

**Carmarthenshire
Association of
Voluntary
Services**



**Annual Report
2022 - 2023**

Contents	Page
● Board and Staff	3
● Foreword and Welcome	4
● About CAVS	5
● Key Achievements 2022-2023	6
● Health and Well-being	7
● Learning and Development	8
● Good Governance	9
● Sustainable Funding	10
● Volunteering	13
● Carmarthenshire Food Network	20
● Engagement and Influencing	21
● CAVS Members	24



Board of Trustees

Gillian Wright (Chair)	-	Heart of Wales Line Travellers Association
Peter Loughran	-	Age Cymru Dyfed
Bill Martin	-	Five Roads and District Village Hall and Park Association
Gayle Harris	-	Carmarthen Youth Project (Dr Mz)
Eleanor Shaw	-	People Speak Up
Sandra Llewelyn	-	Carmarthenshire Disability Coalition for Action
Janice Morgan	-	Foothold Cymru
Jonathan Williams	-	CETMA
Andre McPherson	-	Carmarthen Youth Project : Dr Mz (from January 2023)
Jayne Pritchard	-	Carmarthenshire County Council Representative (Observer)
Clr. Ann Davies	-	Llanarthne Village Hall

Staff

Marie Mitchell	-	Chief Officer
Jane Hemmings	-	Volunteering Officer
Clare Pilborough	-	Engagement Officer (until 28.10.2022)
Jackie Dorrian	-	Development Support / Health and Wellbeing Officer (until 31.03.2023)
Tom Haskett	-	Volunteering Support Assistant
Jamie Horton	-	Community Volunteering Development Officer
Alud Jones	-	Volunteering Officer
Perminder Dhillon	-	Capacity Building Officer
Jan Barwell	-	Development Support Officer
Augusta Lewis	-	Carmarthenshire Food Network Assistant (until 18.06.2022)
Michael Jonas	-	Funding Assistant
Louise Morgan	-	Office Co-ordinator
Sandra Williams	-	Support Administrator



Foreword and Welcome

Joint Foreword and Welcome

CAVS Chief Officer, **Marie Mitchell** and CAVS Chair **Gillian Wright**



It is once again a pleasure to present CAVS' Annual Report. Following two years of Covid-19 response, 2022-23 has been a year of recovery with our meeting rooms partially re-opening. The CAVS team continued their dual role of supporting the sector with re-starting their activities whilst also delivering our regular services. CAVS staff continued to work from home for most of the year, with network meetings remaining virtual.

We have continued to work closely with strategic partners and our work with our fellow County Voluntary Councils and Wales Council for Voluntary Action has continued, as part of Third Sector Support Wales, a network of support organisations for the whole of the Third Sector in Wales providing a service under the four pillars of Engagement and Influencing, Volunteering, Good Governance and Sustainable Funding.



Thank you to our fantastic dedicated team of staff who have continued to deliver and support the third sector in Carmarthenshire over the past few years under circumstances we could never have imagined.

We hope you enjoy our Annual Report, it provides a snapshot of what we have achieved during the year and we hope you are inspired by the wealth and breadth of services provided by CAVS from our core functions through to our projects. As we look towards the future, we can celebrate the Third Sector response in Carmarthenshire, highlighting how important the sector is.

To find out more about what we do please visit our website cavs.org.uk where you can also discover more about our new free membership scheme and how you can become involved in our work.

CAVS is the County Voluntary Council for Carmarthenshire

The Objects of the Carmarthenshire Association of Voluntary Services are:

“to promote all, or any of the Charitable purposes, or those which now, or hereafter may be deemed by law to be charitable for the benefit of the community in Wales with particular preference for the county of Carmarthenshire, through the medium of both English and Welsh.”

Registered Charity No. 1062144

Company Limited by Guarantee 3348742

CAVS is part of Third Sector Support Wales

Third Sector Support Wales is a network of support organisations for the Third Sector in Wales. Our shared goal is to enable the Third Sector and volunteers across Wales to contribute fully to individual and community well-being, now and for the future.



Registered Office

The Mount, 18 Queen Street
Carmarthen, SA31 1JT

Telephone: 01267 245555

E-mail: admin@cavs.org.uk

CAVS website: cavs.org.uk

Facebook: [@CAVSCarms](https://www.facebook.com/CAVSCarms)

Twitter: [@CAVSCarms](https://twitter.com/CAVSCarms) [@GwirfoddoliCAVS](https://twitter.com/GwirfoddoliCAVS)



Key Achievements 2022-2023

Good Governance

Number of organisations supported with direct advice and information



Sustainable Funding

Number of organisations supported with sustainable funding advice



Amount of funding awarded and distributed to organisations by CAVS



Volunteering

Number of volunteers supported to enter into a volunteering opportunity



Number of organisations supported with volunteering enquiries



Engagement and Influencing

Number of attendees at partnerships/forums/networks/events facilitated



Learning and Development

Number of participants in learning events



Health & Well-being

Another busy year for Health & Wellbeing, with the Local Authority and Hywel Dda Health Board doing work on commissioning of services. This has led to organisations facing more challenging times ahead.

Health & Wellbeing Centre

Working with Hywel Dda on the development at Cross Hands of the new Health and Wellbeing Centre – the previous years saw this stall due to the Covid 19 Pandemic. We have ensured that there is space in the building for the Third Sector. This is a fantastic opportunity to be in the heart of the community.

Transport for Wales

We have worked with Transport for Wales on the development of new trains for the area. Fascinating work!

Connect Wales / Connect Carmarthenshire

The [Connect Wales website](#)—where Social Prescribers, Community Connectors and others working in the field of Health and Social Care gather to share good practice and find out what is happening in Wales and more locally in Carmarthenshire.

TSSW Health and Social Care Leads

Those working in the field of Health and Social Care from CVCs come together with WCVA to discuss various issues.

Carmarthenshire United Support Project (CUSP)

CUSP is a third sector collaborative partnership which aims to support people to live well and independently and reduce the impact of disability and ill health. CUSP targets people aged 18+ at risk of losing independence through poor health or increasing frailty. CAVS is pivotal to the partnership being a success and provided the secretariat for the continued development of the programme.

At the end of March 2022, the Local Authority Commissioners started the process for carrying out a review of Third Sector Services that provide preventative services. CUSP came to an end in March 2023, the new financial year beginning April 2023 will see the rollout of the new commissioned services across Carmarthenshire.



Telephone Befriending Scheme

Although the scheme officially ended in the previous year, there remains a cohort of service users who rely on the contact provided, and they continue to be called by their individual volunteer befrienders on an unofficial basis, since such good rapport was built.

Learning & Development

Number of participants in learning events



86

It has been an exciting year for learning and development at CAVS.

We have continued to provide face to face and on-line learning and development opportunities to enhance the skills, behaviours and knowledge of trustees, staff and volunteers in third sector organisations in Carmarthenshire. This included the fully funded in person ‘Stand by Me’ bystander intervention training delivered by Communities Inc. Held in Carmarthen, the aim of the training was to enhance the skills of participants to intervene if they witnessed anyone experiencing hostility or prejudice in their environment.

‘This course aims to tackle persistent and long-standing inequalities and we were pleased to work with Carmarthenshire Association of Voluntary Services to deliver this and were delighted that organisations in Carmarthenshire found this to be extremely useful’ said Shamsheer Chohan, the course facilitator.

The Level 3 Accredited First Aid course continued to be delivered by our long-standing partner *Lifeline Training Operations*. Several organisations accessed this and the feedback for each course has always been excellent.

Several online sessions were delivered including a session on *Enhancing Board Diversity, recruiting and retaining trustees* at the 2022 West Wales Virtual Regional Governance Conference that focussed on how different skills, experiences, perspectives and views can support healthy governance discussions and contribute to inclusive decision making.

Organisations and individuals continue to access the online courses on the CAVS Learning Portal.

A training needs analysis (TNA) for the sector was conducted. This gave an overview of how voluntary organisations in Carmarthenshire deliver training and development in their organisations and the priorities they would like addressed over the next three years under the four pillars of Engaging and Influencing; Good Governance; Sustainable funding and Volunteering as well as under Compliance and best practice. The TNA will support the delivery of training and development for the voluntary sector over the next three years.



Governance Support

CAVS offered support to a wide range of community groups, voluntary organisations, charities and community centres to help them start up and run their organisations effectively and follow good governance practices.

CAVS ran Trustee Surgeries to enable trustees to network virtually and ask governance questions. CAVS ran the Community Centres Network, covering governance, funding, issues and updates for community centres.

Trustees training was provided to Boards to strengthen understanding of their responsibilities and duties, and address queries on their situations, governing documents, policies and best practice.

CAVS assisted Tywi Gateway Trust as an independent facilitator to clarify the terms between the Trust and a start up catering company, to reach a partnership working agreement for effective integration of the café service as a key element of a multi-dimensional project. CAVS provided creative and supportive advice, and enabled the Trust to achieve its goals in this new situation, building a positive working relationship, leading to the café service being a great success and further effective collaboration being undertaken.

CAVS implemented its new online membership programme, and commenced collecting governing documents and policies from applicants, providing feedback and suggested areas for improvement on Constitutions and Memorandum & Articles of Association.

We provided direct information and guidance on:

- ☑ choosing the right legal structure and governing document, developing charitable objects or community benefit purposes
- ☑ registering as a Charitable Incorporated Organisation (CIO) with the Charity Commission or as a Community Interest Company (CIC) with Companies House
- ☑ attracting new trustees to increase diversity and performance
- ☑ increasing resilience by planning income diversification strategies to reduce grant reliance
- ☑ promoted the Knowledge Hub, resulting in new sign-ups by organisations in Carmarthenshire
- ☑ trusteeship through the Regional Governance Conference in June and by promoting the Charity Commission's 5 Minute guides for Charity Trustees
- ☑ model constitutions for a small charity, CIO or CIC
- ☑ safeguarding, risk management, EDI, data protection/GDPR, insurance
- ☑ holding AGMs and other meetings virtually
- ☑ financial management
- ☑ hall hire agreements
- ☑ conflict resolution amongst trustees and wider community groups

Number of organisations supported with direct advice and information



Funding Support

CAVS aims to support organisations to secure and generate the resources they need to grow, survive and be sustainable.

During 2022-23 many organisations sought funding to address the reduction in income generated during the Covid-19 lockdown, and to enable them to re-open and encourage people back out into their communities. CAVS disseminated information on new funds directly to special interest groups and via CAVS website and e-bulletins.

CAVS managed a number of local grant schemes as well as being the regional lead for the distribution of Comic Relief Funds.

Funds were distributed through the CAVS managed Carmarthenshire Connected Communities Fund funded which saw funds from Welsh Government and Carmarthenshire County Council distributed. These funds included:

- Loneliness and Social Isolation Fund
- Unpaid Carers Respite Fund
- Dementia Fund



Community Changemakers Fund

South West Wales Connected – Change Maker Fund for organisations along the line from Pembrokeshire to Neath Port Talbot. A chance to make a difference to the local areas near to the train stations. CAVS administered the grant on behalf of SWWCo, and worked with the officers more closely to ensure that smaller organisations knew about the opportunity.

Number of organisations supported with sustainable funding advice



154



We gave direct information and guidance to individual groups and organisations on:

- Re-starting activities, COVID-19 related funding
- trusts and foundations, including tips on how to search [Funding Wales](#) and other free funding websites



We provided comments on draft funding applications to strengthen them



We provided background information and comments on Carmarthenshire applicants to the national schemes managed by WCVA

- £ Working closely with National Lottery, monthly workshop sessions both in-person and virtual - 53 attendees
- £ Organised National Lottery Community Fund Carmarthenshire Networking Session 28th June 2022, where a number of local organisations met for opportunities for funding and partnership working
- £ January 2023 Organised Meet the Funder Session with National Lottery Community Fund - 4 organisations supported
- £ Participated in Funding Wales Quality Assurance updating 2022
- £ Attended Sustainable Funding Practitioner Network meetings
- £ Set up CAVS Funding Padlet for easy access to the most relevant new funds
- £ Completed several grant assessments for the WCVA Landfill Disposals Tax Communities and Net Zero Start Up grant schemes
- £ Training skills for TSSW staff completed
- £ Planning Regional Hub & Spoke training model, to commence with Business Planning, followed by Writing Successful Funding Bids
- £ Provision of Loneliness and Social Isolation Round 2 (10 orgs, £21,115)
- £ Provision of Comic Relief (10 orgs, £96,667)
- £ Provision of Carers Grant (15 orgs, £26,250)



LocalMotion

A social, economic and environmental justice movement

By communities, for communities

CAVS is involved with LocalMotion as Carmarthen is one of the 6 places funders chose to work with.

The Core group which comprises of people from public, private and voluntary sector have worked hard to look at how we can make systemic change in Carmarthen Town.

During the summer of 2022 we commissioned the start of our work with Llais Caerfyrddin, a project that took to the streets to ask local people what they would like.

Here is a short video from the project:

Llais Caerfyrddin - <https://youtu.be/5b9ntVGVOaU>

LocalMotion commissioned some work that is being undertaken in schools to gain information form children and young people, we trust that we will be able to feed back very soon, with some early insights.

Carmarthen / Caerfyrddin

LocalMotion

LocalMotion.org.uk | [Twitter](#) | [LinkedIn](#)

“Our vision is to create the happiest and most prosperous town in Wales.”

Finally a 100 day project known as Ffordd Ymlaen / Streets Ahead was launched on King Street on 22nd February 2023.

The 6 places meet regularly and this year has seen the start of place visits. Carmarthen is hosting the Summit in June 2023!

Supporting Organisations

We have been striving to support organisations to involve volunteers in a national scenario which has been greatly changed by the pandemic. Many people have been reluctant to return to volunteering after a long break, despite volunteer co-ordinators' attempts to keep them engaged during a time when many volunteering opportunities had to temporarily cease. Some volunteers, who adapted their roles to meet differing needs have had a sense of burn-out. Other people were keen to volunteer but were unable to find suitable placements during times of restrictions, when the number of open volunteering opportunities declined sharply. This led to some potential volunteers becoming disillusioned.

During the year, we met up with a number of organisations to highlight ways we could work together to support their specific projects. We are able to offer on-going guidance and support with recruitment and good practice in involving volunteers, support to use the Volunteering Wales platform, as well as offering to film a CAVS in Conversation video with groups to promote their volunteering opportunities and give an insight into the volunteer experience.

We also have an on-line training course, Managing Volunteers, on our learning portal, which is free to access and has proved to be a useful overview, especially for volunteer co-ordinators who are new to the role, or those who are facing a specific challenge.

CVON (Carmarthenshire Volunteer Organisers Network) met three times during the year. In June, we had a short training session on Volunteers and the law, followed by discussions on different ways to offer support to volunteers. In October, Llinos Evans spoke to the meeting about the results of the well-being proposals survey, and we shared ideas about ways to involve young volunteers. The Spring meeting was focused on discussion and group work based on follow up from a webinar – see details below.

Working regionally with PAVS Pembrokeshire and CAVO in Ceredigion, a webinar, 21st Century Volunteering, was delivered by Rob Jackson in January. Many thanks to Louise Wilkinson from PAVS for organising the webinar. It examined the many ways the volunteering landscape has changed. Fifty-two people signed up to the event across the three counties. We continued the discussions at a network meeting, where we looked at ways to adapt to meet the new challenges and aim to become increasingly flexible to meet the new requirements of volunteers. The group decided a good way forward would be to form closer working relationships through the CVON network to provide mutual support, shared initiatives, problem solving and discussions. Work to support the initiative of closer networking is on-going.

Number of volunteers supported to enter into a volunteering opportunity



59

Supporting Volunteers

Our work with potential volunteers is very varied and based on individual need. By giving information and support about volunteering placements, appropriate to the individual's skills, personal development needs and interests, we aim to match the volunteer with an appropriate placement organisation.

We have been able to effectively support many volunteers through email and telephone contact, and are now also able to meet volunteers in person, which will be beneficial to those who are digitally excluded, as well as those who find it more convenient and comfortable to meet face to face. During the period when we were working exclusively from home, we were unable to support many volunteers who may lack self-confidence and value the ongoing encouragement of meeting CAVS staff in person. We will be promoting this aspect of our work more widely to ensure that those preferring to meet at CAVS will be able to benefit from the renewal of this service.

CAVS on-line portal now houses the full range of inter-active volunteer training courses as Preparing to Volunteer and Volunteering for you (Volunteering towards Employment) have now been added to previous courses - Confidentiality, Confidence and Staying Safe.

CVON (Carmarthenshire Volunteer Organisers Network)

The Volunteer Centre hosts CVON (Carmarthenshire Volunteer Organisers' Network) meetings. This successful network is an information session for volunteer co-ordinators and supports over 200 third sector groups in the County. The network offers an opportunity to share best practice in all areas of volunteer management and governance through discussions, information sharing, workshops and guest speakers as well as including CAVS and Volunteer Centre updates at each meeting. CVON met three times during the year. Presentations have been given this year by Liz Bickerton with regard to her consultation work, Carwen Davies from Tempo Time banking, our colleague Jamie Horton on Connect 2 Kindness and Connect Carmarthenshire, our colleague Perminder Dhillon on Training Conversations and Llinos Evans speaking about the Assessment of Wellbeing Consultation .

In addition, we had discussions about the issues of retaining volunteers while Covid restrictions were still in place, and how to re-engage volunteers once it was safe to do so. We also delivered some micro training on Volunteers and the law, had a group work session on ways of supporting volunteers and Perminder Dhillon delivered a wellbeing session to the meeting.



Working in Partnership

This year, CAVS' Volunteering Officers have continued liaising closely with Volunteer colleagues with other CVCs both regionally and nationally, with regular regional catch up, information sharing and mutual support meetings with colleagues in PAVS Pembrokeshire and CAVO Ceredigion.

Regionally:

In keeping with this regional co-operation, we are in the planning stage of delivering a regional Agored Cymru accredited training course, Managing Volunteers, open to participants from Carmarthenshire, Ceredigion and Pembrokeshire, and availing of the experience and expertise of four Volunteering Officers over the three counties.

Volunteering Officers have also supported Connecting Communities by attending regular meetings, feeding ideas into the Shared Prosperity Fund meetings to develop our bid.

We also attended regular meetings around the Ukrainian refugee effort, feeding in to various initiatives to help people fleeing the conflict in that country.

Nationally:

Volunteer Centre staff from CVCs across Wales have been holding regular meetings. This has been a time of strengthened links even when we were not able to meet in person. It has allowed Volunteering Officers across Wales to discuss ad hoc issues that have emerged during the pandemic as well as allowing us to discuss more fully the items coming up at the quarterly Volunteer Practitioner Network (VPN) meetings. We have attended and contributed to these regular Network meetings with two Volunteering Officers attending meetings when possible.

Volunteering Wales:

The volunteering-wales.net website is the main data source for information about volunteering opportunities and supports organisations with their volunteer recruitment, in addition to providing information to volunteers and would-be volunteers.

We have attended national meetings of the Volunteering Wales subgroup, as regional representatives, helping to steer both maintenance and upkeep of the Team Kinetic version of the site, while having input to the creation of a new, purpose-built site which should be ready for launch towards the end of 2023.

Youth Volunteering

This project built on relationships already in place with third sector organisations who use young volunteers. The project promoted and developed youth volunteering with organisations who haven't used young volunteers in the past but who wanted to adapt/develop services to use young volunteers.

The project worked closely with the Youth Forum, from which the Youth Grant Panel are recruited. The Youth Grant Panel, in turn, are responsible for managing the CAVS Youth Led Grant, which this year distributed funds to three organisations across the County.



Community Volunteering Development Officer

The transitional year has enabled the CVDO to further develop unfinished community projects commissioned under the Transformational Funding.



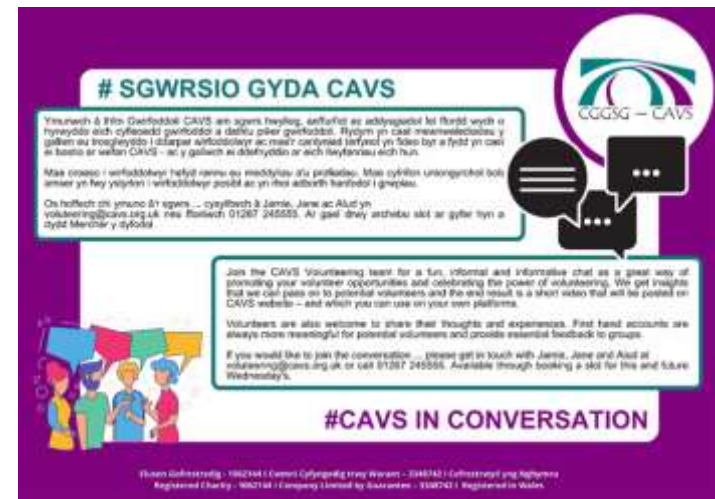
Promoting Volunteering

Sharing community news, and supporting achievements, has sat alongside signposting and raising awareness of training, funding and community opportunities. The Connected Communities Sir Gâr Facebook Page was the final outcome of the Carmarthenshire exit plan for the Connect to Kindness campaign. During this transitional year it has grown to 629 members and has begun to receive regular contributions. Having spent two years working within social media and building/sustaining community awareness of both the CVDO role, CAVS and Sue Smith, this group is benefitting from the behind-the-scenes networking and the time invested to keep the page relevant. It has proved to be a wise investment in time and will continue to be used for promoting future work of the RIF programme.

CAVS in Conversation

This is a vehicle of engagement that the Volunteering Centre will continue to explore and develop into the new financial year and will potentially be a relevant resource for this role moving forward.

During this period the team spoke with Ruth Evans, a volunteer from Guide Dogs for the Blind; Home-Start; The Salvation Army; Ability Net; and The Carbon Community.



Volunteering - Community Volunteering Development

Connecting Carmarthenshire Network

The Connecting Carmarthenshire Network grew to 26 members and consisted of representatives from local authority, health board and third sector, using a TEAMS channel for sharing resources.

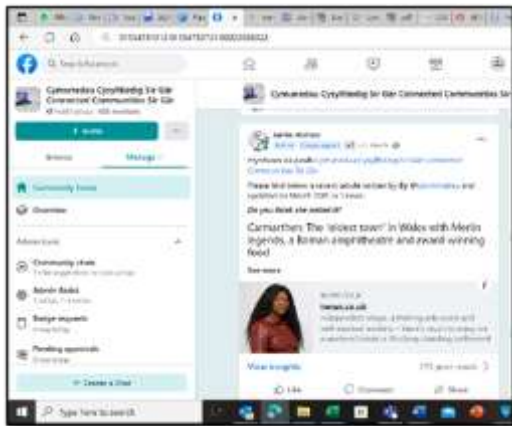
These ongoing meetings, and connectivity of this group, have proved the importance of link workers across the county talking to one another, sharing skills, knowledge and experience, leading to improved resourcefulness.



Versatile Social Spaces

[The versatile social](#) spaces pilot has not been able to fund any additional community spaces to purchase digital equipment to provide ‘blended’ opportunities. I can confirm that Hengwrt, Talog and Cwmaman Community Hall have all utilised their tablets, through the Good Things Foundation, and continue to access learning through the ‘My Way’ portal. All with the purpose of upskilling community members and supporting them with a basic understanding of digital capabilities.

During the transition year the CVDO was not required to support this ongoing process and provision. The CVDO did, however, continue to promote CAVS as an online learning partner and provided details of the courses and CAVS membership number.



Kindness Murals



Social Media

Using social media to promote the core business of CAVS has included volunteering elements, digital support and training offers alongside other services available to third sector organisations. This has widened the net of 'usual trade' as the past two years has included sharing the opportunities available through CAVS to informal and grassroots groups.

Through personal developments the CVDO has been able to nurture new skills and support colleagues in finance and governance by creating digital clips to share across padlets and social media.

Padlets are essentially online bulletin boards where you can post a wide variety of information to share with others and this resource seemed fit for purpose for a number of reasons. It was identified as an easy means of providing online information in one place that would automatically update eg. by embedding a padlet on CAVS website. The CVDO was able to train colleagues to create a number of assets across CAVS' internal pillars of support.

As included at the end of Transformational Change report, the creation and unveiling of the murals was hoped to take place within the transition year. Support required during this period included creating and sharing social media materials, attending and recording the unveilings on site (safety requirements permitting), collecting and processing monitoring forms with financial evidence and creating material to further promote the murals and schools.



Kindness Benches

The three Men's Sheds provided a number of outstanding, and quality, benches for their communities. The craftsmanship of each piece was testament to the range of skills to be found within their Shed, and to each groups' passion to support this programme's message of kindness. There were a number of opportunities to work collaboratively, including the initial planning stages, purchasing and storage of wood and the production of logos and bench design.

Carmarthenshire Food Network

The Food Poverty Fund was distributed through Carmarthenshire County Council on behalf of Welsh Government. CAVS submitted their application for a CFN Assistant in August 2021 and were successful in appointing a new member of staff.

The purpose of the role was to ‘assist in the growth and development of the Carmarthenshire Food Network as a whole and contribute to county wide growth; enhancing current provision to tackle food poverty across the county.’



The goal of the WPAF project was for the CFN Assistant to work with the steering group, network members, and wider actors in the county’s food system to achieve that outlined in the above section. In addition, metrics to measure the progress of our work were defined in the project outline to reach 1000 families, at least 250 single people and 250 homeless people with our work. As well as promoting healthy food, nutrition and the decreasing of food waste affecting at least 250 people. The project outline also articulated the need to capture ten case studies of good/innovative practice promoting our vision and values from across the county.

The project was intended to enhance the visibility and reputation of the Network, engaging new audiences across Carmarthenshire, towards an integrated whole systems approach to the production, processing, distribution and consumption of food, with a commitment to ensuring equitable access to nutrient-dense foods.

Networks

Health and Well-being Network

A network for third sector organisations to share information on what's happening in health and well-being and to collaborate to make a difference to people's lives across Carmarthenshire. The Network has offered opportunities to link up with wider colleagues, to consider policy and practice and the best way to support groups.

Over the last twelve months we have seen an increase in the number of people / organisations attending the network. We have shared information with a wide variety of people, which has been inspirational. To share information more promptly we set up a Health & Wellbeing Padlet which is updated on almost a daily basis.

**Number of attendees at partnerships/
forums/networks/events facilitated**



437

Children and Young People Network

The Children and Young People Network has provided an arena to share local knowledge, signpost to other networks and ensure the grassroots messages are not dismissed or undervalued. This network is a place for those working with children and young people to come together and support each other, share their experiences and discuss issues.

Community Centres Network

These meetings have not been as regular since the Covid-19 restrictions have been lifted, we are however very aware that organisations need support in ensuring their committees have everything that they require to open safely.

Carmarthenshire Food Network

The aim of the Carmarthenshire Food Network (CFN) is to bring together people from across the food system to connect, share and support each other. The Network is made up of individuals, community groups, businesses and organisations with an interest in good food for all.

CVON - Carmarthenshire Volunteer Organisers' Network

A network for people working with volunteers in the voluntary and statutory sector throughout Carmarthenshire. The purpose of CVON is to assist in the provision and development of an effective volunteering service in Carmarthenshire. Organisations have an opportunity to discuss problems, share experiences and ideas, learn about each other's work and receive information about current volunteering issues.

Joint working

During 2022-23, CAVS continued to work closely with statutory partners to ensure that the voice of the sector was heard in the county. Feedback to the sector was through our networks and through CAVS website, e-bulletin and social media.

CAVS Chief Officer sat on the Public Services Board.

Carmarthenshire Well-being Plan

The [Carmarthenshire Well-being Plan 2018-2023](#) was approved in May 2018 and delivery groups were then formed to implement the plan, focussing on the four key well-being objectives.



Healthy Habits - People have a good quality of life and make healthy choices about their lives and environment.



Early Intervention - To make sure that people have the right help at the right time; as and when they need it.



Strong Connections - Strongly connected people, places and organisations that are able to adapt to change.



Prosperous People and Places - To maximise opportunities for people and places in both urban and rural parts of our county.

We also worked with a wide range of partners and partnerships, including:

- Carmarthenshire Adult Community Learning Partnership
- Carmarthenshire County Council
- Carmarthenshire Integrated Services Board
- Carmarthenshire Syrian Refugee Task Group
- Cross Hands Health and Well-being Centre
- Grŵp Cefn Gwlad
- Hywel Dda University Health Board
- Llanelli Wellness and Life Science Village
- Public Health Wales
- (Hywel Dda) Stakeholder Reference Group
- University of Wales Trinity Saint David
- West Wales Care Partnership

Sharing information

The CAVS e-bulletin was sent out regularly, focussing on News, Events, Training, Funding, Consultations, Volunteering and Third Sector Jobs. People can sign up to the e-bulletin via the CAVS website.

The CAVS website, e-bulletin and social media were used to share the latest news of developments in the Public Sector, details of consultations, campaigns, public engagement events and information from partners and third sector organisations with the aim of raising awareness and encouraging and promoting active involvement with local issues and concerns.



Infoengine

CAVS worked with other CVCs to continue to develop and promote **Infoengine** as a primary source of online information about third sector services across Carmarthenshire and Wales.

Infoengine provides an easy way for third sector organisations to have a web presence and promote their services online.

Engagement and Influencing

Funding Wales funding.cymru



Find funding for your charity or community group using our free online search engine.

Infoengine infoengine.cymru



Infoengine is the directory of third sector services in Wales. Register your service or find services in your community.

CAVS cavs.org.uk



Volunteering Wales <https://volunteering-wales.net/>



Register your voluntary organisation and volunteer vacancies. Search for opportunities.

TSSW thirdsectorsupport.wales



Free resources designed to help you stay informed, improve your knowledge and connect with others.

Third Sector Resources

Advocacy West Wales	Carmarthenshire Federation of Women's Institutes	HUTS Workshop	Pencader Improvement & Development Association (PIDA) /
Age Cymru Dyfed	Carmarthenshire People First	Kidwelly Town Council	Cymdeithas Gwelliant a Datblygu Pencader
Antioch Christian Centre	Carmarthenshire Shopmobility Caerfyrddin	Llamau	Peniel Community Association
Antiquarian Society	Carmarthenshire Young Farmers Clubs	Llanarthne Village Hall	People Speak Up
Antur Cymru	Cartrefi Cymru	Llandovery Town Council	Plant Dewi
Arts Care Gofal Celf	CDAS (Carmarthen Domestic Abuse Services)	Llanelli Mind	Pontyates Welfare Association
Arts Council of Wales	Cerebra	Llanelli Rural Council	Radio Glangwili
Arts for Wellbeing	CETMA	Llanelli Town Council	Really Pro Ltd
BAROD	Clybiau Plant Cymru Kids Clubs	Llanfynydd Village Society	RNID
BAROD CIC	Coleg Ty'r Eithin / Ruskin Mill Trust	Llansawel Recreation Field & Hall	South Cefncaeau Family Centre (Ty Enfys)
Boys' and Girls' Clubs of Wales	Diverse Cymru	Llanybydder Family Centre	Stroke Association
Bro Myrddin Bowls Club	Elidyr Communities Trust	Llyfrau Llafar Cymru	The Black Mountain Centre
Brynamman Lido Limited	Ferryside Social Enterprise Group (FSEG)	Menter Bro Dinefwr	The Old Mill Foundation
Calan DVS	Five Roads and District Village Hall and Park Association	Menter Gorllewin Sir Gâr	Threshold DAS Llanelli
Canolfan Gymunedol Ystradowen Community Centre	Foothold Cymru	Mess Up The Mess Theatre Ltd	Tir Coed
Care & Repair Carmarthenshire	GABS VI Bowls	MS Society Cymru	United Counties Agricultural & Hunters Society
Carers Trust Crossroads West Wales	Greyhound Rescue Wales	Myddfai Community Hall & Visitor Centre	Versus Arthritis
Carmarthen Arts	Gwili Railway	National Botanic Garden of Wales	West Wales Woods
Carmarthen Mind	Gwynfe Community Hall Association	Neuadd Bro Fana / Ffarmers Village Hall	WSSP
Carmarthen School Gymnastic Ltd	Hafan Cymru	Neuadd Gymunedol Talog	WWAMH
Carmarthen Youth Project (Dr Mz)	Heart of Wales Traveller's Association	New Pathways	
Carmarthenshire 50+ Forum		Pembrokeshire Mind	
Carmarthenshire Disability Coalition for Action (CDCFA)		Pencader Family Centre	



Carmarthenshire Association of Voluntary Services

The Mount, 18 Queen Street
Carmarthen, SA31 1JT

01267 245555

admin@cavs.org.uk

cavs.org.uk