

# Carmarthenshire Association of Voluntary Services

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](http://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](mailto: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](mailto: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  
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[helen.heath@gavowales.org.uk](mailto: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](mailto: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](mailto: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](mailto:david-vb@cavo.org.uk)  
[laura@cavo.org.uk](mailto: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](mailto: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](mailto:gaynor@dvsc.co.uk)

## Flintshire

Lynne Rowlands  
Flintshire Volunteer Centre  
Unit 3  
Mold Business Park  
Wrexham Road  
Mold  
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Tel: 01352 744017  
[volunteers@flvc.org.uk](mailto:volunteers@flvc.org.uk)  
[lynne.rowlands@flvc.org.uk](mailto: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](mailto:volunteering@mantellgwynedd.com)  
[rhianon@mantellgwynedd.com](mailto:rhianon@mantellgwynedd.com)

## **Isle of Anglesey**

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

Tel: 01248 724944  
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[sian@medrwnmon.org](mailto: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](mailto:karen.foley@vamt.net)

Youth Volunteering Advisor  
Frances Barry  
[frances.barry@vamt.net](mailto: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](mailto: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](mailto: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](mailto:amele.tukandra@gavowales.org.uk)

## **Pembrokeshire**

Caroline Graham  
PAVS Volunteering Pembrokeshire  
36-38 High Street  
Haverfordwest  
Pembrokeshire  
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[caroline.graham@pavs.org.uk](mailto: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](mailto: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](mailto:cdavies@interlinkrct.org.uk)

## Swansea

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

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[volunteeringinfo@scvs.org.uk](mailto:volunteeringinfo@scvs.org.uk)

## Torfaen

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## Vale of Glamorgan

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## Wrexham

Ann Vaughan  
The Volunteer Centre at AVOW  
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### For further information contact

#### Carmarthenshire Association of Voluntary Services

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