

VOLUNTARY
ACTION
GWEITHREDU
GWIRFODDOL

VOLUNTARY ACTION
MERTHYR TYDFIL
GWEITHREDU GWIRFODDOL
MERTHYR TUDFUL



VOLUNTARY ACTION CENTRE
CANOLFAN GWEITHREDU GWIRFODDOL

annual report
2005 • 2006



Merthyr Tydfil

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communities first cymunedau yn gyntaf



Wales Council for Voluntary Action
Supporting charities, volunteers and communities
Cyngor Gweithredu Gwirfoddol Cymru
Yn cefnogi elusenau, gwirfoddolwyr a chymunedau



INVESTOR IN PEOPLE
BUDDSODDWR MEWN POBL



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Mission Statement

To provide a unique, quality service, which supports, represents and helps develop voluntary organisations and volunteering in the County Borough of Merthyr Tydfil.

Vision Statement

- To become a centre of excellence in Merthyr Tydfil for the provision of services to organisations and individuals involved with the voluntary sector and volunteering.
- To create a healthy civil society by helping to develop organisations to meet their needs, maximizing volunteering opportunities and sharing our mission with all external stakeholders.

Aims

We aim to support voluntary and community action in the county borough by:

- helping new projects
- bringing groups together
- involving groups in consultations and partnerships
- producing regular mailings
- providing training and practical help
- **offering information and advice on:**
 - funding
 - legal matters
 - volunteering
 - how your group can work effectively



Chair and Director's Report

We are particularly pleased to introduce the annual report to VAMT's ninth year of operation.

Once again the Annual Report demonstrates VAMT's involvement in a wide range of activity. Most of the statistical indicators show a continued increase in activity. In particular, there has been an enormous increase in the numbers of voluntary groups that have received significant support and an increase in the number of partnerships VAMT is involved in. There has also been a massive increase in the numbers of organisations benefiting from funding advice and almost double the amount of successful funding bids supported by VAMT. Once again there has been an increase in the number of new volunteers placed and the volunteering awards ceremony was a roaring success.

We are delighted that the Evolve project was established during the year with the aim of providing volunteer support to vulnerable people with social care needs and the Moving More Often project which will train volunteers to provide gentle exercise for older people in residential settings.



We must, of course, take the opportunity to thank the main funders of VAMT for their continued support namely the Welsh Assembly Government, Merthyr Tydfil County Borough Council, Merthyr Tydfil Local Health Board, European Regional Development Fund and ELWa. Also, thanks to Wales Council for Voluntary Action who administer several of the WAG funded schemes which VAMT benefits from.

Finally, our thanks to the staff and trustees for what has been another tremendous year of achievement.

John Meredith MBE

Chair

Ian Davy

Director

Some Facts and Figures

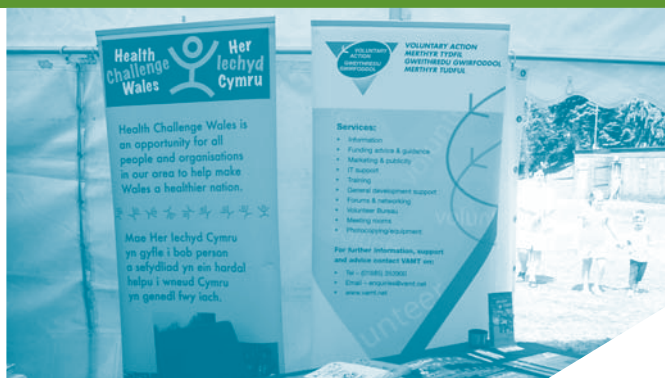
- **4%** increase in **membership** to **287** from 277
- **386** voluntary organisations on database
- **3,663** requests for **information/advice** – a **15%** increase
- **Significant development support** to **130** voluntary organisations and community groups – an enormous 60% increase
- Involved in **81** multi agency **partnerships** – an enormous **69%** increase
- Administered **3** Grant Funds and distributed **£116,359** in grants to **47** projects
- **14** **training** courses organised with 176 participants
- **323** information **mailings** to members – a huge 123% increase
- **5** **newsletters** published with a circulation of 650
- **490** **funding enquiries** – a 27% increase
- At least **£797,736** **extra funding gained for 44 organisations** – an enormous **88%** increase in funding for a 76% increase in benefiting organisations
- Bids totalling **£1,165,616** made at the year end
- **Practical services** provided on **1,000** occasions – a 37% increase
- **Meeting rooms** used on **328** occasions by external organisations – same as previous year
- **204** **new volunteers** recruited – a 9% increase
- Database of **220** **volunteering opportunities**
- **13,203** visits to the VAMT **website**



Some Achievements

- Implemented a **Forward Plan** for VAMT setting out critical success factors for 2005-2008 and operational plans for 2005/06
- Completed a major review of VAMT **human resources policies** and agreed new and amended policies
- Administered the VAMT **Capacity Building Small Grants Fund** funded by the WAG Community Facilities and Activities Programme. In the first half of the year there were two further allocations in May and September. **In total 22 groups have been successful receiving a total of £48,743.** The final allocation was distributed in January 2006. Total bids of £79,835 was received for this allocation from 27 organisations. **The panel approved 14 applications worth £29,003**
- In autumn successfully applied to the WAG Community Facilities and Activities Programme for a further **Capacity Building Small Grants Scheme** for 2006-09 worth **£345,000 over three years.** £15,000 per annum being provided by MTCBC as match funding
- Continued to jointly administer the **Voluntary Action Fund** with Merthyr Tydfil CBC. **Grants totalling £59,103** were awarded to 17 voluntary organisations. In total 50 applications had been received with a value of £184,562. A further £55,000 was committed in the year for three ongoing projects and £50,000 has been set aside as match funding for the Objective One Key Fund
- Continued to work in partnership with MTCBC and assisted in appraising **Rural Key Fund and Key Fund** applications. During this year, 12 applications were successful worth a total of £144,358. Involved in launch and promotion of Rural Key Fund in Bedlinog, Plymouth and Vaynor
- Continued to work in partnership with Merthyr Council to implement the Objective One **Key Fund** for voluntary organisations worth £500,000 over three years. In total **12 applications were successful, receiving £144,358**
- Agreed a **Wanless Grants Fund** with the Local Health Board. **Six schemes were approved totalling £37,483**
- Continued to act as the secretariat for the Merthyr Tydfil Settlement Trust, Small grants were awarded to **6 groups totalling £1,130**





- Supported Aberfan & Merthyr Vale Youth and Community Project and other members of the Community Transport Forum to establish a borough wide **Community Transport** scheme in Merthyr Tydfil
- Established “**Evolve**” a Social Inclusion Volunteering Project in partnership with Merthyr Tydfil County Borough Council. The project became operational in August 2005 following the agreement of a joint protocol and operational policies. 38 volunteers have been recruited to provide volunteer support for 69 people with social care needs
- Established the **Moving More Often** project as part of the Evolve project. 44 activity sessions have been held with frail older people in residential accommodation
- Held the very popular **Outstanding Volunteering Achievement Awards** for a third consecutive year. Organised an Awards Presentation evening during Volunteers Week which was attended by 180 people. Special guests from Valleys Radio including Karen Brown presented Outstanding Volunteering Achievement Awards to 13 recipients
- Produced a **promotional DVD** with 3G’s TV to promote volunteering amongst young people
- Helped support and organise the Community Race Relations **Multi-Cultural Evening** attended by 50 people
- Staffed **display stands** at 18 outside events to promote volunteering e.g. Aberfan Carnival, 3G’s Fun Day, Global Village, Carers Pamper events, Health Awareness events, Merthyr Council Centenary Celebrations, Aberfan Christmas Fayre
- Volunteer Bureau **outreach** sessions held weekly in Gurnos and Aberfan
- Renewed the partnership with Merthyr Council who provide funding for VAMT’s Carers Strategy Development Officer. Reviewed and updated the **Carers Strategy** Action Plan, produced a carers newsletter, developed a dementia group and commenced a project to review respite care services
- Led the organisation of a regional conference on **volunteering in health and social care** held in Cardiff
- **Facilitated the involvement of mental health service users in:**
 - Wholesale **remodelling of mental health services** (with Sainsbury Centre for Mental Health)
 - **Drawing up Service Specifications for new services**, particularly Crisis Resolution Home Treatment Team and Assertive Outreach
 - Creating a **User & Carer Involvement Policy** for Merthyr Tydfil Community Mental Health Team
 - Supporting the introduction of the **Care Programme Approach** throughout Merthyr Mental Health Services
 - Training mental health service users in **Self Management Training**
 - Training mental health service users in **Recruitment Skills** and 9 new users have been added to a recruitment pool for shortlisting and interviewing whenever a mental health post is recruited
- In **Trefechan the Communities First Team** have supported the establishment of a cinema project, compiled and distributed a quarterly newsletter to all households, a new mini pitch, an early years project, IT project, youth project and assisted in the expansion of the existing community building



- Established the **Community First Partnership Chairs Forum** and serviced 4 meetings. Also serviced 2 meetings of the **Partnership Support Network** and 2 meetings of the **Development Officers Forum**
- Supported the **Community First Partnerships**
- **Supported local health and well being initiatives by:**
 - Supporting the local Diabetes Peer Support Project in rolling out the programme throughout the County Borough
 - Supporting Stay Young at Heart in reaching older people in the Bedlinog, Treharris and Trelewis areas, via a “Come and Be Pampered Day”
 - Supporting the Healthy Living Centre Steering Committee
 - Supporting the development of a Health & Families Group in Bedlinog involving parents whose families have been effected by substance misuse
- **Represented the voluntary sector on 81 partnerships including:**
 - Community Strategy Partnership
 - Health, Social Care and Well Being Strategic Partnership
 - Health, Social Care and Well Being Strategic Planning Team
 - Children and Young Peoples Framework Partnership
 - Children’s Partnership
 - Young Peoples Partnership
 - Area Child Protection Committee
 - Merthyr Tydfil Active Living Forum
 - Disability Partnership
 - Community Safety Partnership
 - Older Persons Steering Committee
 - Unified Assessment Steering Group
 - Town Centre Partnership
 - Objective One Partnership Board
 - Merthyr Learns Steering Group
- Merthyr Learns Arts Culture and Media Sub Group
- Other Merthyr Learns Sub Groups
- Community Learning in Partnership
- Social Economy Network
- Community Legal Partnership
- Multi Agency Diversity Forum
- Migrant Workers Forum
- Social Care Workforce Development Partnership
- Community Focussed Schools
- Communities First Support Network
- Heads of the Valleys Programme Board
- **Voluntary Sector Forums - continued to convene and service the:**
 - Voluntary Sector Forum
 - Community Transport Forum
 - Health & Social Care Forum
 - Children and Young Peoples Voluntary Organisations Forum
 - In total - 25 meetings attended by 439 participants
- **Multi Agency Forums - continued to convene and service the:**
 - Carers Strategy Network
 - Arts Forum
- **Supported 81 voluntary organisations including:**
 - Funding advice
 - 73 bids supported for 48 organisations
 - 56 bids successful for 44 organisations
 - 6 bids pending for 6 organisations
 - 10 bids rejected for 9 organisations
 - Total bids of £1,165,616 made
 - £797,436 approved
 - £244,350 pending
 - 10 business plans / action plans produced
 - Marketing support to 19 organisations
 - 13 fundraising strategies produced
 - IT support to 23 organisations

Executive Committee 2005/2006

John Meredith MBE (Chair)
Eric Leslie (Vice Chair)
Brian Lewis (Treasurer)
Dr Arthur Jones
Susan Cousins

Yvonne Wood
Glyn Bowen
David Guard
Lionel Edwards
Christine Bissex (co-opted)

Staff Members 2005/2006

Alison Harris	Partnership Development Officer	Laura Harvey	Marketing Officer (from December 2004)
Alyson King	Communities First Coordinator Trefechan	Laura Johnson	Receptionist (from September 2005)
Carol Hindley	Administration and Finance Manager	Lawrence Davies	Mental Health Development Officer*
Elaine James	Evolve Project Support Officer/Development Support Officer	Leanne Payne	Cleaner/Caretaker, Trefechan
Frances Barry	Admin & Finance Officer/Development Support Officer	Liz Cuesta	Receptionist (until June 2005)
Greg Paulsen	Communities First Capacity Building Officer (from December 2004)	Louise Saunders	Administration Asst – Trefechan Communities First
Helen Abberley	Communities First Project Officer Trefechan	Matt Deards	ICT Officer
Hilary Edwards	Development and Training Coordinator	Neil Greer	Caretaker/Cleaner
Ian Davy	Director	Nicola Park	Evolve Project Coordinator
Joanna Markham	Development Officer Funding Advice	Nigel Lewis	Volunteer Bureau Manager (until August 2005)
Jonathan Childs	Admin/Resource Worker (until June 2005)	Polly Kitzinger	Mental Health User Involvement Officer*
Karen Foley	Volunteering Officer	Sharon Richards	Health and Social Care Facilitator (from July 2005)
Karyn Morris	Communities First Capacity Building Officer (from December 2004)	Sonia Lloyd Williams	Carers Strategy Development Officer (from May 2005)
		Wendy Richards	Volunteering Officer
		Louise Mochan	Cleaner, Treharris

* Joint posts with Interlink (RCT)

Full Members

3G's Development Trust
 7th Merthyr Scouts (Pant)
 Aberfan & Merthyr Vale Darby & Joan Club
 Aberfan and Merthyr Vale Community Co-op
 Aberfan and Merthyr Vale Youth and Community Project
 Aberfan Sub Aqua Club
 Access Group, County Borough of Merthyr Tydfil
 Accessible Caring Transport
 Adref Ltd
 Age Concern Merthyr Tydfil
 Age Concern Morgannwg
 Alzheimers Society (Merthyr Tydfil Branch)
 Angling Association, Merthyr Tydfil
 Arthritis Care Merthyr and District Branch
 Association of the Disabled Transport Group - Merthyr Tydfil
 Badger Set, Merthyr Tydfil
 Barnardos Merthyr Tydfil
 Bedlinog After School Club
 Bedlinog and Trelewis Partnership Board
 Bedlinog Angling Association
 Bedlinog Ladies Bowls Club
 Bedlinog Parent & Teacher Association
 BIBIC Cymru
 British Heart Foundation - Merthyr Tydfil Branch
 Busy Bee Family Centre, NSPCC
 Buttercup Playgroup
 Calfaria Baptist Church
 Cancer Aid
 Canolfan a Menter Gymraeg Merthyr Tydfil
 Care and Repair Merthyr Tydfil
 Carers Merthyr Tydfil
 Castle Park Residents Association
 Cefn Coed Community Centre
 Chapel Tabernacle
 Childrens Rights Project (Tros Gynnal)
 Churches Council, Merthyr Vale and Aberfan
 Citizens Advice Bureau Merthyr Tydfil
 Clwb Pel Droed Beddilynog
 Community Active Travel Services
 Concorde's Childrens Jazz Band Merthyr
 Contact Centre, Merthyr Tydfil
 Contact the Elderly Wales
 Coro Val Ceno Italian Choir
 Coventry Playground Action Group
 Creative Vision
 Crescent and Taff Streets Community Association
 Crime Concern (Merthyr Tydfil Y I P)
 Crossroads, Merthyr Tydfil
 Crusaders Troedyrhiw
 Cylch Meithrin Aberfan
 Cylch Meithrin Cefn Coed
 Cylch Meithrin Merthyr
 Cylch Meithrin Treharris
 Cylch Meithrin Twyncarmel
 Cylch Ti a Fi Trelewis
 Cytun/Churches Together in Merthyr Tydfil
 Diabetes UK Merthyr Tydfil Support Group
 Dic Penderyn Society
 Dowlais and District Chrysanthemum Society
 Dowlais Community Day Group
 Dowlais Community Development Forum
 Dowlais Flats Tenants Group
 Dowlais Male Choir
 Dowlais Mini & Junior RFC
 Dowlais Mother and Toddler Group
 Dowlais Rugby Football Club
 Down's Syndrome Association
 Drive
 Drugaid

Edwardsville Youth and Community Project
 Elm Pentecostal Church
 Elite Supported Employment Agency Ltd
 Enoch Morrell Residents Association
 Family Support Group
 FC Gurnos Social Club
 Friends of Frederick House
 Friends of Troedyrhiw Infants School
 Galon Uchaf OAP Club
 Galon Uchaf Residents Board
 Gellideg Foundation Group
 Gellideg Golden Age
 Georgetown Boys and Girls Club
 Gofal Housing Trust
 Going for Green Group
 Groundwork Merthyr and RCT
 Guest Memorial Bowls Club
 Guestkeen
 Gurnos After School Play
 Gurnos Community Ceramic Workshop
 Gurnos Senior Citizens
 Hafal (ex NSF) Merthyr
 Heartbeat "95"
 Heritage Trust, Merthyr Tydfil
 High Street Baptist Church
 Hills Plymouth Cricket Club
 Historical Society, Merthyr Tydfil
 Homestart Merthyr Tydfil
 Hoover Amateur Radio Society
 Hoover Ladies Bowls Club
 Hope and Market Square United Church
 Housing Association, Merthyr Tydfil
 Housing Association, Wales & West
 In Contact Cymru
 Institute for the Blind, Merthyr Tydfil
 Ivor Congregational Church
 Jerusalem English Baptist Church
 Ladies in Action
 Law yn Llwg
 Macmillan Cancer Relief
 Manic Depression Fellowship Cynon/
 Merthyr - Pendulum Group
 MENCAP Merthyr Tydfil
 Mendicants, Merthyr Tydfil
 Mens Fellowship St Davids
 Merthyr & The Valleys MIND
 Merthyr Animal Welfare
 Merthyr Eyelights
 Merthyr Tydfil and District Model
 Engineering Society
 Merthyr Tydfil Art Society
 Merthyr Tydfil Association of School
 Governors
 Merthyr Tydfil Borough Credit Union Ltd
 Merthyr Tydfil Christ Church
 Merthyr Tydfil Federation Of Community
 Organisations
 Merthyr Tydfil Federation of leisure
 gardeners
 Merthyr Tydfil Swimming Club
 Merthyr Tydfil USA
 Mother & Toddler Group Bedlinog
 Mother & Toddler Group Treharris
 Mother & Toddlers Playgroup Cefn Coed
 Mount View Residents Association
 Mudiad Ysgolion Meithrin
 Multiple Sclerosis Society
 Museum and Heritage Group Merthyr Tydfil
 Naturalists Society, Merthyr Tydfil & District
 Neighbourhood Watch Association Merthyr
 Tydfil
 New Gurnos Residents Board
 New Horizons
 New Pathways - Rape and Sexual Abuse
 Support Service
 NSPCC Committee Merthyr & District
 Nursery Rhyme Playgroup
 OAP Association, Pentrebach & Abercanaid
 OAP Welfare Committee, Dowlais
 Old Age Club, Heolgerrig
 Old Age Club, Penydarren
 Old Gurnos Tenants and Residents

Association
 Old Peoples Welfare Committee Borough
 of Merthyr Tydfil
 Pant and Dowlais Boys and Girls Club
 Pant Community Group
 Parent Carers United
 Parents Forum Merthyr Tydfil
 Parish of Dowlais
 Parkinsons Disease Society (Merthyr and
 Cynon Valley Branch)
 Penydarren Boys & Girls Club
 Penywyn Community Association
 People First
 People Together
 PHAB Merthyr Tydfil
 Plas Derwen Residents Association
 Play Forum Merthyr Tydfil
 Pontsticill Junior & Youth Club
 Pre-School Playgroups Association (Wales)
 Procure Merthyr Tydfil
 Quakers Yard Community Association
 Quakers Yard Environmental Watch Group
 Radio Firebird
 Ramblers Association Merthyr Valley
 Rathbone
 Rhydycar Bowls Association
 Rhydycar Tennis Club
 Rhydycar West Regeneration Partnership
 RNLI Merthyr Branch
 Safer Merthyr Tydfil
 Salvation Army
 Salvation Army, Treharris
 Sanctuary Counselling and Training
 Sandbrook Support Group
 Scouts - Merthyr District
 Senior Citizens Club, St Illyds
 Senior Citizens Club, Walk and Quar
 Senior Citizens, Bedlinog
 Shelter Cymru
 Soroptomists International
 SS Peter & Paul Church
 SSAFA Forces Help Merthyr Tydfil Division
 St Davids Church
 St John Ambulance
 St John Ambulance Bedlinog
 St John Ambulance Brigade Dowlais
 St John Ambulance Merthyr Tydfil Division
 St John Ambulance Treharris
 St John Ambulance Youth
 St John Council Merthyr Tydfil
 St Margarets Spiritualist Church
 St Mary and the Holy Innocents Church
 St Mary's School Pre-School Playgroup
 Stay Young at Heart
 Stroke Association - Dysphasia Support/
 Young Stroke Group
 Sunday School Tabernacle
 Sunny Days Playgroup
 Taff Bargoed Angling Association
 Taff Bargoed Development Trust
 Taff Valley Riding Club
 Talking Newspaper Association Merthyr
 Tydfil
 Tarian (Merthyr Womens Aid)
 THEO's (Troedyrhiw Infant Breakfast Club)
 Thursday Club
 Town Ward Welfare Committee
 Trefechan & Cefn Gardeners Association
 Trefechan Community Association
 Trefechan Parthnership Board
 Treharris Afterschool Playscheme
 Treharris and District Crime Awareness
 Assoc
 Treharris Athletic
 Treharris Boys and Girls Club
 Treharris Communities First
 Treharris Mini & Junior Rugby Club
 Treharris Regeneration Association
 Trelewis OAP Welfare Committee
 Trelewis Playgroup
 Trelewis Welfare AFC
 Trinity Chapel Trelewis

Troedyrhiw After School Klub
 Troedyrhiw Boys and Girls Club
 Troedyrhiw Communities First
 Troedyrhiw Football Club
 Twyncarmel Tenants and Residents
 Association
 Tydfil Training Consortium
 Valleys Race Equality Council
 Vaynor Community Forum
 Victim Support Scheme
 Wales & West Housing Association
 Wales and West Housing Association
 Merthyr Office
 WEA
 Wesley Methodist Church, Dowlais
 Weston Spirit
 Wildcats
 Womens Social Club, Troedyrhiw
 Woodlands Avenue Community Assoc
 Ynysfach Pensioners Group
 Ynysowen Carnival Committee
 Ynysowen Community Regeneration
 Partnership Board
 Ynysowen Male Choir
 Ynysowen RFC
 Zoar Ynysgau Chapel

Associate Members

Age Concern Cymru
 All Wales Forum
 Alzheimers Society
 Barnardos
 British Red Cross Glam
 Cadarn Architecture
 Carers Wales
 Central Beacons Mountain Rescue Team
 Children in Wales - Plant Yng Nghymru
 Clybiau Plant Cymru, Kids Clubs Wales
 Community Enterprise Wales
 Community Foundation in Wales
 Community Music Wales
 Contact a Family
 Cruse Bereavement Care merthyr
 Tydfil/RCT
 CSV
 Diabetes UK Cymru
 Eating Disorders Wales
 FPA Cymru
 Gingerbread (Wales)
 Glamorgan Industrial Mission
 Glamorgan ME Support Group
 Guide Association
 Hafod Housing Association
 Make a Wish Foundation UK
 MENCAP Cymru
 Merched Y Wawr
 Mid Glamorgan Area Scout Council
 Music in Hospitals, The Council for
 National Childminding Association
 National Kidney Research Fund in Wales
 NCH Action for Children Wales
 Newlink Wales
 Prince's Trust Cymru
 Red Poets Society
 Royal National Institute for Deaf People
 (RNID)
 RSPCA, Glamorgan (North East) Branch
 SCOVO
 Shopmobility
 SNAP (Special Needs Advisory Project)
 Travel Freedom
 Valleys Kids
 Wales Council for the Blind
 Wildlife Trust of South and West Wales
 Womens Royal Voluntary Service