

PAVS Volunteering Pembrokeshire

Visit the Volunteer Centre located at the PAVS Office to make an appointment with a volunteering advisor who will assist you with making a suitable choice.

PAVS also offers an outreach service at Fishguard, Narberth, Milford Haven, Pembroke Dock and Tenby by appointment only.

Volunteering Opportunities include:

- Working with People
- Working with Children and Youth
- Office and Administration
- Befriending and Mentoring
- Practical and DIY
- Environment and Conservation
- Working with Animals
- Retail and Charity Shops
- Trusteeship
- Arts and Media

To find out more about volunteering and how to get involved, contact PAVS on the following:

Phone: 01437 769422

Text: 07892790931

Email: volunteering@pavs.org.uk

Web: www.pavs.org.uk / www.volunteering-wales.net

36/38 High Street
Haverfordwest
Pembrokeshire SA61 2DA

If you would like PAVS to publish your article in this bulletin, please contact us

Latest news and Volunteering Opportunities inside

Pembrokeshire Association
Of Voluntary Services



Volunteering Pembrokeshire

Volunteer Bulletin *Spring / Summer 2011*

Volunteering Pembrokeshire offers a comprehensive advice and information service on:

- Volunteering Opportunities
- Personal Development
- Careers and Education

To find out more call

01437 769422



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Come Celebrate National Volunteers Week with PAVS

Volunteer Celebration Event and Pembrokeshire Volunteering Awards 2011 Ceremony

Venue: Pavilion, Withybush,
Haverfordwest

Date: 7th June 2011 11am – 3pm

This is the main event of National Volunteers Week and is aimed at both



Volunteer Managers and Volunteers. There will be a variety of activities happening on the day and we would very much like to see as many volunteers as possible receive a free complementary therapy as a thank you treat for all the hard work and dedication they have given to volunteering. All organisations are invited to bring along their exhibition stands to raise the profile of their organisation and to promote their volunteering opportunities in order to recruit new volunteers. Lunch will also be provided free of charge. The Pembrokeshire Volunteering Awards 2011 ceremony will take place in the afternoon so please nominate your volunteers for the awards. Call PAVS (01437 769422) for a booking form for the event and an application form to nominate your volunteers or go online to the PAVS web site to download them. Please book your places early as the event is usually very well attended.

Exhibition Stand at Farmers Market

Venue: Farmers Market, Riverside,
Haverfordwest

Date: Friday 10th June 2011

8-30am - 3pm

PAVS Volunteering Pembrokeshire will have a large table and stand at the Farmers Market for any voluntary organisations to display leaflets and to be available to talk to potential volunteers as they walk by.



Tir Coed

Are you aged 16 – 25 years? Do you like working outside? Do you want to learn new skills & meet new people? We can offer free training!

Taster sessions start February 2011 followed by a full programme running once a week.

If you're unemployed, on Incapacity Benefit, or at College, training or work for less than 16 hours a week, come and have a go and see if you want to join in! Learn woodcraft and construction skills, make shelters, rustic furniture, hurdles and more. The work is led by experienced Tutors.

Personal Protective Equipment (PPE) and support with transport is provided, plus you can get accreditation with the Open College Network (OCN)



To find out more and to sign up for taster sessions contact PAVS on 01437 769422.

Dan y Landsker

Dan y Landsker is South Pembrokeshire's Welsh language bimonthly community paper. It's a 20 page paper full of news and articles about Welsh language happenings from Tenby to Spittal to Milford Haven. They reach over 1000 people every issue, learners and fluent speakers, the young and the more mature. Enthusiastic volunteers run the paper and they are very keen to have more help, be it writing articles or news pieces, increasing advertising or circulating. No need to be fluent to be a part of Dan y Landsker. If you can help or spare an hour or two, contact PAVS on 01437 769422.



Enterprise Innovation and Entrepreneurial Skills ...



It's time to remind you all that our fourth Pembrokeshire Enterprise Fair is taking place on Thursday 16th, Friday 17th and Saturday 18th June 2011.

We are taking over the Haverfordwest Riverside Shopping area again with all the Market stalls available for what promises to be **BIGGER & BETTER** than last year when 48 schools, 4 independent entrepreneurs, college, and 8 Youth Groups came - more than 150 business companies there between them!

This is a great opportunity for those of you who are keen to develop enterprise and entrepreneurial skills in your pupils.

You are invited to challenge your young people to develop an enterprising business idea and join us at this unique trading opportunity.

This is about young people taking ownership and experiencing business enterprise for real.

Use this as a real learning and skills based opportunity for you and them!

MAKE PROFIT FOR YOUR SCHOOL, group, or CLUB Group too!

Contact carole.evans@pembrokeshire.gov.uk or

claire.george@pembrokeshire.gov.uk / 01437 776170



Time is precious ...to you ...to us ...and to older people.

Volunteering a little of your time will be more rewarding than you could ever imagine.

In line with local demand, Age Concern Pembrokeshire has launched a new service offering basic nail cutting to older people in Pembrokeshire.

Fully trained volunteers now run nail cutting sessions in the Age Concern Pembrokeshire Resource Centre for Older People in Haverfordwest.

Jane Slade, Chief Officer says,

“We are delighted to be able to provide a service that makes such a real difference to older people.

Something as simple as regular nail cutting can make a huge difference to a person's mobility and independence.

At Age Concern Pembrokeshire we are

extremely proud of our person centred approach to helping and supporting older people in Pembrokeshire. We identify needs and aspirations and work with older people and our volunteers to work out how we can help. The development of the Nail Cutting Service is a typical example of this.” For more information about the service including eligibility, times, cost or to book an appointment, contact the Resource Centre.

All volunteers for this service will be given full training by the Hywel Dda Podiatry Unit. Some older people with mobility difficulties can find cutting their own toe-nails difficult. This simple service, provided by our fully-trained team can improve clients' quality of life substantially. If you are interested in volunteering, please contact PAVS on 01437 769422.



'Makaira' Takes Cover

A lady of the sea is taking on a new summer bonnet! 'Makaira', one of the Pembroke Dock Flying Boat Centre's star exhibits, now has an all-weather cover, generously provided by scaffolding company Kitsons which has a depot close by in the Port of Pembroke. This will allow the team of enthusiastic volunteers from the Sunderland Trust to work on the vessel, which is believed to have served with the RAF locally. The team is led by Greg Laycock who has mapped out a programme to repair and repaint the 47 ft long vessel. "We are most grateful to Eamonn Thomas and the team from Kitsons Environmental Europe Ltd for so generously supporting us. It has given us a big boost and we have the summer ahead in which to carry out a lot of work on 'Makaira'. We want to return it more to its RAF look and we will also be continuing to research its history and the many roles it has played during a long military and later civilian career" said Greg. 'Makaira', which is fully equipped and in working order, was brought by road from Swansea last year. It is on long term loan to the Pembroke Dock Sunderland Trust from owner Richard Harvey who now lives in Australia. "Craft such as 'Makaira' had a long connection with Pembroke Dock and



we are looking forward to a busy summer, and to returning the RAF roundel to the bow. It's part of our local history" added Greg. 'Makaira' is on view alongside the Flying Boat Centre which is open Tuesdays to Saturdays inclusive, 10 am - 4 pm.

Under cover. 'Makaira' shows off the new cover with, left to right, Billy Jones and Eamonn Thomas of Kitsons; Sunderland Trust volunteers Greg Laycock and Derek Lawrence, and Ian Rome of Kitsons.

Courses put Pembrokeshire Patients Back in Control of their Lives

Haverfordwest is the next venue for the Expert Patients Programme in Pembrokeshire commencing Summer 2011. The 6 week, 2.5 hours a week course is a self management course for anyone living with a long term health condition.

People with long term health conditions share experiences and learn new skills on the course and more importantly make new friends.

We know people who have attended the course tell us that they have a greater sense of control over their own well-being and they are much less likely to experience depression, fatigue and they have learnt new skills to manage pain, relax, eat healthily, manage medication, be physically active and so much more.

Courses are run by course tutors who themselves have long term health conditions.

To book your place on an Expert Patient Course in Haverfordwest, give us a call on 01554 779507

The Wildlife Trust Centre in Cilgerran



If you would like to volunteer at the Information Desk/Otter's Holt Gift Shop (see picture left) at Cilgerran then please call PAVS on 01437 769422.

St John Wales

St John Cymru Wales is one of the country's leading charities. We touch the lives of almost everyone in Wales because we:

- provide voluntary first aid support to tens of thousands of people annually
- are the leading provider of first aid training in Wales
- operate a patient transport service from hospital to home
- provide exciting and educational youth development programmes within our communities.



Care to those in need is free but it costs us as a charity to provide it. We receive no core government funding and rely on private donations and income from first aid training to fund our charitable works. If you are interested in assisting us with our work in Pembrokeshire please contact PAVS Volunteering Pembrokeshire

on 01437 769422.

Alzheimer's Society

The Alzheimer's Society has been chosen as Tesco Charity of the Year. We are looking for volunteers for the Alzheimer's Society Big Collection on May 27th & 28th from 9am - 6pm. Since there are 3 large Tesco stores in Pembrokeshire we need all the help we can get! We are asking people to volunteer for a minimum of 3 hours and we also need volunteer team leaders.

Contact PAVS Volunteering Pembrokeshire on 01437 769422 for more information or look online at www.alzheimers.org.uk.

Volunteering for Health

The Volunteering for Health Team would like to extend their thanks and congratulations to two volunteers who have recently secured full time employment. Kerry Arden and Joanne Gillard both volunteered with the Hywel Dda Health Board's Volunteering for Health Project in Ceredigion and Pembrokeshire respectively. Joanne who had been volunteering in Wwithyush Hospital recently moved into paid employment in an administrative role in Pembrokeshire. Joanne said "having the opportunity to utilise my qualifications by gaining experience volunteering with the Volunteering for Health Project, has enabled me to enter into paid employment. I have enjoyed my time in the Moving & Handling department in Wwithyush Hospital, volunteering as part of a small friendly team. I will miss them."

Kerry had volunteered with the project in Ceredigion, and said "during my time volunteering at Y Bryn, I have thoroughly enjoyed myself and have been able to put my new skills learnt with Ceredigion Training into practice. I have been able to gain the experience needed to help me get a job. During my time with Lee Jones in the office, I have found the whole experience very worthwhile and rewarding. Following a successful job interview with Prism, I will be leaving my volunteering position. I have really enjoyed my time with the Health Board and am grateful for the help my position has given me in boosting my confidence and enhancing my skills."



Pictured left is Kerry during her volunteering role supporting the Volunteering for Health Project Team

Volunteering Opportunities in Pembroke 21C

Pembroke's Community Centre has been undergoing refurbishment over the winter months and this work has now been completed. The building has not been upgraded since the 1960's but with funding from WAG's



Community Facilities and Activities Programme, the Big Lottery People and Places and Pembrokeshire County Council's Community Support Fund, Pembroke now has a lovely modern community centre to use. Based in the Community Centre,

Pembroke 21C have a wide range of established and new projects which are focused on making Pembroke a better place for its residents and businesses. These projects were set up to address issues raised by the community and are being delivered by a growing number of valued supporters. We are always looking for new volunteers to help with numerous activities taking place across Pembroke. So, if you are interested in being outdoors we have projects based at the Millponds and Holyland wood areas of the Town, working to make sure these environments and the wildlife that live in them are maintained well and allowed to develop. Once a month, we do a litter pick around the town for a couple of hours and are always looking for willing volunteers to help with this really worthwhile activity. Also, if you have a flair for investigative work, enjoy learning and sharing stories about the history of Pembroke, or you just enjoy writing and putting displays together we are looking for volunteers to help with the next phase of Pembroke Story. We are also looking for new Trustees to join our Board and direct the affairs of the Community Association. The candidates should preferably live or work within Pembroke and have a strong desire and commitment to making a difference within the community, and seeing the results. For more information contact PAVS on 01437 769422.

Gang Up with the National Trust!

Hedgerow restoration, path creation, traditional Pembrokeshire hedge banking, tree planting and fencing, these are just a few of the different jobs that volunteers get involved in with the National Trust Wardens of North and Mid Pembrokeshire. Currently every Thursday, our team of 'Volunteer Conservation Assistants' meet at one of our places to carry out an array of outdoor practical tasks.

Come rain or shine volunteers arrive with a packed lunch, where the Wardens are armed with a supply of hand tools for the job. It's a great way to see the hidden gems of the Pembrokeshire countryside that quite often would go unseen. Socializing and making friends are all part of the fun, not forgetting what you can learn from the Wardens – how to use tools safely, complete a task in a traditional way, and learn about the history and biodiversity of the area.



At the moment an historic stone hedge bank is being cleared of dense gorse and bramble so it can be restored to its former glory.

Volunteers have been working hard over the winter at Tresissyllt, a coastal farm to clear the 200 metre stretch. Planting Blackthorn saplings to diversify the wildlife of the area is the next step in this long term project. If you would like to get involved or are interested in what we do please contact PAVS on 01437 769422

Latest Volunteering Opportunities

Span Arts Ltd - Social Networking Volunteer

Updating the Span Arts website. Using Facebook and Twitter to promote Span Arts and activities

Dyfed Powys Police - Independent Custody Visitor

Independent Custody Visitors are members of the public recruited specifically to visit police stations unannounced to check on the treatment of people detained in custody and on the conditions under which they are held.

Springboard - Springboard to Work Support Worker

Volunteer responsibilities are to support Springboard to Work Advisor in co-ordination of sessions, support participants with their job searching needs, promote Springboard to Work to the wider community and assist in co-ordination of events.

Play Routes - Project Assistant / Play Worker

To develop, provide and supervise a wide range of play activities, enhancing and enriching the play experiences of children and young people, whilst recognising that they should take the lead in their play.

Pembrokeshire 21c Community Association - Millpond and Holyland Wood Projects - Practical Conservation

To help in the construction of Reed Bed Rafts on the Pembroke Millpond and the Education Area, including the Pond Dipping Platform and the ongoing maintenance of these amenities. Will also include activities associated with the practical management of Holyland Wood.

Latest Volunteering Opportunities

Pembrokeshire 21c Community Association - Trustee

To work as a member of a team of community trustees to direct the affairs of Pembroke 21C Community Association, ensuring that it is solvent, well run and delivering the charitable outcomes for the benefit of all who live and work in Pembroke and Monkton.

Association for Spina Bifida Hydrocephalus (ASBAH) - News and Information Volunteer

To assist in raising awareness and improving access to services through delivering information to a range of public buildings (e.g. GP surgeries, libraries etc). To assist in 'manning a stand' and distributing information about services and support provided at local and regional information fairs.

ASBAH - Event Volunteer

To assist at ASBAH Cymru events such as information days, children's Christmas parties, fundraising events etc. To provide transport to and from events for members. To assist and acknowledge applications for events and produce participants' list. To provide other administrative support for events.

ASBAH - Policy and Campaigning Volunteer

To campaign and be a voice of ASBAH to influence and drive forward policy within Wales. To read and respond to consultation documents from your own home, and/or attend consultation events for discussion and contribution to policy development in Wales.

Motor Neurone Disease Association - Association Visitor Role

Offer caring, informed support, visit people with MND in their home, proactively signpost them to sources of help.

Pembrokeshire Friends of the Earth is looking for Volunteers

Friends of the Earth (FoE) is the world's most extensive grassroots network working for environmental justice. It has almost one million supporters across five continents and over 60 national organisations worldwide. It is dependent on individuals for over 90 per cent of its income, so retaining its independent voice. In the UK it is the most influential national environmental campaigning organisation with a unique network of campaigning local groups, working in over 200 communities throughout England, Wales and Northern Ireland. Pembrokeshire FoE is one of these local groups. We are looking for someone who has access to a computer and can work from home; this could be for a couple of hours a week or more depending on what you would like to offer. We are a small enthusiastic, friendly group; we keep in touch by email and phone and



have a business meeting every month near Narberth. Pembrokeshire FoE has won the Mike Jacob Award for the best local FoE group in Wales in 2010. The award was given because of the group's broad range of successful activities that included fun events, such as the trip to Skomer

Island in June, the screening of films at the Narberth film club, stalls at festivals, lobbying in support of the Sustainable Livestock Act, meeting and writing to MPs and AMs on issues from climate change to local salvage tug cover, actively supporting the Wear Point wind-farm, organising an election hustings meeting, helping to persuade the EC to investigate the environmental impact of Pembroke power station, getting extensive media coverage, and maintaining a strong supporter base and sound finances. Volunteering is a great opportunity for people who would like help us with these activities, to gain experience in this vital work. Call PAVS for more information on 01437 769422.

Volunteering Information on the Internet

There is a lot of information about volunteering on the internet and it can be very confusing! So to help you find what you're looking for, PAVS Volunteering Pembrokeshire has links with several different websites. On our own website

(<http://www.pavs.org.uk/volunteering/youthvolunteering.htm>) our youth volunteering pages have information on volunteering for young people (16-25) and links to other sites such as www.volunteering-wales.net, which has information on all the volunteering opportunities available in Wales (click on the Pembrokeshire link for local opportunities), and on various volunteering schemes and programmes running throughout Wales. PAVS' website also has links to the Millennium Volunteers site, the Pembrokeshire County Council Youthzone pages and the Gwirvol website. And finally, for all you social networkers out there, Volunteering Pembrokeshire has its own Facebook and Twitter sites where we post all



kinds of information about volunteering that we think our online friends might be interested in – please add Volunteering Pembrokeshire as a friend on Facebook or follow VolPemps on Twitter!

If there is information that you would like us to post on our website/Facebook or similar, or

if you are looking for information on a particular aspect of volunteering but can't find it, please contact Jean on 01437 769422 or 07892 790931 or email volunteering@pavs.org.uk

Pembrokeshire Volunteering Awards 2010

Do you know or volunteer with people who give their time and commitment to volunteering in Pembrokeshire? Do you know someone who has changed their life through volunteering? PAVS runs an award scheme to recognise and celebrate the real difference volunteers make to communities in Pembrokeshire and to themselves.



There are 6 categories for nominations:

1. Young Volunteer of the Year Award (Under 25)
2. Volunteer of the Year Award (Over 25)
3. The Mary Sigley Award - where volunteering has made a huge difference to the life of a volunteer
4. Trustee Award
5. Group Award for a group of volunteers working within one organisation (volunteers aged primarily over 25)
6. Youth Group Award for a group of young volunteers within one organisation (volunteers aged primarily under 25)

All nominees including winners of the awards will be contacted by PAVS and invited to attend the Volunteers Week Celebration Event on June 7th 2011. For a nomination form contact PAVS Volunteering Pembrokeshire on 01437 769422.

Why not nominate someone and give them the recognition they deserve?

Pembrokeshire learning festival

part of Adult learners' week

Roll up, Roll up, for the Learning Market 2011

Riverside Marketplace, Haverfordwest
Saturday 14 May 10am-3pm

Adult Learners' Week 2011 is being launched in Pembrokeshire with this Learning Marketplace. Visitors can shop for new learning opportunities and sample what's on offer during the rest of Pembrokeshire Learning Festival. There will be plenty going on so don't miss out! And it's all free!



Adult Learners Week runs from 14th-21st May with free taster sessions taking place throughout Pembrokeshire. For more information visit the website

<http://yourfuturechoiceaction.org.uk/english/freeevents.html>

Please contact PAVS Volunteering Pembrokeshire if you require more information about anything in this Volunteer Bulletin. If you have any interesting articles for the next edition, then please email them to volunteering@pavs.org.uk.

Projects to Help you Get on Track

**Are you not working at the moment, or working less than 16 hours?
Would you like to do something, like training or volunteering, to help you get back into the job market?**

If the answer is yes you might like to consider taking part in one of the Engagement Gateway projects below. Each of the projects offer something different in terms of activities, workshops or courses but are all designed to help individuals move closer to getting a job. The information detailed below is only a brief summary of each project, for more information please contact the relevant organisation.

Light Spirit UK - Light Spirit delivers personal development workshops that can be life transforming and result in positive outcomes such as improved self confidence, self esteem and a more positive outlook. Participants will also have access to environmental volunteering opportunities, additional help from complementary therapies as required and monthly 'get togethers'. The three day programme includes, developing a positive attitude, building self confidence, understanding yourself and your relationships to others, stress release techniques Telephone number for clients/ referrals 07794 448 320 or email lightspirituk@hotmail.co.uk

Pembroke 21C - Training Skills for Management and Maintenance of Woodland and Wetland Habitats - Pembroke 21C Community Interest Company will provide training in traditional woodland and wetland management skills for people furthest from the labour market that will equip them for further training and employment on local projects. The work will enhance this community social enterprise by building its capacity, providing employment and revenue earning potential. Accredited courses will run from summer 2011. For more information contact Elizabeth Gossage/Gareth Jones 01646 680090 foundationhouse@pembroke21c.org

Pembrokeshire College - Pembrokeshire College will assist economically inactive individuals to gain the knowledge and skills necessary to develop their career paths and so prepare them to enter employment or further learning. Activities include courses, individual learning plans and 1-2-1 advice, and job search skills. Sessions are available at: Pembroke Dock, Milford Haven, Haverfordwest, and Letterston. To attend a session, or find out more, contact

Danielle or Barbara 01437 753206 / 07974 234577 / community@pembs.ac.uk

Pembrokeshire County Council (Springboard to Work) - Springboard co-ordinates free learning activities for adults from the communities of Hakin, Monkton, Pembroke Dock and the Green, Pembroke. Activities are designed to give individuals access to a wide range of activities that builds on their interests and needs and will act as a "springboard" to further learning, volunteering or work. Springboard General enquiries: Laura Phillips 07500 918 050, Monkton and The Green: Claire Arnold: 078 766 51331, Pembroke Dock: Angela Harwood: 0787 621 7724 Hakin: Shelley Holmes and Carol Mayled: 0783 329 5608

The two projects below are only for Young People aged 16-25

Pembrokeshire County Council (Step up)

Targeted Community Youth Work: To provide informal youth work programmes and support in Milford Haven for NEET 16-25 year olds to address their personal, social, emotional and educational needs in order to improve their chances of reaching their full potential. Activities include: add to CV, improve Life Skills, increase training opportunities, develop problem solving abilities, and enhance personal development and experiences. Every Thursday and Friday @ Milford Haven Youth Centre 11am to 2pm including lunch! Contact Jodie or Lynne 01646 698250 or 0782 6932257 Email – lyne.chattoe@pembrokeshire.gov.uk or jodie.evans@pembrokeshire.gov.uk

Tanyard Youth Project Ltd. - The Tanyard will work with the hardest to reach young people in the Pembroke area through building strong relationships and providing informal activities and accredited opportunities to improve levels of confidence and motivation enabling them to progress and succeed in mainstream training and education or employment.

Activities include: youth drop in sessions, information and advice, workshops and training, job search, application, interview and employability skills, and much more. Contact Details: Tel. (01646) 680068 or (01646) 685348 tanyardyp@hotmail.com

New projects will be starting shortly, for more information visit the PAVS website www.pavs.org.uk/funding/EGPembrokeshire.htm or contact Louise Wilkinson at PAVS.