

Pembrokeshire Association
Of Voluntary Services



Volunteering Pembrokeshire

Volunteer Bulletin *Autumn-Winter 2011/12*

Volunteering Pembrokeshire offers a comprehensive advice and information service on:



- Volunteering Opportunities
- Personal Development
- Careers and Education

To find out more call
01437 769422



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

Cystic Fibrosis – A Grandmother’s Story (By Barbara Piper, Pembrokeshire Branch Cystic Fibrosis Trust)



Cystic Fibrosis is a life threatening disease - it is inherited and both parents have to be a carrier of the CF gene to pass it on to their child. There is no cure as yet, but the faulty gene has been isolated and research is ongoing to replace it. In the 1960s a child born with CF was not expected to live beyond 10 years but some died within the first few months or few years and occasionally one would live beyond the expected life span. Now, a child born with CF is likely to survive into their 30s or even their 40s and there have even been a few in their 50s. We had two grand-daughters with CF - Chloe and Emily. Very sadly they have both died in the last year .The youngest one, Chloe, died in March last year age 22 years. When she was born she was what would have been called years ago ‘a failure to thrive baby’ and was officially diagnosed with CF at the age of six weeks when treatment was promptly started. Our other granddaughter, Emily, died in January this year age 25 years. She was diagnosed at the age of two years when it had been confirmed that her younger sister had CF. Up until then she had appeared to be healthy. Chloe was fortunate enough to have a lung transplant at the age of 17 years and was able to live the life she wanted and for the next five years could do the things she had not been able to do all her life. She loved running and did many runs for CF including Hyde Park in London, but had she been born ten years earlier she would not have survived to 17 to have a lung transplant. This is thanks to all the advances made in medical treatment. Emily really enjoyed life, work and play and had kept reasonably well until this last year. She went to the South of France by train last July and had a wonderful holiday but unfortunately she became ill in August and was admitted to hospital. She became too weak to go on the transplant list and finally gave up her fight

in January. She was a very brave girl and would just not give up, she was an inspiration to all who knew her and everybody loved her.

The CF Trust’s Gene Therapy Consortium trials (funded by the CF Trust) have now reached a very exciting stage with the potential for treatment of the underlying cause of this degenerative disease - unlike today’s conventional means which can treat only the symptoms. Final clinical trials, the world’s biggest of their kind, were to have taken place at the end of this year but the current economic situation has reduced our funding to the degree that we face a shortfall of £6m and without this sum these life giving trials can not go ahead.

I would like to finish by quoting a few words of Oscar Wilde which Emily had requested for her funeral sheet

Live! Live the wonderful life that is in you
Let nothing be lost upon you
Be always searching for the new sensations
Be afraid of nothing

To volunteer or donate contact Sybil Edwards – branch chairman
Tel: 01348 837147 / Email: sybil@edwmcb8.fsnet.co.uk

Give An Hour to Help Someone Online

If someone you know is missing out on the internet, they're missing out on loads of ways to make their life easier and more enjoyable. The ‘Give An Hour’ campaign from RaceOnline2012 encourages volunteers to inspire, encourage and support people to use the internet. An hour of your time really could make a difference. In fact, it could change their life. So have a look at www.go-on.co.uk/giveanhour to see more.

1st Pembroke Scouts Youth Leaders Opportunity

Want to join an exciting team providing fun and adventure for young people aged 10-14? Enjoy games, trips away and outdoor activities? You too can join the Adventure and help young people achieve their potential.



1st Pembroke Scouts are looking for adults to help provide an exciting programme of indoor and outdoor activities for young people. This is a fun and challenging role with opportunities to try out new experiences while giving young people the chance to experience the Adventure of Scouting. A great way to give something back to your community too!

You will also develop new skills and gain valuable experience of working with young people in a supported environment. Training opportunities can lead to the nationally recognised OCN Level 2 qualification; Providing Voluntary Youth Services, a Foundation Degree in Working with Young People. Great for those interested in teaching or other youth focused work.

No skills or experience required as full training and support is provided though you will need to enjoy working with young people - a sense of humour and a fun approach to life would be good too!

The Scouts meet on a Wednesday from 7.15-9pm in Pembroke Dock.

For more information contact:

Jenny Pitchford

01570 471 385 / 07896 942 376

Jenny.pitchfor@scoutswales.org.uk

mCommunity Project

Are you 19+? Looking for a new challenge? Not in employment, education or any training? The mCommunity Project aims to help participants achieve personal goals through mobile technology. Using the latest mobile phones, the mCommunity app allows the learner to have one-to-one access to a tutor who can support in achieving these personal goals or targets. For more information please contact Emma James the mCommunity Tutor at Pembrokeshire College on 01437 753 202 or 07896 811 183.

The mCommunity Project is led by Pembrokeshire College in collaboration with Gower College Swansea and TSSG and is part funded by the European Regional Development Fund (ERDF) through the Ireland Wales Cross Border Programme 2007-20013 (INTERREG 4A)

Motor Insurers for Volunteer Drivers

Many insurance companies have in the past increased their insurance premium to volunteer drivers who wish to use their own car while carrying out volunteering activities. This has raised great concerns not only for the volunteers but also voluntary organisations as volunteers may be discouraged to volunteer due to the extra charge. The Association of British Insurers recently published a list of insurance companies who have promised not to charge extra premiums to volunteer drivers that use their own cars for volunteering. To access the document select '[Volunteer Driving - the Motor Insurance Commitment document](#)' on the Association of British Insurers website. Are you a volunteer driver who's been affected by the extra charge? Has your organisation experienced problems recruiting or retaining volunteer drivers as a result of an insurance company adding a premium to a volunteers cover? If so Nicola Nichols at WCVA would like to hear from you. Please e-mail nnicholls@wcva.org.uk.

SNAP Cymru

SNAP Cymru is an all-Wales children's charity working with families, young people and professionals on issues regarding additional learning needs and disabilities. SNAP Cymru's Independent Parent Partnership Service is free to families and offers impartial, accurate information, advice and support through our Independent Parental Support Scheme (IPS).

Become a SNAP Cymru Volunteer!

Are you passionate about improving services for people with Additional Learning Needs? Whatever your volunteering role, your 'Gift of Time' is helping towards making a difference to children, young people and families across Wales here in Pembrokeshire. If you are interested in becoming a volunteer with SNAP Cymru contact them on 01437 768097 or email Pembrokeshire@snapcymru.org.

Wales Community Transport Volunteer of the

Year Peter Scoble from Haverfordwest was named Wales Community Transport Volunteer of the Year at an awards ceremony in Llandrindod Wells on 19th October. Peter, who regularly drives for Pembrokeshire Voluntary Transport, was commended for his dedication and caring nature. The awards were organised by the Community Transport Association Wales. On receiving his prize, Peter said "I would like to dedicate this award to two special ladies who have given me much support in my volunteering. Firstly, Lorna, my regular passenger assistant, and secondly, Gracie, with whom I have spent many happy journeys". Gracie couldn't be at the awards ceremony – she is one of PVT's Minibuses and was tucked up that night in her cosy parking space in Haverfordwest! Pembrokeshire's Community Transport services have vacancies for volunteers to drive minibuses, accessible cars or their own cars. For more information, call Cliff Richmond on 01994 240 772.



The Bipolar Link Project, which is part of MDF the Bipolar Organisation Cymru, is based in South,

East and West Wales and works with individuals who have a diagnosis of Bipolar Disorder, as well as Carers and family members.

The services provided by the Bipolar Link project include:

- One-to-one mentoring services where individuals with Bipolar Disorder (or their Carers) can be linked up with a Volunteer Mentor who has first-hand experience of living with Bipolar Disorder.
- Volunteering opportunities for individuals with a diagnosis of Bipolar Disorder, or their Carers, to be trained to become a Volunteer Mentor.
- A signposting service designed to help people set up a support network which aims to provide information on self-management, support to access self-help groups and ongoing support with issues surrounding the diagnosis.
- Delivery of Bipolar Disorder awareness sessions to organisations.

If you would be interested in further information, accessing our One-to-One Mentoring Service or in training to become a Volunteer Mentor then please contact:

Alexis Walker, Area Project Worker on:
01633 244244 or email alexis@mdfwales.org.uk



HOST is urgently looking for more volunteer hosts who would enjoy the company of an international student for a weekend, or at CHRISTMAS.

If you could welcome one or two students from China, or some other part of the world, who are

currently studying at a university in Wales, or elsewhere in Britain, we would love to hear from you.

Your guest would stay for 1-3 days, and would like to be treated as a friend of the family: chatting and eating with you; seeing a little of your area; and generally joining in with your daily life.

At Christmas, this is a unique opportunity for the student to experience the festival in a real home, and for you, the chance to show goodwill to someone far from their own family.

If you would like to know more, please see www.hostuk.org or call HOST's regional organiser in S Wales, Lynette Chappin, on 02920 693903.

HOST is a well-established national charity, founded by the British Council, for the purpose of increasing international friendship and understanding.



*Christmas at
the
Crawshaws*

*Crackers at Dawn
Pallet's*



One Big Step!!

In its fourth year, the Step by Step project run by UNA Exchange has aimed to be bigger and better than ever before, with 50 volunteer spaces in 13 different countries worldwide! The Step by Step project was officially launched at the end of June this year, with an event for all partners and potential volunteers to register their interest and find out more about the programme. Since then, 35 volunteers have been recruited, trained and sent out to a variety of countries, including Greece, Spain, France, Netherlands, Moldova, Ukraine, Belgium, Germany and Austria.

Funded by GwirVol and the Youth in Action programme, Step by Step is an opportunity for young people to change their lives, increase their confidence and gain skills through volunteering in supportive international projects. Placements can vary from 2 weeks up to 2 months, and range from youth work projects, to drama and creative arts, or environmental and renovation projects. Volunteers are referred to UNA Exchange by over 50 support agencies, homeless organisations and youth centres throughout Wales and without this additional support none of the volunteers would have the confidence or encouragement to take on what often proves to be a life-changing experience.

This summer, seven volunteers from Wales were sent to Athens for the 2011 Special Olympics as part of UNA Exchange's Step by Step programme. Camping on site for one month, volunteers worked with 7,500 athletes with intellectual disabilities from 185 countries. Coordinated by the Greek organisation 'Citizens in Action', the volunteers assisted at a variety of events, offering their services at the Youth Festival organised for the athletes and at the Healthy Athletes Program. Some of the volunteers even had the chance to escort delegates to the athletic venues from all over the world. If you are interested in finding out more about Step by Step please contact Roanna at evs@unaexchange.org or ring 02920 223 088.



Latest Volunteering Opportunities

PEMBROKE 21C COMMUNITY ASSOCIATION

- PemTech Volunteer

TEENAGE CANCER SUPPORT

- Festival Fundraiser

1ST PEMBROKE SCOUT GROUP

- Volunteer Assistant

BIKEABILITY WALES

- Bikeability Session Assistants

BARNARDOS PEMBROKESHIRE FAMILY LINK

- 'Vlinx Extra' Volunteer

WHIZZ-KIDZ

- Awareness Coordinator
- Welsh Bacc Coordinator
- Youth & School Speaker
- Charity Fair Co-ordinator
- Collecting Can Co-ordinator
- Collections Organiser

SPAN ARTS (Youth Theatre Volunteers)

- Drama Sessions
- Stage Director
- Set Design
- Costume Design
- Web Design
- Stage Management
- Digital Marketing
- Sound and Lighting

Latest Volunteering Opportunities

ELLESMERE ANIMAL RESCUE

- Cat Fosterer

HOPE MULTIPLE SCLEROSIS THERAPY CENTRE

- Part Time Treasurer
- General Administration & Reception Volunteer

UK YOUTH CLIMATE COALITION

- Power Shift Champion

ROYAL NATIONAL INSTITUTE OF THE BLIND

- IT Specialist Volunteer
- Technology Support Volunteer
- Local Community Network Volunteer

CSV

- Gap Year Volunteer

UNA EXCHANGE

- International Volunteering
- Volunteering in Wales

HYWEL DDA HEALTH BOARD VOLUNTEERING FOR HEALTH

- Meet & Greet Volunteer

THE PICTON CASTLE TRUST

- Volunteer Gardener

PHOENIX WELL BEING SOCIETY

- Volunteer Carer

Back to school as a volunteer?

Do you have a passion for science, technology, engineering or maths?
Could you inspire young people? If so, become STEM Ambassador!

STEM Ambassadors come from all walks of life but they all want to share their enthusiasm for a subject.

They help in all sorts of ways: contributing to a primary school science discussion club; assisting secondary staff with an off-timetable project; or judging a school's technology competition. All opportunities are circulated, and it's then up to you whether or not you respond.

There's no set time commitment - we simply ask that you take part in at least one activity a year. Training, CRB checks, and insurance are all provided.

Ambassadors say the benefits include getting a new perspective on their interest, making a difference in the community, and having fun!



More information: <http://www.see-science.co.uk/stem-ambassadors.html>
Register at <https://db.stemnet.org.uk/register/ambassador> or contact local co-ordinator helen.hughes@see-science.co.uk.

Prince's Trust Cymru Mentoring Project in Pembrokeshire

The Prince's Trust is a national charity working with young people facing exclusion and disengagement throughout the UK. Through our work we aim to promote, citizenship and respect, financial independence and practical skills, self-esteem and motivation and the regeneration of communities.



In Pembrokeshire, the Prince's Trust has been running a successful project helping vulnerable young people in our County since 2003. We are now looking to recruit new volunteers from the community to join our existing team of dedicated volunteer mentors. The Prince's Trust provides volunteers with:

- induction and ongoing specialist training
- professional support in your volunteer role
- travel and activity expenses

Volunteering for this project brings benefits to both parties: young people gain valuable support from someone who is there for them for reasons other than a pay packet. Volunteers gain valuable experience working with young people who face a challenging transition into adulthood.

The next training course is scheduled for **21st & 24th November 2011**. **Volunteers must be aged over 21**. If you'd like to get involved please contact us at the Prince's Trust on 01646 624777 or 07909 545019.

Lynda Duffill - Volunteer Coordinator
Prince's Trust Cymru, Cleddau Reach
Pembroke Dock, Pembrokeshire SA72 6UJ

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 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.

BTCV - British Trust for Conservation Volunteers - BTCV provides training and work experience programmes in land based skills and machinery use. These are aimed at engaging people who live in the Pembroke, Pembroke Dock and Monkton areas, are 16 years old or over and are not in education, employment or training. Whilst with the programme participants will gain work experience and have the opportunity to gain nationally recognised training certificates in some, or all, of the following areas:

- Strimmer maintenance & use
- Ride on mower
- First aid
- Horticulture/conservation

For further information contact Julie Askew: 07866640916 or contact regional office 01554 891885

Community Music Wales - Music and Image Storytelling for Carers

Community Music Wales will be running a series of digital storytelling and music workshops for carers and ex-carers. The workshops will be delivered in a fun and relaxed environment giving people a chance to develop new or existing skills. The activity will be suitable for all abilities, with or without previous experience. The workshops will include music making, photography, digital imaging and animation working towards creating a short video piece. For further information or to register on a course please contact: admin@communitymusicwales.org.uk / tel. 029 2083 8060

www.communitymusicwales.co.uk

Greenlinks - Project for anyone aged over 16 who is not working or working less than 16 hours per week, but not claiming Job Seekers

Allowance or Employment Support Allowance Free courses starting in November, half a day a week for 6 weeks at Pembroke or Tenby. Courses include:

- Make-up and Manicures - Beginners course to learn professional techniques for make-up application and manicures
- Recycle and Restyle - Learn how to update your clothes to the latest fashion using basic sewing techniques
- Car Maintenance - Beginners course in maintaining your car and carrying out basic repairs
- Painting and Decorating - Beginners course in painting and decorating

If you are interested please contact Green Links CIC at greenlinks@hotmail.co.uk or call Kim on 01646 686804 or Claire on 07748 383374

Moving On (Hafan Cymru) - The Moving On project provides flexible activities tailored to individual needs focused on 'personal development' and 'back to work skills'. The project is aimed at existing, or previous, service users of Hafan Cymru. However if you would like more information, contact the Head Office on enquiries@hafancymru.co.uk or 01267 225555. For more information: www.hafancymru.co.uk

Walk with Friends CIC - "Nature awareness and life skills" - A nature awareness activity programme providing occupational training and activities for the economically inactive and those suffering from work limiting mental health problems. Participants will learn simple wildlife observation and identification skills and will learn to capture and record their wildlife observations each week. Training activities will include nature awareness, digital photography and audio recording, nature writing and nature art. The project will also enable participants to improve their communication skills, teamwork, project skills, problem solving skills and occupational specific skills. Helping remove barriers and build confidence and motivation for further occupational participation. Contact Andrew Dugmore walkwithfriends@btinternet.com 07872 022346.

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.

PAVS Youth Volunteering Event 2011

PAVS Volunteering Pembrokeshire held its third annual Youth Volunteering Fair on October 12th, with nearly 300 young people attending from secondary schools, youth clubs and youth-involving projects around Pembrokeshire. Many of the students who attended the event were working towards achieving their Welsh Bacallaureate qualification which requires 30 hours of community participation as part of the course. Nearly 30 voluntary organisations were present with exhibition stands promoting their volunteering opportunities, offering valuable work experience and training opportunities to young people to add to their CVs in readiness for their UCAS applications next year. A large number of groups managed to recruit new young volunteers from those attending. Overall the event was deemed a great success.



Stall holders and attendees enjoying networking at the Fair



The Alzheimer's Society Dementia Community Roadshow

The Dementia Community Roadshow is an exciting new project which has been up and running for over four months and we have had an outstanding response from both those manning the vehicles and the visitors coming onboard. Staff and volunteers have helped make the Roadshow a runaway success so far! We desperately need more volunteers to help us with our crucial work and to help with the local services we run, such as cafes and support groups; befriending; joining a local volunteer fundraising group, helping out at a Memory Walk, as well as campaigning and administration. This is just a selection of the roles available. Using funds raised through the Tesco Charity of the Year partnership we aim to give 100,000 people easy-to-access support and information about dementia. We hope to reach a wide variety of people while the Roadshow is on the road, including:

- people with dementia, their carers and families
- people with concerns about their memory, or that of someone they know
- general population with friends, colleagues or family who live with dementia
- general population with little or no experience of dementia.

The Roadshow is made up of custom made vehicles, named Cora and Morella, after Cora Philips and Morella Kayman who co-founded Alzheimer's Society in 1979. On 23 and 24 November, Morella will be at the Tesco Store car park in Milford Haven. If you are interested in becoming a volunteer, are committed and dedicated, this could be the ideal opportunity for you – visit us at the Roadshow on either 23 or 24 November or alternatively you can view volunteering opportunities on our website www.alzheimers.org.uk. If you are looking for information on a particular volunteering role, please contact Gill Morgan on 01269 845953 / 07715 802632 or email gillian.morgan@alzheimers.org.uk.



Baubo Moon Belly Dance CIC

Belly Dance Works Project

Following a successful National lottery funded project in 2009, this women-centred Community Interest Company is now leading a 10 month Engagement Gateway project offering taster sessions, workshops and two community dance shows in the enriching and diverse subject of Belly Dance. The taster sessions are ideal for a fun, new way to engage people and can lead onto accredited Agored Cymru certification in an 'Introduction to Belly Dance' course. The skills and benefits that this project brings are;

- improved team & group work
- better fitness and well-being
- increased social interaction and networking
- more confidence & self-esteem
- increased body awareness
- relaxation and fun
- time in women only spaces
- accredited learning
- volunteer opportunities
- new skills in dance & performance

The group welcomes referrals, from individuals, organisations or community groups onto the project. Participants must be aged 16+ and not working (or working less than 16 hours a week) and not claiming Job Seekers Allowance or Employment and Support Allowance. Assistance with child care and travel can be arranged and the workshops and/or tasters can be at a suitable location. The group are currently running sessions in Cardigan at Theatre Mwldan and The Bridge at Gwalia's offices in Milford Haven.

For more information please contact Guinevere Clark or Melanie Collier
info@baubomoonbellydance.co.uk / www.baubomoonbellydance.co.uk
Tel - 0792 533 2892 / 0777 131 9021

Can you bring our hearth to life?

The National Trust has given the Tudor Merchant's House in Tenby a new look. We have restored the ground floor as it would have been in 1500, complete with a working kitchen and an open fire. The next stage of the project will transform the first floor back to the Tudor period, when the Merchant would have traded in cloth, vinegar, sea coal, pots and spices.

We are excited to offer a range of new opportunities to support the existing volunteer team at the Tudor Merchant House. If you would like to learn new skills, gain experience in the tourism sector or if you would just like to get involved and meet new people we'd love to hear from you. Up-coming work includes a sewing project to create a range of simple authentic Tudor costumes for visitors and school groups to wear. If you would like to join the volunteer sewing group, or are interested in helping out as a costumed volunteer talking to our visitors about life in Tudor times and helping to bring the house to life for them, please get in touch. We're also looking for people to demonstrate use of the open fire and getting people involved in cooking as it would have been done in Tudor times. Please contact volunteering@pavs.org.uk for further information.



Nominate now in the Third Sector Awards Cymru 2011

Do you know a group you think deserves national recognition for its achievements? The Third Sector Awards Cymru, supported by Class Telecommunications, promote and celebrate the work of the third sector across Wales, work that continues to be dedicated and inspirational even in these difficult times. The Awards are your chance to reward that group you've always thought deserves recognition. There are four categories in which you can nominate:

Class award for best communication – for organisations with an effective or innovative way of communicating its message.

Green award – for groups with unique, innovative ways of reducing their carbon footprint.

Health, social care and wellbeing award – for organisations that have helped people be healthier and happier in their community.

Most admired organisation – quite simply, for the group you most admire.

For more information and an application form, go to www.wcva.org.uk.

Nominations must be received by 25 November 2011.

The Internship Catalogue is bursting with opportunities!

Whatever the skills you hold or the skills you need, there is probably something in the Explore Internship Programme to suit you.

- New Internship opportunities include:
- Setting up a community choir
- Social research for minority groups
- Photography for music events
- Marketing a theatre tour

The WVCA Internship Programme matches skilled volunteers with short term placements which strengthen the communities in which we live and work. If you would like to know more about how your organisation can benefit from the skills of an Intern please contact Catherine Stephens on cstephens-ward@wcva.org.uk.

3,000 New Trees for Pembrokeshire

We need help to plant 3,000 trees over the next few months – half of these before Christmas. The trees will be a wonderful addition to the Pembrokeshire environment and a boost to local wildlife. They will also provide protection for a willow coppicing project. The willow provides an environmentally friendly way of protecting river banks so will help other conservation charities, while also earning money to provide accredited training for local people in environmental skills to help towards gaining employment.

There's no heavy lifting or heavy digging and we're hoping many hands will make lighter volunteering. All ages welcome from 5 to 125. Planting Parties are planned for Thursday 17th November, Saturday, 26th November and Saturday 3rd December. We would also try to agree extra days for any groups who prefer an alternative time. Helpers can meet on site at Hentland near Stackpole or at Pembroke where transport can be sorted out. Travel expenses are reimbursed.

To find out more – call David Tel 01646 680090, Email david@pembroke21c.org at Pembroke 21C Community Association.

Do you want to receive this Volunteering Bulletin?

PAVS Volunteering Pembrokeshire can send you a link to this publication from the PAVS web site by email. Just let us know by emailing volunteering@pavs.org.uk or call us on 01437 769422. You can also follow us on Facebook (Volunteering Pembrokeshire) and Twitter (VolPemb).



News from Stackpole Mencap Gardens

Straw Bale Visitor Centre

Building work has commenced on a new visitor centre which will comprise of a shop, office, conveniences, kitchen and community space/cafe. This is a 2 year project predominantly funded by grants from Communities and Nature and the Sustainable Development Fund and, although there is a long way to go, it is hugely rewarding to see the hard work and vision of the trustees, particularly Mike Evans and Ian Wilshaw, come to fruition. August and September saw the completion of a new access road and car park with the help of volunteers from the Princes Trust and October saw the completion of the foundations and slab. Moving into 2012 we will be looking for volunteers to assist with the straw bale walls, lime rendering, carpentry and a multitude of other jobs! If you are interested in helping please email info@stackpole-walledgardens.co.uk.



Pictures of new car park and foundations

Cards for Good Causes

'Cards for Good Causes' charity Christmas cards will be on sale in the Ebenezer Church, Haverfordwest (opposite the Fred Rees garage) from November 7th to December 9th 2011 – 10am – 4pm.

PAVS 'V' Team Tackles Alien Invasion

The PAVS (Pembrokeshire Association of Voluntary Services) Volunteer Team (V Team) has recently been helping remove Himalayan Balsam from Kingsmill Woods with Pembroke 21C. Pembroke 21C has been managing the site on behalf of the National Trust for the last 18 months and volunteers have been carrying out a number of practical activities, by hand, such as clearing paths. They have also been dealing with Himalayan Balsam for over 15 months; and there is still plenty more to clear. Himalayan Balsam is an invasive species that was introduced to greenhouses in the UK in the nineteenth century and has since escaped into the wild. Plants can grow up to 2 metres in height and have pink flowers; they can often be found on river banks and in damp areas and suppress the growth of native plants. Members of the 'V' Team spent most of the day clearing, and bagging, the balsam before it could go to seed and spread throughout the area. Volunteer guides John Gossage and Andrew Knight, from Pembroke 21C, accompanied the V Team and shared their extensive knowledge with the group. Pembroke 21C have a number of volunteer opportunities, many of which are within the woodland and are designed to help volunteers learn practical woodland skills which may lead



The 'V' Team with John and Andrew and just some of the bags of Balsam

to gaining a qualification or help individuals back to work. If you are interested in volunteering, please contact PAVS on 01437 769422. For more information about Pembroke 21C visit www.pembroke21c.org or phone 01646 680090.

National Volunteers Weeks June 2011

Every year National Volunteers Week is celebrated in the first week of June, giving organisations in the voluntary sector the opportunity to say 'thank you' to their volunteers for their hard work and dedication.



PAVS Volunteering Pembrokeshire organised a celebration event during Volunteers Week to promote volunteering and pay tribute to volunteers in Pembrokeshire. The event took place at the Pavilion Hall, Withybush, where over 170 people attended a very successful and vibrant volunteering celebration. Over 15 voluntary organisations had exhibition stands to advertise their volunteering opportunities to potential volunteers. Throughout the day, a variety of therapists including Dawn Hart offered a choice of therapies to volunteers as a thank you for all their voluntary work throughout the year for a range of organisations across the county.



Following a delicious lunch, the Pembrokeshire Volunteer Awards 2011 Ceremony took place with many awards being

given to very deserving recipients for their commitment and dedication in voluntary action in Pembrokeshire. The Vice Chair of PCC, Peter Morgan kindly presented all of the awards to the winners (see photo gallery). If you would like to find out more about volunteering and get involved, please call PAVS on 01437 769422 or email volunteering@pavs.org.uk.

List of Volunteers and Groups Receiving Awards

(See below for photographs)

Individual Over 25

Winner - Caroline Wilson
Highly Commended - Jeff Edwards
Highly Commended - David Lane
Commended - Gillian Williams

Individual Under 25

Winner - Rosalyn Wild
Highly Commended - Amy Picton
Highly Commended - Harriet Robson
Commended - Nathan Barker

Mary Sigley Award

Winner - Jolene Rees
Highly Commended - Robyn Duncan
Commended - Phillipa Long

Trustee Award

Winner - Gareth Jones
Highly Commended - Sarah Picton
Commended - Rose Blackburn

Group Over 25

Winner - Age Concern Pembrokeshire
Highly Commended - Sunderland Trust
Highly Commended - PATCH
Commended - Paul Sartori – Narberth Sartori Stores

Group Under 25

Winner - Pembrokeshire People First Myadvoc8
Highly Commended - Barnardo's Vlinx
Highly Commended - PATCH
Commended - Duke of Edinburgh
Commended - Pembrokeshire YouthBank

National Volunteers Week 2011



Age Concern Pembs receiving their award



Busy morning at the Volunteers Week Event



John Gossage and Peter Morgan presenting the awards & Ed from Myadvoc8 making popcorn feeders



David Lane (left) and Jeff Edwards (right) receiving their Highly Commended Over 25 Awards



Sarah Picton (left) and Sunderland Trust receiving their Highly Commended Awards



Jolene Rees – Winner of the Mary Sigley Award



Myadvoc8 Award Winners for Under 25 Group



Gareth Jones from Pembroke 21C winner of the Trustee Award & MVs receiving their certificates



PATCH Under 25 Group Winners



Pembrokeshire YouthBank receiving her Award



Stand holders networking



PAVS Volunteering Pembrokeshire Team!!