

Minutes
Tuesday 5th October 2021 via Zoom

Present –

| | | |
|--------------------------|--------------------------------|--|
| 1. Nevil Williams | Radio BGM Llanelli | |
| 2. Jane Hemmings | CAVS | jane.hemmings@cavs.org.uk |
| 3. Andrea Edwards | WWAMH | |
| 4. Jamie Horton | CAVS | jamie.horton@cavs.org.uk |
| 5. Sarah Risk | MIND Llanelli | |
| 6. Helen Morris | CBSA | |
| 7. Layla Lucas | Threshold Das Care/repair café | |
| 8. Nia ap Tegwyn | MGSG | |
| 9. Lynne Meredith | Age Cymru Dyfed | |
| 10. Sandra Llewellyn | 50+ Forum | |
| 11. Gale Morgan Williams | Radio BGM Llanelli | |
| 12. Perminder Dhillon | CAVS | Perminder.dhillon@cavs.org.uk |
| 13. Llinos Evans | C.C.C. / PSB | |
| 14. Eve Jones | Dr Mz | |
| 15. Caren Keenan | Threshold DAS | |

1) Welcome & Introductions

Jane welcomed everybody to the meeting and everyone introduced themselves and their role / organisation .

2) Apologies

Amber Daniels CCC, Jackie Hamilton Salvation Army, Lynne Thomas DWP, Lucie Paddinson RNID, Marg McNeil See around Britain, Suzanne Samuels Fusion and Alud Jones CAVS.

3) Minutes of Previous Meeting

These were proposed correct and accepted as such.

4) Matters Arising

The discussion suggestions from the last meeting mentioned that Guidance was needed as to how to re-engage volunteers. As the Welsh Government guidance remains unchanged, there is little to add to previous information. We will bear this in mind when things change again. Also requested last time, was support on developing volunteer-friendly simple policies. We have put a document together which might help. See attached 'Setting up a volunteer Initiative' The document is helpful for new projects as well as providing useful information and links for people wishing to review and renew their policies and procedures.

5)Presentation by Llinos Evans Llinos was at the meeting representing Carmarthenshire Public Services Board. The Assessment of Wellbeing consultation is an important opportunity for Carmarthenshire residents to have a say in the development of future initiatives. The consultation finishes this Friday, October 8th. Here are the Welsh and English links to complete the short survey. The Easy Read / Polish / Romanian and Arabic versions are also available via both links

<https://www.sirgar.llyw.cymru/cartref/cyngor-a-democratiaeth/ymgyngori-a-pherfformiad/ymgyngoriadau-actif/asesiad-o-lesiant-lleol/>

<https://www.carmarthenshire.gov.wales/home/council-democracy/consultation-performance/current-consultations/assessment-of-well-being/>

6) CAVS and Volunteer Centre News

Two new staff members have Recently joined CAVS. Perminder Dhillon, perminder.dhillon@cavs.org.uk is our new Capacity Building Officer. Jan Barwell jan.barwell@cavs.org.uk has just joined us as our Development Support Officer. We have been unable to recruit a Youth Volunteering Officer unfortunately.

Jackie Dorrian is the person to contact for information about the Localmotion initiative for Carmarthen town.
jackie.dorrian@cavs.org.uk

Upcoming CAVS network meetings:

- Environment <https://cavs.org.uk/events/carmarthenshire-3rd-sector-environment-network/> Taking place this Thursday October 7th.
- Children & Young People's Network ([Children and Young People Network - CGGSC~CAVS](#)) 26/10/21
- Food Network ([Food Network - CGGSC~CAVS](#)) 30/11/21
- Training Conversation (<https://cavs.org.uk/engagement/health-and-well-being-network>) 06/10/21

General volunteering news – there is beginning to be an increase in activity with some face-to-face volunteering opportunities resuming, and an increase in enquiries from potential volunteers. This might be a good time for those groups promoting their volunteering roles on the Volunteering-wales.net website to see whether their information needs updating.

Sgwrsio gyda CAVS – CAVS in conversation. This is a new initiative to make brief videos of a discussion between CAVS volunteering team and organisations recruiting volunteers. They will be available on CAVS website volunteering pages and will give potential volunteer an insight into different roles. We also hope to have a series of Volunteer stories about their own experience as volunteers. Let us know if you would like to take part in either of these options. We showed our first video – a chat with Jackie Hamilton about volunteer roles with the Salvation Army in Carmarthen.

Community volunteering news from Jamie

Working with RCS – Wellbeing in the workplace – they have wellbeing champion training in December. Wellbeing Wednesday, the first three Wednesday's in December will be dedicated to West Wales support. More info to come. 2 members of CAVS staff have undertaken the 3 hour session and it was very worthwhile.

Connect to Kindness Art work – Collage created by contributions from residents through lockdowns. Available free of charge for groups able to hang in their public spaces. (Will be running a competition to identify location of art work for £250 community event. Nice way of promoting charitable groups in the process). Available in indoor and outdoor format and any size – A0, A1 etc.

Connect to Kindness – Kindness in the workplace. An online E-learning module has been developed to support the West Wales campaign with a workplace pledge, links to emotional intelligence, the science behind kindness and various resources. [Connect to kindness - Kindness in your Workplace](#)

Connect to Kindness - Carmarthenshire's Facebook page is Connected Communities Sir Gâr. Whilst not a page to appeal for volunteers it is a place to share good news, any positive impact on communities, developments etc. Membership is currently 407 members. [Cymunedau Cysylltiedig Sir Gâr Connected Communities Sir Gâr | Facebook](#)

Connect Carmarthenshire – this informal support platform has a listings option for you to share events etc, as well as a teams environment to link with community groups. [Connect Carmarthenshire - Supporting Carmarthenshire](#) Contact Nicky Sandford for further details and support: njsandford@carmarthenshire.gov.uk

Digital Confidence – CAVS have recently become an online centre with access to a suite of basic training support units as well as resources to help those assisting others. Contact me for further information: Jamie.horton@cavs.org.uk

Anyone living in Llandeilo – CAVS are facilitating a public meeting on Thursday to discuss the forthcoming participatory budgeting project. This involves the community of Llandeilo deciding upon

the allocation of public funding for local groups and activities. Places need to be booked on Eventbrite: <https://www.eventbrite.co.uk/e/168713018179>

Carmarthenshire Food Network – this network was officially launched during Volunteers Week and aims to support county residents experiencing food poverty. The network is comprised of foodbanks/food share, community growers, cooked food groups, wider community support and will grow to include private business, academia etc. Getting to the underlying causes is difficult but will enable us to provide more specific support. Is this something that you can help with. Our wider community support group includes mental health, housing, social prescribers etc.. [Food Network - CGGSC~CAVS](#)
Carmarthenshire Community Centres Network – CAVS facilitate this network and have provided the attached announcement for all groups who are using community spaces for their activities. (cym currently in translation).

7) CAVS capacity Building Officer – Training Conversations

We had a short session on training and development addressing three issues which gave a flavour of what can be discussed in the forthcoming Training Conversations sessions organised by CAVS.

The aim of the training conversations is to celebrate innovation in learning and development and assess how we can support the ongoing needs of the sector. These sessions are scheduled on zoom for every Wednesday from 5.00pm to 7.00pm starting on 6th October.

The three issues we looked at were:

- 1) As a result of the impact of Covid, name one training innovation that your organisation or you made in your role made regarding vols, staff, trustees, service users.
- 2) State one way that you would like your organisation to continue to encourage learning and sharing internally as we embed new ways of working?
- 3) Have you uncovered any skill or knowledge gaps that would be a priority to address as part of a learning and development plan? If so name one.

To join Training Conversations please email perminder.dhillon@cavs.org.uk

8) Discussion slot for next meeting

We will bear in mind the request for guidance in re-engaging volunteers Post pandemic, when government guidance changes. There was a request for a Wel being session, which we will try to access ready for the next meeting, Thank you for your suggestions. Please let us know if there is anything else you would like us to provide. volunteering@cavs.org.uk

9) AOB

Jamie mentioned a fantastic intergenerational project that Eve Jones and Sandra Llewellyn have been working on which allowed skills sharing and working together on craft projects. Well done!

10) Date and time of next meetings

Tuesday 8th February 2022 10.30 – 12.30

Tuesday 7th June 2022 1030-12.30

Tuesday 6th October 2022 10.30 -12.30

Please note we are able to organise interim meetings if there are important changes that it would be useful to discuss.