

# INFORM



March 2018

Voluntary Action Merthyr Tydfil • *Gweithredu Gwirfoddol Merthyr Tudful*

## Communities First – End of an Era



The original Communities First Programme was launched in 2001 as the flagship Welsh Government Programme to tackle poverty in the most disadvantaged areas in Wales. It moved to a larger Cluster-based model in 2012, which VAMT took over the management of the Programme in the South Cluster.

The Programme finally draws to an end on 31 March 2018.

### Some Highlights of the South Cluster Programme

The introduction of the **Save the Children funded FAST programme** to the clusters primary schools was a major success. It brought parents, children, teachers and the wider community together, to make sure young children get the support they need to fulfil their potential at school.

**Community Career Clubs** ran throughout the Cluster area supporting community members to write effective CV's, use Universal Job Match, meet the conditions of Job Seekers Allowance and complete job applications. Training courses in Construction Skills Certification Scheme and Personal Track Safety enabled participants to gain employment in the construction and rail.

**Homework clubs ran each week at Afon Taf High School** from the start of the academic year. As a result of these clubs the GCSE attainment levels in 2016 in GCSE Level 2 results in inclusive A\* to C grades including Maths and English show a 90% pass rate.



In 2017 '**Induction to Construction**' course was run as a partnership project between Communities First, Merthyr Housing Association who were building 23 houses, Keepmoat Construction and Communities for Work. The



two week programme was designed to support 12 local unemployed people to gain the skills, experience and qualifications needed to start a career in the construction industry.



**Thank you to all the staff for their contribution to our organisation and local communities over the years. We wish them all the very best for the future.**

**Welcome** to the March 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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## 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	
Maria Thomas	
Mark Ward	
Huw Williams	

## 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.***

## Merthyr Tydfil Voluntary Action Centre

89-90 Pontmorlais, High Street, Merthyr Tydfil CF47 8UH  
Tel: 01685 353900 • Fax: 01685 353909  
email: enquiries@vamt.net

### Office Staff

**Ian Davy** Chief Officer

**Hilary Edwards** Deputy Chief Officer

**Carol Hindley** Admin & Finance Manager

**Laura Johnson** Admin & Finance Officer

**Sharon Richards** Health & Social Care Facilitator/ICF Project Manager

**Alison Harris** Third Sector Officer

**Elaine James** Community Co-ordinator Merthyr Tydfil

**Deanne Rebane** Community Co-ordinator Cwm Taf Primary Care

**Rhonda Braithwaite** One Voice Project Officer

**Karen Foley** Volunteering Officer

**Frances Barry** Youth Volunteering Advisor / Volunteering Officer

**Lisa Toghil** Digital Support Officer (Cwm Taf Rural Wards)

**Susan Broad** Clerical Assistant

## Communities First South Cluster

Communities First Office, Tram Road,  
Rear of Wesley Place, Merthyr Vale,  
Merthyr Tydfil CF48 4RS  
Telephone 01443 690178

**Ken Long** South Cluster Manager

**Claire Williams** Learning Communities Lead Officer

**Rachel Thomas** Healthier Communities Lead Officer

**Kendra Tarplee** Primary Family Support Officer

**Bethan Evans** Family Liaison Key Worker

**Maria Roberts** Administrative Officer

## 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  
@merthyr carers  
@merthyrMAGNET  
@onevoicemt  
@c1stsouth





# Getting Healthy the Woodland Way!

Actif Woods Wales  
Coed Actif Cymru  
*Ffynon heaf by the woodland way  
Ffynon goethig o gade'n fact*

Actif Woods is a project working to improve the health and wellbeing of people in Wales, by harnessing the power of one of our most precious resources - Trees!



**Merthyr Tydfil County Borough has its fair share of beautiful woodlands, and Actif woods has a mission to connect people with these sites, to promote their use as a resource for leisure and enjoyment, and to boost health and happiness by bringing people together to have fun in the outdoors.**

Actif Woods Wales is currently offering a variety of activities in Merthyr Tydfil, thanks to funding from the Wales Council for Voluntary Action, Natural Resources Wales, and the Rural Development Fund.

Community events are being held across the borough, at sites in Vaynor, Bedlinog, Merthyr Vale and Cyfarthfa Wards, and every Saturday a Mindfulness walk takes place in Cyfarthfa Park.

This March an exciting new project kicks off, offering 12-week woodland activity programs throughout the year. Over the course of each 12 week program local people will be introduced to a variety of woodland sites, and get the chance to try out an interesting menu of activities such as green woodwork, wild food foraging, campfire cooking, bird watching, willow work, charcoal making, and lots more...



**Actif Woods Wales  
Coed Actif Cymru**  
*Wales Council for Voluntary Action  
Ffynon heaf o gade'n fact*

**Coed Lleol  
SMALL WOODS**

## Woodland Activities

**Get Healthy the Woodland Way!**

At free weekly sessions in beautiful woodland locations around Merthyr Tydfil.

- Walking Groups -
- Green Woodwork -
- Willow Weaving -
- Foraging -
- Mindfulness -
- Campfire Cooking -
- Bird Watching -
- Charcoal Making -
- And lots more....

Contact Carys Solman on 07387 738607  
[ActifWoodsMerthyr@smallwoods.org.uk](mailto:ActifWoodsMerthyr@smallwoods.org.uk)

Whatever your age, location, ability, or fitness level, Actif Woods will have something to offer you.

Get in touch with the local Woodland Mentor **Carys Solman** on **07387 738 607** or **ActifWoodsMerthyr@smallwoods.org.uk** and do something positive for your wellbeing this year!





### **Barnardo's Cymru – Families of Veterans Support Service – Advocacy Support**

Volunteers are required to support children, young people and/or adult family members to have their voice heard at their Family Group Conference (FGC). Volunteers will meet the service user on at least two occasions prior to the FGC:

- To help them think about what they would like to say at the FGC.
- Support the service user to share their views at the FGC in whichever way is required by the service user.
- Attend and support the service user during the FGC to ensure that their view, wishes and thoughts are taken into consideration.

Volunteers need to be 18 years+, have good communication skills and be able to relate to children and young people.

### **Dwylo Bach Pre-School**

Are seeking Trustees/Committee Members. Volunteers will need to be reliable, friendly, honest and pro-active. Previous experience in HR, fundraising, accounts, legal, campaigning and media would be useful but not essential.



**For information on these and many other vacancies call:**

**Karen Foley on 01685 353913  
karen.foley@vamt.net  
or Frances Barry on 01685 353901  
frances.barry@vamt.net  
or visit [www.volunteering-wales.org.uk](http://www.volunteering-wales.org.uk)**



### **Glamorgan County Cricket Club**

**have a variety of volunteer roles at the SSE Swalec Stadium in Cardiff, supporting International and NatWest T20 Blast fixtures, together with other various community projects which are run on a regular basis.**

They aim to provide a first class customer service and welcome programme to spectators during the NatWest T20 Blast home fixtures and One Day and T20 International fixtures planned for the summer.

#### **Opportunities include:**

**Junior Coaching Support Volunteers** - for this role volunteers will need to have a minimum of a Level 1 Cricket Coaching certificate. A DBS check will also be carried out.

**Event and Sponsors Activation Volunteers** to support Glamorgan Cricket in the delivery of the planned on-field activities and crowd entertainment in and around the venues. An interest in cricket/sport and photography would be of benefit to these roles and on the job training will be provided by the Media and Marketing department.

**Media Volunteers** will support the Broadcast, Commercial and Media Operations. Involvement will include setting up press conferences and supporting the written press / photographers with relevant information throughout practice sessions and match days. Volunteers with an interest in Journalism and Media will be good in this area.

**Spectator Services Volunteers** will be meeting and greeting spectators at the stadium, major travel hotspots (off site), high footfall areas, routes leading to the venue, whilst ensuring spectators have a warm Welsh welcome. We welcome volunteers with great communication & customer service skills, together with enthusiasm.



## Drink Wise, Age Well Peer Educators

**Over-50 with time to give to your community?**

### Become a Peer Educator!

Drink Wise, Age Well Wales has opportunities for volunteers to train to become Peer Educators based on their interests and experience. Our Peer Educators lead creative groups, provide support on a one-to-one basis and help to organise and run community events. They also raise awareness of our service by speaking at events, and improve our service by suggesting improvements. At Drink Wise, Age Well Wales we ensure Peer Educators have exciting challenging work that makes the very best of their skills.

Peer Educators may or may not have experienced issues with alcohol but, through training, become knowledgeable about risks posed by alcohol. They are willing to give their time, compassion and expertise to support others who may be struggling or concerned about their alcohol consumption. Our Peer Educators do an amazing job of putting service-users at ease, answering questions or concerns they may have and outlining healthy future options.

Peer Educators can enhance their prospects of gaining employment, especially in the 'caring industries', and can present their portfolio as part of any future job application. After 2020, Peer Educators will form the mainstay of our legacy, taking things forwards by maintaining contacts with service-users, disseminating the Drink Wise, Age Well message and perhaps establishing their own local organisations.

If you have time to give, we would like to hear from you. You don't need any qualifications or specific skills – we'll provide all the training and support you need to feel comfortable in your new role. Get in touch today!

**Advice line: 0800 161 5780**

**Facebook: DrinkWiseAgeWellCwmTaf**

**Email: wales@drinkwiseagewell.org.uk**

Yfed  
Doeth  
Heneiddio'n  
Dda



**HIGH STREET BAPTIST CHURCH**

### Mother's Day Celebration Tea

Join us in celebration of Mother's Day as we host a special Afternoon Tea party for mothers, grandmothers and their families:

*With live musical accompaniment*

**Saturday 10th March 2018**  
2pm – 4pm

Church Hall  
High Street Baptist Church

**£8 per person**  
\*Please indicate any special/ dietary requirements when purchasing your ticket(s)\*

Tickets available from all church members,  
David Brill on 07904 594850  
and David Powell on 07949 734556  
(Evenings and Weekends)

High Street Baptist Church, High Street, Merthyr Tydfil CF47 8DN  
07949 734556 powell102@hotmail.com

### Does your group or organisation work with people 50+ and want support to help engage with Primary Care and health service users?

If so, then please contact Deanne Rebane, your Community Coordinator for Health. Deanne can support you to help make connections with Health Practitioners and their patients by:-

- Circulating information about your activities and services to the relevant contact, including getting information onto screens in GP Practices
- Brokering in groups and organisations to patient sessions at GP Practices
- Brokering in groups and organisations to foyer space at local hospitals
- Using a targeted approach to suit your organisations needs
- Highlighting and promoting services to Primary Care Cluster members

#### Some recent feedback from local organisations -

*"We spoke with people of different age groups and signposted them to courses starting in the area"*  
Valleys Steps

*"This has been a fantastic opportunity for us as an organisation as it allowed us to target hard to reach clients who would not normally come through our services"* Care & Repair Cwm Taf

*"We were able to promote our services, and get possible leads for volunteers"*  
Drink Wise Age Well

Please contact Deanne on **07580 869983** or email **Deanne.rebane@vamt.net** for a discussion on how we can best support you.



CRUSE MERTHYR TYDFIL/R.C.T AREA  
IS RECRUITING VOLUNTEERS  
TO WORK WITH THE BEREAVED



### THE AWARENESS IN BEREAVEMENT CARE FOUNDATION TRAINING COURSE

COMMENCES 27 MARCH 2018 AT  
THE ROYAL GLAMORGAN HOSPITAL

For further details & an application please contact:

Sally Ann Evans, Area Co-ordinator

At Cruse Merthyr Tydfil/R.C.T, 3 Canon Street, Aberdare, CF44 7AT

Tel: 01685 876020 • Email: merthyr.rct@cruse.org.uk

Alternatively contact Elizabeth on 07986 117 716



**HELPLINE: 0808 167 1677**  
**www.cruse.org.uk**



age connects  
morgannwg.

## Congratulations to Age Connects Morgannwg

Age Connects Morgannwg was recently awarded as a runner-up for the most Class Networks award for the most admired organisation - for organisations most respected for their inspirational work and the causes they represent at WCVA's Third Sector Awards ceremony.

Operating throughout Rhondda Cynon Taf, Bridgend and Merthyr Tydfil, Pontypridd-based Age Connects Morgannwg runs services including information and advice, community outreach, support at home, nail cutting - and armchair yoga and dancing.

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'There is nothing that they cannot help you with - their staff are always kind and helpful and nothing is too much trouble for them,' said Rhondda 50+ Forum Secretary Lynda Corre.

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'Age Connects Morgannwg is an organisation that you can feel completely safe with - you know that they are looking after your interests at all times. Whatever problem you have they are there for you, they ensure that those who are most vulnerable and at risk are kept safe.

'They also encourage older people to get involved in speaking up for what they want and influence change. I cannot think of any other organisation that goes that extra mile to ensure the lives of older people are made better in every way.'



RCT Older Persons' Advisory Group Chair Angela Tritschler said Age Connects provided a hospital discharge service which was invaluable to people returning home, helping with shopping, building up people's confidence and also helping with possible depression which can often occur after periods in hospital.

'In this time of austerity, ACM stands out as a beacon of light and hope to many older people in these valleys,' she added.





### “Painting the Town Red”

This year sees the return of the Merthyr Rising Festival, a celebration of our rich history, passion and working class roots.

Now in its 5th year and with over 2000 tickets sold last year what started out as a small local festival is quickly becoming national, attracting people from all over the country.

The increased tourism and positive spotlight the festival brings not only contributes hugely to our local businesses, particularly small local business in our struggling town centre but also provides us with an opportunity to showcase our wonderful town and what we have to offer.

The festival is unique in that it not only has an impressive list of headliners but combines this with a cultural festival that encompasses art displays, theatre shows, historical talks and tours and of course a wide range of political and topical talks and debates.

The Festival continues to go from strength to strength and gets bigger each year, with this in mind we are reaching out to locals to support us in a show of solidarity to the many visitors the festival attracts from outside of Merthyr.



We are asking for any Third sector organisations to support us by making as many red flags as possible and displaying them in cars, windows, front gardens and anywhere else they can think of. In return we shall make sure your organisation gets a mention in our promotional literature and we will display all organisations taking part on our display board in the red house over the weekend of the festival.

If you would like to take part please contact **Tanya Skinner** on **07961784822** or email **tantish23@gmail.com**

(Merthyr rising will run from Thursday 24th May to Sunday the 27th May, for more information visit **merthyrising.co.uk**)

...we are asking for any Third sector organisations to support us by making as many red flags as possible...





## Charitable company conversion to charitable incorporated organisation (CIO)



**Five years after the new charitable incorporated organisation (CIO) structure became available for unincorporated charities in England and Wales, it is finally also available for charitable companies.**

CIOs have all the advantages of incorporation, in particular protection from personal liability, in most situations, for trustees and members. But unlike charitable companies, which have to register with both Companies House and the Charity Commission, CIOs are registered only with the Charity Commission. And unlike charitable companies which have to comply with both charity and company law, CIOs only have to comply with general charity law, the provisions of charity law which apply specifically to CIOs, and a very few specific company provisions which also apply to CIOs. These include the company law rules on publication of name and legal status, and new rules, which came into effect on 1 January 2018, on use of certain words in CIO names.

### The conversion process

Charitable companies and CIOs are both incorporated, so the process of changing from one to the other is relatively straightforward, involving passing the relevant resolutions, agreeing the CIO constitution, ensuring the rules on use of certain words in CIO names are met, and making an online application to the Commission for conversion. The CIO will be able to keep the same charity number that the charitable company had, and probably also the same bank accounts. Assets, contracts etc do not have to be transferred from the company to the CIO, as they do when an unincorporated charity incorporates as a CIO or charitable company. The procedures are set out in the Charity Commission's "Change your charity's structure" and summary of legislative changes affecting CIOs.

Because of the Charity Commission's limited resources, there is a phased implementation timetable for charitable companies wishing to convert to CIO, starting with the smallest (with annual income under £12,500) on 1 January 2018 and progressing to charitable companies with annual income over £500,000 on 1 August 2018. The Commission recommends using its model CIO constitutions (foundation model where the CIO's members and trustees will always be the same people; association

model where there will or may be a membership wider than the trustees). Even when using a Commission model, prior consent from the Charity Commission is needed if there are to be any changes to the company's objects, trustee benefit provisions or dissolution clause. There may also be provisions in the company's articles of association or other agreements that require consent from the Commission or an external body for some changes, and/or company law rules may need to be followed for some changes affecting the rights of members and constitutional provisions.

### Community interest company (CIC) conversion to CIO

Community interest companies (CICs) are by definition not charities, even if their objects are legally charitable. CICs with charitable objects which have realised they are losing out on the advantages enjoyed by charities (such as not having to pay corporation tax on profits, and getting rate relief on property rates) have in the past been able to convert to charitable companies. The Charity Commission is now drawing up procedures for CICs with charitable objects to convert to CIOs. These are expected to come into effect from 1 September 2018,

### Resources

#### Charity Commission guidance

- The Charity Commission's CC22a "Charity types: how to choose a structure" for charities setting up from scratch as well as existing charities that are considering changing from unincorporated to incorporated or from one form of incorporated to another, at <https://www.gov.uk/guidance/charity-types-how-to-choose-a-structure>.
- The Commission's "Change your charity's structure", for more detailed guidance for existing charities, including a checklist, the steps to go through, the application procedure and the rules on CIO names, at <https://www.gov.uk/guidance/change-your-charity-structure>.
- A summary of the legislative changes affecting CIOs, at <https://www.gov.uk/guidance/legislative-changes-affecting-the-charitable-incorporated-organisation-cio>.
- Deciding whether to convert from charitable company to CIO. A detailed comparison of charitable company v. CIO: [www.sandy-a.co.uk/legalstatus.htm#cio-yes-or-no](http://www.sandy-a.co.uk/legalstatus.htm#cio-yes-or-no).

## Important Changes to Data Protection from May 2018

On the 25 May 2018, the Data Protection Act 1998 will be replaced by the General Data Protection Regulations (GDPR).



### The general data protection principles will remain the same:

#### Data must be:

- Processed fairly and lawfully (processing meets conditions of consent, legitimate interest etc)
- Obtained for specific and lawful purposes
- Adequate, relevant and not excessive for purpose
- Accurate and up to date
- Not kept for longer than necessary
- Processed in accordance with the rights of data subjects, including the right to object to direct marketing, right to erasure, right to portability
- Held securely, protected against loss, damage etc.

### What will change?

New rights for individuals will be introduced, including:

- Right to withdraw consent
- Consent must be explicit and freely given
- Implied consent is not sufficient
- Right to data portability (where the Data Subject has signed up to online services they can have the data transferred directly to another provider)
- Right to erasure ("right to be forgotten")
- The right to be informed will increase, ie, individuals must be notified of how their data is processed in the form of a privacy notice
- If an individual requests their personal information, this must be supplied within one month.

### A new compliance regime:

- Fines of up to £17million
- Notify the Information Commissioner's Office (ICO) of breaches within 72 hours in certain circumstances. If the breach is likely to result in a high risk to people's rights and freedoms you must also notify the individuals affected.



GDPR is particularly concerned to protect children on line, and children's rights will be given special attention such as ensuring that privacy notices aimed at children are easy for them to understand and rights to correct or remove data given as a child for example. You may also need to get verifiable parental consent.

If any organisation processes data for another, a data processing agreement must be in place between the two.

The GDPR elevates the Accountability Principle, with a "data protection by design" approach ie, it must be built into organisational planning. Everyone in your organisation should be aware that when starting projects or setting up systems that there is a need to incorporate Data Protection as a matter of course. Systems and procedures must ensure that you only hold the data you genuinely need for each specific purpose, use it appropriately and restrict access.

Organisations who have large volumes of data will need to appoint a Data Protection Officer, responsible for compliance with the GDPR.

Data collection must be done on a "Lawful Basis";

For statutory and public bodies this is done due to Public Task and Legal Obligation.

Consent must be given on an active basis, not reliant on silence, inactivity or pre-ticked boxes and that consent does not last for ever.

Legitimate Interest which is likely to be most appropriate where you use people's data in ways they would reasonably expect and which have a minimal privacy impact, or where there is a compelling justification for the processing. However, it cannot outweigh the rights of the Data Subject.

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Further information is available from the Information Commissioner's Office (ICO) at <https://ico.org.uk> This includes publications especially for charities and very small organisations.

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## Duty to register

Every organisation that processes personal information has to register with the Information Commissioner's Office.

However, third sector organisations are exempt if they:

- Only process information necessary to establish or maintain membership or support
- Only process information necessary to provide or administer activities for people who are members of the organisation or who have regular contact with it
- Only share the information with people and organisations necessary to carry out the organisation's activities
- And only keep the information while the individual is a member or supporter or as long as necessary for member/supporter administration.

## What is personal information?

Any information that could identify an individual including:

- Address
- Phone number
- Mobile number
- Email address including work emails
- Social media username
- Identification number

## Responsibilities

### Staff and volunteers must:

- Take reasonable steps to ensure the accuracy of any personal information obtained
- Carefully consider any challenges to the accuracy of information and consider whether it is necessary to update the information
- Carry out regular reviews on the accuracy of personal information as staff are responsible for inaccuracies
- Report if a breach occurs



# INFORM

VOLUNTARY ACTION  
GWEITHREDU  
GWIRFODDOL

Voluntary Action Merthyr Tydfil • Gweithredu Gwirfoddol Merthyr Tudful



## MAGNET Project ends

Commencing in May 2013, Merthyr Achieving Greater Networking Together (MAGNET) was funded by the Big Lottery under a specific programme for County Voluntary Councils called Community Voice, supporting and engaging with statutory services to enable those who didn't have a strong voice in communities to have their say.

- **Visible** - Bringing together lesbian, gay, bisexual and transgender (LGBT) persons to provide support and promote their voice within Merthyr Tydfil. (Safer Merthyr Tydfil)
- **Focal Point** - Engaging with migrant workers, facilitating inclusion and cohesion, improving cultural awareness in the wider community. (Merthyr Tydfil Housing Association)
- **Bridges** - Building confidence and skills with the Gypsy / Traveller community and creating opportunities for effective engagement with local services. (Safer Merthyr Tydfil)
- **One Voice** - Advocacy and empowerment for disabled persons to agree collective action and engagement with service providers. (VAMT)
- **Perthyn (Belonging)** - Intergenerational project between younger and older people living in social housing, focusing on past, present and future housing policies. Delivered in Caedraw, Gurnos and Trelewis. (Merthyr Valleys Homes)
- **POSSIB** - Bilingual arts project to engage working aged men, parents and children in the areas of health, well-being, employment and education. Delivered in Northern Communities First Cluster. (Menter Iaith Merthyr Tudful)
- **Up and Coming** - Youth media project where young reporters convey positive messages about young people and Merthyr Tydfil and communicate with service providers and decision makers (Safer Merthyr Tydfil)

### Some Key Facts and Figures

**3113** children and young people engaged in the projects

**415** positive messages about young people and Merthyr Tydfil delivered

**919** children and young people more involved in activities to express needs, engage with service providers and shape services

**3364** adults from marginalised communities engaged

**310** people undertook more detailed work to identify and express needs, engage with service providers and shape services

**18** new services were developed

**70** policies/public services influenced or changed to become more appropriate to need

**216** public sector representatives report a better understanding of citizen engagement and improved practice in their organisations.

**383** people from communities report increased skills and knowledge and the confidence to make a difference.

**489** people from communities report they are more positive about/involved in the mechanisms and processes in place to have their voices heard and influence services.

The MAGNET portfolio finally ends on 31 March 2018.



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 (June 2018) is 24 May 2018.

