

VAMT'S ANNUAL GENERAL MEETING

Our thanks to all who attended our AGM this year which took place at Merthyr Football Club on 26th September 2024.

Cllr Jane Gebbie, as Chair of the Cwm Taf Morgannwg Regional Partnership Board gave the opening address and acknowledged the involvement of the third sector as essential in the partnership arena; in supporting the delivery of the regional plan and in their support of people outside of formal care and support services.



Guest speaker Chris Buchan, Head of Communities & Third Sector Policy at Welsh Government discussed the importance of the Funding Code of Practice for the third sector; and emphasised the strong connection with VAMT and ergo our members.



In addressing the meeting Dr Hefin Jones OBE, announced this was his last meeting, and confirmed that he was standing down as Chair of VAMT, and also from the Board due to personal reasons. On behalf of the Board and Team, Chief Officer Sharon Richards gave thanks to Dr Jones for his commitment and involvement in the organisation over the past years, and wished him well for the future.



About Tempo

Funded by the Welsh Government, Tempo has successfully developed Tempo Time Credits Cymru, the first national network of its kind globally. Since 2020, we've been building Time Credit networks across the 22 Local Authority areas of Wales.

Our program in Wales is aligned with the Welsh Government's core policies of combatting loneliness and isolation, fostering community cohesion, and contributing to poverty alleviation.

Our Mission

Our mission is to build a national network of communities making positive societal change, powered by people whose contribution is valued with Tempo Time Credits.

How do Time Credits work?

Participants earn Time Credits by contributing their time and skills to community organisations, services, activities, or projects. Through Time Credits, people are encouraged to engage and volunteer in their community, participate in decision-making about how services are run, and help create and deliver services and activities. They then receive Time Credits for their time that can then be used to access a variety of opportunities and experiences such as a swim, gym session or shows at the theatre.

Tempo Time Credits in Merthyr Tydfil

Tempo is working in partnership with Voluntary Action Merthyr Tydfil (VAMT) to support more community groups and organisations to get involved and use Time Credits to support community engagement, participation and volunteer recruitment and recognition.

There is no cost to organisations to get involved as Tempo is funded by the Welsh Government.



We will be holding events with VAMT over the coming months to coproduce and grow the Merthyr Tydfil Time Credit network with you. The first one will be online and taking place on **Thursday 21st November**, details of this are on page 5. Please feel free to book onto this information session, alternatively you can email support@wearetempo.org



FRIENDS WEDNESDAY CLUB

Linda Scannell has been a member of the Friends Wednesday Club for many years and recently retired after 10 years on their committee.

She was presented with a gold crystal vase that was engraved with a personal message, this presentation took place during their Macmillan coffee afternoon in which £250 was raised.

The Club would like to thank Linda for her dedication and commitment over the years, what a wonderful volunteer and achievement!



ELITE

ELITE Paper Solutions provide volunteering opportunities for the community and are an inclusive workplace, adapting our support for those who have a disability or are at a disadvantage. We have no set criteria so if someone is looking for volunteering to develop their skills or to bridge the gap between employment we can help. All of our staff vary in age, gender, disability, ethnic background and more. We pride ourselves in being an inclusive working environment.

Our current volunteering roles are in our warehouse, and drivers mate depending on the needs of the business. Our warehouse roles are open to anyone who would like to volunteer, and if you are 18+ we also have opportunities to work on our large shredder, cardboard shredder and bailer. Our drivers mates positions would be assisting drivers with collections/deliveries.

We can support staff to develop in many skills such as time management, social, communication, knowledge of Health & Safety, Lifting and Manual Handling, Green Dragon to learn how we stay green and support our environment and much more.

We can offer a work site visit, work experience, work placement, set or indefinite volunteering. Just reach out to **Isabella** on **07538 4166496**, **ilock-sieniawski@elitesea.co.uk** or our main office **01443 692061** to chat about our opportunities further.



Active Merthyr Volunteer of the Month Scheme



Active Merthyr would like to reward its long standing volunteers with the recognition they deserve, through a volunteer of the month scheme.

The dedication that these fantastic volunteers have shown over the years has been outstanding and invaluable, without these volunteers the majority of activities would not be possible to run.

The winners receive a framed certificate, a £100 supermarket voucher and are entered into the Volunteer of the Year Award.

The Process

- On the 1st of every month, the nomination goes live for two weeks until the 15th of that month.
- On the 3rd week of that month the panel will meet to decide the winner.
- On the final week of the month a visit to the winner will be arranged to present their awards.
- That same day a social media post celebrating the winner will be published.
- The next month's nominations will reopen on the first.

Eligibility

- Individuals can't be nominated by themselves, a family member or anyone on the panel.
- The nominee must volunteer in Merthyr Tydfil.
- The nominee must have at least 6 months volunteering experience.
- The nominator must have known the person they are nominating for at least 6 months.
- Paid workers are not eligible.
- All information must be accurate and a true representation of the nominee.
- If the nominee is unsuccessful you are encouraged to nominate them again.
- Nominations do not rollover and will need to be resubmitted.
- The panel will select the winner and the panel decision is final.

Please nominate any one worthy of this wonderful reward so they can be recognised for the difference they are making to community sport and physical activity within Merthyr Tydfil.

A nomination form can be downloaded here :-

<https://www.merthyr.gov.uk/do-it-online/request-or-apply/active-merthyr-volunteer-of-the-month-nomination-form/?lang=en-GB&>



TEMPO TIME CREDITS IN MERTHYR TYDFIL

Come and join us online to find out more about Tempo Time Credits - how they work and how they can benefit you, your volunteers and group/organisation.

Tempo is a national charity that seeks to reward volunteers for all their fantastic efforts by giving Time Credits for their time, which allows them to access a range of fantastic activities at venues that accept Time Credits in place of monetary payment.

From gym sessions and cinemas, day trips to online opportunities, there's something for everyone with Time Credits.

We are looking to growing our Time Credit network in Merthyr Tydfil and would love your help with this.

This session is an opportunity to meet us, find out more, see how it all works, and to ask any questions that you might have.

Please book on via Eventbrite, but for further information, please contact:

Amy Cole: Wales Contract Manager

Email: amycole@wearetempo.org

**COME AND
FIND OUT
MORE ABOUT
TEMPO TIME
CREDITS!**

WHEN?

THURSDAY

**21 NOVEMBER
2024**

**10.30AM – 12.00
MIDDAY**

BOOK ON HERE:

**[BY CLICKING
HERE](#)**

INVEST LOCAL YNYSOWEN

The Invest Local Ynysowen steering group are currently seeking the views of the communities of Aberfan, Merthyr Vale and Mount Pleasant on what they think about local transport options.

This was an issue that was flagged up during the last consultation, and we'd love to know the issues people are facing so we can work on possible solutions! The QR code is on the poster, and the link is below.

For paper copies, please e-mail Laura on laura.brosnan-james@vamt.net or pop along to Aberfan Community Centre on Tuesday mornings between 10am – 12noon at the café!

<https://forms.gle/8MzFCorhU7Uq8wit7>

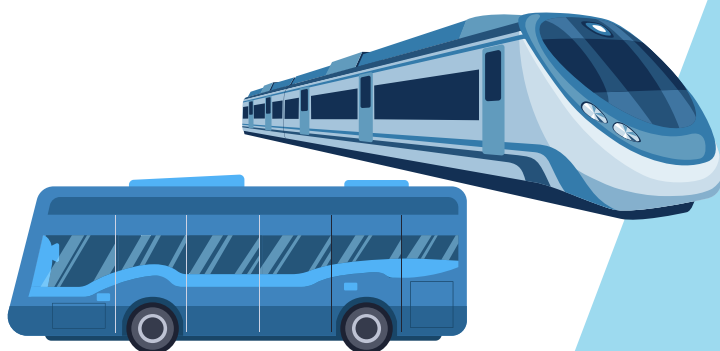


VOLUNTARY ACTION
MERTHYR TYDFIL
GWEITHREDU GWIRFODDOL
MERTHYR TYDFIL



WHAT DO YOU THINK ABOUT TRANSPORT IN YOUR AREA?

Invest Local Ynysowen is all ears for your thoughts on transport access in the area! Want to share your experience? Just zap that QR code for the online questionnaire, or pop into the Aberfan Community Centre any Tuesday from 9:30 AM to noon to grab a paper copy! Plus, we'll be out and about, on a mission to gather your thoughts and ideas!



Squirrel Friends

Squirrel Friends are a Peer-to-Peer support group for individuals with gender issues or for individuals who are supporting someone with gender issues as well as for themselves. If you would like further information then pop along to the Hub on a Wednesday.

**LGBTQ+
Drop ins**

Every Wednesday 12pm till 2pm



The Hub,
3 Newmarket Walk,
Merthyr Tydfil,

Older People's Commissioner for Wales and the Advice and Assistance Service



Rhian Bowen-Davies, Older People's Commissioner for Wales

Since I took up post at the end of September, one of the most important (and enjoyable) parts of my role as Older People's Commissioner has been travelling across Wales to meet and speak with older people and hear directly about the issues that matter most in their lives.

One issue that has been raised has been the difficulties older people often face when trying to find the information they need, particularly as more and more has moved online. But even older people who are online have shared that finding accurate, accessible and trustworthy information can also be challenging.

As one older person I was chatting with put it: "sometimes you just need to speak to a person."

That's why a key part of my work as Commissioner is providing personalised information, advice and support to hundreds of older people every year through my dedicated Advice and Assistance Team.

The Team offers help on a wide variety of issues, focused on empowering older people, enabling them to live and age well, and ensuring their rights are upheld.

In some cases, the team may also raise concerns or challenge a decision on behalf of an older person (subject to their consent).

Feedback about the service shows that older people really value being able to speak to someone over the phone (the majority of contact from older people comes via this route), which allows them to provide more information about their individual circumstances and the specific issue(s) they are dealing with.

In addition, many older people say that accessing advice and assistance in this way helps to ensure they feel heard and listened to, which helps improve their experiences and deliver better outcomes.

The information shared by older people and the issues they raise through the team, also help to guide and shape my own work as Commissioner, as well as the action I call for from policy and decision-makers across Wales.

So if you work with or support any older people who are struggling to find the information they need, or don't know where to turn for help, please let them know that my team is available to provide advice and assistance via the contact details below, and will do all they can to resolve the issues an older person may be facing.

Get in touch with the Commissioner's Advice and Assistance Service:

Phone: **03442 640670**

Email: ask@olderpeople.wales

Website: www.olderpeople.wales

Post: Older People's Commissioner for Wales, Cambrian Buildings, Mount Stuart Square, Cardiff, CF10 5FL

"DRIVING POSITIVE CHANGE BY EMPOWERING AND LISTENING TO ALL COMMUNITIES IN SOUTH WALES"



CHILDREN & YOUNG PEOPLE'S POLICE AND CRIME PLAN

ADULT FACILITATOR INFORMATION

We aim to use feedback from children and young people (CYP) to develop a CYP Police and Crime Plan, which is reflective of the voice, needs, values and experiences of CYP living in the South Wales Police Force area.

To achieve this, we have developed a survey and we are asking partners to support us to make this survey as accessible as possible to children and young people across South Wales.



ABOUT US

Police and Crime Commissioners (PCCs) are elected to help to **hold police forces to account**, to **scrutinise their performance** on behalf of local communities and to **ensure that police funding is spent wisely**. The PCC also sets out policing priorities within a **Police and Crime Plan**.

Emma Wools, as South Wales Police and Crime Commissioner, aims to meaningfully engage with a diverse range of communities to understand their needs and priorities, and to use this to inform our Police and Crime Plan.

In addition to seeking the views of adults, professionals and partners, Emma has also established a working group within her office to focus on **ensuring that the voices of children and young people are heard** and utilised to develop a **Children and Young Persons Police and Crime Plan**, providing child focused solutions to Emma's priorities.

SUPPORTING THE PRINCIPLES OF EMPOWERMENT AND PARTICIPATION OF THE UNCRC



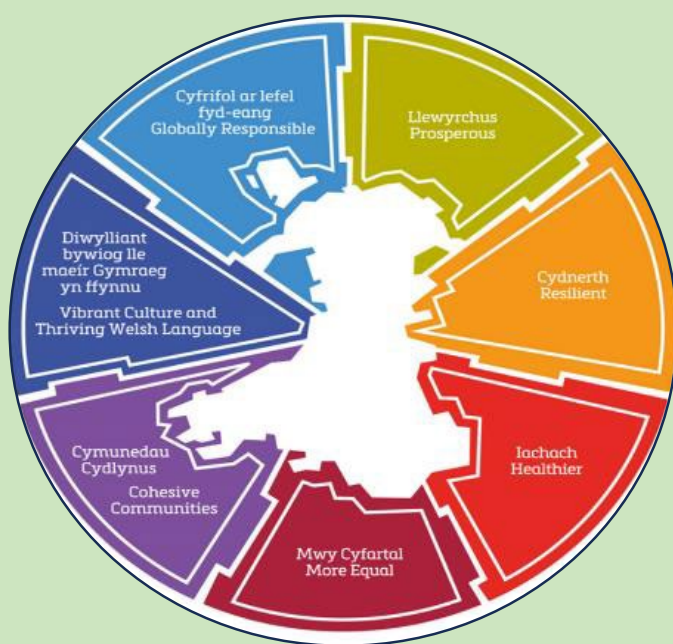
From the child friendly version (UNICEF) of the United Nations Convention on the Rights of the Child (UNCRC)

ACCESS THE SURVEY





Many VAMT members may remember us from the AGM in 2023 when our Chair Mark Brace, SWP Assistant Police and Crime Commissioner, was the keynote speaker. This is an update from Cwm Taf Morgannwg Public Services Board (CTM PSB) on what has been happening across the region in relation to the Well-being of Future Generations (Wales) Act and our Well-being Plan since then.



The Well-being of Future Generations (Wales) Act is a unique piece of legislation with a focus on improving social, economic, environmental, and cultural well-being of Wales. To do this, Welsh government set up Public Services Boards (PSBs), made up of a partnership of organisations to deliver Well-being Assessments and Well-being Plans across the region of Cwm Taf Morgannwg (Merthyr Tydfil, Bridgend, Rhondda Cynon Taf).



We have two priorities within the plan. They are: Healthy Local Neighbourhoods and Sustainable Local Neighbourhoods, there are also a list of commitments that the PSB have promised.

Our current Well-being Plan can be found here: <https://www.ctmpublicserviceboard.wales/>





Working on the Climate Change Emergency

We were asked by Welsh Government to produce a Climate Change Risk Assessment which has allowed us to work together across the region, gathering information and helping us better understand the priorities for climate action that are specific to our communities. We have been working on this for the last year and the assessment will be published at the end of October 2024.

Working to involve young people in the work of CTM PSB

It is vital for organisations that deliver services to improve well-being in our communities to hear and act on the things that young people tell us are important to them. We have been working with our colleges, Merthyr College, Bridgend College, and Coleg y Cymoedd, to connect us with young people so that they are involved and included in the decisions about their future. This has been done through a student conference involving over 150 students and one-to-one conversations with students, which has resulted in several projects being led by young people involving senior leaders within organisations.



We look forward to providing future updates where we will provide more detail on each of our projects. For further information contact us at: CTMPSB@RCTCBC.GOV.UK

Working on how our organisations can make healthier and more sustainable travel choices

Led by CTM University Health Boards Public Health Team, we have been working with our partners to produce and sign up to an Active Travel Charter. This means that organisations can make changes, so it is easier for their staff to travel to and from work using public transport, cycling, or walking.

Working to improve our workforce's health and well-being

We have set up a group made up of organisations such as local colleges, the University of South Wales, housing associations, leisure trusts, local authorities, Natural Resources Wales and our local Department for Work and Pensions team. The purpose of the group is to share good practice and improve the health and well-being of employees. We have worked on topics such as neurodivergence, women's health, volunteering, cost of living, mental health, foster friendly employers and opportunities for care experienced young people.





Reaching Out Programme – Role Description

Carer Coffee Morning

Our carer coffee morning is a place where care givers and care receiver can join together, in the community.

A safe place for all, where anyone living with the challenges of caring for family or friends can meet and feel welcome. Regular fun workshops and activities.

The Coffee Morning starts 9.30 -12.30pm at Ty Bargoed Newydd, Williams Terrace, Treharris CF46 5HH.

Befriending Volunteer Role – Reaching Out Project

Befriending - in this role you will support an older person on a one to one basis. They will be someone who has identified as being socially isolated or emotionally lonely. We will support you through comprehensive training to make you feel competent and comfortable in your role. Once you are fully registered and trained, we will match you with a person based on personality and location. When you first meet, we'll help you both to make a plan of what the older person wants to achieve from being part of Reaching Out.

Volunteer Driver Role – Reaching Out Project

In this vital role to our communities we are looking for volunteers that want to make a difference to the lives of people that live in RCT & Merthyr Tydfil to access a range of different appointments and activities. The role involves supporting local residents to get out and about.

All volunteers will be required to complete:

- An informal interview
- An enhanced DBS check (arranged and paid for by us)
- Induction training – Self Learning in Safeguarding, professional boundaries and data protection.

If you have any questions on any of these volunteering roles then please feel free to call the team on **07741904816**

Please click on following link for more information on the roles.

[Age Connects Morgannwg | Volunteering Opportunities](#)



Are you passionate about animal welfare and have a strong background in finance?

Hope Rescue, the leading dog welfare charity that saves the lives of stray, abandoned, and unwanted dogs in South Wales, is looking for a committed individual to join our Board of Trustees as a Treasurer. This is an exciting time to join our growing charity as we move towards our 20th year. If you want to be part of our future working towards our vision of a future where all dogs are treated with care, kindness and respect we would love to discuss this further.

As our Treasurer, you will play a vital role in overseeing the financial affairs of Hope Rescue, ensuring we maintain strong financial health to continue our lifesaving work. You will collaborate with other Trustees and the senior leadership team, providing financial oversight, guidance, and strategic advice. You can find out more about the role including the role description here: <https://www.hoperescue.org.uk/treasurer-vacancy>

How to apply:

If you're ready to use your financial expertise to make a positive impact, we'd love to hear from you! Please send your CV and a brief cover letter outlining your interest in the role to our Chair of Trustees on **sarah.passmore@hoperescue.org.uk**.



Founded by HM King Charles III

Are you looking for a voluntary opportunity that allows you to help others achieve their goals?

PRIME Cymru's voluntary mentoring programme is a very rewarding project, which supports people aged over 50 in Wales to secure work.

The charity was founded in 2001 by HM King Charles (then HRH Prince of Wales) in response to the many letters he was receiving from the over 50s who felt left on the 'scrap heap', facing difficulties to secure work because of their age.

For over 20 years PRIME Cymru has worked with older jobseekers across the country. Their team of Volunteer Mentors play a huge part in supporting their clients.

For just a few hours each month, Mentors offer their own knowledge and experience to help others get a job or set up a new business.

If you have a background in employment support or experience starting a business, why not share your wisdom so they don't have to make the same mistakes you did in those crucial early days?

All mentors receive free training, accredited by the Institute of Enterprise and Entrepreneurs.

If you think you have the right experience to support PRIME Cymru's clients, please get in touch on **01550 721813** or email enquiries@primecymru.co.uk.



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Volunteer for Cwm Taf Morgannwg University Health Board

The Health Board recognises the amazing role our volunteers play, who, unpaid and of their own free will, give their time, energy to make a unique and valuable contribution to improve the experience for patients, visitors, carers and compliment the work of our staff.

If you have a few hours to spare and interested in volunteering, why not get in touch and have a chat to find out about some of the fantastic roles available!

Tel **01656 753783**

Email CTUHB_Volunteering@wales.nhs.uk



VOUNTEER
Cwm Taf Morgannwg

GWIRFODOLI
Cwm Taf Morgannwg

VAMT BOARD OF TRUSTEES

We are pleased to confirm that at our Board Meeting on 21st October, Michael Ronan was elected as Chair and Anne Roberts was re-elected as Vice Chair. Michael was also re-elected as Treasurer and is able to conduct a dual role, which is permissible in line with our governing documents.

At the same meeting the Chair gave a warm welcome to new Trustees: Howard Jackson who was elected via our membership nomination process, and Jeff Evans who has been appointed by the Board.

Howard has over 30 years extensive experience and involvement in the community and voluntary sector and is Trust Manager at Taff Bargoed Development Trust, where he has also held a variety of roles. He is passionate about supporting the sector to thrive and is involved in a range of Partnership Boards. He has undertaken many sporting challenges over the years, including climbing Mount Kilimanjaro, in order to raise funds for charities such as Cancer Aid Merthyr Tydfil, The Children's Hospital of Wales and Alzheimer's Society.



Howard Jackson

Jeff had a career spanning many years in the health service, with roles including school nurse of children with additional needs from 3-19 years; keyworking with vulnerable children/families as part of the then new MIA Project; and also lecturing students pre/post registration nursing courses at USW. Jeff has also been a Watch Manager in the retained development service as part of South Wales Fire & Rescue Service, managing teams of firefighters and ensuring 24/7 cover. He is now retired, and with his wife, enjoys being part of the Tenovus choir.



Jeff Evans

In joining the Board Jeff said *"I feel excited to be part of such a fantastic charity that supports the public and organisations in my local area"*.

As November 4th-11th celebrates Trustees' Week, we would like to take this opportunity to give thanks to VAMT Trustees, both new and longer serving. As volunteers they give their time freely and we are incredibly grateful for their support.

Community Rail Partnership

Verity Lewis, Community Rail Officer at VAMT is supporting the development of a new Community Rail Partnership and is focussing on the train routes between Treherbert, Aberdare and Merthyr and Pontypridd/Cardiff. This is what has been happening recently.

If you would like to find out more contact Verity.Lewis@vamt.net or ring 07553 147616.

Community Rail Partnership Blog

Innovate Trust Trip to Cynon Valley Organics

With Transport for Wales (TfW), I accompanied a group of adults with learning disabilities from Innovate Trust to Cynon Valley Organics. The focus of the journey was how train travel can be more accessible – the group recorded videos to help others feel more confident travelling. We also were able to see the gardens and plant cabbages – and we were very lucky to get to pet the micro pigs!



Educational Rail Safety Programme Launched in Wales

I attended the Rail Safety Launch in Wrexham, which is important for our area to highlight the dangers of the electrification of the Valleys Lines. More can be found here www.railsafefriendly.com



Bridgend Deaf Club Trip to Barry Island

We had a lovely sunny day trip with Bridgend Deaf Club to Barry Island. Trips like these are a really good way to identify and challenge the barriers that individuals face when travelling by train – some of the ladies are going to return with their grandchildren in half term now they know the route and where the lifts/ platforms are.



Llandaf Station Adoption

To brighten up the journeys of the thousands of passengers who travel through Llandaf Station each day, we helped the volunteers with emptying and replanting the planters (including cutting down two trees!).



CTM Mental Health Forum

At the Voluntary Action Centre
10am-12pm
Wednesday 4th December

To join the Forum or for more information contact sharon.jones@vamt.net

Health and Wellbeing Forum

At the Voluntary Action Centre
10am - 12pm
Wednesday 20th November

This Forum is open to third sector colleagues and aims to provide a platform for providing third sector services operating locally and regionally. It further serves to ensure engagement with the sector around strategic developments within both Merthyr Tydfil County Borough and the Cwm Taf Morgannwg Health Board area.

To join the Forum or for more information contact lesley.hodgson@vamt.net

The Children, Young People & Families Forum

At the Voluntary Action Centre
2pm - 4pm
Thursday 12th December

To join the Forum or for more information contact emily.whiteman-cranston@vamt.net

Food Prosperity Network

VAMT was approached in Autumn 2018 by Food Sense Wales to establish a network, focused on food poverty in Merthyr Tydfil, a partnership approach involving third and statutory sectors.

The Network has gone from strength to strength supporting affordable food provision such as Food Pantries and Food Banks to develop, support each other, share good practice and ensure a co-ordinated approach to supporting communities and families. This was particularly evident during the pandemic and now during the ongoing cost of living crisis.

All meetings are via Teams at 10am
The next meeting will take place on
Wednesday 5th February.

For more information on how to become part of this vibrant Network contact karen.vowles@vamt.net

Volunteer Managers' Forum

At the Voluntary Action Centre
10am - 12pm
Wednesday 15th January 2025

To join the Forum or for more information contact frances.barry@vamt.net

INFORM

VOLUNTARY
ACTION
GWEITHREDU
GWIRFODDOL

Voluntary Action Merthyr Tydfil • Gweithredu Gwirfoddol Merthyr Tudful

Welcome Diane

Diane is the new Business Support Officer at VAMT. Her role will be to provide essential and practical support to VAMT and she'll undertake a variety of finance, personnel, health and safety and general administrative tasks to keep VAMT running smoothly.



Diane Lewis, Business Support Officer

Have you registered your organisation on Infoengine?

Infoengine is the directory of third sector services in Wales. Infoengine highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.

Infoengine is provided by [Third Sector Support Wales](#), a partnership of County Voluntary Councils and Wales Council for Voluntary Action.

Join the premier directory of third sector services in Wales.

**Register
your service
now**

Simply create your organisation in infoengine and list the services you provide.

- FREE listing in our comprehensive directory
- Promote your services to a wide audience
- Attract people in your community and beyond

For more information please look at the website:- <https://en.infoengine.cymru/>

infoengine

BLOG AND BULLETIN UPDATE

Keep up to date with all the latest news via our Blog and Bulletins.

New Blog is up and running, have you subscribed yet?

Click vamt.net/en/updates/ scroll to the bottom of the page, enter your email address and click "subscribe".

If there is anything you would like to share on our Blog or in the Bulletin then please email Fran at frances.barry@vamt.net

That's all from VAMT for now. We welcome any comments on this newsletter, they can be submitted to info@vamt.net

YOU CAN BE PART OF THIS MAGAZINE TOO!

To feature in the next edition of Inform please submit your articles to frances.barry@vamt.net by Friday 24th January 2025

Voluntary Action Centre

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

Tel: 01685 353900

email: info@vamt.net

www.vamt.net

VAMT Team

Sharon Richards

Chief Officer

Laura Johnson

Business & Finance Manager

Claire Williams

Operations Manager

Frances Barry

Lead Officer – Volunteering
and Communications

Karen Vowles

Lead Officer –
Community Development

Lesley Hodgson

Lead Officer –
Health & Wellbeing

Susan Jones

Community Co-ordinator

Sharon Jones

Mental Health Service User
Involvement Officer

Emily Whiteman-Cranston

Community Resilience Officer

Ian Howell-Morgan

Community Co-ordinator

Laura Brosnan-James

Community Development
Officer – Invest Local Ynysowen
programme

Verity Lewis

Community Rail Partnership
Officer

Diane Lewis

Business Support Officer

Board Members

Anne Roberts MBE

Kayleigh Nor-Val

Michael Ronan

Nicola Mahoney

David Hughes

Howard Jackson

Jeff Evans



Cefnogi Trydydd
Sector Cymru
Third Sector
Support Wales

Registered Charity No: 1118403 • Company No: 6058360.

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.