



**Time to say thank you**



# WYTHNOS GWIRFODDOLWYR VOLUNTEERS' WEEK

**CVSC**  
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## MESSAGE FROM CHIEF OFFICER - WENDY JONES

**At a time when our world turned upside down, volunteers and community efforts rocketed!**

**It has been amazing to witness the creation of new local community groups and the dynamic response by established organisations; swift to react and assist wherever required – no task too small or too daunting. I hope you will be as heartened as I am reading the few examples that are presented here.**

**Assuring you of CVSC's ongoing support throughout this crisis.**

*Stay safe and well.*

*Wendy*

**Would you like to thank a particular charity, local group or volunteer? Or want to tell us about your own volunteering? You can share them with us by email, or on Facebook and Twitter by using the following hashtags **#ConwyVolunteers #VolunteersWeek #IVolunteer****



My name is Ally Elouise, I run a not-for-profit organisation called Prom Ally which offers the free loan of prom dresses or suits to young people suffering financial hardship. Since I started working with dresses, I always wished I could sew in order to adjust and mend them. Last Christmas I received my first sewing machine and some books to help me learn to use it. I was however so busy with Prom Ally that I never got the chance to. The Covid-19 outbreak has resulted in us all being stuck at home in lockdown as well as the school proms being cancelled or postponed for the foreseeable future. I decided to use this time to finally teach myself to sew and thought it would be helpful to make DIY face masks. So far, I have donated around 150 and have been asked to make lots more. They have so far been sent to care home staff, school staff, individuals and people volunteering as paramedics, at food banks or helping vulnerable members of our community. I think that the demand for these home-made face coverings is going to keep getting higher and higher as people are returning to work and trying to adjust to the new normal. I think it's important that these DIY masks are being offered out to ensure that the clinical and professional masks are saved for those working on the NHS or on the frontline. All in all, I've really enjoyed learning this new skill during lockdown and am so happy that I'm able to help people and do my part during the pandemic!



Sue has been helping both the stay-at-home residents of Rhos on Sea and her friend Rahat at the Go Local store on Penrhyn Avenue. When the lockdown started, Rahat had plenty of food available but no customers coming in to the shop, whereas people stuck at home were either struggling to get a supermarket delivery or, without internet, did not know who to turn to for supplies.

Sue volunteered as Rahat's delivery driver, and made and distributed over 600 leaflets to local residents, offering telephone ordering and home delivery of their food and essentials. Over the last seven weeks Sue and the Go Local Ladies (Rahat, Jane, Louise and Sarah) have supplied over fifty households, many of them now regular customers relying on this simple way of obtaining their groceries.

**Sue: "I had to do something to help during the greatest crisis of our time. This seemed like an efficient way to alleviate one of the most immediate problems, getting food to people unable to leave their homes."**

**Rahat: "Without Sue's advertising and delivery service, I don't know how my shop would have got through this. Now we are busy packing up orders every day and our customers are so appreciative - we have made lots of friends!"**

# YOUTH LED GRANTS

The aim of the Youth Led Grants scheme is to support small youth led projects across the County of Conwy, empowering young people to take an active role in their communities and involve/recruit young people to take part in volunteering projects and activities.

Applications are selected and recommended by a panel of young people aged 14-25. Grants of up to £1000 are available to support volunteering or set up a volunteering activity. 2019/2020 saw projects funded ranging from:

- delivery of Welsh medium projects
- reduction of stigmas associated with learning disabilities
- development of new young scout leaders
  
- development of girl's rugby
- networking and youth led boat project

The youth panel are passionate about issues experienced by young people and want to make sure they fund the right projects. It has enabled CVSC to promote the value we feel comes from young volunteers and has developed the rapport even more with organisations who are passionate about promoting youth volunteering opportunities

Almost 60 young volunteers were directly involved across all six projects and one example of such a project where volunteers have gained training and support,



Conwy Scouts. Case study by Ray Barnett,

Conwy District Scouts volunteering -We had 2 young leaders in the Conwy District Scouts Adventurous Activities Team, both aged 18

and who were already outdoor activities enthusiasts and practitioners.

All members are voluntary including myself. We provide instruction and equipment in: abseiling, archery, canoeing/kayaking, climbing, hillwalking, mine exploration.

The volunteers provide all the instruction to the 400+ young people (6 - 25 years) within the Conwy District.

In order to lead parties of Explorers/Scouts/Cubs/Beavers all leaders must hold a permit for the relevant activity (eg. climbing, hillwalking, mine activities, kayaking).

This is when I approached CVSC who administered the Youth Led Grant, to enquire about funding to enable us to send both young individuals on the relevant training.

Our 2 new young instructors have since provided much needed assistance. They are able to contribute to prescribed ratios for instructors to young participants.

They have gained in experience, skills in talking to groups, working as a team, and facing new challenges; all of which will benefit them in future work applications.

In the first six months alone, one young volunteer leader had completed 4 days of mine Leader training and completed a 2 day REC (Rescue and Emergency Care)course. The second young volunteer leader had completed a 3 day RCI (Rock Climbing Instructor) trainingcourse. They are assisting with activities with the other Activity Team instructors thus gaining practical experience.

I personally am gratified to see young people progressing and improving themselves. They have allowed me to achieve our objectives of ever-increasing volume of provision of the

activities. I'm proud of them and they are a great example of what youth can achieve with committed adult support. I would like to thank the volunteering and grants team and the youth led

panel at CVSC for their tremendous support and guidance, without which the achievements of the two young people would not have been possible.

