

Voluntary Action Merthyr Tydfil

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 work?
- Will I be trained in the use of any special equipment, and will protective clothing be provided?
- Will I need to give notice if you wish to finish your 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

Amanda Newman/Sinead Evans
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ
Tel: 01633 241550
Fax: 01633 241583
amanda.newman@gavowales.org.uk
sinead.evans@gavowales.org.uk

Bridgend

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

Caerphilly

Andrew Cullen/Bev Boulton
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ
Tel: 01633 241550
Fax: 01633 241583
andrew.cullen@gavowales.org.uk
beverley.mallet@gavowales.org.uk

Carmarthenshire

Jane Hemmings/Fflur Hughes
Carmarthenshire Volunteer Centre
18 Queen St Carmarthen SA31 1JT
Tel: 01267 245555
Jane.Hemmings@cavs.org.uk
Fflur.hughes@cavs.org.uk

Cardiff

Beth Phillips
The Cardiff Volunteer Centre @C3SC
Baltic House Mount Stuart Square Cardiff CF10 5FH
Tel: 029 20485722
volunteer@c3sc.org.uk

Ceredigion

Trish Lewis
CAVO
Bryndulais, 67 Bridge Street, Lampeter, Ceredigion SA48 7AB
Tel: 01570 423232
Fax: 01570 422427
trish.lewis@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

Jackie Evans

Denbighshire Volunteer Centre Naylor Leyland Centre, Well Street,
Ruthin, Denbighshire, LL15 1AF

Tel: 01824 702441

Fax: 01824 705412

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

Karen Foley/Frances Barry

Merthyr Voluntary Action Centre

89 – 90 High Street, Pontmorlais, Merthyr Tydfil, CF47 8UH

Tel: 01685 353913

Fax: 01685 353909

karen.foley@vamt.net

frances.barry@vamt.net

Monmouthshire

Clare Jones/Bev Boulton
GAVO Volunteer Centre
Ty Derwen, Church Road, Newport, NP19 7EJ
Tel: 01633 241550
Fax: 01633 241583
clare.jones@gavowales.org.uk
beverley.mallet@gavowales.org.uk

Neath Port Talbot

Sue Ireson
Neath Port Talbot Volunteer Centre
Ty Margaret Thorne, 17-19 Alfred Street , Neath, Neath Port Talbot, SA11 1EF
Tel: 01639 631246
Fax: 01639 643368
suei@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 Blees
Powys Volunteer Centre
Powys Association of Voluntary Organisations , Plas Dolerw, Newtown,
Powys, SY16 2EH
Tel: 01686 626220
Fax: 01686 610681
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

Kyle Thomas
Torfaen Voluntary Alliance
Portland Buildings, Commercial Street, Pontypool, Torfaen, NP4 6JS
Tel: 01495 742420
kyle@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 Hand/Tegan Sollis/Joanne Evans
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

Voluntary Action Merthyr Tydfil

Voluntary Action Centre, 89/90 High Street, Merthyr Tydfil, CF47 8UH

Registered Charity: 1060242

Tel: 01685 353900

enquiries@vamt.net

Fax: 01685 353909

www.vamt.net

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