

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 volunteer? 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 interacting 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? NB Some roles working with children or adults at risk may require you to have a Disclosure and Barring Service (DBS) check, also known as a criminal record check.
- 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 your volunteering requires it?
- If you are on welfare benefits, do you know how volunteering may affect your entitlement? See information sheet 4.12 'Volunteering and Welfare Benefits'.

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

Volunteer centres in Wales

Here is a list of all volunteer centres in Wales:

Blaenau Gwent

Sinead Evans/Sian Sweet
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ
Tel: 01633 241550
Fax: 01633 241583
sinead.evans@gavowales.org.uk
sian.sweet@gavowales.org.uk

Bridgend

Sharon Headon
Bridgend Volunteer Centre
112-113 Commercial Street, Maesteg, Bridgend, CF34 9DL
Tel: 01656 810400 / 01656 660372
Fax: 01656 812151
sharonheadon@bavo.org.uk
bavo@bavo.org.uk

Caerphilly

Andrew Cullen/Angela Tilcock/Caren White
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ

Tel: 01633 241550

Fax: 01633 241583

andrew.cullen@gavowales.org.uk

angela.tilcock@gavowales.org.uk

caren.white@gavowales.org.uk

Carmarthenshire

Jane Hemmings/Fflur Lawlor
Carmarthenshire Volunteer Centre
18 Queen St Carmarthen SA31 1JT

Tel: 01267 245555

jane.hemmings@cavs.org.uk

fflur.lawlor@cavs.org.uk

Cardiff

Ebed Akotia/Matthew Edwards
Cardiff Volunteer Centre @C3SC
Cardiff Third Sector Council

Baltic House

Mount Stuart Square

Cardiff CF10 5FH

Tel: 029 20485722

volunteer@c3sc.org.uk

Ceredigion

Trish Lewis/Ruth Evans

CAVO

Bryndulais, 67 Bridge Street, Lampeter, Ceredigion SA48 7AB

Tel: 01570 423232

Fax: 01570 422427

trish.lewis@cavo.org.uk

ruth.evans@cavo.org.uk

Conwy

Ceri Jones/Donna Jones
Volunteer Centre Organiser, CVSC Volunteering
7 Rhiw Road, Colwyn Bay, Conwy LL29 7TG

Tel: 01492 534091

volunteering@cvsc.org.uk

Denbighshire

Emma Gray
Denbighshire Voluntary Services Council
Naylor Leyland Centre, Well Street,
Ruthin, Denbighshire, LL15 1AF
Tel: 01824 702441
volunteer@dvsc.co.uk

Flintshire

Emma Gough
Flintshire Volunteer Centre
Corlan, Unit 3, Mold Business Park, Wrexham Road, Mold,
Flintshire, CH7 1XP
Tel: 01352 744016
volunteers@flvc.org.uk

Gwynedd

Carwyn Humphreys
Gwynedd Volunteer Centre
23-25 Y Bont Bridd, Caernarfon, Gwynedd, LL55 1AB
Tel: 01286 672626
volunteer@mantellgwynedd.com

Isle of Anglesey

Sian Purcell/Bethan Jukes
Medrwn Môn
Town Hall, Bulkeley Square, Llangefni, Anglesey, LL77 7LR
Tel: 01248 724944
Fax: 01248 750149
post@medrwnmon.org

Merthyr Tydfil

Laura Johnson
Merthyr Voluntary Action Centre
89 – 90 High Street, Pontmorlais, Merthyr Tydfil, CF47 8UH
Tel: 01685 353902
Fax: 01685 353909
laura.johnson@vamt.net

Monmouthshire

Clare Watkins/Caren White
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ
Tel: 01633 241550
Fax: 01633 241583
clare.watkins@gavowales.org.uk
caren.white@gavowales.org.uk

Neath Port Talbot

Gemma Richards
Neath Port Talbot Council for Voluntary Service
Tŷ Margaret Thorne, 17-19 Alfred Street, Neath, Neath Port Talbot, SA11 1EF
Tel: 01639 631246 Fax: 01639 643368
GemmaR@nptcvs.org.uk
info@nptcvs.org.uk

Newport

Amele Tukandra/Giselle Mansfield
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ
Tel: 01633 241550
Fax: 01633 241583
amele.tukandra@gavowales.org.uk
Giselle.mansfield@gavowales.org.uk

Pembrokeshire

Jean Morris/Louise Wilkinson
PAVS Volunteering Pembrokeshire
36-38 High Street, Haverfordwest, Pembrokeshire SA61 2DA
Tel: 01437 769422
Fax: 01437 769431
volunteering@pavs.org.uk

Powys

Michele Muireasgha/Michiel Blee
Powys Volunteer Centre
Powys Association of Voluntary Organisations, Unit 30 Ddole Road, Llandrindod Wells,
Powys, LD1 6DF
Tel: 01597 822191
volunteering@pavo.org.uk

Rhondda Cynon Taff

Christine Davies/Thomas Crockett
Interlink Volunteer Centre
6 Melin Corrwg, Cardiff Road, Upper Boat, Pontypridd, CF37 5BE
Tel: 01443 846200
cdavies@interlinkrct.org.uk
tcrockett@interlinkrct.org.uk

Swansea

Amanda Carr/Julia Manser
Swansea Council for Voluntary Service
Voluntary Action Centre, 7 Walter Road, Swansea SA1 5NF
Tel: 01792 544000
Fax: 01792 544037
scvs@scvs.org.uk
amanda_carr@scvs.org.uk
julia_manser@scvs.org.uk

Torfaen

Thomas Boor/Callum Jones
Torfaen Voluntary Alliance
Portland Buildings, Commercial Street, Pontypool, Torfaen, NP4 6JS
Tel: 01495 742420
thomas@tvawales.org.uk
callum@tvawales.org.uk
info@tvawales.org.uk

Vale of Glamorgan

Janine Richardson
Glamorgan Voluntary Services
Barry Community Enterprise Centre
Skomer Road, Barry, Vale of Glamorgan, CF62 9DA
Tel: 01446 741706
volunteering@gvs.wales
Janine@gvs.wales

Wrexham

Val Connolly/Vicky Wright/Tegan Brierley-Sollis
The Volunteer Centre at AVOW
21 Egerton Street, Wrexham, LL11 1ND
Tel: 01978 312556
Fax: 01978 352046
vb@avow.org

Disclaimer

The information provided in this sheet is intended for guidance only. It is not a substitute for professional advice and we cannot accept any responsibility for loss occasioned as a result of any person acting or refraining from acting upon it.

For further information contact

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The Mount, 18 Queen Street, Carmarthen, Carmarthenshire, SA31 1JT

Registered Charity: 1062144

Tel: 01267 245555

info@cavs.org.uk

Fax: 01267 245550

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