

## 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](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. 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](mailto:sinead.evans@gavowales.org.uk)  
[sian.sweet@gavowales.org.uk](mailto: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](mailto:sharonheadon@bavo.org.uk)  
[bavo@bavo.org.uk](mailto: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](mailto:andrew.cullen@gavowales.org.uk)

[angela.tilcock@gavowales.org.uk](mailto:angela.tilcock@gavowales.org.uk)

[caren.white@gavowales.org.uk](mailto: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](mailto:jane.hemmings@cavs.org.uk)

[fflur.lawlor@cavs.org.uk](mailto: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](mailto: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](mailto:trish.lewis@cavo.org.uk)

[ruth.evans@cavo.org.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:clare.watkins@gavowales.org.uk)  
[caren.white@gavowales.org.uk](mailto: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](mailto:GemmaR@nptcvs.org.uk)  
[info@nptcvs.org.uk](mailto: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](mailto:amele.tukandra@gavowales.org.uk)  
[Giselle.mansfield@gavowales.org.uk](mailto: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](mailto: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](mailto: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](mailto:cdavies@interlinkrct.org.uk)  
[tcrockett@interlinkrct.org.uk](mailto: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](mailto:scvs@scvs.org.uk)  
[amanda\\_carr@scvs.org.uk](mailto:amanda_carr@scvs.org.uk)  
[julia\\_manser@scvs.org.uk](mailto: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](mailto:thomas@tvawales.org.uk)  
[callum@tvawales.org.uk](mailto:callum@tvawales.org.uk)  
[info@tvawales.org.uk](mailto: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](mailto:volunteering@gvs.wales)  
[Janine@gvs.wales](mailto: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](mailto:vb@avow.org)

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For further information contact

Interlink



Tel: 0300 111 0124  
[www.wcva.org.uk](http://www.wcva.org.uk)