

INVOLVE

BAVO's newsletter for the third sector
throughout Bridgend County Borough

AUTUMN 2020



BAVO

Bridgend Association of Voluntary Organisations
Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr



www.bavo.org.uk

Welcome to our AUTUMN newsletter 2020

I have to start by apologising for the delay in providing this newsletter, but we have been just a little bit busy! What a year it has been! At the beginning we were really concerned at how things were changing in Wales. Set to leave the EU with the passion on both sides of the Brexit debate creating huge divides in our nation, communities... families even! Austerity was still biting our sector, with many charities not knowing how they were going to find the funding to continue their work. It was a worrying time, and then... Covid!

Spring 'zoomed' by in a flash as it was all hands on deck to work through the crisis and now we find ourselves approaching September and trying to catch up with the 'day job'.

Many of you will know from our social media, website and local news that our fantastic team has gone above and beyond the call of duty, working long hours, seven days a week to provide a reassuring service to people who were anxious and needed help. Working from home with new technology, we have helped people of all ages who were self-isolating for their own reasons or advised to 'shield'. Shopping, food parcels, prescriptions and telephone befriending – we covered it! Working with Bridgend County Borough Council, we even knocked doors to check people with 'shielding' letters were ok.

We did this because when lockdown happened, many community groups had to close too, so we redeployed our team into new area based 'navigator' roles to meet the gap and to work in a coordinated and complementary way with the local authority. Thankfully some member groups were able to remain open and 'mutual aid' groups and 'good neighbour' schemes also sprouted up. New local support networks started to grow and all of a sudden, our nation's divide was suspended and community spirit was seen to be alive and kicking in

our communities once again.

This was further evidenced by the 1,500 + people who registered with us to volunteer. We were so proud, overwhelmed and inspired by the generosity of residents who were willing to become part of our 'community emergency response team'. We took over 5,000 calls and our achievements are noted on page 3. These achievements were only made possible as a result of all those volunteers that worked with us and we are still recruiting. If you would like to register as an 'community response volunteer' in case of another local emergency, or wave – please give us a ring! We also have vacancies for Trustees across a number of local groups and community centres if you are interested in becoming more regularly involved.

On top of all that, we also gave out over £100,000 in emergency grants and with Bridgend County Borough Council we helped local charities receive a further £680,000 of rates grants too. This funding has meant survival for many community centres and organisations.

For years the importance of the third sector has not been fully valued or appreciated. I think we have now proven beyond doubt just how vital it is to the wellbeing of people and communities - and it needs to be prioritised through proper investment! That's why we are supporting the **#Nevermoreneeded** campaign. Please support the campaign in whatever way you can; write to your MPs, AMs and councillors about the importance of your local groups! Until next time, keep safe everyone.

Heidi Bennett, Chief Executive



How BAVO has made a difference since Lockdown

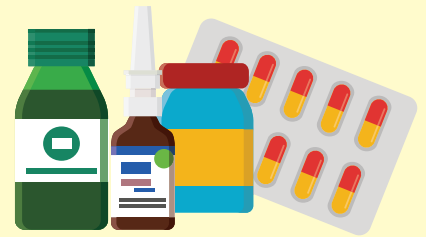
23 March to 31 August 2020

3,636
REFERRALS



2,291
PRESCRIPTIONS

We worked with pharmacies and collected and delivered medication across the county borough.



792 **FOOD SHOPPING**
330 **FOOD VOUCHERS**

We donated Foodbank vouchers that fed 382 adults and 168 children. Volunteers also delivered 148 Foodbank packs and shopped for people.



172
BEFRIENDING

Referrals for Community Companions befriending. We matched 98 BAVO volunteers and connected others to more appropriate schemes.



1,126
SHIELDING VISITS

We visited the homes of people who were shielding because they couldn't be contacted by phone and we needed to check they were OK.



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We have been overwhelmed by the response from residents in Bridgend County Borough!



BAVO received over 1,500 volunteer registrations in March and April. WCVA identified this level of registrations as being the third highest in numbers in the whole of Wales at that time!

We cannot begin to describe how inspired we are by the kindness people have shown in wanting to help those in need during the Covid-19 pandemic

Volunteers have been fantastic, as they have helped with shopping, picking up prescriptions, telephone befriending/welfare checks and ringing or visiting individuals on the shielding lists. We have truly been overwhelmed and humbled by the generosity and kindness of our local residents.



BAVO's chief executive Heidi Bennett says:

"As lockdown eases over time and volunteers return to work or their daily activities, we hope many of the remaining volunteers can step in. We will be in contact with volunteers who have registered as the need arises.

"Thank you to all our volunteers for helping vulnerable people living in our communities in these most challenging of times."

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Enthusiastic individuals needed with relevant skills and experience to join our board



Enthusiastic individuals with relevant skills and experience are welcome to join our BAVO Trustee Board and help steer our future development.

We are looking for a qualified individual to act as a Treasurer, but we also have other vacancies and would welcome applications from those with legal, strategic development, member development and IT website and/or marketing and social media experience.

We also welcome applications from under-represented groups and also young people over the age of 18.

For an information pack, please email: heidibennett@bavo.org.uk

Calling young people aged under 25! Want to join our Funding Panel?

We are offering the opportunity for young people aged under 25 to be part of the Youth Led Funding Panel in Bridgend, which helps to go through the funding applications we receive from organisations that are looking to develop more youth volunteering opportunities.

Sheldon volunteers for Bridgend's Youth Led Panel. He says: "I am a part of a youth panel which allocates funding to different charities and organisations in order to help them achieve their plans to help and involve young people.

"I would encourage young people 100% to join, they are a lovely group of young people, we are laid back, it's really chilled and it's not a big commitment."

For further details, contact BAVO,
T: 01656 810400 or
E: volunteering@bavo.org.uk



Thank you because...



80 year old Frances from North Cornelly says:

"I wouldn't have survived without BAVO, they've been wonderful, absolutely wonderful. They walk my dog, they get my food and I have got a lady who rings me every other day and we have a lovely chat. I'm thrilled to bits!

"The chemist delivered information about BAVO – I had never heard of them before but I've been telling everyone about them.

"It fills my day up, it's saved me mentally. There's nothing worse than being stuck indoors and it's silent. I can't praise them enough."

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Over 50 and want to keep active? Join the Bridgend Superagers!

Our Community Activators love a good chat and they're great listeners too!

Through regular phone calls we will help you come up with ideas to take up healthy activities to keep you active at home and give you helpful ideas on how you can engage in active sessions out in your local community.

For further details contact Fiona Burlingham,
BAVO's Super-Agers Volunteer Development Officer,
T: 07923 212 737 or E: bavo@bavo.org.uk



Snapshot of some of our volunteer opportunities

Our Volunteer Team offers a one-stop resource on all aspects of volunteering with over 300 registered voluntary organisations offering a wide range of opportunities to match people's skills and interests.

Trinity Care and Support, Porthcawl

Two new volunteers (18+) are needed, one to help within their Tondu Activity Club on Fridays and another to help within their allotment project.

Prosiect Gardd Gofalwyr - Carers Garden Project

Bridgend Carers Centre need volunteers for their new project who love gardening!

Mental Health Matters Wales

Volunteer telephone befrienders are needed to alleviate the stress of loneliness and social isolation.

Caerau Development Trust

Volunteers drivers are required for picking up food from shops in Neath Port Talbot, Cardiff and Cowbridge.

You can find all the latest volunteering opportunities by visiting [Bridgend.volunteering-wales.net](https://bridgend.volunteering-wales.net)

For further details, contact BAVO,

T. 01656 810400, E: volunteering@bavo.org.uk or visit our volunteering pages at www.bavo.org.uk

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ICF funding taking Logan to a happy place!

Karma Seas CIC in Porthcawl, were recently awarded £8,934 in ICF community wellbeing funding to provide surf therapy sessions to a range of people of all ages, abilities and backgrounds.

Their funding has enabled access to an activity which has proven benefits to physical and mental wellbeing, building social connectedness and friendships. Logan has always loved the sea as he grew up and always thought how cool it must be to surf! He never had the confidence to join a mainstream surf club because of his Aspergers and could not afford private surf lessons.

Logan says: "Since surfing and volunteering with Karma Seas I sleep better and my anxiety levels have reduced dramatically. I have made new friends who I surf with and keep in touch with on social media. I have gained new water safety skills and will shortly be completing a surf lifesaving award. Surfing takes me to my happy place!"



Karaoke and quizzes with the Victoria Street Nutters!

MoneySavingExpert.com funding administered by BAVO, helped the 'Victoria Street Nutters' in the Garw Valley run street karaoke and quizzes during lockdown, making sure every house was included in the fun to provide vital friendship and company.

"We have been providing entertainment for the residents of our street. The majority are elderly who have been self-isolating since the beginning of lockdown. Since we started with doorstep bingo, we added various games including 'Play Your Cards Right' and 'Blankety Blank', whilst always following the social distancing rules.

"All the residents look forward to our activities. Throughout these events we have donated money to various good causes including the NHS, care homes, the local church and national charities.

"We would like to thank Cllr Rod Shaw for nominating us, MoneySavingExpert.com and BAVO. It came as such a shock as we are having so much fun together, we did not realise the impact our actions would have on the wider community, so thank you!"



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BAVO awarded over £200,000 to local organisations already this year!

We have been busy administering a range of grants including Welsh Government's Transformation and Integrated Care Funds and Suncredit's Community Benefit Fund.

Especially in the last few months, we have worked closely with local organisations to help with the incredible work being carried out in each and every community in Bridgend County Borough during such challenging times.

Many of our members have benefited from our support in identifying sources of funds, with a high percentage being successful in their applications. Our additional Covid-19 regional emergency funding programmes have led to over £200K already been awarded to Bridgend groups so far this year!



We want to award more funding by the end of the year...

Need help to write funding or grant applications?

Unsure about how to answer those tricky application form questions?

Struggle to complete online applications?

Never let a funding opportunity slip by again because you are not confident in your skills and contact our Development Officers at BAVO. We realise that third sector organisations are having a challenging time in facing the future and continuing to be there for our communities. We aim to ensure organisations don't miss out on accessing appropriate government funding and are aware of local grants.

At BAVO, our funding services helps groups to wade through the complexities of fund raising as easily and efficiently as possible by sharing our funding knowledge, experience and expertise. Don't miss out on funding again!

"BAVO has been not only a huge help with the support they have given to the project in terms of funding, but also in terms of encouragement and clear guidance as to our responsibilities and how we work together."
BCLC Food Poverty Project

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Snapshot of funding available



Volunteering Youth Led Grants offering up to £1,500

Funding to help young people to volunteer aged 14 - 25 to be more involved in community and voluntary organisations in their local community.

Supported by BAVO, the Bridgend Youth Funding Group is made up of a group of young people living in Bridgend County Borough and is funded by Welsh Government and Wales Council for Voluntary Action (WCVA).

The funding's purpose is to identify ways to engage more young people from disadvantaged and under-represented communities. Deadline: 12pm, 11 September 2020.

Visit funding pages of www.bavo.org.uk

Voluntary Services Recovery Fund

A grant scheme for voluntary organisations providing vital support during the Coronavirus crisis. Grants will support not for profit organisations working at a community scale up to a national level in Wales and can be between £10,000 – £100,000.

As the Welsh Government eases lockdown restrictions and people in Wales move forward, the funding needs to respond to new challenges. Many communities have suffered disproportionately, so actions need to take place to ensure a fair and just recovery.

wcva.cymru/funding/volunteering-wales-grants-scheme

Fore's RAFT Transition Fund

In autumn 2020, unrestricted grants of up to £15,000 will be available to help small charities and social enterprises plan for the longer term in a post-coronavirus world.

www.thefore.org/applying-for-funding

Screwfix Foundation

For community buildings and halls, funding up to £5,000 is available for projects that will fix, maintain, improve and repair charitable and community facilities for those in need by reason of financial hardship, sickness, disability, distress or other disadvantage in the UK are eligible to apply.

www.fundingforall.org.uk/funds/the-screwfix-foundation

Tesco Bags for Help

A single payment award of £500 to organisations who are supporting vulnerable groups, as part of their emergency response in supporting local communities.

www.tescobagsofhelp.org.uk

As members are aware, BAVO circulates monthly funding updates, however please don't forget to check our BAVO website regularly for new funding opportunities at www.bavo.org.uk

Remember to also register FREE with funding.cymru to do your own funding search!

Face masks for sale thanks to funding from BAVO

Homelessness charity Emmaus South Wales has been making washable three-layer face masks out of recycled materials throughout lockdown to help generate funds to support its work and ensure PPE is not taken away from healthcare professionals, all thanks to funding from BAVO.



Emmaus South Wales Chief Executive, Jemma Wray, said: "Initially we were making face masks on a much smaller scale just for ourselves, but thanks to the BAVO grant we were able to scale up the production of our ethical, washable and sustainable masks, making approximately 100 per week. The funding from BAVO helped us to buy additional sewing machines and haberdashery equipment for our team to use.

Purchases for face masks can be made by visiting emmaus.org.uk/south-wales

Caerau 'Inside Out'

After the immediate shock of the start of lockdown in March, local community groups and centres in Caerau found themselves overwhelmed by the sudden increase in demand for food, shopping, prescription collections, dog walking and other basic needs.



In response, BAVO's Invest Local Caerau Funding Support Worker has been working with groups to make funding applications to successfully draw down emergency funding grants that helped them with food collections, shopping, deliveries and organisational costs. She also supported the community in recruiting more volunteer support and advice across a range of areas to help them navigate their way through this new and challenging time.

" I don't know what we would have done without this support, to be honest I don't think we would have survived. We are proud to say that we have helped our community through this very challenging time, our volunteers have worked around the clock and we couldn't have done it without them."

(Graham Dawe, Caerau Development Trust).

If you need funding support or advice to develop your group, project or idea in Caerau, contact Alex Bowen, T: 07719 523842 or E: alexbowen@bavo.org.uk

Remember to keep your policies and procedures up to date!

Are your policies and procedures gathering dust in a file at the back of a cupboard? Does it feel like a mammoth task to keep them up to date and relevant? Policies and procedures should be living documents that should grow and adapt with an organisation. While the core elements of a policy may stay the same, details may change. All trustees, staff, volunteers and service users should be aware of the relevant policies and procedures and know how to access them.

Why review your policies?

Outdated policies can leave your organisation at risk. Old policies may fail to comply with new laws and regulations which could lead to inconsistent or poor practice. Regularly reviewing policies and procedures keeps your organisation up to date and ensures that your policies are consistent and effective.

How often should you review your policies?

As a general rule, every policy should be reviewed every one to three years. However, there are exceptions that may mean that policies need to be changed immediately or on a certain date:

- If your organisation goes through large-scale changes;
- Changes to laws or regulations that affect the organisation;
- If an accident/incident happens.



1. Keep up to date with BAVO's newsletters, ebulletins, website and social media.
2. Check BAVO's model policies which can be found at www.bavo.org.uk
3. Become a member of organisations that support your sector.
4. Sign up for relevant newsletters e.g. ACAS, the Pension Regulator.
5. Attend training, conferences and seminars.
6. Designate responsibility for overseeing the revision of the policies and procedures.
7. Record policies and procedures electronically where they can be easily accessed.

If you would like further support, please contact BAVO's Development Officers or take a look at our model policies at www.bavo.org.uk

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NEW online training, briefing and workshops (via Zoom)

It's really important to us to make sure you can access Zoom sessions.

If you need support to do this, we will be very happy to help you learn one-to-one by phone and download and use the free Zoom app to participate.

To register for one of our online sessions (unless otherwise stated), download and complete our booking form on our training page at www.bavo.org.uk and return to bavo@bavo.org.uk



How to write a case study and tell your story to funders

Thursday 17 September 2020 10am – 12 noon

Cost: Free

A case study should demonstrate to your funder the value of a project or intervention by capturing how it made a positive difference to the beneficiaries and add colour to your evaluation report.

This course is for trustees or third sector project workers who want to gain the skills and knowledge to develop meaningful and effective case studies as part of project evaluations for funders and organisation reports.

Safeguarding children, young people and adults – how to do it, what to look for, what to do

Friday 16 October 2020 10am – 12 noon

Cost: Free

This course is for volunteers and staff in the third sector.

It aims to raise awareness of safeguarding generally and develop participants understanding of and confidence about their own role in relation to safeguarding children, young people and adults by recognising different types of harm, abuse and neglect and how individuals are protected.

Coming soon...

Basic accounting/book keeping for treasurers of voluntary organisations

Fundraising (including online fundraising)

'Get on Board' Link Up training for young people 15-25 to learn more about becoming a trustee (delivered through the medium of Welsh)

Know your own governing document - Link Up session for more experienced trustees

Link Up Mentor-led workshop: Mental wellbeing for trustees

Link up emerges from lockdown!

We resumed activity during lockdown towards the end of June and we are now back in full swing even though it looks a little bit different these days! Our Link Up project funded by the Big Lottery Community Fund aims to support charities, community and voluntary organisations to have stronger governance, and, as part of that, for trustees to improve their skills and confidence.



We are now working online rather than face-to-face. Although this does have its limitations, most trustees have told us it's also very convenient, as they can fit a Link Up activity into their busy lives more easily than pre-pandemic – there's no need to think about taking time out, walking, driving, parking, or even what to wear – you can just log on from your front room, office, kitchen or garden shed!

Our 'cuppa and chat' sessions for trustees and committee members from across the Bridgend area have proved to be really useful to share their challenges, concerns and ideas. Trustees have asked for these to continue on a monthly basis, which will be held the first Thursday of each month from 2 – 3pm.

Free Link Up development support available for trustees and committee members includes:

- induction to your role as a new trustee;
- one-off short "taking stock /moving forwards" workshops for trustee boards and committees;
- opportunities for newly-appointed trustees to be paired with a mentor to support their initial three to six month period as a trustee;
- opportunities for experienced trustees to be paired with a mentor to help them improve their skills as a trustee.

If you're a trustee who would like to benefit from working with a Link Up mentor, or if you think your Board could benefit from a workshop and would like to discuss further, without commitment, contact Suzanne at BAVO, E: suzannechisholm@bavo.org.uk or T: 01656 810400.

Covid-19 and the impact on mental health and wellbeing

Whilst it's hard to assess exactly what the future of mental health services will look like both locally in Bridgend County Borough and throughout the nation, it is fair to say that the past few months have been hard for many people.

Recent surveys undertaken by members of the public show a dramatic increase in those experiencing anxiety due to factors such as:

- personal health;
- concern about the health of loved ones;
- concern about personal finances;
- worry about the wellbeing of children and their education;
- loneliness and social isolation.

From the start of the Covid-19 pandemic, the third sector has been leading the way locally in providing support to vulnerable groups and individuals and those reluctant to access public services, be that for fear of the virus or just not wanting to put pressure on the NHS.

With the majority of services being telephone and online based, people in need have still been able to access befriending, peer support and therapeutic activities.

The overwhelming public response to the call for volunteer action has helped to bolster local groups and organisations in continuing to support their service users and members.

Third sector mental health and substance misuse services in Bridgend County Borough meet quarterly as part of the DAMHSN (Drug, Alcohol and Mental Health Services Network).



DAMHSN members providing support across Bridgend County Borough during the Covid-19 pandemic:

Mental health:

Mental Health Matters Wales:
www.mhmwales.org.uk

Hafal: www.hafal.org

Platform (formerly Gofal): www.platform.org

Tŷ Elis Counselling: www.tyelis.org.uk

Valleys Steps: www.valleyssteps.org

Cwm Taf Morgannwg Mind:
www.ctmmind.org.uk

Samaritans Cymru:
www.samaritans.org/samaritans-cymru

Drug and alcohol:

WCADA: www.wcada.org

NewLink Wales (formerly Ogwr DASH):
www.newlinkwales.org.uk

Dan 24/7 (Wales Drug and Alcohol Helpline):
www.dan247.org.uk

For up to date health news opportunities and meetings, contact Rebecca Hoskin, BAVO's Health, Social Care and Wellbeing Officer,
T: 01656 810400 or
E: rebeccahoskin@bavo.org.uk

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Home-Start Cymru expanding services

Home Start Cymru is a local community network of trained volunteers and expert support which offer families with young children emotional and practical confidential support. They have received funding from WCVA to launch their Rainbow Project, which will see them expand their services to reach more families with children under the age of 11.

As well as rolling out more remote support, the funding will enable them to safely establish a doorstep delivery service providing vital food and supplies to families that are stuck at home with limited opportunity to access the basic items they need.

For more information and referral forms,
E: info@homestartcymru.org.uk



Buy your face mask from a 'crafty' SUSSED volunteer!

Helping to support the income to keep SUSSED going, 'Cwtchanble Creations' volunteers are offering for sale triple layered masks for men, women and children to keep residents healthy and safe. They are also offering for Cwtch/Cariad cushions and aprons for sale.

Call into SUSSED today!

Situated at 4 – 5 James Street
(near the John Street Bandstand) in
Porthcawl, for further details call 01656
783962,
E: info@sustainablewales.org.uk or visit
www.sustainablewales.org.uk/sussed



Hafal's online community 'Clic' revamped and rolled out UK-wide

A recent national survey conducted by Welsh mental health charity Hafal found that the mental health of 74% of respondents has been negatively affected by the Covid-19 outbreak.

With face-to-face mental health services and support groups being forced to a halt over the last few months, Hafal has been able to roll out their online community Clic to the whole of the UK, enabling individuals to access 24/7 support from home.

Through the challenges of the pandemic, Clic has supported a significant number of people across the UK and users have helped each other through all kinds of issues. What Clic proves is how hugely therapeutic it is to share experiences, support others and feel connected.

To sign up, visit: clic-uk.org and join the conversation!



Pandemic identified almost 200 new carers needing support

Since the onset of the pandemic, carers and families have felt isolated and less engaged in their community which has had a massive effect on their wellbeing. Bridgend Carers Centre shut their doors in March but nonetheless they have identified almost 200 new carers needing support.

Their telephone contact has been crucial, keeping carers informed or just having a friendly chat. They have also received funding to provide online activities to help with stress and support health including mindfulness; confidence; nutrition and health; anxiety; Five Ways to Wellbeing; Tai Chi and sleep.

Through WhatsApp, Facebook and Zoom groups, there has been a strong involvement of young carers and young adult carers in activities including weekly challenges; wellbeing sessions; crafts; quizzes; photography and cooking.

These activities have kept these young people engaged, less worried, less stressed and given a chance to meet up with other young people online.

For further details, contact Bridgend Carers Centre, T: 01656 658479, E: enquiries@bridgendcarers.co.uk or visit www.bridgendcarers.co.uk



Community Navigators making every contact count by connecting you to your community

Our Community Navigators aim to help individuals including their friends and family, to access community based activities, information and advice that will have a positive impact on their lives and will prevent their circumstances from deteriorating to a point where they might need higher level health or social care support.



Glenda lives alone (with her cat Bonnie). She is partially sighted, uses a stick to walk and suffers from NEAD (Non-epileptic Attack Disorder). Glenda's low confidence and anxiety meant that she couldn't use the local bus service.

Our Community Navigator suggested a number of community activities that Glenda might like to attend including coffee mornings, Keep Fit for over 50s, Goldies Sing-a-long and Luncheon Club.

Our Navigator supported Glenda to catch the bus to Porthcawl, 'hand-holding' her to plan a journey, get on the bus, use her pass and alight when she reached her destination.

"I feel more relaxed in myself - even though there are the things that are happening around me. I'm reading more, doing word searches, different things I liked doing - I'm back to knitting. I've met new people and am doing new things in the week. I feel proud that I can use the bus - I'm more confident. I'm walking more and going to Keep Fit - I've lost weight and my doctor is pleased that I'm getting fit!"



In the midst of a Covid-19 pandemic and lockdown, our Navigators' role has changed to meet the needs of the community. The team have been recognised as a crucial signposting and support providing individual support and signposting to vulnerable people.

For the foreseeable future, the community navigation role will be a part of the constantly developing and changing service that BAVO is managing as part of a community response.

Keep up to date with developments by visiting our website and social media pages or contact BAVO, T: 01656 810400 or E: bavo@bavo.org.uk

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Making a difference to your community

Funded by the Transformation Fund, our Community Resilience Officer works with Bridgend County Borough's community groups and individuals to identify what they feel would make a positive difference to their local area by supporting them develop new initiatives and activities. If you have any ideas that would improve where you live and need support to get it off the ground, please get in touch.

We can support you to access relevant training, funding, link you in with other community groups, assist in identifying strengths and assets of the community and help develop community engagement and consultation events.

If you want to play a more active role within your community and become a community ambassador, contact Tracy at BAVO, T: 01656 810400 or E: bavo@bavo.org.uk



Ask CERi!

CERi is a virtual agent that has been trained by NHS staff and members of the public in Cwm Taf Morgannwg to answer general questions you may have on COVID-19, also known as the Coronavirus.



CERi realises you must be scared and uncertain as to what you should or shouldn't do while we gradually move out of quarantine. CERi has been trained to give you answers and general advice from trusted sources.

CERi is here for you 24/7 to help you access the right support and advice.

CERi provides:

- an empathetic tone;
- answers about COVID-19 as it continues to change all our lives;
- support to patients, health workers and the general public;
- critical information and reduces calls to NHS Call Centres;
- answers in Welsh, should you prefer to chat in Welsh;
- a way for us to learn and evolve as we all go through this together.

Find out how to use CERi by visiting cwmtafmorgannwg.wales/ask-ceri

We've been recognised for our work with volunteer befrienders!

BAVO has been successful in achieving the UK Quality in Befriending Award for our Community Companions project funded by the National Lottery Community Fund. Our project offers a high quality, confidential and non-judgmental service recruiting volunteers to befriend people who may feel isolated or lonely.

The Quality in Befriending Award is the only award in the UK which is specifically tailored for befriending services. It recognises Good Practice and quality service. Award spokesperson said: "The Community Companions project is clearly achieving fantastic outcomes for both the beneficiaries

and volunteers. The clear and thorough policies, procedures and training give a secure platform for the project to support people using their project. A high-quality service delivering positive outcomes – well done!"



It's good to talk!

The Covid-19 pandemic has definitely increased isolation and loneliness for so many people in our community, especially the most vulnerable. We have been overwhelmed and incredibly grateful by the number of volunteers that came forward to join our telephone befriending service. From March to the end of July, over 220 people received phone calls from a volunteer to help ease their loneliness, to check that they are coping or find out if they need any other services.

Has lockdown left you bored and lonely? How about lifting your spirits by volunteering? Befriending by phone helps you and the person you call! Isolated and feeling anxious? A weekly chat with a befriender could help you reconnect with the world!

As lockdown eases, we will be looking for new volunteer befrienders to join our Community Companions, helping beneficiaries by visiting them at home, maybe taking them out and about or even for a trip to a café for a cuppa and a chat, all helping to improve their overall health and wellbeing.

For further details contact our Community Companions Development Officer Siân Thomas at BAVO, T: 01656 810400, E: bavo@bavo.org.uk or visit our Community Companions page at www.bavo.org.uk

Citizens Advice Bridgend helped over 1,000 people since lockdown

The coming weeks and months are going to be tough; temporary debt freezes and stays on eviction are going to come to an end and we are likely to see further redundancies across the community as job retention schemes are withdrawn.

Citizens Advice Bridgend is committed to supporting Bridgend County Borough to rebuild their resilience and pull through together.

Since the beginning of March, their advice has helped well in excess of 1,000 people across the county borough and they are working towards opening their phone lines for longer periods to help even more. They want to thank all of their wonderful volunteers and organisations across the local area who have been working with them and they look forward to continuing to build strong networks of support for their clients.

They can't offer face-to-face advice at the moment, but you can ring their office line on 01656 762800 Monday to Friday between 9.30am and 2.30pm.

They are still offering full advice, just as they would if the office was open, so you can call with any problem.

cyngor ar
bopeth

citizens
advice

Sirrol Pen-y-Bont
ar Ogwr
Bridgend
County Borough



Join a national third sector database 'infoengine' for FREE!

infoengine.cymru

If you are a voluntary organisation or group, by registering your organisation you'll have free listing in their comprehensive directory, be able to promote your services to a wider audience and attract people in your community and beyond!

If you need help to register, contact BAVO and we can help.



Hello to our NEW members!

Aberkenfig Boys & Girls Club	Maesteg Celtic Bowling Club
Badgers Brook Allotment	Maesteg Community First Responder
Bridgend Astronomical Society	Maesteg Hen Shed
Bridgend & District Fishing for Disabled Association	Merthyr Mawr Community Council
Coed Pen-Y-Fai Trust	MG Breaking Free CIC
Contemporancient Theatre	Morgannwg Endeavour Charitable Trust
Cornelly Community Council (Supporter Membership)	Morgannwg Target Sprint
Cornelly Songbirds	Noddfa Community Project
Cwlwm Celtaidd – Wales' Interceltic Music & Dance Festival	No Limits Neurodiversity
Cylch Meithrin Gwdihw	Play and Learn Community Playgroup
Cymru Versus Arthritis	Porthcawl Befriending Group
Garw Valley Angling Association	Porthcawl Covid-19 Strategy Group
Health & Wellbeing Tai Chi Therapy	Royal Voluntary Service
Home-Start Cymru for Families	Sense Cymru
Karma Seas CIC	Small Woods
Kenfig Hill ABC	St Theodore's Church and Wellbeing Centre
Learning Disability Wales	Tremains Woodland Rangers
Linc Cymru Housing Association Llangeinor and District	Trustees – Williams Memorial Hall Wales Air Ambulance Association
Senior Citizens Association	
Llangynwyd Middle Community Council	Western Beacons Mountain Rescue Team
Maesteg Central Division – St John Ambulance Wales	Wyndham Community Centre & Bowls Club

Not a member of BAVO yet?!

Are you a community group or charity, or do you want to start one? Are you looking for funding?

Do you need more volunteers? Do you want to meet like minded groups? Do you need help sorting a problem?

We provide FREE support and assistance to all member community and voluntary groups, not- for-profit and social enterprises in our area. We also provide some consultancy services. We are just a telephone call away and can help with just about anything you need.

Our BAVO membership form and further information can be found by visiting www.bavo.org.uk

For further details contact BAVO, T: 01656 810400 or E: bavo@bavo.org.uk



INVOLVE

AUTUMN newsletter 2020

BAVO

Bridgend Association of Voluntary Organisations
Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr

Visit our website at
www.bavo.org.uk!

Visit our website for all you need to know if you are planning to set up or are running a voluntary group or organisation in Bridgend County Borough or an individual looking for voluntary services! We have over 100 information sheets, current consultations, funding opportunities, partnerships, latest third sector news and lots more!

BAVO would like to thank all contributors to our autumn newsletter.

If you would like to include an article in our next edition, T: 01656 810400 or E: bavo.org.uk



Follow us on Twitter and Facebook for daily news and updates!



We retain the right to edit material or omit articles where they are deemed inappropriate or resources do not permit inclusion. We apologise if you have sent an article that has not been included in this edition. Views expressed in articles in this newsletter may not represent the views of BAVO.

Fersiwn Cymraeg ar gael ar gais
August 2020 ©BAVO

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