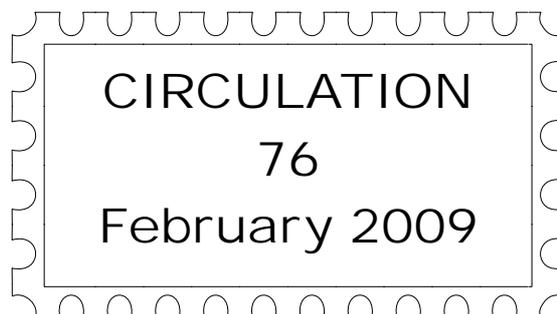




♦ CVSC Spring 09 Training Programme  
New Opportunities!

♦ Training Needs Analysis  
Help **us** to help **you** shape up your organisation for the New Year.

ISSN 1466 - 2566



INVESTOR IN PEOPLE  
BUDDSODDWR MEWN POBL

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The next edition of this newsletter will be distributed in April 2009

Should you or your organisation wish to contribute a news item or flyer - then please forward to Jan Smith, Information Officer, by Tuesday 31 March 2009

The opinions expressed in this publication are not necessarily those of CVSC. We reserve the right to edit for publication. This newsletter was designed, printed and distributed by CVSC.

Our mailings are available, by request, in large print, disk or Braille and also on audio cassette (Courtesy of Y Gadwyn, Charity no. 1030284 and Colwyn Link Talking Newspaper, Charity no. 514106)

CVSC acknowledge receipt of funding from:

Welsh Assembly Government, Conwy County Borough Council and Conwy Local Health Board



For your community information needs  
visit:  
[www.conwycommunitydirectory.org.uk](http://www.conwycommunitydirectory.org.uk)

February 2009

**Training**

As we begin another New Year we now include our Spring Training Programme for your attention on page 76.5 We are extremely pleased at how well the recent training has been going—16 courses delivered with 179 delegates benefiting! In order for us to include your comments and thoughts to help shape and contribute to the wider programme later in the year, please do take the time to complete our short Training Needs Analysis, which is enclosed as a separate flyer.

**Investors in People Award**

You may have noticed the new logo appearing on our front cover of this edition! We are proud to announce that CVSC has recently been recognised as an Investor in People Organisation. By achieving this standard CVSC has been recognised as establishing a framework for growth and development which will create a better future. Investors in People is about moving the whole organisation forward and we are ensuring that we strive for continuous improvement.



*David Taylor, Chief Officer, Mary Trinder, Chair, presents the certificate to Wendy Jones Finance and Admin Manager at the CVSC AGM October 2008*

**Staff Tribute**

The staff and trustees of CVSC are shocked and deeply saddened by the sudden death of one of its staff, Sophia Manfredi.

Sophia was a bright, intelligent young woman who will be greatly missed by all who worked with her. She openly enjoyed her work and was excellent in her role as Volunteers Co-ordinator at our Volunteer Centre in Llandudno.

Our thoughts are with her partner Dylan, her mother and family at this sad time.

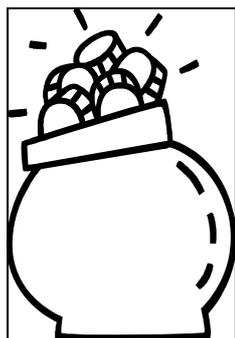


*Rhian Morris, Alan Edwards and Sophia at the Volunteer Centre stand at the CVSC 10 year Anniversary Event (2007)*

## CVSC SMALL CAPITAL GRANTS SCHEME

2008-2011

Voluntary Organisations and Community Groups



The closing date for the next round will be Friday 4 September 2009  
 Guidelines and eligibility criteria are on our website [www.cvsc.org.uk](http://www.cvsc.org.uk) or call  
 01492 534091 or e-mail [mail@cvsc.org.uk](mailto:mail@cvsc.org.uk) for a copy.

Please note that the panel will not consider applications unless prior consultation has taken place with a CVSC officer.

**WREN** is an Environmental Body and distributes funding on behalf of Waste Recycling Group Ltd (WRG).

Funding is available for community facilities and recreation areas, building restoration and improvements, conservation, environmental & biodiversity improvements and youth volunteering.

Next Application deadline is 18 March 2009.

How to apply:

<http://www.wren.org.uk/how-to-apply>

or contact Meleri on 01248 674907 [meleri.jones@wren.org.uk](mailto:meleri.jones@wren.org.uk) for advice and assistance.

### Fundraising Standards Board

Join the FRSB scheme to help you maximise your fundraising potential. Using the FRSB tick logo will help boost your fundraising efforts as people are increasingly recognising it as a sign of best practice. To get an application pack call 0845 402 5442 or visit [www.frsb.org.uk](http://www.frsb.org.uk)

### Four Codes of Fundraising Practice updated

The Institute of Fundraising's Legal Review Committee has updated four Codes of Fundraising Practice to ensure they continue to meet current legislation. As a result revised Codes on Data Protection, Management of Static Collection Boxes, Raffles and Lotteries and Telephone Fundraising have been issued. The Institute has established 29 [Codes of Fundraising Practice](#), representing the best practice standards set for fundraisers in the UK. Each Code covers a separate fundraising technique and provides not only information on relevant areas of the law but also the best practice that the fundraising sector has set itself to ensure the highest standards. (Source WCVA)

A new scheme that will support disadvantaged groups in North Wales into the workplace was recently unveiled in Llandudno. **WCVA's [Intermediate Labour Market \(ILM\)](#)** is a procurement scheme that will make £13m of European funds available to organisations that provide target groups with a period of supported employment. Unlike a [grant](#) fund, the ILM will offer contracts for organisations to work with particular target groups in particular areas and deliver certain positive outcomes.

Any organisation will be able to bid for a contract through a tendering process. Contracted organisations will be expected to deliver personal development outcomes that result in a proportion of individuals gaining full employment and / or nationally recognised qualifications. More information is available from WCVA on [www.wcva.org.uk](http://www.wcva.org.uk) or contact the WCVA Helpdesk on 0800 2888 329 or [help@wcva.org.uk](mailto:help@wcva.org.uk). ILM contracts will be available to any organisation, however activities must be delivered to participants in the Convergence areas of North Wales: Anglesey, Gwynedd, Conwy and Denbighshire.

The ILM is funded by the Wales Assembly Government and European Structural Funds (European Social Fund). (Source WCVA)

## TIDY TOWNS PROJECT

*What is the aim of the project?*

To support the people of Wales to take responsibility for the quality of their local environment.

***How does Tidy Towns work?***

Volunteers 'adopt' their local area and focus on its ongoing care. Communities will be encouraged to adopt waste black-spots and restore them to their former glory. Projects undertaken by groups include; litter picks, path maintenance, dune management, installing benches and picnic sites, invasive species clearance, improving disabled access, developing community gardens, running waste amnesties and habitat management.

*Why join the project?*

- ◆ As part of a group you can develop your ideas for improving the quality of **your** local environment.
- ◆ Keep Wales Tidy Project officers are assigned to each group to provide advice and practical assistance.
- ◆ **A small grant is available to cover costs of insurance, tools and equipment, materials, refreshments etc**
- ◆ Training is available to volunteers on a wide range of issues.
- ◆ You get a chance to meet other groups to exchange ideas.

*Interested?*

You can get involved by setting up your own group, or joining an existing one. For more information please contact the Conwy Tidy Towns officer Ceri Morris on: Phone:02920 381736

**Email:**[ceri.morris@keepwalestidy.org](mailto:ceri.morris@keepwalestidy.org) or [www.keepwalestidy.org](http://www.keepwalestidy.org)

**North Wales Deaf Association will be holding an Information Celebration Day on Wednesday, 25<sup>th</sup> February, 2009 at Venue Cymru from 10 am to 4 pm.** There will be over 40 exhibitors including special equipment suppliers, local and national voluntary organisations, colleges and statutory bodies. Entrance is free and there will be a warm welcome to members of the public, businesses, professionals and anyone else interested. The event is being opened by Huw Vaughan Thomas, Chairman of the Big Lottery and our new mobile unit which has been funded by the Big Lottery will be officially opened.

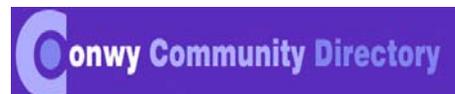
During the day we will be presenting the Deaf Aware Business of the year award and there will also be workshops and an auction.

## New enhanced information now held in the Conwy Community Directory

**Are you dealing with clients 50yrs of age or older?**

**Do they want to be more active in the local community?**

If so, we have the answer!



We have a list of contacts for local activities, groups, and clubs & societies in your local area available on the Conwy Community Directory

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

To find the relevant information, you need to "search all sections" by typing in the keywords - **social older** - which will then give you a full list of relevant information that is currently available OR if you prefer staff to search for you, please phone Llandudno Library on: 01492 574010/ 20

## Conwy Social Housing Ltd

Hilden House provides supported accommodation for disadvantaged and vulnerable adults in a safe and secure environment. Residents then move into independent living after a period of time.

Contact: Peter Fishwick, Bryn Tirion, Wern Bach, Llanfair T.H., Abergele LL22 9RB Tel: 01745 720608

# Children & Young People's Partnership



**The Children and Young People's University Cymru** is a national organisation that works alongside providers to recognise the involvement of 5 – 19 year olds in any activity they may partake that is out of school hours. It celebrates their achievements and rewards them for taking part.

The Children and Young People's University awards a credit for every hour of participation in out of school hours learning. These credits are then banked and each child and young person will receive certificates for the different modules they partake in, the credits accumulated and build up to specific award levels.

The University adopts a holistic approach to education, believing that all aspects of a student's developing skills, interests and abilities are important and should be celebrated.

It encourages children and young people to engage with learning activities and to gain benefit from participating. The aim of raising the self-esteem of students to believe in themselves as effective learners will lead to an increased level of confidence, which will enable students to reach their potential. Fundamentally, the purpose of the University is to promote activities that develop 'the whole child' and to award credits for participation rather than the traditional educational models of rewarding achievement against predetermined standards.

The university values a wide range of learning opportunities and has a strong emphasis on working in partnership with the local community, building a sense of responsibility.

If you would like to find out more about the Children and Young People's University please contact Rhian Eleri, Development Officer for North Wales on 01745 345 234 or 07768580609 or e-mail [jones.rhian@denbighshire.gov.uk](mailto:jones.rhian@denbighshire.gov.uk)

**The Meningitis Trust** – the UK's longest established meningitis charity – is looking for nursery teachers and childminders across the UK to help make a difference in an instant, by getting together and holding a Coffee Break on its behalf this March. Although meningitis can affect anyone, of any age, at any time, over half of the reported cases are in children under 5. Coffee Break was created to engage this age group and their parents, grandparents, nursery teachers and childminders – spreading awareness of the disease and its signs and symptoms, whilst at the same time raising funds to support the work of the Trust.

Anyone can organise a Coffee Break; simply call 0845 120 4530, email [coffeebreak@meningitis-trust.org](mailto:coffeebreak@meningitis-trust.org) or log on to [www.meningitis-trust.org](http://www.meningitis-trust.org) to find out more and get involved.

## FOSTER CARE TAITH NEWYDD

Have you considered Fostering?  
 Learn more by contacting  
 Mary Ward or Linda Lewis on  
 01492 536091  
 Or visit our website



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

*'working together for as long as it takes'*

## NEXT NETWORK MEETING 2pm, 24 MARCH 09 GLASDIR, LLANRWST

If you are part of a voluntary or community group active in Conwy working with children and/or young people come along and find out what is happening in the Partnership.

If you wish to attend please contact:  
 Ann Westmoreland on 01492 523849

## CVSC Spring Training Programme

- ◆ **"Independent Safeguarding Authority (Vetting and Barring Scheme)" FOR VOLUNTARY AND COMMUNITY GROUPS ONLY. FREE 1/2 day session available Thursday 26th February 2009, 9.30am to 12 noon, CVSC Offices Colwyn Bay .** Places limited, so bookings taken on a first come first served basis. Please contact CVSC on [mail@cvsc.org.uk](mailto:mail@cvsc.org.uk) or telephone 01492 534091 indicating any special requirements by Friday 20 February 2009, to ensure your place.
- ◆ **Business and Strategic Planning, 19 March 09, 9.30 – 3.30pm**
- ◆ **Preparing for Volunteers (including involving young people), Monday 20 April 09 1 – 4pm**
- ◆ **Running a Community Building, 29 April 2009, 10 – 3.30 in Glasdir, Llanrwst**
- ◆ **Making the most of IT, 10 – 3.30, 7 May, Ty Llywelyn 10 – 3.30**
- ◆ **Giving and Public Fundraising, 21 May 09, 9.30 – 3.30pm**
- ◆ **Handling conflict – 10—3.30pm 28 May 09**

Courses held at CVSC Colwyn Bay offices unless otherwise indicated.

### Top Tips with Sue Jackson of ByteBack Training—Working with Word Views

Word gives you several different views, which allow you to view a document in different ways. Choose the View Menu and then select the view you wish to use, or use the View buttons which are situated at the bottom left of the Word Window.

**Print Layout view** is best when you need to see how a document will look when it's printed and when you need to edit headers and footers, for adjusting margins, and for working with columns and drawing objects.

**Normal view** doesn't show how the document will look when it's printed, but it does show character formatting and is often best for entering and editing text. In normal view, page boundaries, headers and footers, backgrounds, drawing objects, and pictures that do not have the In line with text wrapping style do not appear. Normal view is very useful for working with page and section breaks.

**Web Layout view** is useful when you are working on a page that will be viewed on Screen or as a Web page. Web view shows backgrounds, graphics and other elements as they will appear when viewed in a browser. This view is brilliant for proof reading on screen you can make your font as big as you like and it will still wrap in the window.

**Reading Layout view** is also designed to make reading documents on the screen easier. This view does not display the document the way it is formatted for printing.

**Outline view** is a more advanced view and allows you to look at the structure of a document and to move, copy, and reorganize text by dragging headings.

**Look out for the series of IT courses in Ty Llewelyn, Llandudno from this month. Information from CVSC website or from Sue on 07770 472488 or e-mail [sue@bytebacktraining.co.uk](mailto:sue@bytebacktraining.co.uk) Discounts currently available for voluntary and community groups.**

### Branch Lines Training and Development Programmes 2009

Branch Lines aims to create opportunities for people over 16 years of age living in rural Conwy. Volunteers taking part in the project will have the opportunity to gain skills and / or qualifications by working in the local environment . Work can range from clearing footpaths, ditch maintenance, dry stone walling, fencing and hedging etc. Volunteers can be trained to use a range of different hand tools as well as strimmers and other power tools. Open College Network Qualifications are optional for Volunteers and would be undertaken whilst participating in practical activities at a number of locations including:

Local woodlands, Conservation sites, Community green spaces, Waterways

Branch Lines are also keen to secure the support of retired or semi retired craftsmen who are willing to act as mentors and share their skills with our Volunteers.

**If you are interested or would like more information about this programme**

please contact Tim, Team Supervisor on: Tel: 01492 536189, Mob: 07966 594042



## News from The Network

### A Date for Your Diary

Conwy Voluntary Health and Social Care Network is delighted to announce its AGM on Tuesday 17th March , Colwyn Bay Cricket Club, Rhos on Sea, 10.00am—2.00pm, lunch included.

- ◆ Guest Speaker—Monica Dennis, of The Dignified Revolution and Health care Alliance
- ◆ Opportunity for members to network and showcase their own organisations

Any member wishing to attend or for more information please contact the Secretary :-

Jill Owen

Tel. 01492 523841

Or Email: [jillowen@cvsc.org.uk](mailto:jillowen@cvsc.org.uk)

Membership of the Network is open to any voluntary group or organisation operating in the field of health, social care and well-being in the County of Conwy



### New Service in Conwy

**Are you receiving benefits because of ill health?  
Do you want to work but think you can't?**

### **Let 'Pathways to Work' help you**

**With Pathways you will receive:-**

Help and support to search and apply for the right job for you  
Professional help from an occupational therapist to manage your condition in the workplace

In work support for the first 12 months

Protection of your current benefits for 2 years

£40 a week, tax free, for 12 months if you earn less than £15000 per year and have received a qualifying benefit for 13 weeks. Other benefits and tax credits not affected.

Access to many other beneficial forms of support

### **Outreach Centres:-**

**Every Thursday 9am – 5pm from 29<sup>th</sup> January 2009  
Conwy Business centre, Junction Way, Llandudno Junction, LI31 9XX.**

**Every Tuesday 9am – 5pm from 3<sup>rd</sup> February 2009  
Glasdir, Plas yn Dre, Llanrwst, LL26, 0DF**

**Contact Jo Sullivan on 01745 361693 to arrange an appointment**

### Third sector meets Minister for Social Justice

The second 2008 meeting between the third sector and the Minister for Social Justice and Local Government, Dr Brian Gibbons AM, took place on 5 November 2008 at the old Assembly building in Cardiff Bay, with the Deputy Minister for Regeneration, Leighton Andrews AM also in attendance.

The third sector introduced the key issues included in the very well reasoned and evidenced paper concerning violence against women, which goes beyond domestic abuse including female genital mutilation and honour killings. It was acknowledged that some women are particularly vulnerable to violence, such as those with disabilities, with mental health problems, from black and ethnic minority communities and refugee and immigrant women. Specialised support in order to deal with issues such as forced marriage and trafficking are in place. For example, there is the three year 'Forced Marriage and Honour Based Crime Action Plan'. However, the third sector argued strongly in favour of further support to tackle all forms of violence against women.

The lack of public funds available to women in abusive relationships which would enable them to leave their home was highlighted, in addition to a lack of clear guidance on how to deal with such situations. Although the third sector welcomed the investment already made in sexual assault referral centres, additional funding and facilities such as rape crisis centres were required to assist rape survivors. It was also recognised that a strategy was required to prevent men from re-offending.

The Minister noted that violence against women was a much broader issue than domestic abuse and agreed that further work was required to tackle all of the issues. Aside from looking at law and order, the Minister suggested that personal attitudes should be addressed, partly by raising awareness of the problem in society. Welsh Assembly Government officials confirmed that a strategic action plan was currently under development as part of enhancing the delivery of the Domestic Abuse Strategy. The action plan will take account of comments received following on from the Communities and Culture scrutiny of this topic and would be ready for launch during March 2009. The third sector stressed the importance of also taking account of the points raised at this ministerial meeting.

The third sector went on to introduce its paper about Communities First. One concern expressed was that there seemed to have been no feedback to those who responded to the consultation about the future of Communities First. The particular need was to let people know how their responses had influenced the decisions about the future of the scheme. This was not just a matter of publishing consultation responses on the Welsh Assembly Government's website - people needed to know how their views had influenced the final plans. This is an issue in relation to all Welsh Assembly Government consultations, but it is highly relevant to Communities First. The Deputy Minister then offered to give an interview to the Communities First magazine explaining how people's views influenced the decisions reached.

Following on from the spring ministerial meeting, the third sector asked for information on how the engagement of the sector in the Welsh Assembly Government 'policy gateway' processes was progressing. The Welsh Assembly Government agreed to provide a report to the spring 2009 meeting which will say what third sector organisations have engaged in the 'policy gateway' and their impact on policies.

The Welsh Assembly Government raised the topic of new Welsh law concerning local government. The Local Government (Wales) Measure is partly designed to bring together the improvement system in Wales, currently known as the Wales Programme for Improvement, with community planning and community strategies. Overall, the meeting welcomed this aim and WCVA's response to the consultation on this proposed Measure may be found on its website.

The Minister concluded by discussing to the forthcoming Social Enterprise Action Plan and the Welsh Assembly Government clarified that whilst the plan was nearing completion, a final publication date has yet to be confirmed. The Minister stated that, once delivered, the action plan would make a difference in the world of social enterprise.

**WALES VOLUNTEER  
 OF THE YEAR  
 AWARD, 2009**

*Know a volunteer who's giving outstanding service? Or a group of volunteers whose efforts have dramatically enhanced the community?*

*Then nominate them for an Award and have their efforts recognised! Give Alan a call for details of the various award categories and nomination forms.*

*Forms can also be downloaded from- [www.wcva.org.uk/all/dsp\\_text.cfm?0=0&display\\_sitetextid=2137&sub=10](http://www.wcva.org.uk/all/dsp_text.cfm?0=0&display_sitetextid=2137&sub=10)*

**Closing Date—3rd April, 2009**

*An Awards Ceremony will be held later in the year to publicly recognise the Award-winners' achievements*

01492-871110 or e-mail [alanedwards@cvsc.org.uk](mailto:alanedwards@cvsc.org.uk)

The Volunteer Centre's temporary hours of opening currently are Monday to Thursday 9am to 4pm.

Visit

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

to see all our current volunteer vacancies

**CASH FOR YOUTH PROJECT**

Grants are still available for youth-led initiatives in Conwy. Decisions on applications for funding of up to £500 are made by the Youth Bank Panel and they have already awarded grants to projects by Ty Llywelyn, Conwy Young Carers, Conwy Majorettes and Kaleidoscope Theatre Co.

Application forms are available from Rhian at the Volunteer Centre.



**News from the Centre**

GWIRFODDOLWYR Y MILENIWM



MILLENNIUM VOLUNTEERS

Lisa-Marie Ward has proved how volunteering and signing up for the Millennium Volunteer scheme can benefit career prospects as well as being enjoyable and a great learning experience.

Lisa writes -

'During my time as a volunteer, I was offered to take part in the Millennium Volunteer Scheme. I still volunteered as normal, but I won a 50 hours certificate, 100 hour certificate and a 200 hour certificate. I now have proof of working in a zoo when I apply for a job. It's great!'



'And now I am 17 years old and a Trainee Keeper, in the right time volunteering and showing



which is a big step rection. Because of teering, learning how much commitment I had, I am being paid to do what I love to do. But, the thing is, I would do it for nothing.'

Lisa is shown with one of her animals and receiving her Award of Excellence from Sue Coleman, Education officer at the Welsh Mountain Zoo.

**NEW OPPORTUNITIES FOR VOLUNTEERS**

**DEAFBLINDUK** are looking for volunteers to help with their Therapeutic Art Group, be a Group Befriender or a Bowling Volunteer

**MOTOR NEURONE DISEASE SOCIETY** need volunteers in the Gwynedd & Ynys Môn area to help as an Assistant Secretary, A Fundraiser, a Webmaster and a Newsletter Co-ordinator.

**HOME-START** are needing volunteers to seek funding for the organisation

**YSBYTY GLAN CLWYD LEAGUE OF FRIENDS** need volunteers to help run their shop and café at the Hospital

**STROKE ASSOCIATION** are looking for Befrienders to meet up with clients in hospitals

Interested? Ask Alan on 01492-871110 for more details