



GLAMORGAN VOLUNTARY SERVICES (GVS)

IMPACT REPORT

2022 - 2023



our achievements

INTRODUCING GLAMORGAN VOLUNTARY SERVICES (GVS)

Glamorgan Voluntary Services (GVS) is the County Voluntary Council (CVC) for the Vale of Glamorgan. GVS is the umbrella body for the Vale of Glamorgan's Third Sector and our role is to support, develop and represent Third Sector organisations and promote volunteering in the Vale of Glamorgan.

We have a flourishing membership of some 770 community organisations active in the Vale of Glamorgan. We help to improve the quality of life of people and communities by supporting volunteers, volunteering opportunities and voluntary groups.

Thriving and cohesive communities require active engagement and the involvement of local people. There is an increasing role for the Third Sector in the delivery of services and they have an invaluable role as partners and advocates for local communities. Our expert services help to provide a platform for a vibrant and robust Third Sector.

Our Vision is of a valued and respected Third Sector, in which GVS serves as a trusted leader, an effective strategic partner and provides a model of good practice for the Sector.

Our Mission is that GVS aspires to empower people, inspire excellence, and strengthen communities by stimulating and developing voluntary action.



CHAIR'S FOREWORD

BY GRAHAM BENFIELD OBE

Through another year of change and challenge with many Third Sector organisations still feeling the impact of the cost of living crisis, I think we can look back on 2022-2023 with a sense of pride and a well-earned sense of achievement. This report goes well beyond a description of our activities and really focusses on the outcomes and the difference we make. This difference is increasingly important in supporting and sustaining voluntary action which underpins community life.

Our excellent services are still not known to all and come as a welcome surprise to some. We continue to embed ourselves more deeply in the communities of the Vale of Glamorgan to reach more people. Our Community Centres in Penarth (St. Pauls) and Llantwit Major (CF61) help us to do just that.

We have also helped many initiatives come into being, set up structures, achieved charitable status where appropriate, resourced their activities and communicated their message through our training, design, support and information services. Our projects, FoodShare Pantry, the CF61 and St. Pauls Gardening Projects at our Community Centres, have also highlighted and amplified the role of volunteers in service provision.

I look forward to next year with confidence and optimism because I know and appreciate that our enthusiastic, trusted, talented staff and trustees will rise to any challenge with vigour.



CHIEF EXECUTIVE OFFICER'S REPORT BY RACHEL CONNOR

The purpose at GVS is to encourage and support the development of a thriving community and voluntary sector here in the Vale of Glamorgan, so that people's quality of life is improved and we enable others to take action to tackle local issues and inequalities.

For GVS, the delivery of our Annual and Impact Reports and the provision of a set of statistical and financial data is not only a legal requirement, but is also about the real-life stories that exist behind the numbers, stories that are about volunteers, service users, voluntary groups, and organisations.

This report clearly demonstrates our impact and shows how, despite the many challenges that are facing all of us, we have successfully managed to deliver vital services, working differently, doing more and bringing an added value to all that we undertake for key partners and the wider community.

During these challenging times our focus has been on ensuring the wellbeing of individuals and communities across the Vale and enabling access to vital support and services delivered by our amazing membership.

I would like to thank the whole team at GVS, both staff and volunteers; our Trustees for their knowledge, skills and support which have shaped GVS's strategic direction and all Third Sector organisations throughout the Vale of Glamorgan who simply make life better, for all of us.



FUNDING INFORMATION SERVICES

This has been a transitional year in terms of funding for the Sector, as many funders have moved away from prioritising COVID-19 related projects. This shift has been reflected in the enquiries we've received from members, and in turn the support that we've been providing.

Charities, voluntary groups and social enterprises have found themselves in the midst of a situation that's been called a 'new normal', which has involved learning about and adapting to a series of new challenges – not least, the cost of living crisis. We have seen a huge need emerge for support relating to financial difficulties and social isolation (likely linked to the fallout from previous COVID-19 restrictions). In particular we have seen foodshare type projects become fairly common, as well as 'warm spaces' within communities.

As always GVS has been here to help our members identify and apply for suitable funding to cover the costs of their vital work. Our support has included:

- Supporting members with individual funding related enquiries
- Arranging and facilitating 'Meet the Funder' sessions with some of Wales's largest funders
- Playing an important role in the development and implementation of the Funding.wales online funding directory
- Promoting of important funding opportunities via our website and free mailing list

With no end in sight of the cost of living crisis, GVS will continue to play an important role in providing the Sector with advice in attaining the necessary funding to support vulnerable people in our communities.



The difference we made



£650,000

Our Funding Officer supported £650,000 worth of funding bids during the year



Without the support of GVS, we would have struggled to meet criteria set out for Grant funding. GVS has been instrumental in guiding us through the funding process and has given us more confidence in applying for grants, knowing their support is there to point us in the right direction.

Dave Thomas, RAYNET
(Cardiff & District)



Working with Kris, he gave us a contact with the National Lottery meaning we were successful in a £10,000 grant. To be honest, other than a lack of time for myself, nothing has felt like a huge challenge, but that has only been because of the helpful and kind nature of Kris and the GVS team.

Naomi Marshallsea,
Coetiroedd Cwm Talwg
Woodlands



254

GVS' Funding e-bulletin service has gone from strength to strength with a subscription list of 254 recipients



6

Our Funding Officer helped facilitate six "Meet the Funder" events which increases the success rate of funding bids



Kris was really helpful in outlining how and where we should look for grants to promote and support the activities of the choir. He spent a lot of time working through possibilities for us and offered to continue to support us with advice.

Peter Dickson, St Donats
Chorale



GOVERNANCE SERVICES

Good governance plays a crucial role in the success and sustainability of charitable organisations, voluntary groups and social enterprises. While this has always been the case, the events of the past few years have certainly underlined its importance. As we've moved out of, and away from, COVID-19 restrictions, we've also seen some of the organisations that were set up in response, find themselves redundant. Winding up a charity can be a daunting prospect and we've been on hand to support with this.

Our governance service provides essential support for our members when they need it most. We help with policy development, setting up a group or charity, and with any queries related to good governance on a one to one basis. This service is designed to deal with complex cases which can take many hours, and provides our members with clarity to guide them through potentially difficult situations.

The emergence of a new crisis – namely, the cost of living crisis – has led to the creation of a new wave of projects and organisations designed to support communities. These new organisations have benefited from the governance service provided by GVS, which includes:

- Direct 1-2-1 support on any governance related enquiry
- Advice on choosing the right legal structure for a new organisation
- Support with the development and interpretation of policies
- Guidance on charity registration, including writing charitable purposes and the application form
- Training for trustees
- Dissemination of important governance related updates and information that impacts on the sector

Good governance promotes accountability, transparency, and ethical practices, while also enabling effective strategic planning and risk management. GVS plays a vital role in supporting our members to achieve these aims and continues to do so in line with the shifting landscape our Sector faces.



The difference we made



67

67 Governance related enquiries throughout the year



As a new group, we wanted to become a registered charity to make applying for grants easier. We also wanted to ensure we were following correct protocols and policies, and ensure ours were up to date. Kris advised us on becoming a registered charity, as well as supporting us with policies. We are midway through applying to be a charity, which would have been overwhelming and felt unachievable without the support of Kris at GVS.

Naomi Marshallsea, Coetiroedd Cwm Talwg Woodlands

We have nothing but good views for GVS and especially Kris Rees. From the very first idea of creating a constitution Kris was there discussing all the legal framework and guiding us as to what would suit our needs. From a tricky situation we had, trying to open a bank account. Kris discussed all the options and opened links so we could get interviews with banks. I would fully recommend that any new community group or charity use the services of GVS and Kris Rees.

Paul Carr, St Athan Clothes Bank

41

41 different organisations were supported with governance related enquiries



145

145 people accessed our Governance support materials via the GVS website



GVS have been thoroughly supportive to us establishing as a new organisation in Wales. They have been instrumental in terms of helping us to understand the Voluntary Sector locally, have signposted us in order that we make new contacts and are aware of local training, have supported us with writing a successful Awards For All National Lottery Community Fund bid, and more recently have helped us with matters of governance, critically reviewing our policies and procedures. Always approachable, GVS is a brilliant resource for organisations like us.

Gina Biggs, Rainbow Pooch Pride

VOLUNTEERING SERVICES

Our role is to provide information and guidance on all aspects of volunteering for both volunteers and recruiting organisations. Our expert staff will take time to assist people to find the right volunteering opportunities to suit their skills, personality and circumstances. We want everyone to have a rewarding, enjoyable experience of volunteering.

Volunteers supported by our Volunteering Officer for 2022-2023 totalled 553 (up from 494 the previous year). The work of our Volunteering Co-ordinator has gone from strength to strength. We have recruited 20 volunteers to help GVS develop the gardens around CF61, and a further 17 to support FoodShare and our social media output.

2022-23 saw us reintroduce our Volunteering Fayres and our Big Volunteering Fayre after an absence of over two years due to the pandemic. Along with Volunteers Week in 2022 when we held three volunteering events in Llantwit, Penarth and Barry, we had a total of 186 prospective volunteers.

Our Social Media statistics for Volunteers Week were:

People reached on Facebook – 11,120, People reached via a ‘paid for’ Facebook campaign – 3,172 and People reached on Twitter – 1,054.

We attended a number of events during 2022-23:

Big Volunteering Event; Communities for Work Youth Event; Vale of Glamorgan Adult Learners Week; MOD St Athan Health and Well Being Day 2022; Flying Start Family Fun Day; Vale Learning and Employment Fayre; Health & Wellbeing Event - (hosted by Pobl); Porthkerry Park; Crawshay Court Event; Careers Wales event and the Equalities Consultative Forum.

Our Youth-led Grant helped local organisations provide more youth volunteering opportunities in the Vale of Glamorgan. We were pleased to present grants to four successful youth projects with a total of £5,770 distributed.



The difference we made



186

We had 186 prospective volunteers attending our volunteering events throughout the year



Janine was brilliant in giving me all the correct recommendations in ensuring we are safeguarding the public when taking part in volunteering sessions at the wood. She was understanding of our small groups circumstances, ensuring we are meeting standards which are appropriate and also gave me advice by providing example policies.

Naomi Marshallsea,
Coetiroedd Cwm Talwg
Woodlands



Janine has been brilliant! Attending the volunteering event in Llantwit Major in June has resulted in recruitment of an excellent and very reliable volunteer. It was also good to be able to take part in an interview for radio. We have also recruited at least one more volunteer through your network.

Dot Williams, Butterfly Conservation/
Natur Am Byth!



553

Volunteers supported by our Volunteering Development Officer, Janine Richardson, for 2022-2023 totalled 553



GVS searched for voluntary work opportunities in conservation enabling me to volunteer for a charity I could believe in, and to enjoy making a real difference.

Deborah Nicholson

I met Janine at Barry Library and she was really helpful in matching me to an organisation for which I now volunteer.

Ruth Isaac



£5,770

Our Youth-led Grant helped local organisations provide more youth volunteering opportunities in the Vale of Glamorgan with four successful youth projects receiving a total of £5,770

HEALTH, SOCIAL CARE AND WELLBEING SERVICES

The Health and Social Care Facilitator's work focusses on improving partnership working between the Third Sector and Statutory Sectors. This involves sharing information, promoting services, supporting the integration of services, managing small grant funds and facilitating the Vale Health, Social Care and Wellbeing Network as well as other networks.

Funding for the Third Sector is of vital importance to support the running of services. It allows grass root community groups and organisations to support people in the community with what the community needs.

The Health, Social Care and Wellbeing Facilitator has helped support this by managing various Third Sector grants during the year. Five grant schemes have been administered during this time:

- Loneliness and Social Isolation Grant
- Cardiff and Vale Health Charity Grant
- Preventative Interventions Grant
- Third Sector Capital Grant
- Small Grants Scheme for Community Buildings

These five grants have supported 32 organisations and a total of £177,000 has supported community groups in Cardiff and the Vale of Glamorgan. The awarding of these five grants is only a part of the support GVS can offer organisations but the above list focusses on our work in health, social care and wellbeing. These grants were available due to partnership working between GVS and the Cardiff and Vale University Health Board, Cardiff and Vale Health Charity, Welsh Government and Cardiff and Vale of Glamorgan Councils.

Our Community Liaison Officer (CLO) takes referrals from health and social care staff with a focus on people aged under 65. Referrals focus on people with a variety of sometimes complex needs who are likely to require a range of support. The CLO operates in a way that ensures people get the help they need. 120 service users were supported during the year.



The difference we made



510

10 new members were added to the Health, Social Care and Wellbeing Network making a total of 510 members



The Health Charity Grant funding received has honestly had such a positive impact on our small charity. We have been able to use the funds to concrete the garden which after 20-plus years means all of our students finally have access to all of the garden. Thank you so much from everyone at ValePlus!

Kim McKay, ValePlus (Cymru) & ValePlus Extra



Carole, It's such a relief to know that she is out of that chair and will be washed and treated!!! It's amazing that you mentioned her foot being purple, because they have discovered it's got a blood clot!!! So well done for that. Many Thanks for being there for people and all that you have done for Susan. I know how much pressure you beautiful people are under with all the social care work you have to perform, so thank you.

Kind regards, Mike



120

120 service users were supported by Carole Jones, GVS' Community Liaison Officer during the year



Ty Hapus CIO has been greatly supported by GVS over recent years. This year they have been particularly helpful following our application for The Loneliness and Social Isolation Grant. Always available for support and always trying to answer our questions if they can. Thank you.

Tessa Thomas, Ty Hapus CIO



59

GVS' Health and Social Care Facilitator Lani Tucker, answered 59 enquiries from statutory and Third Sector partners

PARTNERSHIP AND JOINT WORKING

The Third Sector is seen as an important partner in supporting the work of statutory bodies in a wide range of areas, and GVS is committed to working in partnership to develop and improve local services.

GVS continues to facilitate Third Sector representation in formal joint planning in accordance with the agreed Protocol between the Local Authority and the Third Sector, via the Health, Social Care and Well Being Network, or via the full GVS membership where appropriate.

GVS has continued to represent the Sector on the Public Service Board, Regional Partnership Board (RPB), other strategic partnerships, and appropriate sub-groups, ensuring the voice of the Sector and the wider community is heard at all levels. In addition, with the Reshaping of Services agenda, GVS has been heavily involved in consultations and discussions with service providers regarding the participation of the Third Sector in the shaping and delivery of future services.

GVS and other Third Sector organisations have been working with the local authority to ensure that people and communities are engaged every step of the way.

GVS worked with the Regional Partnership Board to create a short film giving an overview of the difference the Welsh Government's Integrated Care Fund (ICF) made to communities. The ICF focusses on prevention, early intervention, integrated care and support services and provision of alternative delivery models.



The difference we made



Thank you so much for your help and support in producing three films. These films demonstrate how Cardiff and Vale Regional Partnership Board and GVS worked together to provide small grants to invest in capital. Rather than focus on the items that were purchased, we wanted to highlight the positive and ongoing difference they have made to people.

The Integrated Care Fund (ICF) was created by Welsh Government and enabled us to fund this work.

We are really grateful to everyone involved who contributed so enthusiastically and engaged with us on this project. We are delighted to be able to share the films, in fact, we opened the last Regional Partnership Board meeting with one of these films and had very positive feedback. We will be showing the rest at future meetings.

Kate Hughes, Senior Communications and Engagement Officer of the Regional Partnership Board (RPB) Cardiff and Vale



Working in partnership with GVS colleagues has been a huge asset to the Llantwit Food Project. The Team have been very supportive and generous with their time and their local knowledge allowing the project to flourish. GVS are key partners in several elements of the Llantwit Food Project.

Working with GVS to administer Welsh Government Community Grant Schemes has been a real asset to ensuring local community groups are able to access funding opportunities. The experience, reputation and connections GVS has with local Third Sector groups has been a real asset to ensuring funding has maximum impact across the Vale.

Joanna Beynon, Vale of Glamorgan Council



The support provided by Carole Jones has been extremely beneficial to my service users (A couple). Carole also engaged with the multi-agency working in a competent way and maintained a high level of communication and sharing of relevant information. Carole also attended a review meeting at the service users home and provided information and support.

Donwyn Lynch, Adult Services Vale of Glamorgan



INFORMATION AND MEMBERSHIP SERVICES

GVS' Membership Service offers organisations the unique opportunity to join an umbrella organisation which offers vital Third Sector services.

GVS offers both Full Membership and Free Associate Membership for those organisations who don't require access to our core services. Our Core services include Funding support; Volunteering support; Governance support; Practical Services; Health, Social Care and Well-being and Partnership and Joint Working. Our membership has gone from strength to strength this year with 771 organisations benefitting from our support.

GVS' Information Service is part of a global collective resource situated on WCVA's website along with all of the County Voluntary Councils (CVCs) in Wales. Our superb small staff team has successfully dealt with over 1,100 enquires during the year which underpins the vital role GVS plays within the Vale of Glamorgan. The enquiries ranged from organisations needing support to the general public looking to volunteer.

Our Information service contributes to strengthening the local Third Sector through robust communication and guidance. Organisations continue to praise the efficiently delivered e-bulletin service which offers comprehensive news and information in a welcoming user friendly format. GVS has three key e-bulletins - a Health e-bulletin sent weekly, the General news e-bulletin sent fortnightly and a Funding news e-bulletin sent as and when a useful fund is available.

Our e-Vista magazine and Sustainable Funding News published electronically three times a year delivers Third Sector news, helping to assist organisations deliver their key messages. We issue regular press releases, 58 for this year, and our website hosts a wealth of information including all our up-to-date news. As a direct result of our highly populated news section of the website, we had 176,166 website visits during the year.



The difference we made



1,100

GVS dealt with over
1,100 enquiries



We find the e-bulletins invaluable in helping us stay up to date on local and national issues whether that be notifying us of funding opportunities; policy announcements; partnership working or enabling us to advertise job vacancies. It really is such a useful resource to have and means we can all provide better services as a result! Thank you for the work you do in compiling them.

Rachel Jones, Marie Curie



771

771 organisations benefitted
from GVS membership



GVS is an organisation that has "been there" when the climate has been really tough for the demographic that we are proud to represent. Regular e-mails making our organisation aware of grants that we can access to support our community are informative but also come with a team who are willing to quickly answer any queries we may have. A super warm welcome at the recent AGM was the icing on the cake!

Nicola Danielsen, Gibbonsdown
Community Group



176,166

Our website had 176,166
visits during the year as a
direct result of the highly
respected news facility it hosts



Thank you for this information (GVS' e-Vista magazine and Sustainable Funding News), it's so well put together and very helpful for us in the community.

Luke Conlon, Community
Choice and Inclusion



TRAINING AND BRIEFING SESSIONS

During the year, 17 group training events were delivered, all aimed at building the capacity of local organisations.

GVS took the decision to ensure training charges were minimal, being respectful of financially difficult times and training was offered at £10 per person.

Training opportunities offered included:

- Being a Trustee
- Recruitment, Selection and Management of Volunteers
- Introduction to Data Protection
- Zoom Essentials
- Getting Fit For Fundraising
- Introduction to Twitter
- Community Shares Explained

A total of 126 delegates attended the training courses with 100% rating the training as either good or excellent.

GVS provides IT and social media 1-2-1 training courses. These continued throughout 2022-23 with all attendees rating the courses as either good or excellent.



The difference we made



126

A total of 126 delegates attended the training courses



The Being A Trustee session was clearly presented, instructive and helpful advice, both useful and user-friendly.

Rachel Cugnoni,
Charlotte Aitken Trust



Recruiting, Selecting and Managing Volunteers training feedback

The aspect I found most useful was talking about the range of adaptable forms, being able to ask questions to gain further information.

Susan Jones, Brynawel House



17

17 group training events were delivered, all aimed at building the capacity of local organisations



100%

100% rating the training as either good or excellent



An Introduction to Social Media training feedback

For anyone, like myself, needing to promote their organisation / group, this session will save you so much time. The course was excellent with a goldmine of information.

W Rogers, Creative
Community Libraries
(Vale of Glamorgan)



PRACTICAL SERVICES

Our Practical Services have been a real-life saver to member organisations offering a unique service with a user focussed service which more than meets their needs. The Service encompasses printing, design, finishing and equipment loan services, serving the membership in a professionally tailored, effective and efficient manner.

GVS' Printing and Design Service is far beyond just that. The Service is totally unique and unrivalled. Third Sector customers benefit from free tailored support and advice far beyond their expectations. The service ensures that the final product is value for money, ensuring the customer gets a quality service every time. Completed work can be collected from any of our three GVS premises in Llantwit Major, Barry or Penarth which offers savings to service users on travel expenses.

The Printing Service incorporates sizes A5, A4 and A3. Organisations can benefit from having their newsletters, meeting minutes, agenda and anything else printed which assists in the smooth running of their organisations.

The Design Service doesn't just offer the design of leaflets, magazines, certificates, invitations, programmes and business cards but it extends to pull-up banners, PVC banners, presentations and more. During the last quarter of the year, there has been greater requests from organisations to have pull-up and PVC banners designed, with three banners being produced for grateful customers.

GVS has undertaken 82 photocopying and printing jobs this year, last year's figure was 56 which is a 46% increase on last year. There were 34 design jobs completed within the year, last year's figure was 16 which is a 114% increase and demonstrates the popularity and effectiveness of GVS' design service.

The Finishing Service incorporates stapling, folding, slicing and laminating which complements the Design and Printing Services. The free equipment loan service includes items such as display boards, flipchart easels, a digital projector and a sound system. The service is highly appreciated by its users.



The difference we made



82

GVS has undertaken 82 photocopying and printing jobs this year which is a 46% increase on last year



Very efficient, prompt and helpful printing service from Mark, and at very reasonable prices. GVS' excellent service has much reduced our costs with their excellent printing service.

Scylla Cumbes U3A Cowbridge

Excellent turnaround and slight tweak to the design to improve the end result.

John Anthony, Barry RFC



3

Three banners were designed for organisations in the last quarter of the year

Mark Stillman has been excellent to work with and has enabled us to produce a poster, banner, postcards and tickets for our Festival this year that we are all very happy with. He has been incredibly responsive in his guidance and advice in helping me with the design stages and I am very grateful to have worked with him.

Ben Tarlton, Llantwit Major Chamber Music Festival

34

There were 34 design jobs completed within the year, which is a 114% increase on last year



Great service from Mark Stillman and others at GVS. Mark was so helpful and so prompt in printing flyers and posters for our next community event. And we had such a warm welcome from the rest of the Llantwit GVS team when we collected our flyers from Illtud House. Brilliant ! Thank you.

David Ambrose, Sustainable Wick Community Group

GVS' ILLTUD HOUSE



Illtud House is ideally situated in Station Road, Llantwit Major with the train station, bus station and ample parking close by. Substantial refurbishment has been carried out on the building to deliver modern office space that has incorporated a number of COVID-19 safe hygiene enhancements including hands-free flushing toilets and sensor hand washing facilities. Also available is a community facility which provides a seamless link to the CF61 Centre close by.

All offices on the first floor have now been leased to tenants. The community room is used on a regular basis by a number of groups and partnerships.

Older People's Hub at Illtud House - GVS has linked with Age Connects to support organisations working with older people and for older people who are resident in the Western Vale with an opportunity to provide and develop activities and innovative services in the locality.

Through the co-location and integration of key services and resources, services are delivered seamlessly. The Regional Partnership Board's area plan identified gaps in service provision and the problems of offering services in a rural area are in part due to the distance from other services.

Fun Foundations Nursery - The nursery attached to Illtud House was empty for up to five years. This is now fully operational with a nursery provider, offering up to 32 places at any one time.

Our GVS gardening volunteers have also supported the development of the external courtyard as a provision for tenants and nursery staff.



The difference we made



“ Great location, nice community of people working here, 24 hour access. GVS staff have been incredibly friendly and helpful from the moment I arrived.
Tim Hawkins-Ormerod, Hawkins Postproduction Ltd

”

“ The whole place is lovely to work in, super helpful staff, clean and well maintained. I'm always proud to have clients come and see where we work. All GVS staff have been incredibly helpful and friendly!
Special mention must go to Paul Warren, who has been wonderful since we moved in!
Diane King, SoulSpin

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CF61 COMMUNITY FACILITY



This year the Community Rooms at Illtud House were added to our offer and we undertook a re-decoration of Colhuw Hall. As well as maintaining our existing clients and adding several new ones, we also hosted a number of one-off events and meetings, short-term courses and some exciting opportunities for children and adults.

Events held at CF61 for local children included some funded by the Vale of Glamorgan Council's Summer of Fun initiative, including free places on commercially run pre-school sessions and free Taekwondo taster sessions. Other opportunities included holiday craft sessions and Disco Parties and a Welsh language Christmas special for pre-schoolers, run by Menter Bro Morgannwg. A Cycling Proficiency course was also run from CF61 during August, to help capture those who had missed the opportunity to do this through school due to COVID-19.

Community events included a concert from a local choir, a weekend-long exhibition and sale of work from an Arts and Crafts group, and a number of fixtures on the programme of the new annual Llantwit Arts Festival. We also hosted the Community Christmas Fair, a wreath making workshop and were the venue for the annual Lantern Parade to mark the turning on of the Christmas lights in Llantwit Major. CF61 was also a Polling Station for the Welsh local elections.

One-time opportunities in the Community Rooms included speech and language family sessions and a series of 'Business Hackathon' events to support small businesses in the Western Vale, both run by Vale of Glamorgan Council departments. Other events run by external organisations included a community organised 'Climate Conversation', mid-Vale Labour Party meetings, and a meeting for the Glamorgan Coast Forum.

GVS events at our Llantwit venues included First Aid courses organised for our members, a Volunteer Fair, and our first ever 'Indoor Boot Sale' requested by the Community.



The difference we made



Fabulous hall, bright and spacious. Staff always very helpful and encouraging. Llinos is always so helpful, enthusiastic and efficient. Nothing is too much trouble. Good car parking too.

Carol Kinson, Llantwit Major Art and Craft group

We use the main hall and kitchen area to run Llantwit Major Youth Club. The hall is a good size and we have plenty of space to run our activities. Great access to outdoors through the side exit too. The kitchen is a nice space and the shutter makes it great to cook with large groups. We also have access to a lockable cupboard to store our resources which has been really helpful.

Kelly Hawkes, Vale Youth Service, Llantwit Major Youth Club



The hall is a wonderful space in which to hold my Pilates classes. It is light and airy and always clean. I feel very comfortable bringing my clients in as I know the space is always welcoming, warm and friendly.

Julie Dennis, Bodyworks with Julie

FOODSHARE PANTRY



FoodShare continues to be held in the CF61 Centre, every Thursday. With end of day supermarket “waste”, food from Fareshare Cymru, plus local donations, we aim to help stop food waste while helping out in our local community.

We have engaged with the Local Authority and Public Health on a Lottery Project, More Than Food, to link in with other local projects to help develop our service and deliver advice and information services to our community. The More Than Food project takes place on the third Thursday of every month, 12.30 – 2.30pm alongside the Chatty Café.

Under this funded project, work continues to develop a pop-up FoodShare in St Athan.

2022-2023 saw FoodShare move over to a ‘Pantry Model’ where visitors to the scheme pay £5 for 10 items. End of day food is still available free of charge. All money taken provides funds to purchase higher quality, in-date food for the following week.

Thanks must go to Angela Baker-Earle, who left in June 2023, for her energy and enthusiasm in further developing the FoodShare project during the year. Nic Osgood took over as our FoodShare Co-ordinator in June 2023.

Numbers attending FoodShare in 2022-2023 were 2,860 (up from 1,983 in 2021-2022). Each visit, on average, can impact on a further three family members or friends, providing a further impact of 11,440 in total.

2022-2023 also saw us start the building work to enhance the room currently used by FoodShare.



The difference we made



Huge difference, we would not be able to make it to payday without this service. The staff and volunteers are incredibly helpful, non-judgemental, a caring fantastic team!

Viv and Tony

Helps immensely as we are disabled pensioners and diabetic. The staff and volunteers are fabulous!

Connie

I was struggling before with price increases, this is a huge help. The Staff and Volunteers are very helpful, friendly and pleasant.

Kathy



Makes all the difference I rarely shop at supermarkets now and live off what I get here as I'm unemployed on the sick. The staff and volunteers are very helpful, friendly and I love them!

Bernie

ST. PAUL'S COMMUNITY FACILITY



St. Paul's Community Centre opened for business in May 2022. It is the latest GVS community building and is a community space that is available to rent for a multitude of activities at an affordable rate. The building is fully accessible and welcoming. As a venue it is ideal for a range of community activities, meetings and conferences, fitness and wellbeing classes.

The Centre has offered an array of different events in the community with regular sessions including:

- Wellbeing Sessions
- Yoga
- Karate
- Performing Arts, Music and Dance Classes
- Choir Practice
- Children's Activities

The Centre is also used by a local church on Sundays. In 2022-23, the Centre had in excess of 1,000 activities.

GVS has installed sound panels to every room of the Centre to improve the acoustics and as a result the choirs who use the facility are extremely pleased with the sound quality. The building has benefitted from local art, courtesy of Creative Community Libraries (Vale of Glamorgan) and images of iconic Penarth areas which has brightened up the communal spaces.



The difference we made



Since going into St Paul's Community Centre, my karate group has grown and the use of the hall is amazing. The hall is ideal for my online content and I use it most Saturdays to record content. The hall and the premises are also extremely clean and well-organised which is even better for our group. The hall is a godsend to us!

Andrew Kanias,
Kansei Karate School



The team at St Paul's have provided us with tremendous help and support wherever we have needed it. We have a secure home with our regular booking and very much appreciate the warm friendly environment. GVS have very kindly allowed us to have posters and a banner publicising our group as well as including us on St Paul's publicity platforms which is hugely appreciated as well as being very beneficial

Kath Thorne-Thomas,
Slimming World Penarth



St Paul's has been a wonderful venue for our weekly rehearsals since we "moved in" in January. Easy for everybody to access, modern facilities, a nice acoustic, and very friendly and prompt support whenever we have any queries.

We hope to carry on using it for a long time to come!

Benjamin Gait,
Spectrum Singers



CF61 AND ST PAULS GARDENING PROJECTS

The gardening project at CF61 has gone from strength to strength with a new raised vegetable bed area which has concrete steps and a hand rail for easy access. The project received funding from the Cardiff and Vale Health Charity which has helped us to achieve this. It now has an additional 10 beds with the planters full of fruit and vegetables including tomatoes, onions, leeks, broad beans, garlic, potatoes, kale, beetroot, mint, strawberries and many others. All produce grown is donated to the FoodShare Pantry at CF61.

We have a few new additions to our children's area with a new book exchange shed, a wonderful bug castle, a low level table and an amazing pull along caterpillar, all made by our fantastic volunteers.

Work started on a mound earlier this year which is now a rockery area with lots of heather, giving much colour and fragrance.

We have had an increase in volunteers over the last few months and currently have 15. It is a diverse group of volunteers from the local community including older people, an unpaid carer and the person they care for and people with disabilities.

The gardening project at St Pauls started with three planters which are doing well. They were also paid for by the Cardiff and Vale Health Charity grant. Trellis will be added to two of the planters so that we can cover part of the neighbouring wall with climbing plants.



The difference our Volunteers have made



The gardens are somewhere for kids to play in a nice, calm, pretty area perfect for picnics and learning about nature. My five year old absolutely loves coming here with me.

Bethan Cain

The gardens are now beyond recognition, a pleasure to see a positive impact on the grounds and thank you to all the volunteers at CF61. A pleasure to walk around and see the fantastic veg and improvement.

Neil Huish



Looks wonderful. Great for children to play and enjoy nature. It has transformed CF61. Good for people, good for nature. The flowers bring joy!! Great to see it being used.

Chris Westoby



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Volunteers

Wendy Carrie (CF61 Gardening Volunteer)
Kate Briscoe (CF61 Gardening Volunteer)
Mark Sapsford (CF61 Gardening Volunteer)
Ed Robson (CF61 Gardening Volunteer)
Ros Lewis (CF61 Gardening Volunteer)
Karen Westcott (CF61 Gardening Volunteer)
Edwina Clark (CF61 Gardening Volunteer)
Sue Pattinson (CF61 Gardening Volunteer)
Nick Clark (CF61 Gardening Volunteer)
Vicki Walsh (CF61 Gardening Volunteer)
Ray Scott (CF61 Gardening Volunteer)
Heather Scott (CF61 Gardening Volunteer)
Karen Martin (CF61 Gardening Volunteer)
Teresa Enright (CF61 Gardening Volunteer)
Dave Southgate (CF61 Gardening Volunteer)
Jenny Booth (St Pauls Penarth Gardening
Volunteer)
Anne Crowley (St Pauls Penarth Gardening
Volunteer)
Rosemary Taplin (St Pauls Penarth Gardening
Volunteer)

Carys Crandon (Social Media)
Jack Pyke (Social Media)
Rhian Thomas (Events)
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Kathy Preston (Community Response)
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Chris Westoby (FoodShare Volunteer)
Julie Brown (FoodShare Volunteer)
Andy Poulton (FoodShare Volunteer)
Ann Kay (FoodShare Volunteer)
Althea Summers (FoodShare Volunteer)
Christine Mak (FoodShare Volunteer)
Ed Robson (FoodShare Volunteer)
Tim Bunce (FoodShare Volunteer)
Lizzy Bray (FoodShare Volunteer)
Martin Connor (FoodShare Volunteer)
Teresa Enright (FoodShare Volunteer)
Brenda Penny (FoodShare Volunteer)
David Paskin (FoodShare Volunteer)
Annetta McGroary (FoodShare Volunteer)



WE ARE GRATEFUL TO OUR FUNDERS



Glamorgan Voluntary Services (GVS)

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