnydd Gwirfoddoli a Rebecca, mentor Gweithffyrdd+, gan gydweithio i wella hyder a sgiliau cyflogadwyedd Janine, a chwilio am gyfleoedd gwirfoddoli addas.

Daethant o hyd i gyfle gwirfoddol yng Nghastell Picton hardd yng nghanol Sir Benfro. Roedd y lleoliad yn berffaith, ac yn wrthgyferbyniad llwyr i'r bywyd prysur y bu'n ei fyw yn Llundain. Dechreuodd Janine wirfoddoli yn y Castell ac ar ôl 2 fis daeth swydd ar gael, a chynigiwyd y swydd iddi.

Dywedodd Janine, "Roedd symud i le newydd, lle nad oeddwn yn adnabod unrhyw un, yn frawychus. Unwaith yr oeddwn i wedi setlo yn fy nghartref newydd roedd yn rhaid i mi chwilio am waith. Doeddwn i erioed wedi bod heb waith felly doeddwn i ddim yn gwybod ble i ddechrau. Fe'm cyfeiriwyd at Gweithffyrdd+ ac roeddwn yn teimlo 'mod i'n cael fy nghefnogi'n syth. Daethon nhw o hyd i leoliad gwirfoddol a drodd yn swydd yn y Castell, ac rwyf wrth fy modd yno. Roedd gweithio mewn lle mor hardd yn freuddwyd gen i, a fedrwn i ddim bod mwy hapus."

Ers mis Ionawr 2017 mae Janine wedi cwblhau 200 awr o wirfoddoli gyda gwahanol sefydliadau gan gynnwys Castell Picton. Dywed Louise Wilkinson, Cydlynnydd Datblygu Gwirfoddoli, "Mae gwirfoddoli'n ffordd wych o ddysgu rhywbeth newydd, neu i ymarfer eich sgiliau presennol, a gall fod yn gymorth mawr wrth i bobl gymryd cam positif tuag at waith am dâl. Rwy'n falch iawn bod y Castell wedi sylwi ar botensial Janine ac yn gallu cynnig swydd iddi."

Dymunodd y Cynghorydd Paul Miller, Aelod y Cabinet dros yr Economi, Twristiaeth, Hamdden a Diwylliant, ddymuniadau gorau i Janine yn ei swyddogaeth newydd ac meddai: "Rwy'n falch bod cydweithio rhwng Gweithffyrdd+ a PAVS yn llwyddiannus wrth greu cyfleoedd gwirfoddoli sy'n rhoi cyfle i bobl ddefnyddio eu sgiliau presennol, dysgu rhai newydd, a gwella eu gobeithion o gyflogaeth."

Mae Gweithffyrdd+ yn darparu cymorth i bobl oresgyn y rhwystrau sy'n eu hatal rhag dod o hyd i waith. Rhoddir help i'r cyfranogwyr, sy'n dewis cymryd rhan yn y prosiect, gyda cheisiadau am swyddi, CVs, technegau cyfweld, datblygiad personol a mynediad i hyfforddiant.

Wedi'i arwain gan Gyngor Castell Nedd Port Talbot mewn cydweithrediad â Chynghorau Sir Penfro, Abertawe, Sir Gaerfyrddin a Cheredigion, caiff prosiect Gweithffyrdd+ ei gefnogi gan Gronfa Gymdeithasol Ewrop drwy Lywodraeth Cymru.

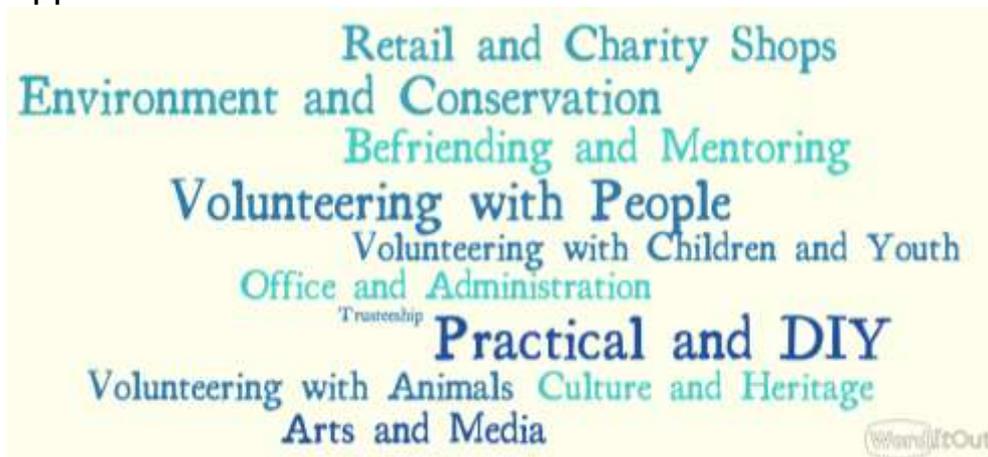
Am ragor o wybodaeth ynghylch prosiect Gweithffyrdd+, ffoniwch 01437 776609, e-bostiwch workwaysplus@pembrokeshire.gov.uk neu ewch i www.workways.wales

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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