

INFORM



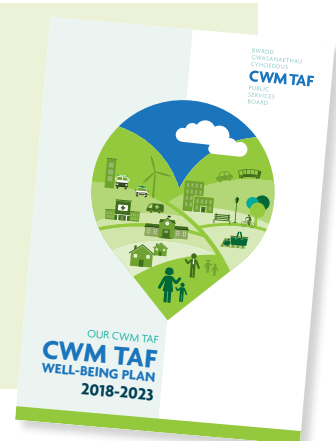
June 2018

Voluntary Action Merthyr Tydfil • *Gweithredu Gwirfoddol Merthyr Tudful*

Well Being Plan Published

The Cwm Taf Well Being Plan was published by the Cwm Taf Public Service Board in May and can be found on <http://www.ourcwmtaf.wales/>. The cross cutting objective of the Plan is "Tackling Loneliness and Isolation". The lead for this objective is Ian Davy, the Chief Officer of VAMT and this is the theme for the Cwm Taf Social Value Forum event at the Muni in Pontypridd on Thursday 5th July at 9am.

Tackling loneliness and isolation has been for some years a key aspect of the Community Capacity Grant Schemes administered as part of the Integrated Care Fund in Merthyr Tydfil and RCT. See below for more details of this years awards.



Awards made for Community Capacity Grant Scheme

Voluntary Action Merthyr Tydfil are pleased to announce that a number of new projects have received grant funding both via the Community Capacity Grant Scheme and the Integrated Care Fund. Administered on behalf of the Cwm Taf Social Services and Wellbeing Forum, by VAMT and Interlink RCT, a number of the projects have a specific focus around Autism. These include:

ASD Rainbows providing a dedicated Family Link Worker to provide a wrap-around, intensive support service to families, as well as their children

Bridging the Gap will offer increased specific provision for young people with autism within the After School Youth Club and Holiday Club sessions via a 1:1 worker

Elite Supported Employment Agency to provide support for individuals with ASD to engage in Elite Paper Solutions – a social enterprise – to enable their development of independence and integration.

Amongst those awarded Community Capacity Grants were:

Merthyr Tydfil Housing Association for the 'Fit & Fed' project part of a National innovative programme to alleviate holiday hunger, social isolation and inactivity of disadvantaged young people.

New Pathways who will directly engage with children and young people who have been affected by rape and sexual abuse, and with their families.

Safer Merthyr Tydfil to deliver a supportive mentoring programme specifically for those aged 50+.

Volunteering Matters to establish a volunteer scheme in Merthyr Tydfil which delivers befriending activities and provides support for older people to develop or maintain social networks at two different levels.

A full list of grants made across Cwm Taf can be found at **www.vamt.net**



Don't lose touch with VAMT!

Like all organisations VAMT has been grappling with the new General Data Protection Regulation that came into force in May. VAMT along with the other County Voluntary Councils in Wales and WCVA have been developing a new joint database of third sector organisations which we will use for our membership records and for mailing you in the future. This will be compliant with the new law.

You should have received correspondence asking you for your consent for us to continue to contact you. If you don't reply, VAMT will not be able to contact you in future. Please consent to keep in touch but if we do lose contact please let VAMT staff know so we can put that right.



Welcome to the June edition of Inform in 2018. Our aim is to provide our members with up to date news and information and we welcome contributions and feedback from all readers of this newsletter.



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YOU CAN BE PART OF THIS MAGAZINE TOO!

If you could like to include an article, news item or Focus on your group in the next edition, contact VAMT enquiries for more information: enquiries@vamt.net.

GET WELL SOON BRIAN!

The Chair of VAMT, Brian Lewis has been unwell for the last few months but we are pleased to say he is on the road to recovery. Get well soon, Brian!

However, as Brian has been unable to attend meetings, the VAMT Board has appointed an Acting Chair who is **Anne Roberts**. Anne has been a VAMT Board member for four years and is also a member of Cwm Taf Community Health Council. We hope she enjoys her new role.

Merthyr Tydfil Voluntary Action Centre

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Primary Care

Frances Barry Youth Volunteering Advisor /
Volunteering Officer

Vacancy Digital Support Officer (Cwm Taf Rural
Wards)

VAMT's Board

Brian Lewis	<i>Chair</i>
Helen Thomas	<i>Vice-Chair</i>
Paul Gray	<i>Treasurer</i>
Ruth Hopkins	
Nicola Mahoney	
Ann Roberts	<i>Acting Chair</i>
Maria Thomas	
Mark Ward	
Huw Williams	

Adverts/Inserts policy

In each Inform we are able to insert adverts and up to 5 different leaflets from member or other organisations. We have a rate card for private agencies who wish to advertise or place inserts and prices start for £25. There is also a rate card for voluntary organisations for charges covering pre-printed inserts and inserts that need to be copied. Contact VAMT enquiries@vamt.net



@VAMTtweets
@VAMTvolunteer
@merthycarers
@merthyrMAGNET
@onevoicemt
@c1stsouth



Focus on Groundwork Wales – The Furniture Revival

INFORM

The Furniture Revival is one of the leading second hand furniture and electrical retailers in South Wales. We exist to support communities across the Valleys access affordable furniture to furnish homes whilst diverting waste from landfill. We collect and sell pre-used furniture and electrical goods to help individuals and families on tight budgets furnish and equip their homes at affordable prices.



We're really proud of the work we carry out. We were thrilled to be the winners of the 'Environmental Social Enterprise of the Year' at 2017's Social Business Wales Awards.

Boasting one of South Wales' largest second hand furniture shops with approximately a 12,000 sq ft furniture showroom, the second hand furniture shop in Rhymney is popular with customers all over the valleys.

We are passionate about second hand furniture and electricals, to the extent that we vacuum and upholstery clean 90% of all fabric items that come into our premises as well as repairing and up-cycling where possible – We really do get a kick out of reviving pre-loved items.

The Furniture Revival is supported by an excellent team of volunteers who help us with all our warehousing, admin and delivery needs. In return, we offer training and support to build confidence and / or take steps to returning to work.

**the
Furniture
Revival**



Here's a snap shot of what we do:

- **Average 14,000kgs of furniture reuse every month**
- **Collect from around 200+ homes per month**
- **Helped nearly 19,000 households since records began in 2007.**
- **Offer volunteering opportunities to all to increase skills of local people**

Our accessible showroom in Rhymney is one of the largest in Wales and our stock changes daily. Our customers are individuals, families and businesses/charities. We offer a 20% discount to households who can demonstrate that they are in receipt of benefits.

Available items include:

Three Piece Suites | Dinning Sets | Beds | Mattresses | Wardrobes | Chests of drawers | Wall Units | Coffee tables | TV's | Washing machines | Fridge freezers | Electric Cookers | Plus so much more.

We always welcome furniture and electrical donations as well as volunteers from all walks of life.

To contact The Furniture Revival email **info@thefurniturerevival.co.uk** , telephone **01685 846830** or follow us on **Facebook @FurnitureRevivals**
The Furniture Revival, Unit 21 Lawn Ind. Est., Rhymney, NP22 5PW



Gwasanaeth Tân ac Achub
De Cymru

South Wales
Fire and Rescue Service

South Wales Fire and Rescue Service are seeking Community Safety Support Volunteers

South Wales Fire and Rescue Service Community Safety and Partnerships department deliver various initiatives and projects within the community. They are seeking volunteers to support the promotion of key safety messages such as home safety and road safety education and to participate in local engagement events and initiatives.

They are seeking Community Safety Support Volunteers to attend and support the delivery of community safety initiatives and events throughout the SWFRS area; acting as community safety champions to assist in the delivery of key safety messages and road safety education amongst target groups. Volunteers will need good interpersonal skills and be reliable, responsible and trustworthy, and must be over 16 years of age.

They are also seeking Community Safety Support Drivers to transport various support vehicles to and from community events and to take part in these events. Current vehicles used are: Road Safety "Cruise Car"; Road Safety "Crashed car", Firefighter Cadet appliance, mini-bus and trailer and Community Safety utility van. Volunteers for this role must be over 18 years of age.

Cyfarthfa Catering, based at Gellideg Foundation Group, are looking for volunteers who enjoy cooking. Volunteers will be supported by experienced members of staff, and out of pocket expenses are payable.

Volunteering Matters Wales' Welcome Friends project is seeking volunteers to give a little companionship to an elderly, isolated person for an hour a week.

VOLUNTEERING MATTERS FOR OUR COMMUNITY

Witness Service Volunteers needed

Volunteers are needed to assist witnesses and their family and friends with the experience of attending court and giving evidence. Main duties and responsibilities include giving witnesses and their supporters confidential support, guidance and information to make their experience of a criminal court more comfortable.

- Helping witnesses cope with the emotional effects of giving evidence
- Explaining court procedures, legal terminology and decisions
- Showing witnesses and others around the courtroom before a trial so that they are familiar and at ease in the environment
- Listening to the concerns witnesses have and empathising with and advocating for them where appropriate.

Volunteers will need to be able to commit to mandatory training for staff and volunteers, and will need to be able to volunteer during normal court hours.

Merthyr Tydfil Leisure Trust Ymddiriedolaeth Hamdden
Merthyr Tudful

Merthyr Tydfil Leisure Trust have a volunteer vacancy for a Volunteer Administrative Support at Redhouse to facilitate the effective operation of the office.

The main tasks will include handling phonecalls and written correspondence, providing prompt responses and forwarding to appropriate staff member where necessary.

Perform general clerical duties including photocopying, fax and mailing, update databases and Redhouse funding matrix.

Volunteers can commit as much time as suits them. Volunteers need to be confident in communicating with a wide variety of visitors, be computer literate and enjoy working with people and working as part of a team.

For further information on these and many other vacancies contact
Frances Barry – frances.barry@vamt.net
01685 353901

New Volunteering Wales Platform



Cefnogi Trydydd
Sector Cymru
Third Sector
Support Wales



Gwirfoddoli Cymru
Volunteering Wales

Third Sector Support Wales partners WCVA and the CVCs across Wales, including VAMT, have launched a new Volunteering Wales platform to assist organisations in recruiting volunteers.

For organisations working with volunteers the new system will help you to recruit and manage volunteers, log volunteer hours, plan rotas and events, record training and experience and produce reports.

Third Sector Support Wales are encouraging organisations to register for the new platform now by visiting the website

<https://merthyrtydfil.volunteering-wales.net/>

Help to get started

Two guides to help organisations sign up for and get the most out of the new platform. These can be found on WCVA's blog site:

The new Volunteering Wales Platform - Help! Where do I start?

I'm on the new Volunteering Wales platform - what now?

So why, you may ask, are we embarking on a major change in the Volunteering Wales website which is currently used (and mostly happily so) to recruit volunteers by about 2,000 organisations in Wales?

Part of the answer is about keeping up with the digital age in which we live and the expectations of would-be volunteers - especially, but not only, younger ones.

Part is about the potential of technology to relieve overstretched staff of some of the admin associated with recruiting and managing volunteers, allowing them more time to focus on tasks that matter. (We are mindful that not all volunteers want to use a digital service and we remain committed to also providing a face to face service through our volunteer centres).

For further information contact Frances Barry frances.barry@vamt.net 01685 353901

Valued Colleagues Leave VAMT

Two highly thought of and long standing members of staff have recently left VAMT. Karen Foley and Alison Harris have both worked for VAMT for over 16 years each and were held in very high regard held by our member organisations and colleagues from statutory organisations.



Karen's contribution has advanced the cause of volunteering in Merthyr Tydfil and, in particular, many of you will remember fondly the volunteering celebrations that have been held over the years.



Alison has been mainly involved in partnership work and throughout her time at VAMT has run the successful Children's and Young Peoples Voluntary Organisations Forum which many have engaged with and welcomed.

Both have received numerous messages of thanks and goodwill and everyone is sad to see them leave. They leave VAMT with lots of great memories and our best wishes for the future.

NEED A LOW COST LOAN? YOUR LOCAL CREDIT UNION CAN HELP

What is a Credit Union?

Credit Unions are financial co-operatives that are community-focused and controlled by their members, offering savings and loans. Here at Merthyr Tydfil Borough Credit Union (MTBCU) we are a not-for-profit organisation, offering a safer way to save and a cheaper way to borrow.

Owned by our members, run for our members.

How and Why to join MTBCU?

How to join?
It could not be simpler to join MTBCU.

You can either:

- Pop into branch in Merthyr Tydfil town centre (139 High St, CF47 8DN)
- Join online at www.mtbcu.org.uk

Why join the MTBCU?

- Easy & flexible savings accounts for all ages
- Access to **highly competitive, low-cost, affordable loans**
- **Free life insurance** (*T&C's apply)
- FSCS Protection - guaranteed money protection up to £85,000
- Online account access
- **A local branch situated on Merthyr Tydfil high street** and a dedicated telephone service

***LOANS up to £15,000 rates from 2.9% APR**

*T&C's apply. All figures and data correct as of 23/05/18
Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registration Number: 213643

Age Connects Morgannwg team up with M&S Merthyr Tydfil



Age Connects Morgannwg, a local charity covering RCT, Merthyr Tydfil and Bridgend, is now working with M&S Merthyr Tydfil to host a monthly 'Carer's Social Evening' to connect carers in the community and allow social respite.



Hosted in the M&S Merthyr Tydfil coffee shop, this is a great opportunity for carers and their dependants to interact with other carers along with M&S volunteers. Each social evening provides a different activity to encourage interaction along with refreshments served by the M&S staff.

Age Connects Morgannwg provides services and support to allow older, vulnerable people through some of the most difficult times of their life. The charity provides assistance and support to older people (50 plus) to allow them to live independent lives and help to prevent social and emotional



isolation. By teaming up with M&S Merthyr Tydfil, they want to give carers, and people that rely on that care, an opportunity to get out of the house for a coffee and a chat.

Local arts organisation Artis Community have been working in partnership with Age Connects Morgannwg to provide activities for the session. Sessions have included watercolour and pen and ink drawing with Pontypridd based artist Rhian Anderson and creating decorated labels linked to a special memory or story.

The next upcoming session will take the form of 'Chairobics'. This is a low impact gentle chair based aerobic exercise, the aim is to improve overall strength and posture. Hannah Hitchins, Artis Community Company Manager: *"It's clear to see from our involvement how important it is to be creative and to be creative in a social environment with other people's company. Getting crafty is not only therapeutic for the mind but for the body and soul."*

One attendee called Tony, who heard about the event from a volunteer via the befriending service offered by Age Connects Morgannwg, said this about the social evening; *"It was really good. I have been to two sessions so far and I really enjoyed it. It's a bit of fun and the staff were very helpful and friendly. It will be even better if more people come so there will be opportunities to make even more friends."*

The next Carer's Social Evening is on **June 26th** at M&S Merthyr Tydfil held in the coffee shop. If you would like more information about the event or if you would like to volunteer to help in any of the Age Connects Morgannwg events, please call **01443 490650** or email **information@acmorgannwg.org.uk**

Health, Social Care & Wellbeing Forum

The Health, Social Care & Wellbeing Forum is a third sector network which meets bi-monthly. It is a recognised platform for sharing information with third sector contacts and is open to any National, Regional or local third sector provider of services/activities which impact on health and wellbeing.

In a recent survey, attendees told us:

"The Forum provides a unique opportunity for me to engage with a wide range of partner agencies and keep up to date".

- "Presentations are always informative and current".
- "Interesting discussions on current issues for 3rd sector"

"It's very useful to find out about the work of other organisations and how we might link with them to improve referrals etc"

The Forum is held in VAMT offices between 10 am and 12 Noon, and further meeting dates for 2018 are:

Wednesday 1st August

Wednesday 3rd October

Wednesday 5th December

If you would like to get involved in the Forum, either through attending, or maybe even presenting, then contact **Sharon Richards** on **01685 353932** or email: **Sharon.richards@vamt.net**

Barrier to fish migration removed

Work to remove the final major barrier to fish migration on the river Taff is underway as Natural Resources Wales (NRW) have begun demolishing Merthyr Vale weir. This has been a barrier to fish that migrate up the River Taff to spawn and produce juvenile fish.

For the past 15 years NRW and partners, such as the South East Wales Rivers Trust and Merthyr Tydfil Angling Association, have been working to improve the habitat in these areas and ensuring fish can pass smaller, partial barriers to migration.

Once the work is completed migratory fish, such as salmon and sea trout, will be able to swim with less delay from Cardiff Bay all the way up to Llwyn-onn Reservoir on the Taf Fawr and Pontsticill Reservoir on the Taff Fechan, if they can pass the natural falls at Ponsarn. Removing the weir will make it easier for fish to swim upstream whatever the river levels.

Tony Rees, Chairman of the South East Wales Rivers Trust and treasurer of Merthyr Tydfil Angling Association, said: "Merthyr Tydfil Angling Association looked many years ago to improve access for salmon past Merthyr Vale Weir. We welcome the proposal



to remove the weir as this will greatly improve fish passage. This comes together with improvements the South East Wales Rivers Trust has made in making the Taf Fechan and Taff Fawr more accessible above Merthyr. The Trust has also carried out and is still carrying out more habitat improvements on these rivers."

Work began on 29 May 2018 and will take about 12 weeks to complete. For more information on the project and to get the latest updates visit **www.naturalresources.wales/merthyrvale**.

The right support for you: Drink Wise, Age Well.

It can be difficult to recognise if someone is drinking too much or whether this will affect their health. Adults over 50 with alcohol issues often feel shame around their drinking and may be more likely to hide it. You may be concerned that someone you care for is drinking too much, or you may be drinking more to cope with the stresses that can come with caring. Whatever the circumstances, Drink Wise, Age Well is on hand to support you.

Yfed
Doeth
Heneiddio'n
Dda



Drink Wise, Age Well offers one to one support for those concerned about a loved one's drinking. They also run a family support group at **'The Shed' Café, 26 Hannah Street, Porth, CF39 9RB** on the first Wednesday of every month from 7pm – 8:30pm, starting Wednesday 2nd May. This provides the chance to gain tips and advice on what practical support you can offer your loved one, all in a supportive and non-judgmental environment.

Individual and group family support from Drink Wise, Age Well will equip you with:

- Practical tips and advice to offer your loved one.
- How to start the conversation about alcohol in a way that prompts honest answers.
- Advice on how best to support your loved one to make positive changes.
- Information on how to reduce the harms alcohol can cause, including the risks, the do's and don'ts.
- Support and referral to other services aiding you to build a support network.

"The support I received from Nova really helped me feel valued and heard. I was able to gain a better understanding of the process." (Paula, Family Support Participant).

Get in touch today.

If you are over 50 and would like to talk in confidence to someone about your drinking, or you are concerned about a loved one who is over 50, you can get in touch by calling our advice line on **0800 161 5780**, Monday – Friday, 9am-5pm. We can support you by phone, in your own home, or somewhere comfortable for you in the community.

If you would like a copy of our 'Friends, Family and Carers Guide' please visit <https://drinkwiseagewell.org.uk/get-support/for-families/> or email us at wales@drinkwiseagewell.org.uk

Dementia Friendly Communities Merthyr Tydfil

During Dementia Action Week 2018, Georgetown Fish Bar became the first member the Merthyr Tydfil Dementia Friendly Community.

Staff have been trained as Dementia Friends and provide support to their customers who are living have dementia and who are caring for a loved one who is living with Dementia.

If your business or organisation would also like to be part of Dementia Friendly Merthyr Tydfil then please contact **Elaine James, Community Coordinator** on **07580 866547** for further information.



Connecting with pharmacies in the hearts of our communities to improve health and well being

There are a total of 78 pharmacies in Cwm Taf, ranging from the large chains and stores to the long standing smaller independent branches. They are all playing an increasingly important role in helping us take care of our health and well - being.

Deanne Rebane, Community Coordinator Health, has been visiting pharmacy branches and delivering training to their staff across the area, raising awareness of the important role of the 3rd sector in providing locally based support and services for individuals. Emma Williams, Community Pharmacy Lead has recently confirmed that 34 community pharmacies now have a health promotion champion to help patients and the public in finding services to support them. This is easily achieved through connection with Deanne and the team of Community Coordinators operating in Cwm Taf.



Visit to Keir Hardie Pharmacy staff Carys and Claire with Pharmacist Glyn Chisholm - Jones

Deanne has developed a network of pharmacy contacts, enabling information between the two sectors to be easily shared. If you are an organisation who would like to promote your services to the very heart of communities, via pharmacy staff, then please contact Deanne on **01685 353954 / 07580869983** or email **Deanne.rebane@vamt.net**

New Support for Liver Disease

90% of liver disease is preventable, yet new research highlighted by the Lancet Commission highlighted that more than 3,000 people in Wales are admitted to hospital every year with liver-related conditions, with most of these admissions being unplanned.

Treatment of liver disease in Wales places significant and growing financial pressure on the health service.

Liver disease impacts people of working age harder than other big killers as 90% of liver disease deaths occur in people under 70 years old.

In Wales, 807 died of liver disease in 2015 alone, representing an increase of almost 20% over the past five years.

The British Liver Trust is the only UK wide charity that supports and campaigns for patients and families so that they don't have to face liver disease alone. We are a small charity tackling a serious and growing health problem.



Our new project in Wales will campaign to improve awareness so more people understand the risk factors for liver disease and we advocate for better services for patients. We provide information resources and support through local support groups, events our website and a UK wide helpline and online forum.

For more information, including on events and support groups in your area, please contact **Wales@britishlivertrust.org.uk**

Elite are Disability Confident Leader

Through Disability Confident, the government is working with employers to challenge attitudes, increase understanding of disability, remove barriers, and ensure that disabled people have the opportunities to fulfil their potential and realise their aspirations.



The **Disability Confident** scheme supports employers to make the most of the talents disabled people can bring to their workplace. Disability Confident organisations play a leading role in changing attitudes for the better. They're changing behaviour and cultures in their own businesses, networks and communities.

As a Disability Confident employer, **ELITE Supported Employment Agency** have developed and follow a fully inclusive staff recruitment policy and procedure. We are committed to the recruitment of disabled candidates and as a Supported Employment Service operating in South East, Mid and West Wales we promote the recruitment and retention of people with disabilities amongst the employers we work with and support, within our own business, with our customers and the wider community.

As a result of our activities, policies and working methods, we are delighted to be awarded the status of Disability Confident LEADER. In this role we will also be acting as a champion for the Disability Confident campaign within our local and business communities by encouraging and supporting other businesses and our networks to become Disability Confident. In doing this, we will demonstrate to disabled people and others that we are leading the way in getting every business to become Disability Confident.

As a Disability Confident Leader, ELITE may be able to help businesses become Disability Confident employers through the provision of advice, guidance and training on:

- **disability awareness**
- **inclusive and accessible recruitment processes**
- **reasonable adjustments in the workplace**
- **support with undertaking a Disability Confident self-assessment**
- **validation of Disability Confident self-assessments**

For more information visit:

<https://www.gov.uk/government/collections/disability-confident-campaign>

Celebrating 2 years of Disability Confident
Working together to increase disability employment



E-Mentoring 1+1: a new project for young people in Merthyr Tydfil!

The Mullany Fund is a social mobility charity based in Swansea, aiming to encourage young people, aged 14-19, to think about what they might like to do in the future and support them to achieve their goals.

We are excited to announce that we have received Big Lottery funding to run our current e-Mentoring project in new areas, including Merthyr Tydfil! The project has already made a difference to over 400 young people. Working with local schools and voluntary organisations we now hope to encourage young people, living in Merthyr Tydfil, to get involved and benefit from the free support the project can provide.

How does it work?

Over ten week sessions, and through a secure online platform, the mentor provides support to help the mentee gain confidence, skills and knowledge. The message forum can be accessed at any time, is easy to use, and not intimidating, as there is no face-to-face contact. We do have a focus on life-sciences and the huge range of careers that this covers, but the project also provides more generic study support to help young people progress through their education to achieve their future goals.

How to get involved

The project is completely free to join, and can provide support that some young people might not be able to find elsewhere. For those 16+, we also aim to provide a limited number of life-science related work experiences, as well as career talks so that young people can gain knowledge of potential careers they might not previously have been aware of. We would love to hear from you! If you or your organisation know of any young people who might be interested, please contact office@themullanyfund.org for project session dates and login details!

Measuring the Mountain – Understanding Experiences of Social Care in Wales

Measuring the Mountain is an all-Wales project looking at people's experiences of social care. We want to hear from



people who receive care, or who access services in the community so that they don't need (so much) support from statutory services; and we want to hear from people who are carers.

We're using a specially designed survey to collect these stories – you input the experience you want to share, and then answer some questions about it. The can be just a few lines, about something that happened recently – it doesn't need to be very long, or about something especially good or bad.

The questions that you'll answer will help us understand more about the experience – there are no right or wrong answers, and the whole thing should only take about 10 minutes. If you have a story to share, or if you could help others to share their story, please visit our website, or get in touch to find out more.

We want to build a network of Listeners who can support people to share their story – if you, or your organisation could help with this, please contact Katie.

The findings from the project will be shared with Welsh Government, and through our website, publications and events, organisations and people across Wales. We want to make sure that the picture of social care we build is accurate, and really represents people's experiences.

In September, we will host a Citizens' Jury at the Liberty Stadium, Swansea, to look more closely at one or two key issues that arise from the stories. Members of the public will examine a policy question, draw conclusions and present their recommendations – if you'd like to know more about being on the Jury, please visit our website or contact Katie.

www.mtm.wales / www.mym.cymru

Or you can contact **Katie**, the project manager - kcooke@interlinkrct.org.uk / 07964 407 739

Health Challenge Cwm Taf Crystal Trophy Awards 2017-18 10th Anniversary



VAMT and Interlink have been longstanding partners in the Crystal Trophy Awards and were again pleased to support this year's event which marked the 10th Anniversary of the Awards being undertaken locally.

The Crystal Trophy Awards are purposeful in recognising the contribution that the third sector makes towards the prevention of ill-health and the promotion of wellbeing in local communities. During the ceremony Anne Morris, Health & Wellbeing Manager at Interlink outlined the history of the Awards and made reference to the diverse range of projects that had previously received recognition, such as Mardy Fat Club; Rhondda Breast Friends; Forsythia Youth Forum and Merthyr Aloud! Angela Jones, Consultant in Public Health emphasised the importance of community projects and in working with and alongside the third sector in delivering on the newly launched Wellbeing Plan, whilst Amy Lewis, Health & Wellbeing Manager at the UHB confirmed that the panel had indeed had an arduous task of selecting just three winners from the diverse range of applications received.



*Merthyr Tydfil Housing Association
– Active Families Project*

Each project then gave individual presentations before the Chairman of the health board, Marcus Longley presented the prizes:

1st Prize – (Crystal Trophy plus £1000)

Women's Aid RCT – Athena Project

2nd Prize – (£750)

Merthyr & the Valleys MIND – Safe Space Project

3rd Prize – (£500)

Merthyr Tydfil Housing Association – Active Families Project

If you would like to know more about these Awards then please contact Sharon Richards on **01685 353932 / Sharon.richards@vamt.net**



Women's Aid RCT – Athena Project



*Merthyr & the
Valleys MIND –
Safe Space Project*

This newsletter has been published by Voluntary Action Merthyr Tydfil, Voluntary Action Centre, 89 – 90 Pontmorlais, High Street, Merthyr Tydfil, CF47 8UH. Telephone: (01685) 353900
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The views expressed in this edition of Inform are not necessarily those of Voluntary Action Merthyr Tydfil.
Croesawir erthyglau nail ai'n ddwyieithog neu'n uniaith Gymraeg.

The closing date for articles for the next edition (September 2018) is 24 August 2018.