Pembrokeshire Association of Voluntary Services

Volunteering Pembrokeshire

Volunteer Bulletin Spring 2006

Volunteering Pembrokeshire offers a comprehensive advice and information service on:

- Volunteering Opportunities
- Personal Development
- Careers and Education

To find out more call
01437 769422

Latest news and Volunteering Opportunities inside

Newyddion diweddaraf a chyfleoedd gwirfoddoli y tu mewn

Cymdeithas Gwasanaethau Gwirfoddol Sir Benfro

Gwirfoddoli Sir Benfro

Bwletin Gwirfoddolwyr Gwanwyn 2006

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

New Booklet from Jobcentre Plus

Jobcentre Plus has just produced a new booklet about volunteering whilst on benefits (reference code JSAL 7JP). This focuses on the *advantages* of volunteering whilst on benefits; for example, it emphasises that employers look favourably on volunteering as it shows that potential employees have something to offer and can show commitment, and that making a positive contribution can really boost a person's self-confidence.

The booklet contains useful information on how to find voluntary opportunities, and has contact details for various volunteering organisations. It also tells you what you need to take into account regarding benefits, such as informing your local Jobcentre Plus office when you begin volunteering. Volunteering should NOT affect your benefits as long as you do not receive payments other than for expenses incurred.

Copies are available from Volunteering Pembrokeshire or from your local Jobcentre Plus office.

U Can!

The *U Can!* Project aims to empower and support Disabled People to become involved in social, leisure, educational and work related activities inclusive of voluntary opportunities within their local community. Disabled People are either sign-posted to an appropriate organisation or linked with one of our trained volunteers who provide support on a fortnightly basis to help clients become involved in such activities and as a consequence grow in confidence and meet new people. The project is about 'enabling' the client to have the confidence to make new contacts and friends through this support.

For more information about accessing the *U Can!* project service or about volunteering for *U Can!*, please contact Rachel Gibby on 01437 769422.

Llyfryn Newydd y Ganolfan Byd Gwaith

Mae'r Ganolfan Byd Gwaith newydd gynhyrchu llyfryn newydd am wirfoddoli pan fydd rhywun yn derbyn budd-daliadau (cyfeirnod y llyfryn yw JSAL 7JP). Canolbwyntia ar *fanteision* gwirfoddoli pan fydd rhywun yn derbyn budd-daliadau; er enghraifft, pwysleisia fod cyflogwyr yn edrych yn ffafriol ar wirfoddoli gan ei fod yn dangos fod gan ddarpar weithwyr rywbeth i'w gynnig a bod ganddynt ymroddiad, ac y gall gwneud cyfraniad positif fod yn hwb i hunanhyder yr unigolyn.

Mae yn y llyfryn wybodaeth ddefnyddiol am sut i ddod o hyd i gyfleoedd gwirfoddoli a manylion er mwyn cysylltu ag amryfal fudiadau gwirfoddoli. Dywed hefyd beth sy'n rhaid ichi ei ystyried o ran budd-daliadau, megis hysbysu eich Canolfan Byd Gwaith lleol pan fyddwch yn dechrau gwirfoddoli. NI ddylai gwirfoddoli effeithio ar eich budd-daliadau dim ond ichi beidio â derbyn taliadau heblaw am y treuliau yr aethoch iddynt.

Gellir cael copïau o swyddfa Gwirfoddoli Sir Benfro neu o swyddfa leol y Ganolfan Byd Gwaith.

Gellwch, fe ellwch!

Nod Prosiect *U Can!* yw rhoi grym a chefnogaeth i bobl anabl er mwyn iddynt gyfranogi mewn gweithgareddau cymdeithasol, hamdden, addysg a rhai yn gysylltiedig â gwaith, gan gynnwys cyfleoedd gwirfoddoli yn eu cymdogaethau lleol. Caiff pobl anabl eu cyfarwyddo at fudiad addas neu eu cysylltu ag un o'n hyfforddwyr cymwysedig sy'n darparu cefnogaeth pob pythefnos i gynorthwyo cleientiaid i gyfranogi yn y gweithgareddau hyn a thrwy hynny fagu hyder a chwrdd â phobl newydd. Rhoi grym i'r cleient er mwyn iddo gael hyder i wneud cysylltiadau a chael ffrindiau newydd yw bwriad y prosiect.

I gael rhagor o wybodaeth am gyrchu prosiect *U Can!* neu am wirfoddoli ar gyfer y prosiect, cysylltwch â Rachel Gibby trwy ffonio 01437 769422.

Cwmni Hyfforddiant Busnes TRAC – Cynnydd i Waith

A ydych yn goresgyn problem o gamddefnyddio sylwedd? A ydych yn barod i symud ymlaen i hyfforddiant neu waith? Mae gan Gwmni Hyfforddiant Busnes TRAC gynghorwyr arbenigol i'ch cynorthwyo!

Mae TRAC yn helpu pobl o oed gwaith sydd wedi newid eu defnydd o gyffuriau yn ddigonol iddynt gychwyn hyfforddiant a gwaith am 16 awr neu fwy, sy'n ddi-waith neu'n hawlio budd-daliadau.

Mae gan TRAC enw da am gynorthwyo pobl i ddychwelyd i waith. Mae ganddo gysylltiadau cryf a phartneriaethau cadarn gyda chyflogwyr lleol, sy'n creu cyfleoedd uniongyrchol i helpu pobl ddi-waith, beth bynnag eu rhwystrau, yn ôl i waith.

Cynnydd i Waith 2

Mae hwn yn wasanaeth hyblyg a'i nod yw cefnogi pobl sydd wedi cael problemau cyffuriau wrth iddynt ddychwelyd i hyfforddiant ac i waith. Bydd Cynnydd i Waith 2 TRAC yn derbyn atgyfeiriadau gan unrhyw asiantaeth ac yn datblygu rhaglenni wedi eu haddasu i helpu pobl i ystyried, cynllunio a rheoli dychwelyd i hyfforddiant neu waith.

Efallai mai ychydig o sesiynau yn unig gyda chynghorwr fydd ar rai pobl eu hangen i'w cyfarwyddo i hyfforddiant lleol neu i waith trwy chwilio swyddi targedig.

Efallai y bydd gan eraill rwystrau i'w goresgyn ac y bydd arnynt angen cyfnodau hwy o gefnogaeth hyblyg ac unigol i'w paratoi ar gyfer gwaith. Gall hyn gynnwys:
cymorth gyda dyled a digartrefedd
sesiynau magu hyder ac ysgogi
mynediad i gynlluniau paratoi at waith grŵp peilot
cymorth gyda TG, llythrennedd a sgiliau ar gyfer cyfweliadau
atgyfeirio at asiantaethau hyfforddiant arbenigol

Mae'r rhaglen yn gyfrinachol a gwirfoddol ac ni fydd yn effeithio ar hawl i fudd-daliadau.

I gael gwybod rhagor am Gwmni Hyfforddiant Busnes TRAC cysylltwch â Glyn trwy ffonio 07891 544253

Trac – Progress 2 Work

Are you over coming a substance misuse problem? Are you ready to move on to training and work? Trac have specialist advisers to help you!

Trac helps people of working age who have changed their drugs use sufficiently to enable them to enter training and employment for 16 or more hours per week and are unemployed or claiming benefits.

Trac has a good reputation for helping people back into work. They have strong links and partnerships with local employers, which creates direct opportunities for helping unemployed people, often with a variety of barriers back into work.

Progress 2 Work

It is a flexible service aimed at supporting people with previous drug problems back into training and work. Trac p2w will take referrals from any agency and develop programmes tailored to help people consider, plan and manage their entry into training or work.

Some people may simply need a few sessions with an advisor to signpost them into local training or through targeted job searching into work.

Others may have barriers to resolve and need longer periods of flexible and customised support to prepare them for work, which may include:

- Support on debt and homelessness
- Confidence building and motivation sessions
- Access to a pilot group 'work prep' initiatives
- Help with I.T, literacy and interviewing skills
- Referral to specialist training agencies

The programme is confidential and voluntary and will not affect your rights to benefits.

To find out more about Trac contact Glyn on 07891 544253

DESPERATELY SEEKING VOLUNTEERS!

Mencap Stackpole Gardens is an organisation which aims to provide an environment and facilities where those with learning difficulties can develop social skills and practical skills, leading to personal development.
The organisation now urgently needs volunteers to work with students with learning disabilities who are studying for a qualification in gardening; the role requires volunteers to assist students with portfolio development for their coursework and with planning and maintaining garden plots. Expenses will be paid and transport may be available on the student bus.

St John's Hall, Pembroke Dock needs play assistants at its Parent and Toddler group, which is held every Friday morning between 10 and 12. The assistants will support the Parent and Toddler group by facilitating play; encouraging play activities such as group games; storytelling; speaking to parents; helping with refreshments, etc. Ongoing training and support will be provided.

Pembrokeshire Advocacy needs volunteers to sit on its management committee. In particular they need to recruit a Treasurer, but they would like to fill other committee roles as well. Volunteers should be interested in issues surrounding learning disability. Pembrokeshire Advocacy is an independent volunteer organisation with a principal aim of representing the individual interests of people with learning disabilities living in Pembrokeshire. The organisation avoids any conflicts of interest by remaining independent of statutory authorities. Its responsibilities remain solely with individuals that it supports. The organisation endeavours to:

- Protect people from physical, emotional or financial abuse.
- Support individuals to make decisions at major transactional points in their lives.
- Ensure people's legal rights and entitlements are observed.
- Ensure people receive a high quality service and that individual's wishes are respected and acted upon.

If you are interested in any of the above volunteering opportunities, please contact Volunteering Pembrokeshire on 01437 769422 or email volunteering@pavs.org.uk

ANGEN GWIRFODDOLWYR AR FRYS!

Nod mudiad **Gerddi Ystagbwll Mencap** yw darparu amgylchedd a chyfleusterau lle gall y rhai sydd ag anawsterau dysgu ddatblygu sgiliau cymdeithasol ac ymarferol, gan arwain at ddatblygiad yr unigolyn. Mae ar y mudiad angen gwirfoddolwyr ar frys i weithio gyda myfyrwyr sydd ag anableddau dysgu ac sy'n astudio ar gyfer cymhwyster garddio; disgwylir i'r gwirfoddolwyr gynorthwyo myfyrwyr i ddatblygu portffolio ar gyfer eu gwaith cwrs ac i gynllunio a chynnal a chadw ei lleiniau yn yr ardd. Telir treuliau ac efallai y bydd modd trefnu cludiant ar fws y myfyrwyr.

Mae angen cynorthwywyr chwarae yn **Neuadd Sant Ioan, Doc Penfro** ar gyfer y grŵp Rhieni a Phlant Bach, a gynhelir bob bore Gwener rhwng 10 a 12. Bydd y cynorthwywyr yn cefnogi'r Grŵp Rhieni a Phlant Bach trwy hwyluso chwarae; annog gweithgareddau chwarae megis gemau grŵp; adrodd storïau; siarad â rhieni; rhoi help llaw gyda lluniaeth, a.a. Rhoddir hyfforddiant a chefnogaeth barhaus.

Mae angen gwirfoddolwyr ar **Eiriolaeth Sir Benfro** yn aelodau o'i bwyllgor rheoli. Mae am recriwtio Trysorydd yn arbennig, ond mae swyddi eraill ar gael ar y pwyllgor hefyd. Dylai fod gan ymddiriedolwyr ddiddordeb mewn materion sy'n gysylltiedig ag anabledd dysgu. Mudiad gwirfoddol annibynnol yw Eiriolaeth Sir Benfro a'i brif nod yw cynrychioli diddordebau unigol pobl sydd ag anabledd dysgu ac yn byw yn Sir Benfro. Mae'r mudiad yn osgoi diddordebau sy'n gwrthdaro trwy barhau yn annibynnol ar awdurdodau statudol. Gyda'r unigolion a gefnoga yn unig y mae ei gyfrifoldebau.
Ceisia'r mudiad:
ddiogelu pobl rhag camdriniaeth gorfforol, emosiynol neu ariannol
cefnogi unigolion i wneud penderfyniadau yn ystod y prif gamau trosiannol yn eu bywydau
gofalu am hawliau cyfreithiol a hawliau eraill pobl
gofalu bod pobl yn derbyn gwasanaeth o safon a bod dymuniadau unigolion yn cael eu parchu a bod gweithredu arnynt.

Os oes gennych ddiddordeb mewn unrhyw un o'r cyfleoedd gwirfoddoli uchod, cysylltwch â Gwirfoddoli Sir Benfro trwy ffonio 01437 769422 neu e-bostio volunteering@pavs.org.uk

Build On What You're Into

MILLENNIUM VOLUNTEERS NEWS

Delivery Partners

PAVS Volunteering Pembrokeshire is the Local Coordinating Partner (LCP) for the Millennium Volunteers scheme in Pembrokeshire. We are currently recruiting Delivery Partners (DPs) for the scheme, i.e. groups who would like to run a volunteering programme for young volunteers aged 16-24. Any organisation which recruits volunteers in the 16-24 age group is welcome to apply to the Wales Council for Voluntary Action (WCVA) for DP status, and funding of up to £7000 may be available to help with volunteer expenses etc. We can help groups by giving advice and training on setting up a programme, by helping to recruit volunteers, and by assisting with applications for funding.

100 Hours Certificates

Congratulations for completing over 100 hours of volunteering go to:
Rob Clark of the Duke of Edinburgh Scheme;
Mathew Denny of St John's Hall, Pembroke Dock;
Katy Leese and Kirsty Weedon, both of Theatr Fforwm Cymru.
Well done to all of you!

Becoming a Millennium Volunteer

Any young person aged 16-24 who is interested in volunteering for any of our registered organisations can become a Millennium Volunteer (MV). We have over 250 organisations on our database with well over 400 volunteering opportunities available, so there is plenty of choice! Alternatively, groups of young people can start up their own volunteering projects – please contact Volunteering Pembrokeshire if you would like further information on this.

You will get certificates of achievement when you have completed 100 and 200 hours of volunteering, and the scheme is now well-recognised by schools, colleges and employers; so being a MV can be an asset to your school Progress File, can help your UCAS application to get noticed and can enhance your CV! All out of pocket expenses will be covered by the scheme.

Please contact Volunteering Pembrokeshire on 01437 769422 for more details about any aspect of the Millennium Volunteers scheme.

Build On What You're Into

NEWYDDION GWIRFODDOLWYR Y MILENIWM

Partneriaid Cyflwyno

Gwirfoddoli Sir Benfro PAVS yw'r Partner Cyd-drefnu Lleol ar gyfer cynllun Gwirfoddolwyr y Mileniwm yn Sir Benfro. Rydym wrthi yn recriwtio Partneriaid Cyflwyno ar gyfer y cynllun, h.y. mae croeso i unrhyw grwpiau a fyddai am drefnu rhaglen wirfoddoli ar gyfer gwirfoddolwyr ifainc rhwng 16 a 24 wneud cais i Gyngor Gweithredu Gwirfoddol Cymru am statws Partner Cyflwyno, a gall fod nawdd o hyd at £7000 ar gael i gynorthwyo gyda threuliau gwirfoddolwyr a.a. Gallwn gynorthwyo grwpiau trwy roi cyngor a hyfforddiant ar lunio rhaglen, recriwtio gwirfoddolwyr a rhoi cymorth i lenwi ceisiadau am nawdd.

Tystysgrifau 100 Awr

Llongyfarchiadau am gwblhau dros 100 awr o wirfoddoli i:
Rob Clark o Gynllun Dug Caeredin
Mathew Denny o Neuadd Sant Ioan, Doc Penfro
Katy Leese a Kirsty Weedon, y ddwy o Theatr Fforwm Cymru
Da iawn chi!

Dod yn Wirfoddolwr y Mileniwm

Gall unrhyw un ifanc rhwng 16 a 24 oed sydd â diddordeb mewn gwirfoddoli i unrhyw un o'n helusennau cofrestredig ddod yn Wirfoddolwr y Mileniwm. Mae gennym dros 250 o fudiadau ar ein cronfa ddata ac mae ym mhell dros 400 o gyfleoedd gwirfoddoli ar gael, felly mae digon o ddewis! Ar y llaw arall, gall grwpiau o bobl ifainc gychwyn eu prosiectau gwirfoddoli eu hunain. Cysylltwch â Gwirfoddoli Sir Benfro os hoffech gael rhagor o wybodaeth am hyn.

Cewch dystysgrif cyflawniad pan fyddwch wedi cwblhau 100 neu 200 awr o wirfoddoli. Mae'r cynllun yn gyfarwydd i ysgolion, colegau a chyflogwyr erbyn hyn. Felly trwy ddod yn Wirfoddolwr y Mileniwm gellwch fod yn gaffaeliad i Ffeil Gwelliant eich ysgol, gall fod yn gymorth i dynnu sylw at eich cais UCAS a gall wella eich manylion gyrfa! Telir pob mân dreuliau gan y cynllun.

Cysylltwch â Gwirfoddoli Sir Benfro ar 01437 769422 i gael rhagor o fanylion am unrhyw agwedd ar y cynllun Gwirfoddolwyr y Mileniwm.

Help Make a Difference

All over Pembrokeshire, voluntary organisations are at work to make the county a better place. At the heart of every one of them, from the largest charity to the smallest community group, there is a board of Trustees. Could you be one of these volunteers helping to make a difference your community?

Who is a trustee and what is a trustee board?

- A trustee is a member of a group of people—the board of trustees, management committee or governing body who have ultimate responsibility in a voluntary group
- Trustees must act in the best interests of the voluntary group
- Trustees are usually volunteers but they can be paid in exceptional circumstances. Out of pocket expenses are usually paid for the work they do

What are the responsibilities of a trustee?

- Make big decisions about the future
- Ensure everything is legal and safe
- Ensure the work of the charity is carried out

What are the benefits of being a trustee?

- You are at the centre of the action, helping to decide things which matter
- You can help support your community - ensure the services the voluntary group provides meet the needs of the people they are serving
- You can put your skills and experience to good use, to benefit your community or to provide better services for people who need them
- You can learn new skills and gain confidence in a whole range of areas - from finance to management to team working and decision-making

Who can be a trustee?

- Anyone over 18 years old

To find out more about becoming a Trustee contact Volunteering Pembrokeshire on 01437 769422

Gwnewch Wahaniaeth

Ledled Sir Benfro, mae mudiadau gwirfoddol wrthi yn gweithio i wneud y sir yn lle gwell. Yn ganolog i bob un ohonynt, o'r elusen fwyaf i'r grŵp cymunedol lleiaf, mae bwrdd o Ymddiriedolwyr. A allech chi fod yn un o'r gwirfoddolwyr hyn, yn gymorth i wneud gwahaniaeth yn eich cymdogaeth?

Beth yw ymddiriedolwr a Bwrdd Ymddiriedolwyr?

- Aelod o grŵp o bobl yw ymddiriedolwr; y Bwrdd Ymddiriedolwyr yw'r pwyllgor rheoli neu'r corff llywodraethol sydd â chyfrifoldeb mewn grŵp gwirfoddol yn y pen draw
- Rhaid i ymddiriedolwyr weithredu er lles y grŵp gwirfoddol
- Gwirfoddolwyr yw'r ymddiriedolwyr gan amlaf ond gellir eu talu mewn amgylchiadau eithriadol. Telir mân dreuliau iddynt am y gwaith a wnânt fel arfer.

Beth yw cyfrifoldebau ymddiriedolwr?

- Gwneud penderfyniadau pwysig ynglŷn â'r dyfodol
- Gofalu bod popeth yn gyfreithiol a diogel
- Gofalu bod gwaith yr elusen yn cael ei wneud

Beth yw manteision bod yn wirfoddolwr?

- Rydych yng nghanol y gweithredu, yn cynorthwyo i benderfynu pethau o bwys
- Gellwch gynorthwyo i gefnogi eich cymdogaeth - gofalu bod y gwasanaethau mae'r grŵp gwirfoddol yn eu darparu yn cwrdd ag anghenion y rhai maent yn eu gwasanaethu
- Gellwch wneud defnydd da o'ch sgiliau a'ch profiad er lles eich cymdogaeth neu i ddarparu gwasanaethau gwell i'r rhai y mae eu hangen arnynt
- Gellwch ddysgu sgiliau newydd a magu hyder mewn nifer o feysydd, o gyllid i reolaeth i weithio mewn tîm a gwneud penderfyniadau

Pwy all fod yn ymddiriedolwr?

- Unrhyw un dros 18 oed

I gael gwybod rhagor am ddod yn Wirfoddolwr cysylltwch â Gwirfoddoli Sir Benfro trwy ffonio 01437 769422

Training for Voluntary Groups

There are a few dates left in the PAVS Spring *Learning for the Future* training programme.

March

- Tuesday March 28th - Trustees: Legal Responsibilities (Finance), PAVS offices 6.00—8.30 pm

April

- Tuesday April 4th - Employment Law, Letterston Memorial Hall 10.00 am—4.00 pm
- Friday April 7th - Developing a Volunteering Initiative, PAVS offices 9.30 am—4.00 pm
- Monday April 10th—Facilitation Skills, PAVS offices 10.00 am—4.00 pm

If you would like more information or to book a place please contact Louise at PAVS on 01437 769422

Gennex - Young Pembrokeshire for a Change

Gennex is a high-impact project for young people aged between 7 & 25 living in Pembrokeshire. Gennex is run by young people for young people. It provides opportunities to become more involved in your community through Youth Forums where young people can discuss community issues that affect their lives. You can decide what needs to change and work with other young people to make it happen. Topics discussed include entertainment, transport, conservation or building a place for young people to hang out. You could also get the opportunity to represent your community on the Pembrokeshire Youth Assembly and Funky Dragon (The Children's and Young People's Assembly for Wales).

So if you are aged between 7 and 25 and living in Pembrokeshire, why not get some friends together, go along to your local forum and get involved. It's completely free and lots of fun.

Want to know more? Contact Gennex on:
Tel: 01437 769422
Email: Gennex@pavs.org.uk
Web: www.gennex.org.uk

Hyfforddiant ar gyfer Grwpiau Gwirfoddol

Mae ychydig o ddyddiadau yn rhydd ar raglen hyfforddiant *Dysgu at y Dyfodol* PAVS y gwanwyn hwn.

Mawrth

Dydd Mawrth, 28ain Mawrth - Ymddiriedolwyr: Cyfrifoldebau Cyfreithiol (Cyllid), Swyddfeydd PAVS 6.00 - 8.30 yr hwyr

Ebrill

Dydd Mawrth, 4ydd Ebrill - Cyfraith Cyflogaeth, Neuadd Goffa Treletert 10.00 y b. - 4.00 y p.

Dydd Gwener, 7fed Ebrill - Datblygu Cynllun Gwirfoddoli, Swyddfeydd PAVS 9.30 y b. - 4.00 y p.

Dydd Llun, 10fed Ebrill - Sgiliau Hwyluso, Swyddfeydd PAVS 10.00 y b. - 4.00 y p.

Os dymunwch gael rhagor o wybodaeth neu i gadw lle cysylltwch â Louise yn PAVS trwy ffonio 01437 769422.

Gennex - Sir Benfro Ifanc am Newid

Cynllun ar gyfer pobl ifainc rhwng 7 a 25 oed sy'n byw yn Sir Benfro ag iddo gryn effaith yw Gennex. Pobl ifainc sy'n rhedeg Gennex ar gyfer pobl ifainc. Mae'r prosiect yn darparu cyfleoedd i gyfranogi mwy yn eich cymdogaeth trwy gyfrwng Fforymau Ieuenctid, lle y gall pobl ifainc drafod pynciau cymunedol sy'n effeithio ar eu bywydau. Gallant ddewis beth y dylid ei newid a gweithio gyda phobl ifainc eraill i wneud i'r newid ddigwydd. Ymhlith y pynciau a drafodwyd mae adloniant, cludiant, cadwraeth neu godi lle i bobl ifainc ymgynnull. Gallent gael cyfle i gynrychioli eu cymdogaeth ar Gynulliad Ieuenctid Sir Benfro a'r Ddraig Ffynci (Cynulliad Plant a Phobl Ifainc Cymru).

Felly os ydych rhwng 7 a 25 oed ac yn byw yn Sir Benfro, pam na chasglwch rai o'ch ffrindiau ynghyd, mynd i'ch fforwm lleol a chymryd rhan. Mae'n rhad ac am ddim ac yn hwyl.

Am wybod rhagor? Cysylltwch â Gennex:
Ffôn: 01437 769422
E-bost: Gennex@pavs.org.uk
Gwefan: www.gennex.org.uk

latest volunteering vacancies

ROYAL NATIONAL INSTITUTE OF THE BLIND

⇒ Talking Book Service Volunteer Co-ordinator

MENCAP STACKPOLE GARDENS

⇒ Garden Centre / Greenhouse Work Volunteer

⇒ General Garden Work Volunteer

⇒ Portfolio Development / Gardening Volunteer

SEREN

⇒ Volunteer Counsellor

NATIONAL TRUST WALES

⇒ Volunteer Gardener

HOMESTART PRESELI

⇒ Supporting Family Volunteer

⇒ Family Group Support Worker

TANYARD YOUTH PROJECT

⇒ Volunteer Youth Worker

PEMBROKESHIRE ADVOCACY

⇒ Volunteer Trustee

⇒ Volunteer Office Support

ST JOHNS COMMUNITY HALL

⇒ Volunteer Parent and Toddler Group Assistant

For more information please contact Vo

Cyfleon Gwirfoddoli Diweddaraf

SEFYDLIAD CENEDLAETHOL BRENHINOL Y DEILLION

⇒ Cyd-drefnydd Gwirfoddol y Gwasanaeth Llyfrau Llafar

GERDDI YSTAGBWLL MENCAP

⇒ Gwirfoddolwr y Ganolfan Arddio / Gwaith y Tŷ Gwydr

⇒ Gwirfoddolwr ar gyfer Gwaith Cyffredinol yn yr Ardd

⇒ Gwirfoddolwr Datblygu Portffolio / Garddio

SEREN

⇒ Cynghorydd Gwirfoddol

YMDDIRIEDOLAETH GENEDLAETHOL CYMRU

⇒ Garddwr Gwirfoddol

HOMESTART PRESELI

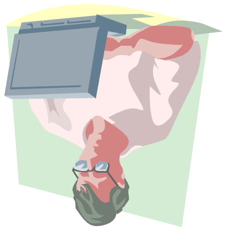
⇒ Gwirfoddolwr Cefnogi Teuluoedd

⇒ Gweithiwr Grŵp Cefnogi Teuluoedd

PROSIECT IEUENCTID Y TENERDY (TANYARD)

⇒ Gweithiwr Ieuenctid Gwirfoddol

EIRIOLAETH SIR BENFRO



⇒ Ymddiriedolwr Gwirfoddol

⇒ Cynorthwy-ydd Swyddfa Gwirfoddol

NEUADD GYMUNEDOL SANT IOAN

⇒ Cynorthwy-ydd Gwirfoddol i Grŵp Rhieni a Phlant Bach

I gael rhagor o wybodaeth, cysylltwch â Gwirfodd

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

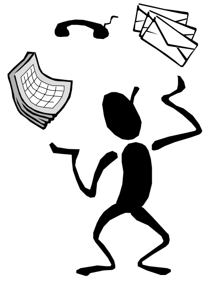
⇒ Workability Volunteer

TOC H CYMRU

⇒ Library Service Volunteer

WRVS

⇒ Meals On Wheels Volunteer



WEST WALES WOMENS AID

⇒ Volunteer On-Call Worker

BUTTERFLY CONSERVATION

⇒ Volunteer Butterfly / Moth Surveyor

lunteering Pembrokeshire on 01437 769422

Cyfleon Gwirfoddoli Diweddaraf

MEITHRINFA ARCH NOA

⇒ Rhywun 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 (POINT)

⇒ Ymddiriedolwr Gwirfoddol

CYNLLUN YMARFEROLDEB LEONARD CHESHIRE

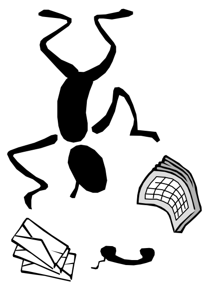
⇒ Gwirfoddolwr Ymarferoldeb

TOC H CYMRU

⇒ Gwirfoddolwr ar gyfer y Gwasanaeth Llyfrgell

SEFYDLIAD BRENHINOL GWIRFODDOL Y MERCHED

⇒ Gwirfoddolwr Pryd ar Glud



CYMORTH I FENYWOD GORLLEWIN CYMRU

⇒ Gweithiwr ar Alwad Gwirfoddol

CADWRAETH IEIR BACH YR HAF

⇒ Arolygwr Gwirfoddol Ieir Bach yr Haf / Gwyfynod

Ioli Sir Benfro ar 01437 769422, os gwelwch yn dda

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

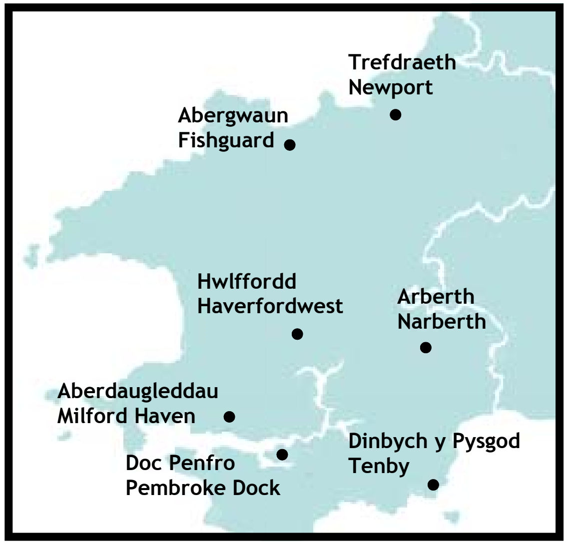
All you need to do to find out more about volunteering is phone PAVS on:

01437 769422

email: volunteering@pavs.org.uk
www.pavs.org.uk
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 cynghorydd.

Mae cyfleon gwirfoddoli yn cynnwys:
- Gwneud Cyfaill/Gwaith Gofal
- Gwaith swyddfa a Gweinyddu
- Lles anifeiliaid
- Rhoi Gwybodaeth/ymgynghori /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
www.pavs.org.uk
www.volunteering-wales.net

36—38 Y Stryd Fawr
Hwlfforddd
Sir Benfro
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