



Denbighshire Voluntary Services Council

Denbighshire Volunteer Centre

Wednesday 8 June 2011

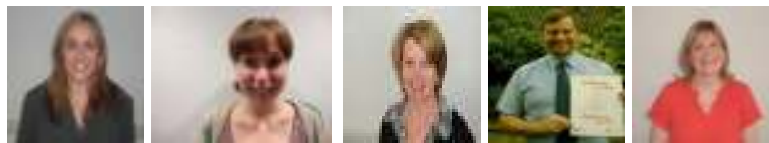


A day to say

Thank You

to all volunteers

*at Rhyl Lifeboat Station followed by lunch
at Rhyl Pavilion*



Volunteer Centre Staff

Maggie Bradley – Engagement Gateway Development Officer

Sarah Caunt – Administration Assistant – Future Jobs Fund

Jackie Evans – Administration Assistant

Gerry Frobisher – Youth Co-ordinator

Gaynor Jones – Volunteer Centre Organiser

Thank you to all organisations who contributed to this booklet

The Kids Fun Club

Represented today by: Grace Paterson and Jeanette Mays

We are a fun activity out of school club for young people 8-24, some of whom have a wide range of specific needs. We have been running for over 6 years and are supported by volunteers. Due to the vulnerability and special needs of some of the young people who attend, the support given by our volunteers is what makes the club so popular.

Our volunteers range in age from young, millennium and adult volunteers who support us in all ways. Whether this be one to one support in club, working with young people in gardening/cooking projects etc, litter picking, fundraising, leafleting - you name it we need volunteers to carry out the work.

We also believe that volunteers are needed throughout the community and this year our Millennium Volunteers are undertaking Duke of Edinburgh, Sports Leaders and other workshops and training, so if needed they can go as a team and support other groups in their community with day sessions etc.

Volunteers are the lifeblood of the Kids Fun Club

Kevin Paterson

Riding for the Disabled - Greenfield Group

Represented today by: Mr Llewelyn Edwards, Mrs Gale Pendleton and Mrs Pat Anderton

The Greenfield Group started in 1974 for pupils from Ysgol Brondyffryn. We now also have riders from Denbigh High School Special Needs, and adult riders from local care homes and sometimes others. Riding takes place at Llannerch Equestrian Centre every Monday morning from 10am to 1pm. There are usually six riders in a lesson, no more, and the helpers prepare the ponies and lead them and side walk as necessary. We have about 16 helpers. We ride in school term times only. Two riders competed in a competition at the Clwyd Special Riding Centre recently and both came second and qualified for the National Championships at Hartbury, Glos.

Mrs Jill Griffith

Vision Support

Represented today by: Margaret Norgrove, Mildred Taylor and Dennis Williams

Vision Support is a local registered charity offering help and advice to people and their families living with the effects of sight loss across North Wales and Cheshire.

We have a resource centre at Morfa Hall in Rhyl and a mobile information unit, both of which carry a wide range of specialised equipment as well as leaflets on eye conditions and on other organisations that offer help. We also offer free IT training at Morfa Hall. We also have several clubs affiliated to the charity.

Our volunteers are involved in all aspects of this work, as well as operating a telephone befriending service, and the time and effort they bring to Vision Support is highly valued by the organisation and our service users.

Our volunteers have told us that they enjoy meeting new people, including staff, service users and other volunteers and in many cases making new friends along the way. One volunteer told us how coming to Vision Support had helped to relieve her own isolation following the death of her husband, it has been a lifeline. Another volunteer has been taken into employment as a support worker for our IT trainer.

We are extremely grateful for the time given to us by all our volunteers and pleased to be able to take this opportunity to thank them and everyone who volunteers

Linda Twamley

Betsi Cadwaladr University Health Board

Ward Volunteer (Robins) Scheme –

Represented today by: Helen Calland, Margaret Morris and Charlie Trotman

Robins can be found volunteering on the wards and departments of five hospitals within Denbighshire, Ysbyty Glan Clwyd, Denbigh, Ruthin and Llangollen Community hospitals and the Royal Alex in Rhyl. Following a successful pilot scheme in 2004, the Robins scheme was launched. The Robins team has grown from 16 to 150 members. The Robins gift the Health Board an average of 35,984 hours per year. The scheme has improved patients' experience in hospital by introducing volunteers onto wards as patient befrienders. This enhances patient care and complements the work of the staff. Robins spend time chatting to patients, assisting at meal times, serving hot & cold drinks and running errands for patients and staff.

The Robins also provide much needed support to the Lymphoedema Specialist Nurse in the Cancer Centre by providing her and her patients with a bandage rolling service ensuring that a ready supply of correctly tensioned bandages are always available for her clinic days.

Directly managed by the Health Board, the Robins scheme is accredited with 'Investing in Volunteers' and supports the Health Board's commitment to public involvement. In December the scheme won the UK Befriending Project 2010 award by the Mentoring and Befriending Foundation.

The Robins are aged 17 years and upwards and volunteer for many different reasons but all find their roles rewarding and worthwhile. This is a very sociable role that provides opportunities for volunteers to meet many different people and make new friends as a result.

The Robins are represented today by Margaret Morris, Charlie Trotman and Helen Calland who are all expert bandage rollers!

Joanna Tann

Ward Volunteers Manager

Joanna.tann@wales.nhs.uk

Cymdeithas Cymuned Tref Rhuddlan / Rhuddlan Town Community Association

Represented by: Mrs Maureen Tomkins, Mrs Denise Barlow and Mr David Emlyn Evans

Rhuddlan Community Centre is run by volunteers. who make sure the centre is run properly and all running costs are met. Our aims are that the centre is for all the villagers to use and enjoy. Costs are kept to a minimum and the centre is used by people of all ages and for all different activities.

Most of the volunteers have been associated with the centre from its inception and are very proud of its history. Mr. David E. Evans is one of our long serving trustees and is always on hand to give advice and help.

We have recently re-furbished the centre with help from the D.V.S.C, D.C.C. The Big Lottery Fund and a Rural Key Fund Grant. We now have new toilets, kitchen, lights, floor covering, and computers This has enabled us to make the centre more accessible to all groups.

Maureen Tomkins

Alzheimer's Society

Represented by: Sandy Williams, Mike Treagher and Julie Adams

As you may know dementia affects over 750,000 people in the UK alone with numbers set to rise to one million by 2025. The Alzheimer's Society provides information and support for people with all forms of dementia and those who care for them. It runs quality care services, funds research, advises professionals and campaigns for improved health and social care and greater public understanding of dementia.

The formation of the Denbighshire Volunteer fundraising group is an exciting development. All the volunteers involved in the group have been affected by Alzheimer's in their lives and are looking for a positive way to give something back to the society, support for people taking part in, or organising fundraising events helps to ensure that our valuable work continues. The work of the Denbighshire Volunteer Group will make a difference to the local area.

Sandy Williams

Cuddles – Charity Supporters of Glan Clwyd Hospital's Special Care Baby Unit

Represented today by: Mrs Sandra Jones, Mr Alan Mitchley, Mrs Kay Mitchley and Mr David Schofield

Cuddles is a voluntary run charity set up in 1984, by a group of parents and friends some of whom have had babies in the Special Care Baby Unit, and some of whom are Staff, who actually work on the unit itself, at Glan Clwyd Hospital.

The main purpose of the Cuddles charity is to provide equipment, facilities and support to the unit by complimenting and enhancing those provided by the NHS. Our main mission is: To provide life saving equipment so the SCBU can provide the best possible care, to provide supporting equipment, such as the CUDDLES boxes, to help parents with the unexpected transition to having a baby within SCBU and to provide advice, support and information to families.

Cuddles needs your support and new members are desperately needed. Meetings are very informal and are held at 8pm on the last Wednesday of each month. This takes place in the Seminar Room, Children's Outpatients.

Sandra – “Why I like to volunteer for Cuddles is because it is a local charity, also my daughter was in the Special Care Baby Unit for 3 weeks. Eleri was 6 weeks premature weighing 4lb 1oz. The doctors and nurses are fantastic, they understand your fears and worries about your baby, they really try to reassure you. I feel being a Cuddles member is a way of saying thank you for their support and kindness. The main aim of Cuddles is to support the parents and staff at the unit. This is done by fundraising and donations, eg my daughter and another member of Cuddles are doing a sponsored abseil”.

Sandra Jones – Assistant Fundraiser Co-ordinator.

St. Asaph Group – Riding for the Disabled

Represented today by: Kay Mullin and Julia Ellis

Our small group is part of the North Wales region, which is part of a national organisation. It has been in existence for over 20 years based at Dolgoed Riding Stables in St Asaph, and a few of the volunteers have been there for nearly that long.

The aim of the Riding for the Disabled Association is to provide the opportunity for riding to disabled people who might benefit in their general health and well-being.

Our instructors are experienced and well-trained, and our knowledgeable helpers handle the ponies and are allocated to each rider to ensure safety, maintain balance and instill confidence.

We have approximately 25 – 30 children from a local Special School through the year, including some in wheelchairs. The benefits derived from the physical challenges and mental stimulus bring the rewards of: enjoyment, sensory enhancement, improved co-ordination, balance and muscle tone, a feeling of independence, a sense of achievement leading to greater self-confidence and happiness, newly found capabilities beginning to take precedence over long accepted disabilities and improved physical and social skills. The children receive certificates and badges for gaining grades.

We enjoy a Christmas party every year and participate in events such as the Countryside Challenge and took part in the World's largest ride!

Whatever the weather, volunteers and children alike, have fun in our group every Tuesday morning during school term.

Julia Ellis (Chairman and Organiser)

Wireless in Wales

Represented today by: Mair Jones, Sharon Newell and Ken Taylor

The Gwefr heb Wifrau/Wireless in Wales charitable trust was formerly established in 2002 with the aim of promoting an interest in the history of broadcasting in Wales through the establishment of a permanent exhibition of historic radios. This popular museum, unique in its concept, is based in Canolfan Iaith Clwyd in Denbigh and is engaged in educational work with schools and in an Oral History Project which aims to collect and archive early memories of radio technology and broadcasts. The organisers are volunteers from the local community who bring expertise, experience and above all enthusiasm for the museum and its potential to add to the rich heritage of the town and the area.

Vesi Jones

Denbigh Film Club

Represented today by: Barbara Manley, Edwina Stephen and Vesi Jones

Denbigh Film Club is now four years old. As a voluntary organisation we are still relatively young, yet we are now well established in our community. Our current membership is 92 which is in addition to a substantial number of film goers who support film shows of their choice. The average attendance per film show is around 50.

Once again the past 12 months have been remarkable for the quantity, quality and variety of events that a small group of committee members manage to stage so successfully.

We strive to select films of wider appeal representing various genres and tastes. The 2010 Schools Film Festival was enjoyed by most of the primary schools in the town and the surrounding villages. Some 500 children and their teachers attended the film shows in June. We also held the 2010 film festival in November, dedicated to Great British Comedy.

Vesi Jones

Trefnant Village Hall and Memorial Field

Represented today by Mr Val Roberts and Mrs Doreen Roberts

Trefnant Village Hall and Memorial Field is a registered Charity and is run by a committee of volunteers. The management committee consists of 4 main trustees and 12 volunteers who represent the village and the various organisations who use the village hall on a regular basis.

Trefnant Village Hall is not beholden to the rate payers of the community, the running costs are raised by the rental charges and the volunteers on the management committee by organising fundraising events eg. summer show coffee mornings and entertainment evenings.

All the work required to run Trefnant Village Hall is done by volunteers on the management committee. Some of the regular events in Trefnant Village Hall are a Mother and Toddler Group, WI, Yoga, Karate and various Keep Fit classes.

The Village Hall committee do other things in the village, eg. arrange and erect the Christmas tree in the village square. *Mr Val Roberts*

Central and Eastern Victim Support

Represented today by: Karen Roberts and William Bleasdale

Victim Support provides people affected by crime with appropriate and sufficient recognition, support, information and practical help in order that they can be empowered to deal with their experience. We are also there to ensure that their rights are acknowledged in all aspects of criminal justice and social policy.

At Central and Eastern Victim Support, we cover the counties of Denbighshire, Flintshire, Wrexham and Conwy and the service is delivered through a full time manager and twenty two volunteers. All our volunteers are specially trained to support a wide variety of crime types. Within Denbighshire, our volunteers are spread throughout the county from Corwen to Rhyl.

Our Victim Support volunteers are from all walks of life and they feel that it is a rewarding experience when they are able to help distressed and vulnerable people. There is a real sense of achievement for them in 'walking through' the experience of crime with the other person and helping them through that experience.

Carol Evans and Bill Bleasdale

Prestatyn and District Friends of Guiding

Represented today by: Mrs Lynn Phillips

We are a group of adults interested in giving support to the units or areas of The Guide Association with administration and other work, fundraising and with the promoting of guiding.

You do not need to have had any involvement with the guiding movement to join us and new members are always welcome.

Lynn Phillips

The Clwyd and District Railway Heritage Trust

Represented today by: Mr Francis Phillips

The Clwyd and District Railway Heritage Trust was formed in 1992 with the aim of obtaining railway relics from North Wales and restoring them to their original condition. The future aim is to set up a railway museum in Prestatyn in particular or within the old County of Clwyd. Such a museum would display the relics in rotation and provide a base for education in the community, ie it would show schools and others the effect that the railways had in shaping the industrial and agricultural life in North Wales. The social impact of the coming of the railways, eg making Prestatyn and Rhyl resort towns, would also be highlighted.

The Trust is in limbo until negotiations are finalised re a museum site. We have 20 volunteers, mainly over 60 yrs of age, who do sedentary work at present, they will later set up the museum and appoint a curator to oversee the development.

Francis Phillips – Vice Chair of the Trust

League of Friends, Ysbyty Glan Clwyd

Represented today by: Mrs Kath Buckley, Mrs Jenny Farrell and Mr Ernest Field

Our League of Hospital Friends was founded prior to the hospital opening in 1980. We are situated in the small village of Bodelwyddan. We started in 1980 with a very small outlet selling small items of chocolate etc and a cup of tea/coffee with possible takings of £100 per week.

Over the years we have grown in line with the expansion of the hospital and we have donated £250,000 per year over the last five years for essential equipment, spread over many departments. We go for those items which will improve patient care, or give speedier diagnosis.

The number of volunteers has grown to 475 covering three outlets, in the main hospital a shop and a tea bar and also in the cancer unit.

The most difficult task in running the organisation is co-ordinating all the volunteers. The hours worked are: Weekdays 10am to 5.30pm then evening 6.45pm to 8.15pm.

Added to all this we have fundraising events all year, and a sales table which sells those items which people discard. This raises approx £13,000 per annum. It is amazing the amount of goodwill and giving people are prepared to make for their local hospital. We also get bequests and regular donations from grateful patients. The maximum age for working volunteers is 85. The mix of volunteers is very varied.

We decorate the hospital at Christmas, hold a Carol Service and give gifts to patients. Annually we have a presentation evening where we officially hand over all those items we are donating. Also we have a 'thank you evening' for all the volunteers, which involves entertainment and refreshments. We are always looking for volunteers.

Graham Hardy – Events Co-ordinator

Denbighshire Homestart

Homestart is a UK wide voluntary organisation, in which volunteers offer regular support and practical help, to families in their own home, helping to prevent family crisis and breakdown.

Homestart was first set up in 1973, and now has 334 affiliated schemes, of which Denbighshire is one. There are now over 2000 volunteers supporting families in the UK.

Denbighshire Homestart has been operating for 10 years, and covers the whole county.

Each volunteer develops a special relationship with the family, encouraging the parents strengths and emotional well-being for the ultimate benefit of their own children. The families are encouraged to widen their network of relationships and to use effectively, the support and services available within the community.

Denbighshire now have 50 active volunteers. The commitment of the volunteers allowed us to support a total of 71 families in Denbighshire.

Volunteers gave a total of 2335 hours of support in a 12 month period.

Although our service is described as friendly and informal, our volunteers support parents experiencing complex issues such as disability, domestic violence, depression or poor housing.

For many families, their Homestart volunteer is a lifeline – the hand of friendship when things seem overwhelming.

Eiddwen Watkin

Arthritis Care – Denbigh Branch

Represented today by: John Williams, Mary Davies and Margaret Watkins

Arthritis Care – Denbigh Branch was formed in 1990. and celebrated its 21st anniversary this year. Members meet one evening a month at Eirianfa in Denbigh. Evenings include entertainment or a speaker on alternate months.

It is a support and awareness raising group providing information to members. There are currently 70 members and 17 volunteers on the Committee. Volunteer roles include Fundraising and a 2 day fundraiser day was recently held at Morrisons in Denbigh. Welfare volunteers visit people with advice about the benefits available to them. Leaflets and newsletters are sent out regularly to members.

The group has two outings a year as well as a Christmas lunch during December.

John Williams and Wendy Thomas

Denbighshire Learning Disability Forum

Represented today by: Rhiannon Davies

Denbighshire Learning Disability Forum supports people with learning disabilities and their families or carers, to help them lead more independent and fulfilling lives. We hold regular meetings where our members can discuss issues that affect them, and we make sure that their feelings, views and opinions are taken to service providers. The wellbeing of our members is very important to us, so the Forum provides a number of activities in which people can take part, ranging from bike hire to cookery classes, drama workshops to discos! We also have a library of books, CD's and DVD's which can be borrowed.

Alan Benbow

Treasure Chest Breast Cancer Support Group

Represented today by: Mrs Mai Solomon, Mrs Anne Howard and Mrs Jean Shaw

Two years ago, in association with the Cancer Centre and Llandrillo College, Treasure Chest set up a service called 'Looking Good with Treasure Chest'. Every fortnight on Heulwen Ward at the Cancer Centre, Ysbyty Glan Clwyd, at least ten ladies, mostly patients, are invited to have 'free of charge' some of the following: a lesson in make up, facial, manicure or pedicure.

After having our initial funding application to 'Looking Good, Feeling Better' refused for being too rural, Treasure Chest, The Cancer Centre and Llandrillo College decided to go it alone. The Cancer Centre provides the facility, the College provides beauty technicians (final year students) and Treasure Chest gives finance and support.

With help from nursing staff who stay on in their own time, help with their appearance both during and after treatment is given to ladies.

Treasure Chest has up to 35 volunteer members. They have provided equipment to the hospital worth up to £100,000 within the last few years.

Mr Howard

Clwb y Berwyn

Represented today by: Joan Edwards, Tecwyn Edwards,

Jen Wilson and John Wilson

The aim of Clwb y Berwyn is to provide an opportunity for elderly people in Corwen to meet so as to engage in relevant social activities and entertainment. This may take the form of talks, demonstrations, slide or film shows and quizzes. Afternoon tea follows where freshly baked cakes, quiches and sandwiches are on offer. The club also organises outings for its members, usually about one a month. We have 14 dedicated volunteers (all members of WRVS) who provide the food for our meetings and we also have 3 gentlemen who volunteer their time to help us out with transport.

Joan Edwards

Dial a Ride (Denbighshire) Ltd.

Represented today by: Beverley Jones and Barbara Charsley

Dial a Ride is a service for people who cannot access public transport because of a disability and/or impairment and who live in Denbighshire.

Our friendly and reliable drivers can take you shopping, to appointments etc. We have three volunteer drivers and five volunteers who help with the day to day running of the service.

All volunteer drivers are Midas trained.

Beverley Jones

P.A.S. (Positive Action for Strokes)

Represented today by: Edith Beesley, Tina Elliot and Joyce Gregg

The Club was formed to offer a Day Service that would provide an opportunity to stroke sufferers and others with long term illnesses, to become involved in a range of activities in order to regain some of the skills and movement lost as a result of illness.

As a group we try to encourage other members to achieve as full an active and independent lifestyle as possible and to help them improve self confidence.

The activities offered include, art and craft, using computers, quizzes, physical exercises conducted by a qualified physiotherapist, gardening, photography and many others.

The Club meets twice per week on a Wednesday and a Friday at the Community Centre in Rhuddlan and we charge £5.00 per head. Lunch and other refreshments are provided.

The Club is run by volunteers and all the members are encouraged to offer whatever help they can according to their mobility. Volunteers are always required and we are currently experiencing difficulties in finding drivers for the Club bus, which is used to collect and take home some of the less mobile members.

Overall we aim to make the Club a pleasant and rewarding experience.

Sheila Tagholm – Treasurer

Cruse Bereavement Care

Represented today by: Danice Smith and Joy Ryding

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone suffering a bereavement caused by death to understand their grief and cope with their loss.

In Denbighshire we have nine volunteers providing support to adults and two specifically for bereaved children. These volunteers offer one to one support or counselling, pre-bereavement support, crisis support, children and young people's service, training and courses.

As with most charitable organisations sourcing funding has become a significant challenge. We are looking to recruit fundraisers in order to raise money to maintain the service at its current level. We are also keen to develop a social support group for the bereaved within Denbighshire and for this we are aiming to recruit volunteers interested in supporting this service.

Judith Peachey

3rd Prestatyn Scout Group

Represented today by: Mr and Mrs Todd

Be part of the 'Big Adventure' – volunteer for Scouting. Why?

To give something back to the community: 'I believe the kids get such a lot out of it: I just put a bit back for what the kids take out'.

To support the Leaders: 'They give so much, you've got to give some of that back'.

Because volunteering is a 'good thing'. 'I just personally believe that you should always do some kind of voluntary work otherwise nothing would get done in this world'.

As an enabler, so the Leader can do more: 'If I can help Sam, our Leader, out by doing the little things, then it means she has got more time to give the kids and then they get more out of it'.

To spend more quality time with your child: 'David used to go on his PlayStation 2 while I read the paper after school and work – now we get a chance to do activities together'.

To develop your own skills: 'I hadn't used a compass since I was a Scout. After I learned how to use one again, I take one out on family walks. We get lost less than we used to!'

To enjoy and rediscover adventure for yourself: 'We had a water fight at Beavers the other week, it was great!'

3rd Prestatyn Scout Group is one of the oldest in the District. The Group was first registered in 1929 by Dyson Tomkinson. In 2009 we celebrated 80 years of Scouting in Prestatyn. We are based at the Church of the Holy Spirit, Victoria Road, Prestatyn.

3rd Prestatyn Scout Group is divided into three sections, Beavers, Cubs and Scouts, and is available to all children from the age of five and a half through to fourteen years of age. You can give as much time as you can. Even if you can only help out occasionally, you will be welcome. You don't need any experience as full training will be offered. You can offer to help out as an Occasional Helper, Assistant Leader, Leader, committee member or fundraiser. Each role has a different level of training but all adults require a Criminal Records Bureau check and are expected to attend the 'Getting Started' training module.

Keith Todd

Rhyl & District Musical Theatre Company

Represented today by: Denise Murtha

Rhyl & District Musical Theatre Company is over 70 years old. It was previously known as Rhyl & District Amateur Operatic Society. It is known in the area for putting on Musicals at the Pavilion Theatre but is lucky enough to be able to utilise many skills. Volunteers do not just perform. They can get involved in productions through painting, woodwork, sewing, organisational skills, or the important job of tea making. Meetings are held on Monday evenings at the Operatic Centre in Vale Road at 7.30pm.

Denise Murtha

The Phoenix Performers

The Phoenix Performers is a non-profit making charity group run by young volunteers. We have 14 Volunteer Leaders for our group who help to run the sessions, plan the activities, run rehearsals, technical support, directing, writing scripts, costumes, prop & scenery making, stage / front of house management and administration. The Phoenix Performers is a performing arts group for children and young people aged 7-25 years. The club gives them an opportunity to improve their acting, singing, dancing, writing and stage management skills. The club is at Christchurch Sports Hall on Saturdays from 10-12 midday for 7-16 year olds and Ysgol Llywelyn Infant Hall on Wednesdays from 7-9 pm for 14-25 year olds.

Glenda Hailwood

Alzheimer's Society

Volunteers: Jean Peach, Beryl Hayes & Margaret Corrigan

In Denbighshire, one of the services we provide is a Memory Café drop in group. We currently hold two Memory Café's in Denbighshire, in Rhyl and Llangollen and a support group in Ruthin. A Memory Café is for people with dementia & their carers. It is a chance for people to get together socially in an informal environment and provides the opportunity for people to talk openly about their diagnosis and meet new friends. Carers can find out how to access the right information and support. People with dementia, their carers and families are all welcome to attend. Without the regular help, commitment and devotion from the ladies mentioned above, it would not be possible for us to provide such a high quality service as we simply wouldn't have enough people to run the Memory Café's. Their work is invaluable and they are helping us make a real difference to the lives of people living with dementia and their families. Thank you to all our volunteers.

Dawn Jones