

# Vale Volunteer Bureau

Your local volunteer centre



## 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**

Amanda Newman/Sinead Evans/Sian Sweet  
Blaenau Gwent Voluntary Action  
16A Market Square, Brynmawr, Blaenau Gwent, NP23 4AJ  
Tel: 01495 306602  
Fax: 01495 315339  
[amanda.newman@gavowales.org.uk](mailto:amanda.newman@gavowales.org.uk)  
[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  
Fax: 01656 812151  
[sharonheadon@bavo.org.uk](mailto:sharonheadon@bavo.org.uk)  
[bavo@bavo.org.uk](mailto:bavo@bavo.org.uk)

## **Caerphilly**

Helen Heath/Keri Williams/Bev Mallet  
GAVO – Caerphilly Volunteer Centre  
Unit 1A, First Floor, Withey Duffryn Court, Duffryn Business Park  
Ystrad Mynach, Hengoed, CF82 7TT  
Tel: 01443 863540  
Fax: 01443 812292  
[helen.heath@gavowales.org.uk](mailto:helen.heath@gavowales.org.uk)  
[beverley.mallet@gavowales.org.uk](mailto:beverley.mallet@gavowales.org.uk)  
[keri.williams@gavowales.org.uk](mailto:keri.williams@gavowales.org.uk)

## **Carmarthenshire**

Bill Martin  
Carmarthenshire Volunteer Centre  
10 John Street, Llanelli, Carmarthenshire, SA15 1UH  
Tel: 01554 778601  
Fax: 01554 759552  
[bill@cavs.org.uk](mailto:bill@cavs.org.uk)  
[volunteering@cavs.org.uk](mailto:volunteering@cavs.org.uk)

## **Cardiff**

Peter Trevett  
Voluntary Community Service (Cymru) Ltd  
Ground Floor, Brunel House, 2 Fitzalan Road, Cardiff CF24 0EB  
Tel: 029 2022 7625  
[trevettp@btconnect.com](mailto:trevettp@btconnect.com)

## **Ceredigion**

Trish Lewis/Catherine Derrick-Huge  
Ceredigion Volunteer Centre  
Bryndulais, 67 Bridge Street, Lampeter, Ceredigion SA48 7AB  
Tel: 01570 423232  
Fax: 01570 422427  
[trish@cavo.org.uk](mailto:trish@cavo.org.uk)  
[catherine@cavo.org.uk](mailto:catherine@cavo.org.uk)

## **Conwy**

Ceri Jones  
Conwy Volunteer Centre  
42 Madoc Street, Llandudno, Conwy LL30 2TW  
Tel: 01492 871110  
Fax: 01492 873794  
[volunteercentre@cvsc.org.uk](mailto:volunteercentre@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, Flintshire, CH7 1XP  
Tel: 01352 744017  
[volunteers@flvc.org.uk](mailto:volunteers@flvc.org.uk)

## **Gwynedd**

Rhianon Jones  
Gwynedd Volunteer Centre  
23-25 High Street, Caernarfon, Gwynedd, LL55 1AB  
Tel: 01286 672626  
Fax: 01286 678430  
[ymholiadau@mantellgwynedd.com](mailto:ymholiadau@mantellgwynedd.com)

## **Isle of Anglesey**

Sian Jones  
Medrwn Môn  
Unit 5, Bryn Cefni Industrial Park, Llangeferni, Anglesey, LL77 7XA  
Tel: 01248 724944  
Fax: 01248 750149  
[post@medrwnmon.org](mailto:post@medrwnmon.org)

## **Merthyr Tydfil**

Wendy Marshall/Karen Foley  
Merthyr Voluntary Action Centre  
89 – 90 High Street, Pontmorlais, Merthyr Tydfil, CF47 8UH  
Tel: 01685 353913  
Fax: 01685 353909  
[karen.foley@vamt.net](mailto:karen.foley@vamt.net)  
[wendy.marshall@vamt.net](mailto:wendy.marshall@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 1EF  
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[suei@nptcvs.org.uk](mailto:suei@nptcvs.org.uk)  
[info@nptcvs.org.uk](mailto:info@nptcvs.org.uk)

## **Newport**

Amele Tukandra  
GAVO – Newport 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)

## **Pembrokeshire**

Caroline White  
PAVS Volunteering Pembrokeshire  
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[caroline.white@pavs.org.uk](mailto:caroline.white@pavs.org.uk)

## **Powys**

Helen Mantle  
Powys Volunteer Centre  
Powys Association of Voluntary Organisations , Plas Dolerw, Newtown,  
Powys, SY16 2EH  
Tel: 01686 626220  
Fax: 01686 610681  
[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  
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[tcrockett@interlinkrct.org.uk](mailto:tcrockett@interlinkrct.org.uk)

## **Swansea**

Amanda Carr / Charlotte Davies  
Swansea Council for Voluntary Service  
Voluntary Action Centre, 7 Walter Road, Swansea SA1 5NF  
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Fax: 01792 544037  
[scvs@scvs.org.uk](mailto:scvs@scvs.org.uk)  
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## **Torfaen**

Charis Easter  
Torfaen Voluntary Alliance  
Portland Buildings, Commercial Street, Pontypool, Torfaen, NP4 6JS  
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[charis@tvawales.org.uk](mailto:charis@tvawales.org.uk)

## **Vale of Glamorgan**

Alison Steere  
Vale Volunteer Bureau, 34 Holton Road, Barry, Vale of Glamorgan, CF63 4HD  
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## **Wrexham**

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## 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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Produced by WCVA, County Voluntary Councils and Volunteer Centres.

**Last Updated:**03/08/2011



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