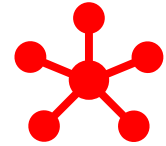




# Cylchlythyr Newsletter

Ionawr

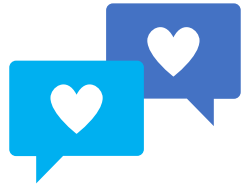
January



Cysylltu  
Cymunedol  
Grŵp

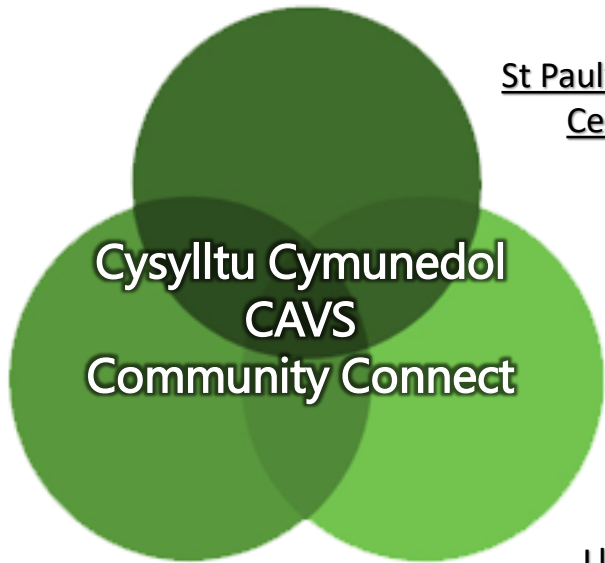


Community  
Connect  
Group



“I wanted to wait a few weeks to let 2021 embed itself before writing to you all. It has been a whirlwind since setting up this group in March 2020. Its purpose was, and remains to be, a place for community groups to share their burdens and be supported. I have attempted during this time to share information which I hope has been useful and informative and has, in some small way, made life a little easier. It is one of CAVS’ key functions to support volunteering groups and a specific focus of my role – to help community groups with their informal supporting networks.

I hope that you have found some time to get to know me a little and that any requests have been dealt with satisfactorily. This group will continue to offer support and hopefully will grow over the next 12 months. Remember – just ask!” *Jamie*



St Paul's Family Centre

**Perseverance**

Sarah Herbert-Jones Governance and Funding CAVS

Trimsaran Support Group

Clare Pilborough Engagement CAVS

Salem Covid-19 mutual aid group

**Cysylltu Cymunedol CAVS Community Connect**

Llwynhendy/Pemberton Forum

**Cymydog**

Simon Lewis

Amman Valley Maker Space

Susan Smith Carmarthenshire Community Connector

Talley Community Amenity Association

Dryslwyn Community shop

**Society**

Emergency milk anyone? WhatsApp Group

Llandovery Youth and Community Centre

Jamie Horton Community Volunteering Development Officer CAVS

Cwmaman Food Bank

Llandybie & District WI

Nantgaredig support group

Marie Mitchell Chief Officer CAVS

Cylch Meithrin Llangydeyrn

**Amynedd**

Tair Carn Community Spirit

Carway Helping Hands community group

Rhandirmwyn & District Community Association (RDCA)

Talog Community Hall

Jackie Dorrian Health and Wellbeing CAVS

Nicky Sandford Time Banking

Cwmamman Community Centre

Bryn Women's Institute

**Dyfalbarhad**

COVID 19 Volunteers Hendy, Llanedi & Tycroes

Radio Glangwili

Lee Hind PAVS

Carmarthenshire 50+

King George V Playing Fields Association

Ystradowen Community Centre

Covid 19 Ponthenri / Pontiets

**Cymdeithas**

Llangadog Community Hall

**Neighbour**

Llandeilo Covid19 Community Support Group

Tumble and Gwendraeth Valley Community group

**Patience**

Laugharne COVID19 Community Support Group

Maesybont community support group

Parc Llwyn Celyn Residents

Cwmaman Town Council

Pendine Chapel

Amanwy Development Services

Carmarthenshire YFC

**Our Community Connect Catch Up meetings to share your news and connect with others...**

**When we first launched the group we held weekly meetings and invited a guest speaker to share their projects with you. These were recorded and then later posted within the group FB. We held 10 meetings during the toughest parts of lockdown and then these were discontinued as time became restricted for many. Please do have a look back through these recordings as there is still a lot of support available for you from these groups.**

**These sessions can re-commence if you would like them to - perhaps in your reply to this email you could indicate your interest, please, and the type of speakers who would benefit your community.**









I have also highlighted the two Connect platforms which are being shared across the county:

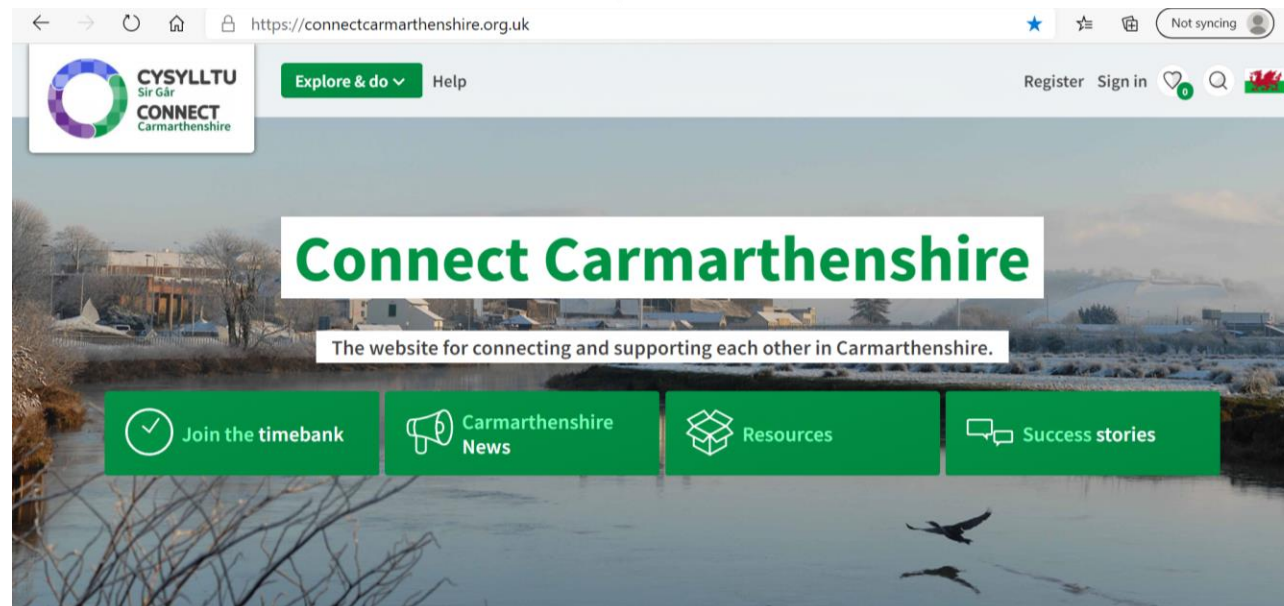
**\*Connect Carmarthenshire - Supporting Carmarthenshire**

A digital platform 'outside' of social media for individuals to ask for help and offer their support.

We have also added a community listings option which may be of interest to you. I have shared the aforementioned campaigns on this platform as well and am encouraging others to do the same.



For support with the Connect Carmarthenshire platform Email Nia and tell her I sent you!  
[neowens@carmarthenshire.gov.uk](mailto:neowens@carmarthenshire.gov.uk)



I have also highlighted the two Connect platforms which are being shared across the county:

**\*Connect to kindness - Welcome to Connect to Kindness** Our regional approach to encouraging and promoting the incredible kindness taking place across Carmarthenshire, Ceredigion and Pembrokeshire.



We would like to offer you a 45 minutes Zoom awareness session. Perhaps prior to Student Volunteers week in February. The idea of this session is to pass on the material to you so that more sessions can be delivered in your communities. Perhaps you could make the session a part of the support for your volunteering groups?



Please sign up to the page and make your pledge. We have 'Free Trade Communities' and 'Dementia Friendly Communities' - please share your pledge for your 'Kind Community'.



Are you a member of the Carmarthenshire FB group? We currently have over 200 members: Cysylltu â Charedigrwydd Sir Gâr - Connect to Kindness Carmarthenshire | Facebook Please join us and share your story's and experiences and ideas.



Our regional FB page is Cysylltu â Charedigrwydd Gorllewin Cymru - Connect to Kindness West Wales | Facebook

Perhaps you would consider tagging us in to your social media posts.





You have had access to funding opportunities:

We have also linked you up with [Funding Wales](#) and Sarah Herbert-Jones from CAVS



Chris from the Lottery offered three closed sessions for our Community Connect Group and invited small groups in order to provide a more bespoke service.



The Carmarthenshire COVID-19 Community Response Fund provided up to £250 for 7 of our Community Connect Group members:

- Nantgaredig FB Group
- Bryn's Womens Institute
- Llandybie WI
- Laugharne COVID19 Community Support Group
- Salem COVID-19 Volunteer group'
- Simon Lewis
- Rhandirmwyn & District Community Association (RDCA) FB Group



Watch this space ...

**Covid-19 Community Action Fund. Coming soon.**

And up to £1000 for 16 of our members who are constituted groups:

- Llangyderyn Cylch
- Ystradowen Community Centre
- Llandeilo Covid19 Community Support Group
- Llwynhendy/ Pemberton Forum
- St. Pauls Family Centre, Llanelli
- Llanedi CC
- Llandovery Youth and Community Centre
- Talley Community Amenity Association (TCAA)
- NCE King George V playing fields
- Laugharne COVID19 Community Support Group
- Carmarthenshire Young Farmers
- Radio Glangwili
- Talog Hall
- Salem Covid-19 mutual aid group
- Rhandirmwyn & District Community Association (RDCA)
- Cwmamman Town Council

## What can we do for you?

- We have, and will continue to, highlight training opportunities e.g. Free Zoom Mental Health Sessions, Wellbeing workshops, Safeguarding
- Virtual community events are posted for you to share with your local groups inc. the recent virtual volunteering fair hosted by our partner CVC CAVO, Eden Project Communities, ForgetMeNotChorus, Reconnect 50+
- Working closely with partners - such as the Welsh Assembly Government, Carmarthenshire County Council, Hywel Dda Health Board and WCVA – we have offered up-to-date relevant links and information
- We have passed on your need for volunteers to our wider volunteering team at CAVS for those volunteers who have registered their interests with the more formal volunteering site Volunteering Wales ✉ [Alud.jones@cavs.org.uk](mailto:Alud.jones@cavs.org.uk)
- Any potential community funding opportunities we hear of are sent your way £££
- Additional external support services, and useable resources, are posted for your attention e.g. domestic abuse, BAME helpline, Alcohol helpline, LGBTQ++ resources etc...
- We have highlighted new initiatives and community groups that you might like to partner with
- We have informed you of positive opportunities to highlight your incredible work e.g. Volunteering Week, National Stress Awareness Week, National Men's Week, Befriending is...
- We have promoted kindness in all of our work and made every effort to respond to your queries asap

**Moving forward ... what else would you like us to share in your Community Connect Group?**





Cysylltu Cymunedol  
CAVS  
Community Connect

Things will get better

Daw eto hawl ar fryn

The Corona Virus Pandemic has had a profound impact on all of us and it has been your resilience and commitment to serving your communities that allows us all to move forward into this New Year.

CAVS would like to thank each and every one of you for your time, your energy and the many hours you have spent helping to make someone else's life a little easier. Creating your Facebook group, WhatsApp group, community group, Community and Town Council led groups, individual residents etc to support your neighbours is to be applauded because you HAVE helped so many.

Perhaps this 'period of change' has shown us all how essential human connection is, how the basics of life are sufficient for most and that kindness is fundamental.

Susan Smith, Community Connector Plus, is already a name many of you will be familiar with. She is a member of our group and we work together on the Connect platforms.

\*We would both encourage you to submit an entry for our Kindness Art Project as your community will be a part of a project shared across Carmarthenshire and a lasting reminder of how we all pulled together.

\*Sue continues to share a county list of services available to support residents through lockdown. If your local services are not included it would be worthwhile to share this with her.

CAVS would like to remind you to sign up for our [e-bulletin](#) and to check out our [website](#). We have a talented staff who are available to support you in many areas. You will also find information here about our Health and Wellbeing Forum, Environmental Forum, Carmarthenshire Volunteering Organisers Meetings (CVON) as well as any other Third Sector meetings, including COVID updates.

We have learnt so much over the past 10 months ... the next 10 have to be easier!

[Did you get your bilingual volunteering lanyards?](#)

[Do you have the volunteering ID's that we offered last year?](#)

Let me know

# Communication is key

## Covid support inc. Vaccines



- [Home | GOV.WALES](#)
- [Carmarthenshire County Council](#)
- [Home - Hywel Dda University Health Board \(nhs.wales\)](#)
- [Home - Public Health Wales \(nhs.wales\)](#)

I currently share information across 130 Facebook pages – is there a way we could encourage more of these groups to join us? To work together? To share information?



## infoengine

### Register for free

The new **Knowledge Hub**. Upskill yourself, learn and access high quality information for the voluntary sector in Wales

Visit [thirdsectorsupport.wales](http://thirdsectorsupport.wales)



[Jamie.Horton@cavs.org.uk](mailto:Jamie.Horton@cavs.org.uk)

[SusanSmith@cccpartners.org.uk](mailto:SusanSmith@cccpartners.org.uk)



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