

Minutes of the CVON meeting
Tuesday 8th February 2022 via Zoom

Present –

1. Nevil Williams	Radio BGM Llanelli	
2. Suzanne Samuels_	Fusion	
3. Jamie Horton	CAVS	jamie.horton@cavs.org.uk
4. Sarah Risk	MIND Llanelli	
5. Helen Morris	Foothold	
6. Nia ap Tegwyn	MGSG	
7. Ian Williams	Radio Glangwili	
8. Perminder Dhillon	CAVS	Perminder.dhillon@cavs.org.uk
9. Caren Keenan	Threshold DAS	
10. Jane Hemmings	CAVS	jane.hemmings@cavs.org.uk
11. Sarah Hall	Wildfowl & Wetlands Trust	
12. Laura Terry	Ty Hafan	
13. Pennie Walker	WAST	

1) Welcome & Introductions

Alud welcomed everybody to the meeting. Everyone introduced themselves, their role and organisation.

2) Apologies

Jackie Hamilton Salvation Army, Elizabeth Davies, Great Dane Care, Lucie Paddinson RNID, Sally Richards Llanelli Mind, Andrea Edwards WWAMH, Lynne Meredith Age Cymru Dyfed, Jude Collins Carmarthenshire Counselling Service, Amber Daniels CCC, Gill Wright Heart of Wales Line

3) Minutes of Previous Meeting

Ian Williams pointed out that the date given for the October CVON meeting was incorrect. Well spotted Ian! The correct date for the meeting is Tuesday 4th October. The minutes were proposed and accepted.

4) Matters Arising

There were no matters arising

5) Training excerpt

Alud led us through training on 'Managing Conflict and Complaints' (See attached). This excerpt is part of a longer e.learning course 'Managing Volunteers' which is available on the CAVS website Learning Portal. [Managing Volunteers - CGGSC~CAVS](#) The portal also houses other interactive courses 'Confidence' 'Staying Safe and 'Confidentiality' which are suitable for volunteers. Two new courses are being finalised: 'Preparing to Volunteer' and 'What Volunteering can do for you.' You can access the courses here: [Learning Portal - CGGSC~CAVS](#)

6) CAVS and Volunteer Centre News

We have a new staff member who has recently joined the team. Michael Jonas – Funding Assistant with CAVS. michael.jonas@cavs.org.uk.

CAVS, with 12 partners have submitted an application to National Lottery Community Fund for the "Mind our Future" programme which is all about Young People their mental health and resilience. We are having an assessment meeting 18th February.

LocalMotion – Carmarthen – co-production of organisations coming together to look at gaining insight from grassroots to make systemic change for the town. Much more will be available on the programme very soon. 6 Funders are funding 6 areas in a different way. Menter Gorllewin Sir Gar contributed to the application and received some funding.

Carmarthenshire Connected Communities Fund – CAVS funded 42 groups across Carmarthenshire in order to reduce loneliness and social isolation.

Volunteering Wales – as Covid restrictions have been eased, we hope that volunteering will continue to resume. Now would be a good time to refresh your Opportunities (and perhaps your profiles) on the website. If you need any help, please let us know, but it really is in your interest to have a presence on the site, since it makes our jobs as volunteering officers much easier if we can find all of the active roles in one place. So even if you just put a very simple advert on there, you are likely to be seen by a larger audience.

Youth Volunteering – this project has been mentioned a few times previously, and in the past we have been unable to recruit for the post. I am going to try my best to deliver something around volunteering and young people over the coming months, and in fact I have already sent out an email to CVON members, so please do let me know if you have any young people volunteering with you, or trustees with you, or if you are looking for young volunteers or trustees.

7) Wellbeing activity led by Perminder Dhillon, CAVS' Capacity Building officer

Perminder talked us through the activity, which involved anchoring ourselves using a stone or crystal to reduce stress and tensions in our daily lives.

8) Discussion slot for next meeting

We will bear in mind the previous request for guidance in re-engaging volunteers Post pandemic, when government guidance, and the situation on the ground changes.

Please feel free to contact us with any suggestions of topics you would like us to offer, or external speakers you would like us to invite. Suggestions to: volunteering@cavs.org.uk

9) AOB and updates

Jamie Horton reminded everyone about “Webruary” activities, there are a lot of different sessions to choose from. Check here for what’s available and book a free place: <https://connectcarmarthenshire.org.uk/>

Sarah Risk – Llanelli Mind Befriending was happy to announce new outreach work in Ammanford at the Elim Church and at Salvation Army in Carmarthen as well as at Carmarthen Mind. The focus is on promoting befriending/mental health. They are also hoping to recruit new volunteers.

Caren from Threshold has noticed an increase in volunteer applications in the recent weeks for their Helping Hands Foodbank. Now the restrictions are lifting she has been able to accommodate more volunteers which has been a great success.

Ian Williams Radio Glangwili – volunteering still not possible so they are unable to provide work experience for students as they usually do.

Nevil Williams mentioned that they were managing to keep BGM radio going as an on-line station. There are new developments under way to house Radio BGM at Pentre Awel

Sarah Hall – the Wetlands Trust has been able to keep her more abled bodied volunteers active throughout in outdoor roles, but those whose roles are in the visitor Centre are unable to be involved.

10) Date and time of next meetings

Tuesday 7th June 2022 10.30-12.30

Tuesday 4th October 2022 10.30 -12.30