**Cofnodion / Minutes**

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| **Dyddiad/ Date** | **Amser / Time** | **Lleoliad / Venue** | **#** |
| 18.01.23 | 10.30am | Online |  |

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| Cyflwyniadau /Presentations | |
| **Actif Communities**   * Gareth Power – Actif Communities – presentation attached – bringing communities to life through activities – Leisure Centre, Community and Health. * Lauren Tynan - Actif Communities - Your Health Matters – 10 week healthy lifestyle change plan with booklet, recipes, activities. [LTynan@carmarthenshire.gov.uk](mailto:LTynan@carmarthenshire.gov.uk) and  [DWOwens@carmarthenshire.gov.uk](mailto:DWOwens@carmarthenshire.gov.uk) * Alice Hope – Actif Communities - [ahope@carmarthenshire.gov.uk](mailto:ahope@carmarthenshire.gov.uk) – West Wales Walking for Wellbeing – free targeted at health walks eg 30-45 minutes, led by walk leader, refer from social prescribers, gp surgeries, etc westwaleswalkingforwellbeing.org.uk – book on beforehand. * Alice Hope –Walk, Talk and Run plus chat at end. * Alice Hope – Growing The Actif team – looking for volunteers to continue the projects once set up – complete registration form. Can sign up through CAVS Volunteering * Alice Hope – Actif Legacy – age 16-24, working few hours or not at all, looking to develop work-based skills. * Generic e mail address for Actif Communities – [actifcommunities@carmarthenshire.gov.uk](mailto:actifcommunities@carmarthenshire.gov.uk) | |
| Rhannu gwybodaeth / Diweddariadau  Information share / Updates | |
| * Michael Grogan – Chair – Trap Community Association – rural community – looking to improve broadband speed and digital support, looking to welcome new people getting involved, difficult to have AGM due to fear of illness, created gardening project, applied for licence in Hall, oil-based heating want to move to other methods, heat pumps? Funding? MG put question together to ask the community, if anyone has experience please let CAVS know. Michael Jonas to talk to MG about possible funding. * Ffion Lewis – Llanon – more and more people through doors for newest venture– Cwtch, Tumble * Eleri James – concerned for smaller areas such as mental health effects. | |
| * Launch of CAVS padlets to enhance information available. Please do add your info also where relevant. * Connected Communities Cost of Living padlet –[Cymunedau Cysylltiedig Sir Gâr / Connected Communities Sir Gâr (padlet.com)](https://padlet.com/jamiehorton/CCSirGar) including Cooking, Recipes, Cariad Pet Therapy, Warm Hubs, help for unpaid carers, funding available (see funding.wales and CAVS website also), networks, other padlets eg NHS. * Health & Wellbeing padlet - [Rhwydwaith Iechyd a Lles Trydydd Sector Sir Gâr / Carmarthenshire Third Sector Health and Well-being Network (padlet.com)](https://padlet.com/jackiedorrian/vwhu41lihm5rmfn6) * Children & Young People padlet - [Plant a Phobl Ifanc / Children & Young People (padlet.com)](https://padlet.com/jackiedorrian/swdc9u219bsncy52) * Funding padlet - [CAVS Padlet: Cyllid / Funding](https://padlet.com/michaeljonas3/hng8dnfdff4da186) * Food Network - [Food Network - CGGSC~CAVS](https://cavs.org.uk/engagement/third-sector-networks/carmarthenshire-food-network/) * VIRTUAL FUNDERS FAIR [CAVS Padlet: Cyllid / Funding](https://padlet.com/michaeljonas3/hng8dnfdff4da186/wish/2423078860) 23 – 25 JANUARY LUNCHTIME – Meet The Funder * Funding – lots of demand currently so make sure your funding bid stands out – don’t assume the funder knows what you do * Local Motion – Jackie provided updates, LM is from 6 funders, gathering more information from young people currently. Looking to brighten King Street. LM Summit in Carmarthen town this summer, 5th June. Jenny Fox CCC very involved. [Local Motion Update - CGGSC~CAVS](https://cavs.org.uk/2022/12/local-motion-update/) * Knowledge Hub - [Home - Third Sector Support Wales](https://thirdsectorsupport.wales/) – lots of resources * Governance padlet - [CAVS Padlet: Llywodraethu/Governance](https://padlet.com/janbarwell/bvvvmgn2o7z7b05x) lots of information, working on getting Welsh translation for the documents currently | |
| Dyddiad y cyfarfod nesaf /  Date of next meeting | 24/05/2023  [Book here](https://www.eventbrite.com/cc/canolfannau-cymunedol-cavs-community-centres-1481869?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb) |
| Pwyntiau gweithredu / Action points | |
| * Michael Grogan to send CAVS heating query which will be e mailed out, please respond if you have info/experience | |
| Rhwydweithiau / Networks: [Third Sector Networks - CGGSC~CAVS](https://cavs.org.uk/engagement/third-sector-networks/) | |