

Ceredigion Association of Voluntary Organisations

Your local county voluntary council

4. Volunteers

4.1 Thinking about volunteering



If you are interested in becoming a volunteer but are not sure what you would like to do, the range of opportunities can be overwhelming. There are a number of questions you can ask yourself which will help you select the right sort of voluntary opportunity to suit you:

- Why do you want to do voluntary work? Is it because you have time to spare, would like to make new friends, would like to learn new skills and gain experience, or have skills and experiences that you would like to put to good use?
- How much time can you spare? Can you make a regular commitment of a few hours a week, or are you looking to do something more short term?
- Do you prefer working with groups of people, on a one-to-one basis, or would you be happy to work alone?
- If you want to work with people, what sort of people - elderly, children, young people or disabled people?
- Do you have any specific skills that you would want to use in a voluntary capacity?
- Are you motivated to volunteer for a particular cause? If so, do you know exactly what you want to do or are

you prepared to offer your services where they are most needed?

- Are you prepared to undergo training if the work requires it?
- If you are on welfare benefits, do you know how volunteering may affect your entitlement?

Volunteering involves a degree of personal commitment and responsibility but it also brings with it a sense of achievement and fulfilment. Whatever your reasons for volunteering, the most important advice you can be given is to enjoy what you are doing.

Once you have the answers to these questions, contact your local volunteer centre (Visit www.volunteering-wales.net to find your nearest centre).

A volunteer centre offers a one-stop resource for information, advice and guidance on all aspects of volunteering for both volunteers and recruiting organisations. Centre Staff aim to link the skills, experiences, time and enthusiasm of local people looking to volunteer with organisations seeking to develop their services.

Once you have made a selection, you may want to ask the organisation a number of questions before making a decision:

- Will you be reimbursed for out of pocket expenses?
- Will you have insurance cover while you are volunteering?
- Will you have access to relevant training?
- Will you know exactly what is, and what is not, expected of you?
- Will there be a named person who you can talk to about your work?
- Will you be trained in the use of any special equipment, and will protective clothing be provided?
- Will you need to give notice if you wish to finish your placement?

Volunteer centres in Wales

Here is a list of all volunteer centres in Wales:

Blaenau Gwent

Sinead Evans
Blaenau Gwent Voluntary Action
Education Centre
Festival Park Factory Shopping Village
Victoria
Ebbw Vale
NP23 8FP

Tel: 01495 306602
sinead.evans@gavowales.org.uk

Bridgend

Sharon Headon
Bridgend Volunteer Centre
112-113 Commercial Street
Maesteg
Bridgend
CF34 9DL

Tel: 01656 810400
sharonheadon@bavo.org.uk

Caerphilly

Helen Heath
GAVO – Caerphilly Volunteer Centre
Unit 1A, First Floor
Withey Duffryn Court
Duffryn Business Park
Ystrad Mynach
Hengoed
CF82 7RJ

Tel: 01443 863540
Fax: 01443 812292
helen.heath@gavowales.org.uk

Carmarthenshire

Bill Martin
Carmarthenshire Volunteer Centre
10 John Street
Llanelli
Carmarthenshire
SA15 1UH

Tel: 01554 778601
Fax: 01554 759552
volunteering@cavs.org.uk

Cardiff

Peter Trevett
Voluntary Community Service (Cymru)
Ltd
109 St Mary Street
Cardiff
CF10 1DX

Tel: 029 2022 7625
trevettp@btconnect.com

Ceredigion

David Fretwell/Laura Rich
Ceredigion Volunteer Centre
Bryndulais
67 Bridge Street, Lampeter
Ceredigion
SA48 7AB

Tel: 01570 423232
Fax: 01570 422427
david-vb@cavo.org.uk
laura@cavo.org.uk

Conwy

Alan H. Edwards
Conwy Volunteer Centre
42 Madoc Street
Llandudno
Conwy LL30 2TW

Tel: 01492 871110
Fax: 01492 873794
alanedwards@cvsc.org.uk

Denbighshire

Gaynor Jones
Denbighshire Volunteer Centre
Naylor Leyland Centre
Well Street
Ruthin
Denbighshire
LL15 1AF

Tel: 01824 702441
Fax: 01824 705412
gaynor@dvsc.co.uk

Flintshire

Lynne Rowlands
Flintshire Volunteer Centre
Unit 3
Mold Business Park
Wrexham Road
Mold
Flintshire
CH7 1XP
Tel: 01352 744017
volunteers@flvc.org.uk
lynne.rowlands@flvc.org.uk

Gwynedd

Rhianon Jones
Gwynedd Volunteer Centre
24-26 High Street
Caernarfon
Gwynedd
LL55 1RH

Tel: 01286 672626
Fax: 01286 678430
volunteering@mantellgwynedd.com
rhianon@mantellgwynedd.com

Isle of Anglesey

Sian Jones
Medrwn Môn
Unit 5, Bryn Cefni Industrial Park,
Llangefni,
Anglesey
LL77 7XA

Tel: 01248 724944
Fax: 01248 750149
sian@medrwnmon.org

Merthyr Tydfil

Karen Foley
Merthyr Voluntary Action Centre
89 – 90 High Street
Merthyr Tydfil
CF47 8UH

Tel: 01685 353900
karen.foley@vamt.net

Youth Volunteering Advisor
Frances Barry
frances.barry@vamt.net

Monmouthshire

Gwyneira Cox
GAVO – Monmouthshire Volunteer
Centre
Holly House
Llancayo Court
Llancayo
Usk
Monmouthshire
NP15 1HY

Tel: 01291 672352
Fax: 01291 672352
gwyneira.cox@gavowales.org.uk

Neath Port Talbot

Sue Ireson
Neath Port Talbot Volunteer Centre
36 Orchard Street
Neath
Neath Port Talbot
SA11 1DU

Tel: 01639 631387
Fax: 01639 646947
suei@nptcvs.org.uk

Newport

Amele Tukandra
GAVO – Newport Volunteer Centre
Ty Derwen
Church Road
Newport
NP19 7EJ

Tel: 01633 241550
Fax: 01633 243223
amele.tukandra@gavowales.org.uk

Pembrokeshire

Caroline Graham
PAVS Volunteering Pembrokeshire
36-38 High Street
Haverfordwest
Pembrokeshire
SA61 2DA

Tel: 01437 769422
Fax: 01437 769431
volunteering@pavs.org.uk
caroline.graham@pavs.org.uk

Powys

Richard Davies
Powys Volunteer Centre
Powys Association of Voluntary
Organisations
Plas Dolerw
Newtown, Powys
SY16 2EH

Tel: 01874 614012
richard.davies@pavo.org.uk

Rhondda Cynon Taff

Christine Davies
Interlink Volunteer Centre
Maritime Offices
Woodland Terrace
Maesycloed, Pontypridd
Rhondda Cynon Taff
CF37 1DZ

Tel: 01443 485337
Fax: 01443 486107
cdavies@interlinkrct.org.uk

Swansea

Amanda Carr / Felicitie Walls
Swansea Council for Voluntary Service
Voluntary Action Centre
7 Walter Road
Swansea SA1 5NF

Tel: 01792 544000
Fax: 01792 544037
volunteeringinfo@scvs.org.uk

Torfaen

Rachel Jones
Torfaen Voluntary Alliance
Portland Buildings
Commercial Street
Pontypool, Torfaen
NP4 6JS

Tel: 01495 756646
Fax: 01495 767060
rachel@torfaenvoluntaryalliance.org.uk

Vale of Glamorgan

Alison Steere
Vale Volunteer Centre
34 Holton Road
Barry
Vale of Glamorgan
CF63 4HD

Tel: 01446 421782
Fax: 01446 746703
info@vvb.org.uk
alison@vvb.org.uk

Wrexham

Ann Vaughan
The Volunteer Centre at AVOW
21 Egerton Street, Wrexham
LL11 1ND

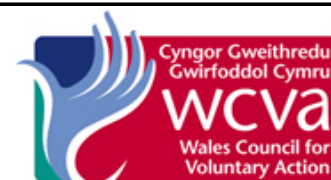
Tel: 01978 312556
Fax: 01978 263980
vb@avow.org
ann.vaughan@avow.org

For further information contact

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Bryndulais, 67 Bridge Street, Lampeter, Ceredigion, SA48 7AB
Registered Charity 1061364

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