



Cymdeithas Gwasanaethau  
Gwirfoddol Sir Benfro



## Gwirfoddoli Sir Benfro

### *Bwletin Gwirfoddolwyr Gaeaf 2005*

Mae Gwirfoddoli Sir Benfro yn cynnig gwasanaeth cyngor a gwybodaeth cyflawn ynglyn a'r canlynol:

- Cyfleodd Gwirfoddoli
- Datblygiad Personol
- Gyrfaoedd ac Addysg

I gael gwybod rhagor ffoniwch  
**01437 769422**



Pembrokeshire Association  
of Voluntary Services



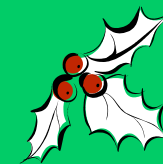
## Volunteering Pembrokeshire

### *Volunteer Bulletin Winter 2005*

Volunteering Pembrokeshire offers a comprehensive advice and information service on:

- Volunteering Opportunities
- Personal Development
- Careers and Education

To find out more call  
**01437 769422**





## DESPERATELY SEEKING VOLUNTEERS!

**PIPPA**, the local organisation for all physically and sensory disabled people in Pembrokeshire, urgently needs volunteers to help in their offices in Meadow Park, Haverfordwest. PIPPA is short-staffed at the moment and would be delighted to hear from anyone interested in becoming a volunteer.

Volunteer duties will include general office administration, dealing with phone enquiries and providing information to visitors to the offices. 'On-the-job' training and ongoing support will be provided, and expenses will be paid.

**Pembrokeshire Coast National Park (PCNP)** needs volunteer walk leaders for its 'Steps2Health Pembrokeshire' programme. The programme has been designed to help older people and adults at risk of coronary heart disease to get out into the countryside, get some exercise, meet new people, become more active and healthy and have some fun!

Being a walk leader involves taking groups out for short walks in areas all around Pembrokeshire, but mainly in your local area. Walks take between 30 and 45 minutes each.

You will need to enjoy walking and meeting people and you should be able to commit at least 1½ hours a week to the project. PCNP will give you free training in basic first aid, volunteer walk leader training plus ongoing support.

*If you are interested in either of the above volunteering opportunities, please ring Volunteering Pembrokeshire on 01437 769422 or email [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk).*



BUILD ON WHAT YOU'RE INTO

Llongyfarchiadau i Jenny Pike a Stephen Walters o Brosiect y Tanerdy (Tanyard) a Kayley Readings o Ymddiriedolaeth y Tywysog am ennill tystysgrifau Gwirfoddolwyr y Mileniwm. Cwblhaodd Jenny 100 awr o wirfoddoli a Stephen a Kayley 200 awr yr un! Ardderchog!!

*Os ydych rhwng 16 a 24 oed ac os oes gennych ddiddordeb mewn bod yn Wirfoddolwr y Mileniwm cysylltwch â Jean yn PAVS trwy ffonio 01437 769422.*

### Enillwyr Gwobr Cyflawnwyr Ifainc Whitbread yn dathlu

Dyfarnwyd y gwobrau i Jesse Peters, Richard Holden, Sarah Greaves ac Ailsa Holmes. Cydnabod a gwobrwyo cyflawniadau pobl ifainc 16-25 oed sy'n ymwneud yn weithredol â phrosiectau gwirfoddoli mewn pedwar categori - y celfyddydau, y gymuned, yr amgylchedd a chwaraeon - yn ystod y 12 mis diwethaf, a wna'r gwobrau.

Cyhoeddwyd enwau'r enillwyr ddydd Mercher, 23ain Tachwedd mewn digwyddiad arbennig yn Oriel y Vinyl Factory yn Soho yng nghanol Llundain, a gyflwynwyd gan y cyflwynydd teledu, June Sarpong.

Derbynia pob enillydd £2,000 o arian, £250 o dalebau hamdden a phecyn o gyfleoedd 'na all arian eu prynu'. Rhoddir yr arian, ynghyd â rhaglen 12 mis o gefnogaeth ddilynol, gan gwmni Whitbread i ganiatáu i'r enillwyr ddatblygu eu syniadau a'u hysbrydoli i fynd hyd yn oed yn bellach.



## DESPERATELY SEEKING VOLUNTEERS!

Mae ar **PIPPA**, y mudiad lleol ar gyfer yr holl rai sydd ag anabledd corfforol neu synhwyraidd yn Sir Benfro, angen gwirfoddolwyr ar frys i gynorthwyo yn ei swyddfeydd yn Meadow Park, Hwlfordd. Mae PIPPA yn brin o weithwyr ar hyn o bryd a byddai'r mudiad wrth ei fodd i glywed oddi wrth unrhyw un sydd â diddordeb mewn bod yn wirfoddolwr.

Bydd y dyletswyddau gwirfoddoli yn cynnwys gweinyddu cyffredinol mewn swyddfa, ymdrin ag ymholiadau ffôn a darparu gwybodaeth ar gyfer y rhai sy'n ymweld â'r swyddfeydd. Rhoddir hyfforddiant 'wrth y gwaith' a chefnogaeth barhaus, a thelir treuliau.

Mae ar **Barc Cenedlaethol Arfordirol Sir Benfro** angen arweinwyr teithiau ar gyfer ei raglen Camu i lechyd Sir Benfro. Lluniwyd y rhaglen i gynorthwyo pobl hŷn ac oedolion sydd mewn perygl o glefyd coronaidd y galon i fynd allan i gefn gwlad, cael peth ymarfer, cwrdd â phobl wahanol, bod yn fwy prysur ac iach a chael hwyl!

Golyga bod yn arweinydd taith fynd â grwpiau am dro bach ym mhob rhan o Sir Benfro, ond yn eu hardal leol yn bennaf. Teithiau o ryw 30 i 45 munud ydynt.

Dylech fod yn mwynhau cerdded a chwrdd â phobl a dylech allu ymrwmo o leiaf 1½ awr yr wythnos i'r prosiect. Cewch hyfforddiant am ddim gan y Parc ar gymorth cyntaf sylfaenol, hyfforddiant ar gyfer arweinydd teithiau gwirfoddol yn ogystal â chefnogaeth barhaus.

**Os oes gennych ddiddordeb mewn un o'r cyfleoedd gwirfoddoli uchod, ffoniwch Gwirfoddoli Sir Benfro: 01437 769422 neu anfonwch e-bost: [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk) <<mailto:volunteering@pavs.org.uk>>.**



BUILD ON WHAT YOU'RE INTO

Congratulations to Jenny Pike and Stephen Walters of the Tanyard and Kayley Readings of the Princes Trust on achieving their Millennium Volunteers certificates. Jenny has completed 100 hours of volunteering and Stephen and Kayley have both completed 200 hours! Well done!!

*If you are aged between 16 and 24 and are interested in becoming a Millennium Volunteer please contact Jean at PAVS on 01437 769422.*

### Whitbread Young Achievers celebrate prestigious awards

Jesse Peters, Richard Holden, Sarah Greaves and Ailsa Holmes have been named as the four winners. The awards recognise and reward the achievements of 16-25 year olds who have actively engaged in volunteering projects across four categories - arts, community, environment and sport - during the past 12 months. The young winners were announced on Wednesday 23rd November at a celebration event hosted by TV presenter June Sarpong, at the Vinyl Factory Gallery in central London's Soho.

Each winner receives £2,000 in cash, £250 in leisure vouchers and a package of 'money can't buy' opportunities. The money, along with a 12-month follow-on support programme, is given by Whitbread to allow the winners to develop their ideas and give them inspiration to go even further.

## What did volunteering ever do for me....?

At Volunteering Pembrokeshire we see hundreds of volunteers every year, and we know that as well as the many benefits volunteers bring to the organisations they help, volunteering can be very rewarding for the volunteer also. Volunteers usually find that through volunteering they make new friends and learn new skills; sometimes volunteering can lead to people finding new careers. We spoke to three Pembrokeshire volunteers to ask them how volunteering has affected them:

### Jenny Pike

“Almost 1 year ago I moved to Pembrokeshire, not knowing anyone here. I managed to get a job doing general administration for minimum wage, but really wanted to get a career in youth work. On deciding that volunteering was probably the best way to gain experience and to get myself known, I rang PAVS and they came out to see me. They told me of all the volunteering opportunities and about Millennium Volunteers, a scheme that recognises the time and effort put in by young volunteers. I began volunteering with Neyland Youth club and The Tanyard in Pembroke and really enjoyed it. Shortly after this I got a job with the Prince’s Trust as an Administration Assistant, and continued to work hard with my volunteering. 5 months later I completed 100 hours as a millennium volunteer and applied for the position of Youth Information Worker and YouthBank Co-ordinator - a partnership working job with The Prince’s Trust, Pembs Youth Services and Communities First. Because of the experience and skills I had developed through volunteering and the dedication I had shown, my application was successful. I now have a job I love that involves working with young volunteers who, like myself, want to gain skills and experience and to give something back to the community. In my opinion, volunteering really does make a difference, not only to those you are helping but also to your own development; I would recommend it to anyone.”

### Norah Townend

Bu Norah yn gwirfoddoli ers amser maith; dechreuodd wirfoddoli pan oedd yn ferch ifanc ac mae newydd ddathlu ei phen-blwydd yn 80 oed! Dywed Norah mai dyma a’i hysbrydolodd gyntaf i wirfoddoli:



“Roedd fy mam bob amser yn fy annog i helpu eraill. Roedd hi’n fam arbennig a’i dylanwad hi, ei pharch a’i hoffter at eraill a’ m hysbrydolodd i i helpu eraill ar hyd fy mywyd.”

Dros y blynyddoedd bu Norah yn gwirfoddoli i sawl mudiad, gan gynnwys Pryd ar Glud a Cheir Ysbyty. Pan ddaeth gyntaf i Sir Benfro daeth yn aelod o bwyllgor Cartrefi Cheshire, gwaith a wnaeth am flynyddoedd lawer. Mae’n dal yn aelod o bwyllgor Sefydliad Ymchwil Lewcemia a gwirfoddola i’r Gymdeithas Strôc leol fel gwirfoddolwr Cynorthwyo Dysffasia. Cred Norah fod y rhai mae’n gweithio gyda hwy ar eu hennill yn sylweddol o gysylltu ag eraill, ac mae hithau ar ei hennill o wneud gwaith gwirfoddol:

“Rwyf wedi cwrdd â llawer o bobl hyfryd dros y blynyddoedd na fyddwn wedi cwrdd â hwy heblaw am fy ngwaith gwirfoddol, ac wedi elwa llawer ar hynny.”

Gofynnwyd i Norah sut oedd y mudiadau y bu’n gwirfoddoli iddynt dros y blynyddoedd wedi elwa, yn ei barn hi.

“Dwyf *fi* ddim wedi gwneud dim arbennig (!) ond yn sicr ni allai’r mudiadau rwyf wedi bod yn gwirfoddoli iddynt fod wedi gweithredu heb wirfoddolwyr - er enghraifft, pan ddechreuais gyda Chartrefi Cheshire gwirfoddolwyr oedd yn ei redeg yn bennaf.”

“Bûm yn ffodus iawn nad oedd rhaid imi fynd allan i weithio felly roedd gennyf amser i allu gwneud gwaith gwirfoddol, a chefais bob cefnogaeth gan fy niweddar wŷr i wneud hynny.”

## Beth wnaeth gwirfoddoli drosaf fi erioed ...?

Yn Gwirfoddoli Sir Benfro gwelwn gannoedd o wirfoddolwyr bob blwyddyn a gwyddom y gall gwirfoddoli, yn ogystal â rhoi manteision i'r mudiadau maent yn eu cynorthwyo, fod yn fanteisiol i'r gwirfoddolwr hefyd. Gwêl y gall wneud ffrindiau newydd a dysgu medrau newydd; weithiau gall gwirfoddoli arwain ar yrfa newydd. Buom yn siarad â thri gwirfoddolwr o Sir Benfro a gofyn iddynt sut yr effeithiodd gwirfoddoli arnynt hwy:

### Jenny Pike

“Symudais i Sir Benfro bron flwyddyn yn ôl, heb nabod neb yma. Llwyddais i gael gwaith gweinyddol cyffredinol am y cyflog isaf posibl, ond cael gyrfa mewn gwaith ieuenctid oedd fy nod. Wedi penderfynu mai gwirfoddoli oedd y ffordd orau i ennill profiad, mwy na thebyg, ac i bobl ddod i'm nabod, ffoniais PAVS a daeth rhywun i'm gweld. Cefais wybod am yr holl gyfleoedd gwirfoddoli ac am Wirfoddolwyr y Mileniwm, cynllun sy'n cydnabod yr amser a'r ymdrech a roddir gan wirfoddolwyr ifainc. Dechreuais wirfoddoli gyda Chlwb Ieuenctid Neyland a Phrosiect y Tanerdy (Tanyard) ym Mhenfro ac roeddwn wrth fy modd. Yn fuan wedyn cefais swydd gydag Ymddiriedolaeth y Tywysog fel cynorthwywr gweinyddol, gan barhau i weithio yn galed yn gwirfoddoli. Bum mis yn ddiweddarach, wedi cwblhau 100 awr fel Gwirfoddolwr y Mileniwm, gwneuthum gais am swydd Gweithwyr Gwybodaeth Ieuenctid a Chyd-drefnydd y Banc Ieuenctid, gan weithio mewn partneriaeth gydag Ymddiriedolaeth y Tywysog, Gwasanaethau Ieuenctid Sir Benfro a Chymunedau yn Gyntaf. Oherwydd y profiad a'r medrau a enillais trwy wirfoddoli a'm hymroddiad, bu fy nghais yn llwyddiannus. Erbyn hyn mae gennyf swydd sydd wrth fy modd sy'n golygu gweithio gyda gwirfoddolwyr ifainc sydd fel fi am ennill medrau a phrofiad a rhoi rhywbeth yn ôl i gymdeithas. Yn fy marn i, mae gwirfoddoli yn gwneud gwahaniaeth gwirioneddol, nid yn unig i'r rhai sy'n derbyn cymorth ond hefyd i'ch datblygiad chi. Byddwn yn argymhell gwirfoddoli i bawb.”

### Norah Townend

Norah has been volunteering for a long time - she began volunteering whilst in her teens and has just celebrated her 80<sup>th</sup> birthday! We asked Norah what first inspired her to volunteer:



“My mother always encouraged me to help other people. She was a wonderful mother and it is her influence, her regard for others and her altruistic nature that has inspired me to help others throughout my life.”

Over the years Norah has volunteered for many organisations including Meals on Wheels and Hospital Cars. When she first came to Pembrokeshire she became a committee member of Cheshire Homes, a role she held for many years. She remains a committee member for the Leukaemia Research Foundation and volunteers for the local Stroke Association as a Dysphasic Support volunteer. Norah feels that the people she works with benefit a great deal from contact with other people, and she herself gets a great deal out of her voluntary work:

“I have met lots of lovely people over the years that I would not otherwise have met had it not been for my voluntary work, and I have gained so much from meeting these people.

We asked Norah how she felt the organisations she had volunteered for over the years had gained from her involvement

“I haven't done anything special (!) but the organisations I'm involved with certainly could not have functioned without volunteers - for example, when I started with Cheshire Homes it was almost entirely staffed by volunteers. “

“I have also been very lucky in that I didn't have to go out to work so have had the time to be able to do voluntary work, and my late husband always supported and encouraged me to do so.”

## Paul Kemp

My name is Paul and I am 29 years old. In 2001 I was medically retired from my technician job due to mental health problems. I moved back to Pembrokeshire with no job and no confidence or skills to work again. After a year or so I applied for a course at Pembrokeshire College but was turned down as I didn't have the required experience but they suggested volunteering for year and then to try again.



Volunteering was something I had never considered before but I soon contacted PAVS who were very positive. From there I started volunteering at Pembrokeshire Mind for 2 days a week. I have been at Mind now for 3 years where I am also a Trustee. In that time I have completed a college course in Mental Health with support from Mind and have attended numerous training courses, some of which were run by PAVS.

I became a Volunteer Mentor for PAVS Mentoring scheme in 2004 and I am currently a Volunteer Mentor for the Princes Trust Leaving Care Scheme.

In the last 3 years I have gained a lot of work experience but mostly I have increased my confidence and self esteem. I have met lots of lovely people from all walks of life and have made loads of really good friends.

Currently I am about to start paid employment as a Mental Health Support Worker which I whole heartedly have volunteering to thank for. Thanks.

## Gwirfoddoli a Budd-daliadau

Nid yw gwirfoddoli yn effeithio ar eich budd-daliadau mewn unrhyw ffordd os nad ydych yn gwirfoddoli yn lle gwneud gwaith cyflogedig a'ch bod yn gwirfoddoli mewn mudiad nad yw er elw. Hefyd rhaid ichi roi gwybod i'r Ganolfan Byd Gwaith cyn ichi ddechrau gwirfoddoli. Gan fod gwirfoddoli yn cael ei ystyried yn newid o ran amgylchiadau, gellir gofyn i wirfoddolwr newydd sy'n derbyn budd-dâl analluogrwydd ddod am Gyfweliad Gwaith-ganolog. Yn y cyfweliad, ni orfodir chi i swydd gyflogedig ond mae'n gyfle i edrych yn gadarnhaol ar unrhyw gyfleoedd eraill sy'n agored ichi yn ogystal â gwirfoddoli.

## Mae'n Bryd Cystadlu ...

Sawl un gysylltodd â Gwirfoddoli Sir Benfro yn PAVS gan chwilio am gyfleoedd gwirfoddoli yn ystod 2005?

- a. 47
- b. 325
- c. 663

- ★ Dyddiad cau'r gystadleuaeth yw'r 10fed Ionawr, 2006
- ★ Tynnir enw'r enillydd o het!
- ★ Y wobr fydd tocyn llyfr gwerth £5
- ★ Anfonwch eich atebion ar gerdyn post neu trwy e-bost i Wirfoddoli Sir Benfro yn PAVS – ceir manylion sut i gysylltu ar dudalen ganol y Bwletin hwn

## Paul Kemp

Fy enw yw Paul ac rwy'n 29 oed. Yn 2001 gorfu imi adael y swydd fel technegydd oherwydd problemau iechyd meddwl. Symudais yn ôl i Sir Benfro heb swydd ac heb hyder na sgiliau i aildechrau gweithio. Ar ôl rhyw flwyddyn gwnes gais i ddilyn cwrs yng Ngholeg Sir Benfro ond ces fy ngwrthod gan nad oedd gennyf y profiad angenrheidiol. Awgrymwyd fy mod yn gwirfoddoli am flwyddyn ac yna yn gwneud cais arall.



Nid oeddwn erioed wedi ystyried gwirfoddoli o'r blaen ond cyn bo hir fe gysylltais â PAVS, a oedd yn gadarnhaol iawn. Wedyn dechreuais wirfoddoli i Mind Sir Benfro ddau ddiwrnod yr wythnos. Bûm gyda Mind ers tair blynedd bellach, ac rwyf hefyd yn Ymddiriedolwr. Yn y cyfamser, rwyf wedi cwblhau cwrs coleg ar lechyd Meddwl gyda chefnogaeth Mind a dilyn amryw o gyrsiau hyfforddiant, rhai ohonynt wedi eu trefnu gan PAVS.

Deuthum yn Fentor Gwirfoddolwyr i gynllun Mentora PAVS yn 2004 ac ar hyn o bryd rwy'n Fentor Gwirfoddolwyr ar gyfer Cynllun Gadael Gofal Ymddiriedolaeth y Tywysog.

Yn ystod y tair blynedd ddiwethaf, cefais lawer o brofiad gwaith ond yn bennaf cynyddodd fy hyder a'm hunan-barch. Rwyf wedi cwrdd â llawer o bobl ddymunol o bob math o gefndir a gwneud llawer o ffrindiau da iawn.

Ar hyn o bryd rwyf ar fin dechrau gwaith cyflogedig fel Gweithiwr Cymorth lechyd Meddwl, rwyf yn diolch o galon i wirfoddoli amdano. Diolch.

## Volunteering and Welfare Benefits

Volunteering does not affect your benefits in any way as long as you are not replacing paid work and are volunteering in an organisation that is not for profit. Also you need to inform JobCentre Plus before you start your placement. As volunteering counts as a change in circumstance, a new volunteer on incapacity benefit may be called in for a Work Focused Interview. Whilst attending this interview, you will not be forced into doing a paid job but it is a chance to look positively at any other opportunities open to you in addition to volunteering.

## Competition Time .....

How many people have come to PAVS Volunteering Pembrokeshire in search of volunteering opportunities in 2005?

- a. 47
- b. 325
- c. 663

- ★ Competition closing date January 10th 2006
- ★ Winner will be drawn out of a hat!
- ★ Prize £5 book voucher
- ★ Answers on a postcard or email to PAVS Volunteering Pembrokeshire – contact details on centre page of this bulletin

## Latest Volunteering Vacancies

### STROKE ASSOCIATION

⇒ Dysphasic Support Volunteer

### PEMBROKESHIRE MIND

⇒ Volunteer Befriender

### NATIONAL TRUST COLBY WOODLAND GARDEN

⇒ Volunteer Gardener / Woodland Clearance / Events Helper

### BUTTERFLY CONSERVATION

⇒ Volunteer Butterfly / Moth Surveyor

### THE ANTHONY NOLAN TRUST

⇒ Volunteer Fundraising

⇒ Volunteer Presenter

⇒ Volunteer Administrator

### CARDS FOR GOOD CAUSES

⇒ Volunteer Card Shop Sales Assistant

### WEST WALES ECO CENTRE

⇒ Volunteer Garden Project Organiser

⇒ Volunteer Green Newport Directory

### WEST WALES WOMENS AID

⇒ Volunteer On-Call Worker



## Cyfleon Gwirfoddoli Diweddaraf

### MEITHRINFA ARCH NOA

⇒ Unigolyn Cofrestredig Gwirfoddol

⇒ Cadeirydd Gwirfoddol i'r Pwyllgor

⇒ Ysgrifennydd Gwirfoddol i'r Pwyllgor

⇒ Trysorydd Gwirfoddol i'r Feithrinfa

### PROSIECT BYW YN IACH HAKIN, HUBBERSTON A CHIL-MAEN

⇒ Gwirfoddolwr Byw yn Iach

### YMDDIRIEDOLAETH POBL IFAINC ABERGWAUN AC WDIG

⇒ Ymddiriedolwr Gwirfoddol

### WORKABILITY LEONARD CHESHIRE

⇒ Gwirfoddolwr Workability

### TOC H CYMRU

⇒ Gwirfoddolwr ar gyfer y Gwasanaeth Llyfrgell

### CYMDEITHAS WIRFODDOL FRENHINOL Y MERCHED

⇒ Gwirfoddolwr Pryd ar Glud

### EIRIOLAETH SIR BENFRO

⇒ Cynorthwy-ydd Swyddfa Gwirfoddol

### CYMDEITHAS Y BYDDAR CYMRU (RNID)

⇒ Gweithiwr Cymorth / Gyrrwr Gwirfoddol



## Cyfleon Gwirfoddoli Diweddaraf

### CYMDEITHAS STRÔC

⇒ Cynorthwy-ydd Dysffasia Gwirfoddol

### MIND SIR BENFRO

⇒ Cyfaill Gwirfoddol

### GARDD GOETIR COLBY YR YMDDIRIEDOLAETH GENEDLAETHOL

⇒ Garddwr / Cliriwr Coetir / Cynorthwy-ydd Gwirfoddol gyda Digwyddiadau

### CADWRAETH IEIR BACH YR HAF

⇒ Archwiliwr Ieir Bach yr Haf / Gwyfynod Gwirfoddol

### YMDDIRIEDOLAETH ANTHONY NOLAN

⇒ Codwr Arian Gwirfoddol

⇒ Cyflwynydd Gwirfoddol

⇒ Gweinyddwr Gwirfoddol



### CARDIAU AT ACHOSION DA

⇒ Cynorthwy-ydd Gwerthu Cardiau Gwirfoddol mewn Siop

### CANOLFAN ECO GORLLEWIN CYMRU

⇒ Trefnydd Prosiect Gardd Gwirfoddol

⇒ Trefnydd Cyfarwyddiadur Trefdraeth Werdd Gwirfoddol

### CYMORTH I FENYWOD GORLLEWIN CYMRU

⇒ Gweithiwr ar Alwad Gwirfoddol

I gael rhagor o wybodaeth, cysylltwch â Gwirfoddoli Sir Benfro ar 01437 769422

## Latest Volunteering Vacancies

### NOAHS ARK NURSERY

⇒ Volunteer Registered Person

⇒ Volunteer Chair of Committee

⇒ Volunteer Secretary of Committee

⇒ Volunteer Treasurer of Nursery

### HAKIN, HUBBERSTON & MONKTON HEALTHY LIVING PROJECT

⇒ Healthy Living Volunteer

### FISHGUARD & GOODWICK YOUNG PERSONS' TRUST (POINT)

⇒ Volunteer Trustee

### LEONARD CHESHIRE WORKABILITY

⇒ Workability Volunteer

### TOC H CYMRU

⇒ Library Service Volunteer

### WRVS

⇒ Meals On Wheels Volunteer

### PEMBROKESHIRE ADVOCACY

⇒ Volunteer Office Support

### RNID CYMRU

⇒ Volunteer Support Worker / Driver



For more information please contact Volunteering Pembrokeshire on 01437 769422

# PAVS' Volunteering Pembrokeshire

- Visit the Volunteer Information Centre located at the PAVS Office. Drop in and browse through the various volunteering opportunities or make an appointment with an advisor who will assist you with making a suitable choice.
- Visit one of our outreach centres at a location convenient to you. Call to make an appointment to see an advisor.

## Volunteering Opportunities include:

- Befriending / Care Work
- Office & Administration
- Animal Welfare
- Information Giving / Advice / Counselling
- Arts / Theatre / Music / Radio / Journalism
- Practical / DIY / Environmental / Conservation

All you need to do to find out more about volunteering is phone PAVS on:

01437 769422

email: [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk)

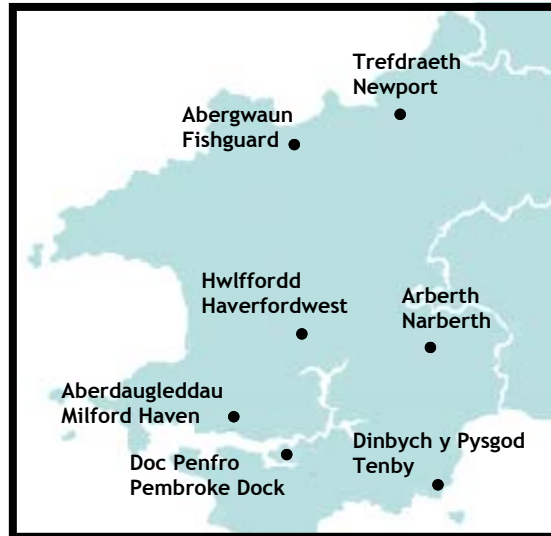
[www.pavs.org.uk](http://www.pavs.org.uk)

[www.volunteering-wales.net](http://www.volunteering-wales.net)

36–38 High Street  
Haverfordwest  
Pembrokeshire  
SA61 2DA

We offer a comprehensive advice and information service on:

- Volunteering Opportunities
- Personal Development
- Training and Education



Rydym yn cynnig gwasanaeth cynghori cynhwysfawr ar:

- Gyfleon gwirfoddoli
- Ddatblygiad personol
- Hyfforddiant ac Addysg

- Ewch I'r Ganolfan Gwybodaeth am Wirfoddoli sydd yn swyddfeydd PAVS. Galwch I mewn a phori trwy'r amrywiol gyfleoedd gwirfoddoli neu trefnwch I weld cynhgorydd a all eich cynorthwyo I wneud dewis addas
- Ewch I un o'r canolfannau allanol ledled Sir Benfro sy'n gyfleus I chi. Galwch I drefnu I weld cynhgorydd.

Mae cyfleon gwirfoddoli yn cynnwys:

- Gwneud Cyfaill/Gwaith Gofal
- Gwaith swyddfa a Gweinyddu
- Lles anifeiliaid
- Rhoi Gwybodaeth/ymgyngori /cyngor
- Celfyddydau/Theatr/Cerddoriaeth/Radio/Newyddiaduriaeth
- Ymarferol/DIY/Amgylcheddol/Cadwraeth

Yr unig beth sydd angen i chi ei wneud er mwyn cael rhagor o wybodaeth am wirfoddoli yw cysylltu â PAVS ar:

01437 769422

e-bost: [volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk)

[www.pavs.org.uk](http://www.pavs.org.uk)

[www.volunteering-wales.net](http://www.volunteering-wales.net)

36–38 Y Stryd Fawr  
Hwlfordd  
Sir Benfro  
SA61 2DA