



Impact Report : Adroddiad Effaith

April 2022 - March 2023 : Ebrill 2022 - Mawrth 2023

Welcome!

Pembrokeshire Association of Voluntary Services (PAVS) is delighted to share this Impact Report with you, where we will shine a light on the highlights, achievements and success stories from our work during 2022/2023

Croeso!

Mae'n bleser gan Gymdeithas Gwasanaethau Gwirfoddol Sir Benfro (PAVS) rannu'r Adroddiad Effaith hwn gyda chi, lle byddwn yn taflu goleuni ar uchafbwyntiau, cyflawniadau a llwyddiannau ein gwaith yn ystod 2022/2023

Our Vision...

Sustainable voluntary groups and active volunteers, creating thriving, inclusive and connected communities across Pembrokeshire

Ein Gweledigaeth...

Grwpiau gwirfoddol cynaliadwy a gwirfoddolwyr gweithgar, gan greu cymunedau ffyniannus, cynhwysol a chysylltiedig ledled Sir Benfro

Our Mission...

To deliver excellent services that connect, enable, inspire and advocate for communities, groups, volunteers and individuals

Ein Cenhadaeth...

Darparu gwasanaethau rhagorol sy'n cysylltu, yn galluogi, yn ysbrydoli ac yn eiriol dros gymunedau, grwpiau, gwirfoddolwyr ac unigolion

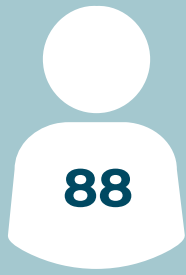
Our Values

Excellence
Inclusiveness
Enthusiasm
Innovation
Collaboration
Kindness

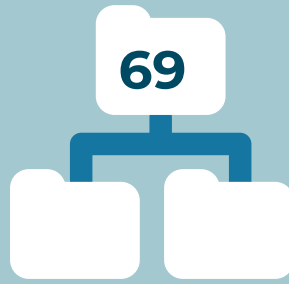
Ein Gwerthoedd

Rhagoriaeth
Cynwysoldeb
Brwdfrydedd
Arloesedd
Cydweithio
Caredigrwydd

Volunteering : Gwirfoddoli



**Formal
Volunteers**



**Organisations
Supported**



**Training
Bursaries**



**141 Individuals supported into
volunteering roles**

Volunteering for Pembrokeshire Certificates

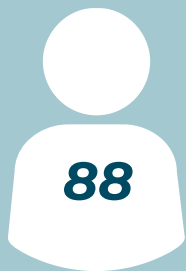


- 28 x 10 hours
- 12 x 50 hours
- 4 x 100 hours
- 1 x 200 hours



£6,340 Youth Led Grant
distributed

85 volunteers aged 14 - 25



**Gwirfoddolwyr
Ffurfiol**



**Sefydliadau
Cefnogir**

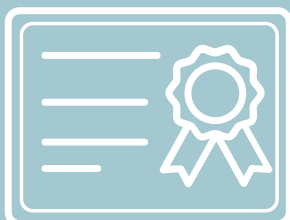


**Hyfforddiant
Bwsariaethau**



**141 o unigolion yn cael eu cefnogi i mewn
rolau gwirfoddoli**

Gwirfoddoli ar gyfer Tystysgrifau Sir Benfro



- 28 x 10 oriau
- 12 x 50 oriau
- 4 x 100 oriau
- 1 x 200 oriau



£6,340 Grant dan
Arweiniad Pobl Ifanc
dosbarthu

85 o wirfoddolwyr rhwng 14 a 25 oed



Sustainable Funding *Cyllid Cynladwy*

£1,413,745

in funds and grants awarded and distributed during the year
*mewn cronfeydd a grantiau a ddyfarnwyd ac a ddosbarthwyd
yn ystod y flwyddyn*

- **Supporting Community Action Fund**
- ***Cefnogi Cronfa Gweithdrefu Cymunedol***
91 Grants / *91 Grantiau* = £227,737
- **Learning Disabilities Innovation Fund**
- ***Cronfa Arloesi Anableddau Dysgu***
11 Grants / *11 Grantiau* = £150,837
- **Making it Happen**
- ***Gwneud iddo Ddigwydd***
12 Grants / *12 Grantiau* = £95,000
- **Outdoor Connections**
- ***Cysylltiadau Awyr Agored***
39 Grants / *39 Grantiau* = £53,052



Fundholder for:

- UKCRF Resourceful Communities
- Invest Local Hubberston & Hakin
- Catalysts for Care
- PIVOT
- Pembrokeshire Community Hub

Deiliad cronfa ar gyfer:

- *Cymunedau Dyfeisgar DUCAC*
- *Buddsoddi'n Lleol Hubberston a Hakin*
- *Catalyddion Gofal*
- *PIVOT*
- *Hwb Cymunedol Sir Benfro*



163 funding enquiries given advice and support
*Rhoddwyd cyngor a chymorth i 163 o ymholiadau am
gyllid*



Good Governance *Llywodraethu Da*

Provided direct advice, information and support to **87 organisations**

*Wedi darparu cyngor, gwybodaeth a chefnogaeth uniongyrchol i **87 o sefydliadau***



Supported the **Pembrokeshire Community Buildings Forum**

*Cefnogodd y **Fforwm Adeiladau Cymunedol Sir Benfro***

Supported **73 halls** delivering projects through **Living Well this Winter** and **Warm Welcome Community Spaces**

*Cefnogi **73 o neuaddau** i gyflawni prosiectau trwy **Fyw'n Dda y Gaeaf Hwn** a **Mannau Cymunedol Croeso Cynnes***



Catalysts for Care supported **33** new, emerging and existing social enterprises

*Cefnogodd **Catalyddion Gofal 33** o fentrau cymdeithasol newydd, datblygol a phresennol*

Employed a part-time **Community Development Officer** on behalf of the **Hubberston & Hakin Community Forum**

Cyflogi **Swyddog Datblygu Cymunedol** rhan-amser ar ran **Fforwm Cymunedol Hubberston a Hakin**



Policy & Engagement

Polisi ac Ymgysylltu

Facilitating **8 Health & Wellbeing Networks** with a total of **400 members**



Hwyluso **8 Iechyd a Rhwydweithiau Lles** gyda chyfanswm o **400 o aelodau**

Represented the third sector on key local, regional and national partnerships

Cynrychioli'r trydydd sector ar bartneriaethau lleol, rhanbarthol a chenedlaethol allweddol



Produced research based on lived experience of individuals used to develop a **Tackling Poverty Strategy** for Pembrokeshire

*Cynhyrchwyd ymchwil yn seiliedig ar brofiad byw unigolion a ddefnyddir i ddatblygu **Strategaeth Trechu Tlodi** ar gyfer Sir Benfro*

Co-produced a bilingual website for unpaid carers in West Wales

Cyd-gynhyrchwyd gwefan ddwyieithog ar gyfer gofalwyr di-dâl yng Ngorllewin Cymru



Launched **Preseli Cares** – developing a community-led model of care, support, and wellbeing in north-east Pembrokeshire

*Lansio **Gofal Preseli** – datblygu model o ofal, cymorth a lles a arweinir gan y gymuned yng ngogledd-ddwyrain Sir Benfro*

Led on **Keep Warm Keep Well** - a programme of support for Pembrokeshire residents during the cost of living crisis.

*Arweiniwyd **Cadw'n Gynnes Cadw'n Iach** - rhaglen o gymorth i drigolion Sir Benfro yn ystod argyfwng costau byw.*

Community Connector for Children & Families

Cysylltydd Cymunedol ar gyfer Plant & Theuluoedd



- Dealt with **207** referrals
- Supported **84 Period Poverty** referrals
- *Delio â **207** o atgyfeiriadau*
- *Cefnogwyd **84** o atgyfeiriadau **Tlodi Cyfnod***

- Facilitated quarterly meetings of the **Children & Families Network** which has **227 members**
- Attended **101 Community Engagement** events
- Attended meetings of the **Poverty Officer Working Group**
- *Hwyluswyd cyfarfodydd chwarterol y **Rhwydwaith Plant a Theuluoedd** sydd bellach â **227 o aelodau***
- *Wedi mynychu **101** o ddigwyddiadau **Ymgysylltu Cymunedol***
- *Mynychu cyfarfodydd y **Gweithgor y Swyddogion Tlodi***



Dementia Supportive Communities *Cymunedau Cefnogi Pobl â Dementia*

Winner of the
Social Care Wales Accolade 2022

Enillydd y
Gwobr Gofal Cymdeithasol Cymru 2022



Established a network of **49 dementia supportive groups** offering at least **4 activities every weekday**

*Sefydlu rhwydwaith o **49 o grwpiau cefnogi dementia** cynnig o leiaf **4 gweithgaredd bob diwrnod o'r wythnos***

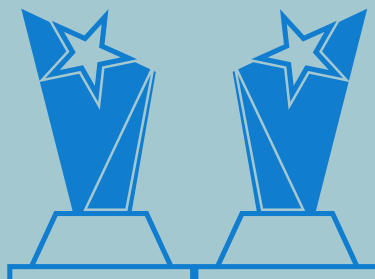
Facilitated or attended **106 meetings** involving people living with dementia, with a total of **437 attendees**

*Wedi hwyluso neu fynychu **106 o gyfarfodydd** yn ymwneud â phobl sy'n byw gyda dementia, gyda chyfanswm o **437 yn bresennol***



Distributed weekly activity lists to over **300 people**

Dosbarthu rhestrau gweithgareddau wythnosol i dros **300 o bobl**



Dementia Supportive Communities *Cymunedau Cefnogi Pobl â Dementia*

Helped bring a new day service to Pembrokeshire focused on supporting people with **Young Onset Dementia**

*Wedi helpu i ddod â gwasanaeth dydd newydd i Sir Benfro yn canolbwyntio ar gefnogi pobl gyda **Dementia Cychwyn Ifanc***



Organised a **Listening Campaign** which captured the views of 91 people living with dementia

Trefnu **Ymgyrch Gwrando** a oedd yn dal barn 91 o bobl sy'n byw gyda dementia



Launched **Dementia Friendly Pembrokeshire** – 24 local businesses and organisations signed up to the scheme

Lansio **Sir Benfro sy'n Gyfeillgar i Dementia** – 24 o fusnesau a sefydliadau lleol wedi cofrestru ar gyfer y cynllun

Connected Communities *Cymunedau Cysylltiedig*

Pembrokeshire Community Hub
Hwb Cymunedol Sir Benfro



Hwb Cymunedol
Sir Benfro
Pembrokeshire
Community Hub

Launched in June 2022 : Lansiodd ym mis Mehefin 2022



3,345 telephone calls and emails
received

3,345 o alwadau ffôn ac e-byst
a dderbyniwyd



1,366 people registered on
Connect Pembrokeshire with **50,827** page views

1,366 o bobl wedi cofrestru ar
Cysylltwch Sir Benfro gyda **50,827** o ymweliadau â
thudalennau



34 Community/Hub Volunteers
recruited by Volunteering Matters
(Hub delivery partner)

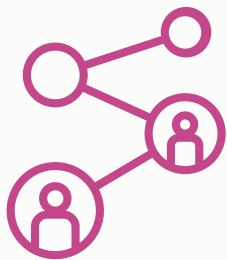
1,325 volunteer hours delivered

34 Gwirfoddolwr Cymunedol/Hwb
cael ei recriwtio gan Volunteering Matters
(Hwb partner cyflawni)

Darparwyd **1,325** o oriau gwirfoddol

#onecallthatsall - 01437 723660 - #unalwadsyddigyd

Community Connectors Cysylltwyr Cymunedol



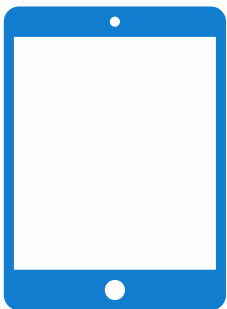
954 referrals supported by the Community Connectors

*Cefnogwyd **954** o atgyfeiriadau gan y Cysylltwyr Cymunedol*



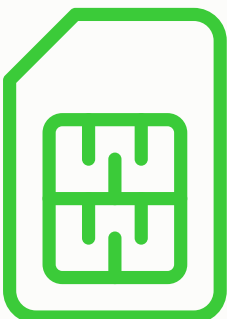
1,119 connections made to community activities/groups/services

***1,119** o gysylltiadau wedi'u gwneud â gweithgareddau/grwpiau/gwasanaethau cymunedol*



160 tablets loaned out to individuals and supported by the DigiCoach

*Benthycwyd **160** o dabledi i unigolion a'u cefnogi gan DigiCoach*



184 individuals helped via the databank including 100 SIM cards for Ukrainian families

*Helpodd **184 o unigolion** trwy'r banc data gan gynnwys 100 o gardiau SIM ar gyfer teuluoedd Wcrain*



5 speed networking events held attended by around **100 participants**

5 digwyddiad rhwydweithio cyflymder** a fynychwyd gan tua **100 o gyfranogwyr

Useful Links *Dolenni Defnyddiol*

PAVS Website



Funding Advice Service Padlet

Pembrokeshire Community Buildings Forum Padlet



Social Enterprise Padlet

Networks & Forums



Children and Families Connector Padlet



Health and Wellbeing News Padlet



Community Connectors Padlet



Connect Pembrokeshire

Useful Links *Dolenni Defnyddiol*



[Dementia Supportive Communities activity](#)



[Carers Support West Wales \(CSWW\)](#)



[West Wales Carers Development Group Annual Report 2022-2023](#)



[Pembrokeshire Family Support Network](#)



[Keep Warm Keep Well Report](#)



[Supporting Community Action Fund Report](#)

Pembrokeshire Association of Voluntary Services
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