

VISTA MAGAZINE



THE MAGAZINE OF GLAMORGAN VOLUNTARY SERVICES (GVS)
CYLCHGRAWN GWASANAETHAU GWIRFODDOL MORGANNWG (GVS)

SPRING 2024
Y GWANWYN 2024



SUPPORT IN THE VALE OF GLAMORGAN

FOR COMMUNITY ORGANISATIONS

AND CHARITIES



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Office Closures:

29 March 2024 (all day) Good Friday
1 April 2024 (all day) Easter Monday
6 May 2024 (all day) Bank Holiday
27 May 2024 (all day) Bank Holiday

If you would like to circulate news in our e-Vista magazine, appropriate to the Third Sector, please send your articles, letters or information to Mark Stillman (Editor) e-mail: mark@gvs.wales Contributions in Welsh or bi-lingual articles are welcome. **We regret we will be unable to publish any articles which appear not to have been proof read.**

GVS produces three publications a year and the deadlines are:

- 1 March distributing on or around 15 March
- 1 July distributing on or around 15 July
- 15 November distributing on or around 1 December

The opinions expressed in this newsletter are not necessarily those of GVS.

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GVS contact details

E-mail: enquiries@gvs.wales Tel: 01446 741706



GVS is committed to delivering a high quality service. If you feel that we have not met this standard a copy of our complaints procedure can be obtained by visiting our website www.gvs.wales and clicking on the 'Contact' tab on the top navigation bar.



Cefnogi Trydydd
Sector **Cymru**

Third Sector
Support **Wales**



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AN EXPLOSION OF VOLUNTEERING WAS WITNESSED IN THE VALE OF GLAMORGAN

Glamorgan Voluntary Services (GVS) Big Volunteering Fayre at the Memo Arts Centre in Barry was an explosive buzz of enthusiasm and volunteering sign-ups!

On Wednesday 24 January over 150 members of the public were both keen to explore the range of volunteering opportunities that were on offer from 48 local dedicated volunteering providers.

GVS orchestrated the event ensuring it ran smoothly with both the public and recruiting organisations remarking on its success, resulting in a large number of people signing up for their new volunteering adventure.

GVS would like to extend its appreciation to the wonderful Memo Arts Centre team whose planning prior to the event and support on the day was nothing short of outstanding. GVS is

Laura Terry, Volunteer Development Manager, Tŷ Hafan (Stall holder) said:

"The Big Volunteering Fayre hosted by GVS was a fantastic opportunity to showcase our work, meet members of the community interested in volunteering and also to network with other amazing organisations.

We had interest from around 25 potential volunteers who are keen to join us in various roles, which is incredible; but we also had the chance to inform many more individuals about the important work Tŷ Hafan does as a charity within the community. A huge thank you to everyone who talked to us and showed an interest in our services, and to GVS for organising such a successful event - we look forward to the next one!"



THE **BIG** VOLUNTEERING FAYRE

FREE ENTRY 10AM – 2PM
WEDNESDAY 24TH JANUARY
MEMO ARTS CENTRE BARRY



also grateful to both Morrisons and Asda in Barry who contributed to the refreshments for the day.

If your organisation is in need of volunteers, you don't need to wait a whole year until the next Big Volunteering Fayre. Please contact GVS' Volunteering Team who specialise in matching volunteers with recruiting organisations.

Equally, if you would like to make a difference to your community and to volunteer in the Vale of Glamorgan, please contact us.

Glamorgan Voluntary Services (GVS),
Tel: 01446 741706
E-mail: volunteering@gvs.wales
Website: www.gvs.wales
Registered Charity No. 1163193

Scott Dent-Davies, Community Engagement & Development Manager and Karen Thomas, Volunteering Development Officer - Wales & South West England for Marie Curie said:

"We thoroughly enjoyed the well organised event – GVS' best yet! We spoke to lots of enthusiastic people about getting involved with Marie Curie through our Companion Service, Retail shops and in the hospice at Penarth. We look forward to seeing these enquiries become volunteers."



Volunteering Wales connects volunteers and organisations the easy way



Cysylltu gwirfoddolwyr a'r mudiadau sydd eu hangen

Connecting volunteers and the organisations that need them

volunteering-wales.net



The new and improved Volunteering Wales website is a simple, effective and completely free way for organisations to recruit and manage volunteers.

Managed by TSSW (Third Sector Support Wales), [Volunteering Wales](#) links volunteers with the voluntary organisations that need them, and it couldn't be simpler to take advantage of it.

VOLUNTEERING MADE EASY

It's free to use, and over a thousand organisations have already taken advantage to start advertising their volunteering opportunities to the Welsh public.

Wales has a rich history of volunteering, in all the different forms it takes, and now it couldn't be easier for people to help out in their local communities. Organisations are advertising all sorts of volunteer opportunities across Wales, from working in charity shops, befriending services, helping organise charity runs and events and more.

Whether you're an organisation looking for new volunteers, or someone who wants to give back to their community, Volunteering Wales can help you find what you need.

Volunteers are the backbone of the voluntary sector, and at a time when many are pushed for time and money, Volunteering Wales aims to make the process as simple and straightforward as possible so you can find and manage your volunteers with the minimum amount of fuss.

MANAGING VOLUNTEERS

Volunteering Wales allows you to directly demonstrate what volunteering for your organisation can do for people, and it's a straightforward way for volunteers to sign up and record their volunteering activities.

Using volunteers time as match funding can be an important part of applying to funders, and Volunteering Wales allows you to quickly and easily record those hours. It can also help to develop people's skills, and being an online platform means it's more accessible for people wherever they are, whatever their needs.

The site is fully functional on a mobile, tablet and desktop, and it can tell volunteers what's available locally wherever they happen to be. This means they can find out what's going on and manage and access their opportunities even when they're on the move.

Volunteering Wales is part of TSSW and you can contact your local County Voluntary Council (CVC) or Volunteer Centre for additional support - Glamorgan Voluntary Services (GVS) Tel: 01446 741706.

E-mail: volunteering@gvs.wales

Website: www.gvs.wales

With the current crisis in volunteering recruitment the new Volunteering Wales platform is an easy and hassle-free way to attract and manage volunteers – [register your organisation for free today](#).

Mae Gwirfoddoli Cymru yn cysylltu gwirfoddolwyr a mudiadau yn hawdd



Cysylltu gwirfoddolwyr a'r mudiadau sydd eu hangen

Connecting volunteers and the organisations that need them

volunteering-wales.net



Mae gwefan newydd Gwirfoddoli Cymru yn ffordd syml, effeithiol, rhad ac am ddim i fudiadau recriwtio a rheoli gwirfoddolwyr.

Wedi'i rheoli gan Cefnogi Trydydd Sector Cymru, mae [Gwirfoddoli Cymru](#) yn cysylltu gwirfoddolwyr gyda'r mudiadau gwirfoddol sydd eu hangen, ac allai ddim bod yn haws ei defnyddio.

GWNEUD GWIRFODDOLI'N HAWDD

Mae'n rhad ac am ddim i'w ddefnyddio, ac mae dros mil o fudiadau eisoes wedi manteisio arni er mwyn dechrau hysbysebu eu cyfleoedd gwirfoddoli i'r cyhoedd.

Mae gan Gymru hanes cyfoethog o wirfoddoli, yn ei holl ffurfiau, ac mae hi bellach yn haws nag erioed i bobl helpu yn eu cymuned leol. Mae mudiadau'n hysbysebu pob math o gyfleoedd gwirfoddoli ledled y wlad, o weithio mewn siopau elusen, gwasanaethau cyfeillio, helpu i drefnu digwyddiadau a rasys elusennol, a mwy.

Os ydych chi'n fudiad sy'n chwilio am wirfoddolwyr newydd, neu'n rhywun sy'n dymuno rhoi yn ôl i'w cymuned, gall Gwirfoddoli Cymru eich helpu i ddarganfod yr hyn sydd ei angen.

Gwirfoddolwyr yw asgwrn cefn y sector gwirfoddol, ac ar adeg pan mae cymaint o bobl yn brin o amser ac arian, nod Gwirfoddoli Cymru yw gwneud y broses mor hawdd a syml â phosibl, fel bod modd i chi ganfod a rheoli eich gwirfoddolwyr mor ddi-ffwdan â phosibl.

RHEOLI GWIRFODDOLWYR

Mae Gwirfoddoli Cymru yn caniatáu i chi ddangos yn uniongyrchol beth all gwirfoddoli i'ch mudiad ei gynnig i bobl, ac mae'n ffordd syml i wirfoddolwyr gofrestru a chofnodi eu gweithgarwch gwirfoddol. Gall defnyddio amser gwirfoddolwyr fel arian cyfatebol fod yn rhan bwysig o wneud cais i arianwyr, ac mae Gwirfoddoli Cymru yn caniatáu i chi gofnodi'r oriau hynny yn gyflym ac yn hawdd. Gall hefyd helpu i ddatblygu sgiliau pobl, ac mae bod yn llwyfan ar-lein yn golygu ei fod yn fwy hygyrch i bobl ble bynnag maen nhw, waeth beth yw eu hanghenion.

Mae'r wefan yn gweithio'n rhwydd ar ffonau symudol, llechi a chyfrifiaduron, ac mae'n gallu dweud wrth wirfoddolwyr beth sydd ar gael yn lleol lle bynnag maen nhw ar y pryd. Mae hyn yn golygu y gallan nhw ddarganfod beth sy'n digwydd a rheoli a gweld cyfleoedd hyd yn oed pan maen nhw oddi cartref.

Mae Gwirfoddoli Cymru yn rhan o TSSW, mae hyn yn golygu y gallwch gysylltu eich Cyngor Gwirfoddol Sirol Lleol (CGS) neu Ganolfan Gwirfoddoli am gymorth ychwanegol - GVS (Gwasanaethau Gwirfoddol Morgannwg).

Ffôn: 01446 741706

E-bost: volunteering@gvs.wales

Gwefan: www.gvs.wales

Gyda'r argyfwng recriwtio gwirfoddolwyr presennol, mae llwyfan newydd Gwirfoddoli Cymru yn ffordd hawdd a di-ffwdan o ddenu a rheoli gwirfoddolwyr – [cofrestrwch eich mudiad am ddim heddiw](#).



OPPORTUNITIES

(For online use, click on the headings to read more information)

[10 Reasons to Volunteer](#)

Give a little time to Volunteering [Read More](#)

[Volunteer Patient Befrienders](#)

Volunteer within our hospital [Read More](#)

[Can you help volunteer in Rhoose?](#)

We are looking for volunteers to get involved in a variety of different roles. [Read More](#)

[Volunteer Activity Leader](#)

Supporting vulnerable adults [Read More](#)

[Youth Board Volunteering](#)

Giving young people a voice [Read More](#)

[Helping those with Sight Loss](#)

Activities and support within the clubs [Read More](#)

[Volunteer Tea Party Host](#)

Helping older people socialise [Read More](#)

[Helping People Get the Most out of Technology](#)

Support older and/or disabled people with technology [Read More](#)

[Volunteer Swim Support](#)

Helping in the pool or poolside [Read More](#)

[Volunteer Patient Befrienders](#)

Volunteer within our hospital [Read More](#)



CF61 is new home for two beautiful sculptures

The Community Gardens at CF61 are proud to be the new home of two sculptures by the late artist and sculptress Gwyn Price. We are thrilled that CF61 was chosen by Gwyn's husband Graham and that we can admire Gwyn's work for years to come and honour her memory.

Gwyneth Mary Price 1944 - 2023



Free local radio publicity for GVS' member organisations

Did you know that your organisation can feature for free on GVS' Bro Radio Show? Why not explore a different but effective form of advertising to help create awareness of your organisation and let local people know about your latest news and events?

If you would like to book a slot, please contact GVS to find out more. Shows are aired on the first Tuesday of the month and you can catch our latest show at embedded.autopod.xyz/episodes/show/1085

Glamorgan Voluntary Services (GVS), e-mail: enquiries@gvs.wales
website: www.gvs.wales



FREE GVS *Membership*

FOR ALL LOCAL THIRD SECTOR ORGANISATIONS



[WWW.GVS.WALES/MEMBERSHIP](http://www.gvs.wales/membership)

SUPPORTING COMMUNITY GROUPS, CHARITIES AND VOLUNTEERING

GVS' Membership fees have been abolished to better serve community organisations, clubs and charities in the Vale of Glamorgan

Glamorgan Voluntary Services (GVS) has recently abolished its membership fees to further support the local Third Sector, made up of community organisations, clubs and charities.

GVS prides itself on supporting over 700 community and charitable organisations which operate in the Vale of Glamorgan. With almost 30 years of supporting the local Third Sector GVS prides itself on being a one stop shop for community and voluntary organisations operating in the Vale of Glamorgan. Equipping organisations with highly relevant services, including funding and governance support, volunteering recruitment and much more.

So if you operate in the Vale of Glamorgan as a club, community group, Community Interest Community (CIC) or charity, why not benefit from free GVS membership and see what a difference it makes to your organisation?

Contact us to find out more or complete our Membership application form online at www.gvs.wales/membership

Glamorgan Voluntary Services (GVS), tel: 01446 741706, e-mail: enquiries@gvs.wales
website: www.gvs.wales Registered Charity No. 1163193



With Music In Mind CIC is excited to launch a brand new project which will positively impact the community of Cowbridge and the Western Vale.

What is Y Galon?

Y Galon is an age-friendly community hub at the old Red Cross Building on Broadboard, Cowbridge. The hub will be a warm and welcoming space for the whole community. On offer will be support-groups, gentle exercise, information and signposting, therapies, volunteering opportunities and much more.

Get Involved!

This is a great opportunity for the whole community to get involved and we welcome all offers of support from interested individuals and businesses. There are many ways to participate. Maybe you would like to volunteer at the hub, maybe you have an idea for a service there? Maybe you would like to help with fundraising. You can get in touch with us to discuss anything.

Our Biggest Fundraiser Yet!

Extensive refurbishments are taking place. We need to make the building accessible to everyone, warm and inviting and compliant with current building regulations.

If you would like to donate, to show our gratitude we can offer you the following:

- ♥ For £20 we will add your name to our donors book, which we be on display at Y Galon
- ♥ For £50 we will add your name and a short message of your choice to our donors book.
 - ♥ For £100 your name will be put on our donors wall, inside Y Galon
 - ♥ For £1000 your name will be put by the entrance to Y Galon, outside
 - ♥ For £3000 you can sponsor the new tea room
 - ♥ For £3500 you can sponsor the new disabled toilet
 - ♥ For £13000 you can sponsor the new disabled access ramp

Get In Touch

For information or to get involved:

Email: info@withmusicinmind.co.uk

  @ygaloncowbridge

For our fundraiser:

Go to localgiving.org and search 'Y Galon Cowbridge' or scan this QR code





HEALTH, WELL BEING & SOCIAL CARE UPDATE



The Health and Social Care Facilitator's work focuses on improving partnership working between the Third Sector and Statutory Sectors. This involves sharing information, promoting services, supporting the integration of services, managing small grant funds and facilitating the Vale Health, Social Care and Wellbeing Network as well as other networks.

Working with the Cardiff and Vale University Health Board

The Facilitator continues to have a close working relationship with the Cardiff and Vale University Health Board. This has involved working with partners on the development of the Wellbeing Hub in Eastern Vale. This involved a scoping exercise of Third Sector organisations who would be interested in utilising the Wellbeing Hub and attending multiple meetings to give a Third Sector perspective.

We have also worked with the Cardiff and Vale Integrated Health and Social Care Partnership on a range of initiatives.

Updating GVS' directories and promoting awareness of Third Sector services

GVS continues to share resources which raise awareness of Third Sector services. These resources take the form of online directories (e.g. Directory of Services for Older People and Directory of Support, Advice and Information for Carers) which can be found at: [Service Directories — GVS](#)

The GVS Facilitator produces briefings where new Third Sector services in the Vale are highlighted. These briefings have been shared with health and social care staff and with senior staff in the Cardiff and Vale University Health Board.

Third Sector responses to engagement and consultations are produced. This is a good way of having a Third Sector voice and of promoting Third Sector services. The Facilitator has responded to many consultations including the Wales Council for Voluntary Services (WCVA) consultation on the Health Service Procurement Wales Bill.

Facilitating GVS Networks

The Vale Health, Social Care and Wellbeing Network has a membership of over 450 individuals. GVS circulates an e-bulletin every week which receives positive feedback.

“The Health, Social Care & Wellbeing e-bulletin is a fantastic resource and is very useful and informative. The regular e-bulletins provide up to date information on lots of relevant subjects and has been invaluable in helping us keep in the loop about what is happening both locally and nationally.” (GVS Network Member)

The last meeting took place on the 24 November and focused on the Section 16 Forums. A Section 16 Forum is designed to accomplish two goals. One goal is to transform care to achieve greater wellbeing and sustainability. The second goal is to rebalance the care market to achieve greater diversity of service providers. The meeting looked at care services and how the Sectors could work together.

GVS Community Liaison Officer (CLO), working with the Facilitators

The aim of the CLO role is to take referrals and work with clients to ensure they are able to access the services they need. Many people have a range of complex needs and having this role means that there is one point of contact for them. The GVS CLO has helped people get tenancy support, claim benefits, access food banks, collect prescriptions, support them to their GP appointments, access cleaning services and much more.

Food Vale

The Facilitator has supported Food Vale, a partnership of dedicated individuals, community groups, organisations and businesses working together to build a thriving, healthy and sustainable food system in the Vale. The Facilitator supported Food Vale to help the Vale of Glamorgan achieve the Bronze Sustainable Food Places status. The partnership will also look at achieving the silver status. For more information on Food Vale please click: [Home Page - Food Vale](#)

Working with the Public Health team - Move More Eat Well

The Facilitator has assisted the Public Health Campaign - Move More Eat Well. This has involved promoting the campaign to our Networks and attending multiple meetings with the Move More Eat Well team. The Facilitator has followed a GVS Healthy Workplace priorities action plan to improve GVS' healthy workplace priorities.

Meeting Third Sector organisations

We are always happy to meet up with Third Sector organisations in the Vale of Glamorgan. It's great to find out what you do and visit you. We're also keen to help whenever possible. So, if you need any information, e.g. about working with statutory partners, finding out more about how to promote your services, finding out who best to work with in the Vale, please do contact us.

If you would like more information about the GVS Health and Social Care Facilitator's work, please contact: Lani Tucker, e-mail: lanit@gvs.wales

Carers Wales: Track The Act is Back!

Track The Act, Carers Wales monitoring and evaluation of the Social Services and Well-being (Wales) Act 2014 on carers rights, has returned after a three-year, pandemic-related hiatus.

If you are an unpaid carer in Wales, *Track the Act* is your chance to tell us how your rights are working for you and how this affects your life. If you are a carer, please complete the survey.

For more information and to access the survey, please follow these links: [Track the Act](#) and [Take the Survey](#)

DO YOU NEED FUNDING?

Sign up today for our free funding newsletter



Glamorgan Voluntary Services (GVS) has compiled a new e-mailing list that will focus on providing more in-depth information regarding potential funding opportunities for the Third Sector in the Vale of Glamorgan. E-mails will be sent to subscribers on this list when opportunities of new and relevant funding is released. This will not replace the existing newsletters developed by GVS, but is intended to be of use to members who want to be updated on potential funding opportunities in a dedicated and efficient manner.

If you would like to be added to this e-mailing list, please subscribe using the following link: tinyurl.com/FundingSignUp Please note that your details will never be given to third parties and you will be able to unsubscribe at any time.

OES ANGEN CYLLID ARNOCH?

Cofrestrwch heddiw ar gyfer ein cylchlythyr cyllid am ddim

Mae Gwasanaethau Gwirfoddol Morgannwg (GVS) wedi llunio rhestr e-bost newydd fydd yn canolbwyntio ar ddarparu gwybodaeth fanylach ynglŷn â chyfleoedd ariannu posib ar gyfer y trydydd sector ym Mro Morgannwg. Bydd negeseuon e-bost yn cael eu hanfon at danysgrifwyr ar y rhestr hon pan fydd cyfleoedd cyllid newydd a pherthnasol yn cael eu rhyddhau. Ni fydd hyn yn disodli'r cylchlythyrau presennol a ddatblygwyd gan GVS, ond bwriedir iddo fod o ddefnydd i aelodau sydd am gael eu diweddarau ar gyfleoedd ariannu posibl mewn modd pwrpasol ac effeithlon.

Os hoffech gael eich ychwanegu at y rhestr e-bost hon, tanysgrifiwch drwy ddefnyddio'r ddolen ganlynol: tinyurl.com/FundingSignUp Sylwch na fydd eich manylion byth yn cael eu rhoi i drydydd partïon a byddwch yn gallu dad-danysgrifio unrhyw bryd.

BOOK OUR LLANTWIT MAJOR VENUE



Meetings ★ Training ★ Classes ★ Parties ★ Fitness



MEETING
SPACES



CHILDREN'S
PARTIES



ART & CRAFT
CLASSES



ACTIVITY
CLASSES

CF61, Station Road, Llantwit Major CF61 1ST tel: 01446 741706
e-mail: enquiries@CF61.wales website: www.CF61.wales



Managed by Glamorgan Voluntary Services (GVS)
Charity Number: 1163193



01446 741706 stpauls@gvs.wales www.st-pauls.wales

Are you looking to start a voluntary group or charity? GVS can help.

Starting something new can be daunting. If you have an idea for a voluntary group or charity then Glamorgan Voluntary Services (GVS) is here to help make it a reality. Our dedicated Governance Officer is able to support with everything from choosing the right structure, writing a constitution, developing policies, registering a charity and much more.

If you're already part of a voluntary group or charity we also offer ongoing support if you need any advice or help. Get in touch for a free informal chat. Contact Kris on kris@gvs.wales or 01446 741706.

“ We received advice on changing our club to a charity and had been rejected twice on applying for a Charitable Incorporated Organisation (CIO). Talking to Kris regarding this, he sent all the information to correctly apply for a CIO and checked the application form before we sent it in. ”

Tony Peters, Barry Athletic Coastal Rowing Club

Ydych chi'n edrych i ddechrau grŵp neu elusen wirfoddol? Gall GVS helpu

Mae dechrau rhywbeth newydd yn gallu bod yn frawychus. Os oes gennych chi syniad ar gyfer grŵp neu elusen wirfoddol yna mae Gwasanaethau Gwirfoddol Morgannwg (GVS) yma i helpu ei wireddu. Mae ein Swyddog Llywodraethu ymroddedig yn gallu eich cefnogi gyda phopeth o ddewis y strwythur cywir, ysgrifennu cyfansoddiad, datblygu polisiau, cofrestru elusen a llawer mwy.

Os ydych eisoes yn rhan o grŵp neu elusen wirfoddol, rydym hefyd yn cynnig cymorth parhaus os oes angen cyngor neu help arnoch. Cysylltwch â ni ar gyfer sgwrs anffurfiol am ddim. Cysylltwch â Kris ar kris@gvs.wales neu 01446 741706.

“Cawsom gyngor ar newid ein clwb i elusen ac fe'n gwrthodwyd ddwywaith wrth wneud cais am CIO. Wrth siarad â Kris ynglŷn â hyn, anfonodd yr holl wybodaeth i wneud cais cywir am CIO a gwirio'r ffurflen gais cyn i ni ei hanfon i mewn.”

Tony Peters, Barry Athletic Coastal Rowing Club

Glamorgan Voluntary Services (GVS) is running vital Third Sector training in 2024-2025 with prices starting from £10.00 per person, heavily subsidised for GVS Member Organisations.

Being a Trustee - learn the essentials of running a voluntary group or charity

Being a Trustee can be a daunting prospect, particularly if a person has no previous experience. This training session will provide an informal overview of the role and responsibility of being a Trustee.

By the end of the training, participants will:

- Understand the purpose of the governing document and how this differs from policies and procedures
- Understand the concept of different legal structures, including limited liability
- Know where to access the essential Trustee guidance



The session will take place at 10am on the 16 April via Zoom. Prices start from £10 with limited places available. To book your place, visit: www.eventbrite.com/e/being-a-trustee-the-essentials-tickets-853591353717

Recruiting, Selecting and Managing Volunteers

This concise Recruiting, Selecting and Managing Volunteers session is essential for any organisation working with or embarking on recruiting volunteers.

At the end of the session you will be able to:

- Identify existing and new volunteering roles for volunteers
- Identify where to promote and recruit volunteers
- Establish an effective selection procedure
- Establish a simple guide for managing volunteers

If you would like to attend any of our sessions or find out more, please visit www.eventbrite.com/cc/recruiting-selecting-and-managing-volunteers-3170489





Canva

VOLUNTEER AND JOIN OUR TEAM

The FoodShare Pantry

FoodShare Pantry St Athan has volunteering opportunities available from only a couple of hours a week

Contact us to find out more

FoodShare Pantry c/o Glamorgan Voluntary Services (GVS)
 Tel: 01446 741706 E-mail: volunteering@gvs.wales
 Website: www.gvs.wales Registered Charity No. 1163193

COULD YOU HELP COACH OUR SWIMMING CLUB?

- ✓ No coaching experience needed
- ✓ Have a keen interest in swimming
- ✓ Have a couple of hours a week to spare

Barry Amateur Swimming Club
Barryasc@myyahoo.com
 or contact us on Facebook

Be a **SUPERHERO** and drive for EVCT

EAST VALE COMMUNITY TRANSPORT (EVCT)

THE **BIG** VOLUNTEERING FAYRE

GVS
 FREE ENTRY 10AM – 2PM
WEDNESDAY 24TH JANUARY
 MEMO ARTS CENTRE BARRY

Explore hundreds of life-changing volunteering opportunities with over 40 volunteering organisations looking for people like you!

An Introduction to Creating designs using Canva

Glamorgan Voluntary Services (GVS) is pleased to be able to facilitate an in-person Canva session.

Canva www.canva.com is a design tool that has thousands of ready to use templates at your fingertips enabling you to create quick, easy and effective social media graphics, posters, business cards, flyers, presentations and more!

Canva is free for basic use. A Pro version with added features is available at a cost but is free if you are a registered charity!

Cost: From £20
Venue: Community Enterprise Centre,
Skomer Road, Barry CF62 9DA

Choose a date below | 9.30am – 12.30pm

- [19 April 2024](#)
- [19 June 2024](#)
- [18 September 2024](#)
- [20 November 2024](#)
- [5 February 2025](#)

The session will cover:

- How to navigate Canva's home page
- How to choose a template for your design
- How to create a blank design of the required size
- How to find and add fonts to suit your brand's image
- How to add, move, resize and rotate images
- How to add elements – boxes, circles etc.
- How to insert your saved images including logos and branding
- How to duplicate your creations to assist with progressing designs
- How to create a short MP4 video for your social channels
- How to remove image backgrounds, add paid for images, resize any designs (Canva Pro)
- How to save the file as a PDF, PNG, MP4
- Optional 30mins at the end of the session to produce a graphic of your choice using Canva (ideally sign up to Canva prior to the session to make full use of this practical element)

To reserve your place on this in-person training session, please click on any of the dates above to book through Eventbrite. If you would like further information about this session, please contact Mark Stillman at GVS, e-mail: mark@gvs.wales

Glamorgan Voluntary Services (GVS), tel: 01446 741706
e-mail: enquiries@gvs.wales website: www.gvs.wales
Registered Charity No. 1163193

COULD YOU HELP COACH OUR SWIMMING CLUB?

- ✓ No coaching experience needed
- ✓ Have a keen interest in swimming
- ✓ Have a couple of hours a week to spare

**Barry Amateur
Swimming Club**
Barryasc@myyahoo.com
or contact us on Facebook



Are you using GVS' discounted Printing and Design Service?

Glamorgan Voluntary Services (GVS) Printing and Design Service is fully operational and has been efficiently meeting the needs of member organisations. In September alone, GVS completed nine print jobs including design work and slicing. The service is highly valued and favourably priced for the Third Sector it serves.

The printing service now operates from GVS' new premises, Illtud House in Llantwit Major.

If your voluntary community organisation or charity would like a quote for printing and / or design work, please contact Mark Stillman at GVS, e-mail: mark@gvs.wales

EMERGENCY FIRST AID AT WORK

Emergency First Aid at Work (EFAW) three-year certificate

£55.00 per person, minimum of six people

9am - 3.45pm

Available dates: Monday 22 April 2024 or Monday 1 July 2024

Venue: St Paul's Community Centre, Arcot Street Penarth CF64 1EU

This course can be adapted to suit a particular audience and is ideal for lower risk organisations, and is in accordance with the Health and Safety (First Aid) Regulations. The course is run over one day and includes both theory and practical sessions, in a relaxed atmosphere, designed to boost a candidate's confidence.

Certification is dependent on successful continuous assessment of the student, there is no final exam. Those students who complete the course and are deemed to have reached the required standard are issued with a certificate that is valid for three years.

- During the course, the delegates learn how to perform emergency first aid and potentially save a life
- Assessments are on-going with no final exam
- The course will run for six hours plus breaks
- All delegates are required to attend the full duration of the course

Why learn first aid?

Accidents and medical emergencies can happen in any place and at any time. So although this is a course aimed at first aid in work, these same emergencies can happen in your home, or even on a night out. So be prepared. Learn how to save a life.



Course Syllabus

- First Aid Priorities
- Managing Incidents
- CPR including use of a defibrillator
- Unconsciousness
- Seizures
- Control of Bleeding
- Burns and Scalds
- Dressings
- Recording and Reporting
- First Aid Kits

To reserve your place on this in-person training session, please click on either of the dates above to book through Eventbrite. If you would like further information about this session, please contact Mark Stillman at GVS, e-mail: mark@gvs.wales

Strength & Balance Classes

ELDER **FIT**



MONDAY, 2:00 - 2:45pm

St Pauls, Penarth

Scott



TUESDAY, 10:30 - 11:15am

Glyndwr Community Centre

Darren



THURSDAY, 10:30 - 11:15am

Castleland, Barry

Talib

£2.50 per session

Contact Gareth for more information

07531 382 224 info@elderfit.co.uk

www.elderfit.co.uk

GVS recruits professional to deliver website, social media and TikTok sessions

GVS is pleased to offer expert online training sessions to meet the need of local organisations. All sessions are online, 2.5 hours long and £50.00 per person (excluding Eventbrite fee).

Social media for the Third Sector

Choose a date below

[17 April 2024](#)

[4 September 2024](#)

You will learn...

- How social media works in the current landscape
- How to identify individual and organisational barriers to using social media
- Which types of content performs well on social media right now
- How to craft unique and engaging posts for your various social platforms
- How to get started with your charity's social media strategy

Getting started with TikTok

Choose a date below

[24 April 2024](#)

[10 September 2024](#)

Sarah is a professional website developer and content creator with extensive experience working alongside charities, freelancers, small businesses and local Government. With over 20 years of technical experience, Sarah helps small businesses improve their websites and online presence to gain more customers using SEO, technical improvements and digital content strategies. Learn more at sarahtamsin.com

You will learn...

- The culture of TikTok and how to find your brand's 'niche'
- How to navigate the TikTok app
- How to use free editing tools to create entertaining, educational and inspirational videos
- How to leverage the features provided by TikTok to grow your brand

Writing for your website

Choose a date below

[14 May 2024](#)

[25 September 2024](#)

You will learn...

- How to create interesting and engaging content to meet your website visitors' needs
- How to create and use eye-catching media to take your content to the next level
- How to efficiently plan and stay on top of your online content
- An understanding of how search engines work and the use of keywords





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WOULD YOU LIKE TO VOLUNTEER?

HOFFECH CHI WIRFODDOLI?

We have hundreds of opportunities available and we can help you find the right one to start you on a new adventure

Mae gennym gannoedd o gyfleoedd ar gael a gallwn eich helpu i ddod o hyd i'r un iawn i'ch cychwyn ar antur newydd

Glamorgan Voluntary Services (GVS)
Gwasanaethau Gwirfoddol Morgannwg
enquiries@gvs.wales
www.gvs.wales @GVolServices