

**News and information for Wales from:**  
**Wales Council for Voluntary Action**  
Baltic House, Mount Stuart Square, Cardiff Bay,  
CF10 5FH t 029 2043 1700 f 029 2043 1701  
www.wcva.org.uk t 0800 2888 329



## National training programme for voluntary groups in every corner of Wales

**T**he new Courses for Communities Cymru national programme has been published offering training that will help organisations deal with such crucial issues such as finding funding and managing assets.

WCVA, the county voluntary councils and volunteer centres launched the first training programme in April and this second programme consists of 54 courses.

Some courses are one-day and others half-day - which will be delivered by CVC and WCVA members of staff, with other organisations brought in to provide training in some of the identified specialist areas. Courses cost just £20 per day or less - putting them within the reach of voluntary groups, large and small.

WCVA Training Manager Kate Thomas said: 'It's apparent that while there's a wealth of training being delivered to the sector, there's little

consistency in provision of core training to support voluntary groups in setting up and developing their organisation, supporting staff, volunteers and trustees, fundraising, managing their assets and delivering better services.

'Courses for Communities Cymru will provide a quality-assured, affordable programme of courses in local and regional areas across Wales.'

The courses will be held all over Wales and cover such topics as formalising organisations, organising a committee, monitoring and evaluating the organisation's work, getting the best out of IT and working with others.

*A copy of the Courses for Communities Cymru programme is available from the WCVA Helpdesk on 0800 2888 329 or email [help@wcva.org.uk](mailto:help@wcva.org.uk), your local county voluntary council, [www.wcva.org.uk](http://www.wcva.org.uk) and [www.coursesforcommunities.org.uk](http://www.coursesforcommunities.org.uk).*

---

## Community action pack launched to help tackle climate change

**H**ave you ever wondered how you could save energy for your mother and toddler group or install solar panels in your community hall? Or perhaps you're just wondering how you can do more to tackle climate change.

Practical information is now available on how you and your community can make a difference, in the Welsh Assembly Government's Community Action Pack for tackling climate change.

The pack was launched recently by the Minister for Environment, Sustainability and Housing, Jane Davidson who said the enthusiasm and innovation of communities across Wales could play a huge role in tackling climate change.

The Minister said that climate change is the biggest challenge facing the world today and that by working together we can find radical new solutions to deal with the effects of climate change. Encouraging and supporting behavioural change at all levels is key and community groups can play a crucial role. The work done by communities will be crucial in helping the Welsh Assembly Government meet the One Wales commitment of a 3 per cent reduction in carbon emissions per year by 2011.

The pack aims to show that although climate change is a huge issue, we can all help. It

encourages people to take up the challenge within their community and give them the tools to do something about it.

Produced by the Welsh Assembly Government, with assistance from Cynnal Cymru, the pack also contains a DVD of community projects.

The film highlights five community projects taking positive action to tackle climate change and reduce their carbon emissions, and also features Sir John Houghton, Nobel laureate and member of the Intergovernmental Panel on Climate Change, explaining the effects of climate change.

The projects featured are:

- Riverside Community Market and Allotment project, Cardiff
- Bro Dyfi Community Renewables Project, Machynlleth
- Community Hall Solar Panels, Carmarthenshire Energy Agency
- Womens Institute Eco Teams, Llanddewi Brefi
- Ynysybwl to Cilfynydd Cycle Track

*Online versions of the pack are available at [www.walescarbonfootprint.gov.uk](http://www.walescarbonfootprint.gov.uk) and hard copies from the Welsh Assembly Government and key partners such as Cynnal Cymru, the WCVA and Environment Wales. For further information e-mail [climate-change@wales.gsi.gov.uk](mailto:climate-change@wales.gsi.gov.uk).*



News and information for Wales from:

Wales Council for Voluntary Action

Baltic House, Mount Stuart Square, Cardiff Bay,

CF10 5FH t 029 2043 1700 f 029 2043 1701

www.wcva.org.uk t 0800 2888 329

# New European 3-SET project gets underway at WCVA

In July 2008 WCVA had a project approved under the new European Structural Funds programmes 2007-2013.

The Third Sector European Team (3-SET) will be funded through the Technical Assistance priorities of the ERDF and ESF Convergence and Regional Competitiveness Programmes to work as part of the wider Spatial European Team (SET) network to provide dedicated expertise at a national level to enable third sector organisations to contribute to the delivery of the programmes.

Spatial European Teams (SETs) have been put in place to underpin the implementation of the European Structural Funds programmes in Wales 2007-2013. The SETs provide information, advice and assistance to public, private and third sector organisations that are involved in the delivery of the programmes.

The SETs are co-ordinated by the regional offices of the Welsh Assembly Government Department for the Economy and Transport in North, Central, South West and South East Wales. Information, advice and support are available from:

- SET Outreach Workers based in Local Authority European Teams, in relation to local and regional projects;
- The Welsh Assembly Government Department for Education, Lifelong Learning and Skills (DCELLS), in relation to ESF projects; and
- WCVA's Third Sector European Team (3-SET).

For further information, please see the 'Spatial European Team' pages of the Welsh European Funding Office (WEFO) website: [www.wefo.wales.gsi.gov.uk](http://www.wefo.wales.gsi.gov.uk) or contact Judith Stone, European Broker and Partnerships Co-ordinator: [jstone@wcva.org.uk](mailto:jstone@wcva.org.uk) tel 029 2043 1744.

---

## Volunteering may lead to better health

According to a report produced by Lampeter University volunteering could help people live longer and is good for their health and well-being. The report commissioned by Volunteering England also states that volunteering has a positive effect on people's self-esteem, helps to reduce the number of hospital visits, and can beat depression, stress and pain.

---

*'This is the first time any attempt has been made to bring this data together and it shows a clear link between volunteering and good health, both for volunteers and health service users.'*

---

Dr. Rachel Casiday from the Department of Voluntary Sector Studies at Lampeter University, who led the study said: 'This is the first time any attempt has been made to bring this data together and it shows a clear link between volunteering and good health, both for volunteers and health service users.'

'We carried out a systematic review of all the published research on the health impacts of volunteering - both for volunteers and for health service users. We reviewed 87 studies, including 15

controlled trials. Our findings suggest that having volunteers delivering certain services was beneficial to health. But we did not look at the question of whether these services are better delivered by volunteers or paid staff.

'Most of the results were very positive and the only study included in this review that showed a negative effect of volunteering concerned care for older people -where it found that volunteers tended to be less satisfied than paid employees,' Dr Casiday added.

'We also looked at the impact of different types of volunteering. For instance, church-related volunteering had a bigger impact on depression than secular volunteering; and one study found that volunteers working on environmental projects were likely to be physically fitter.'

Tim Day, WCVA's Director of Policy and Volunteering added: 'It is good to see proper research which endorses what has been known anecdotally for some time, that volunteering often improves the mental and physical health of the volunteer. It is encouraging to have such strong evidence of this benefit. It should motivate even more people to volunteer and thus make a real and valuable contribution to worthwhile activities'.

The full report can be found at [www.volunteering.org.uk/hsc](http://www.volunteering.org.uk/hsc).

News and information for Wales from:  
Wales Council for Voluntary Action  
Baltic House, Mount Stuart Square, Cardiff Bay,  
CF10 5FH t 029 2043 1700 f 029 2043 1701  
www.wcva.org.uk t 0800 2888 329



## Focus on best practice for trustees

**T**rustees of voluntary organisations in Wales will hear the latest thinking and best practice in governance and trusteeship at a national conference in November.

Following the popularity of last year's event, the 2008 Wales Trustee and Governance Conference will take place at the Liberty Stadium in Swansea on Thursday 6 November.

The conference will offer a mix of practically focused presentations, breakout sessions and an excellent trustee networking opportunity.

The keynote session will be delivered by Julia Unwin CBE, Director of the Joseph Rowntree Foundation. The presentation will examine the demands and rewards of modern governance in the third sector and will look at the issues and questions which trustees should consider about the purpose, behaviour, and responsibilities of a successful governing board.

Other sessions will consider finance, trustee roles and responsibilities, employment, public service delivery and Community Interest Companies.

The conference will be valuable to trustees, governing body members, advice workers and all those involved in management within the third sector.

*To request a copy of the conference programme and booking form contact the WCVA Helpdesk on 0800 2888 329 or email [help@wcva.org.uk](mailto:help@wcva.org.uk).*

## Catch the funding bug and sign up today!

**H**ave you ever wondered about the future sustainability of your organisation? What would happen if your major source of income was taken away? To help you manage such issues, WCVA's Sustainable Funding Cymru and Conwy Voluntary Services Council are running a one day training course on sustainable funding.

By the end of the course, you will:

- understand the concept of sustainable funding;
- appreciate the skills and approaches required to adopt an entrepreneurial culture.
- understand the importance of having a mix of income streams;
- learn how to explore and extend your funding and financing options.

21 October 2008, Llandrindod Wells

23 October 2008, Swansea

27 November 2008, Colwyn Bay

This training will benefit those involved in the management and fundraising of voluntary and community organisations. It is only available to voluntary and community organisations operating in Wales. This training is offered at a subsidised rate of no more than £20 per person as it is supported by the Big Lottery Fund.

*Further information and application forms can be obtained by contacting WCVA's Helpdesk on 0800 2888 329 or [help@wcva.org.uk](mailto:help@wcva.org.uk).*

## Groups wanting to increase volunteer capacity urged to apply to WCVA fund

**T**he 2009/10 Volunteering in Wales Fund round is now open and applications for grant support are invited. The scheme is particularly interested in the recruitment of volunteers who are at risk of social exclusion such as people with disabilities, unemployed people, people from Black and Ethnic Minorities, young people under 25 and people over 60 years old.

Funding is available to:

- support Welsh projects whose aims are mainly achieved by volunteer effort and support
- support not for profit organisations whose primary purpose in seeking grant support is to recruit, train and place volunteers

- encourage good standards and practice in volunteering
- support, through volunteering, people at risk of social exclusion

Grants of up to £25,000 per organisation are available in the first year, with the opportunity to apply for second and third year funding of up to £12,500 and £6,250 respectively. Any constituted voluntary organisation working, or planning to work in Wales, is eligible to apply.

*The closing date for year one applications is 31 October 2008 for funding to commence in April 2009. For enquiries contact Mark Bendon on 029 2043 1749. Application packs are available from the WCVA Helpdesk on 0800 2888 329.*



*News and information for Wales from:*  
**Wales Council for Voluntary Action**  
Baltic House, Mount Stuart Square, Cardiff Bay,  
CF10 5FH t 029 2043 1700 f 029 2043 1701  
www.wcva.org.uk t 0800 2888 329

## Petitioning process allows new opportunities for third sector

**W**CVVA's Voices for Change Cymru project has joined forces with leading Welsh Public Affairs Agency Positif Politics to run a half-day event for the voluntary sector all about the Assembly's Petitions process. The event will take place on Tuesday 18 November from 9.30am - 12pm at the National Assembly for Wales building and is free of charge.

The Assembly's Petitions system provides a unique opportunity for the voluntary sector in Wales to bring issues to the attention of Assembly Members, gain support for campaigns and suggest ideas for policy change or legislation. If you'd like to know how the petitions system works; what the Petitions Committee does; what makes a successful petition and how your organisation could use the petitions process then this event is for you!

The event will feature:

- Welcome and introductions from Lord Dafydd Elis-Thomas AM, Presiding Officer of the National Assembly for Wales

- Information on WCVA's Voices for Change Cymru project from project staff

- The Petitions Clerk talking about the process for submitting a petition, tips for success and how the system has been working to date

- Bethan Jenkins AM, member of the Petitions Committee, giving an Assembly Member perspective on the petitions process and how the voluntary sector can engage with it

- Daran Hill from Positif Politics presenting a case study of a successful petition and tips for voluntary sector organisations.

The event will end with a light lunch and networking opportunities. This event is aimed at voluntary and community organisations operating in Wales. As WCVA's Voices for Change Cymru project is supported by the Big Lottery Fund, and thanks to the generous support of Positif Politics, we are able to hold this event free of charge.

*Places are limited and will be issued on a first come first served basis. To reserve a place please email [vfcc@wcva.org.uk](mailto:vfcc@wcva.org.uk) or call 029 2043 1720.*

---

## Bursary opportunities for doctoral students

**T**he Assembly has announced a new scheme to support doctorate level students carry out research into strategically important areas of sustainability.

A total of £105,000 will be provided over three years to fund the programme from 2008-11.

Bursary funding - up to £3,500 a year until 2011 - will be made available, subject to application, to students who focus their research on strategically important areas of sustainability. The research on sustainability would need to be on critical, real-time issues and would need to be high quality, comprehensive and relevant.

Applications for the bursary are welcomed from practicing middle or senior managers currently employed by a Welsh public service organisation (including the third sector) who are applying for or have been accepted by an institution to begin an accredited taught or research based doctoral level programme from a Welsh university.

*Details of this opportunity are available on the Welsh Assembly Government's website below:*

*<http://new.wales.gov.uk/topics/sustainabledevelopment/susdevnews/bursary/?lang=en>*

*The closing date for applications is end of October.*

**The next editions of this WCVA national supplement will be available at the end of November 2008 and January 2009.**



Data Protection Act 1998 Contact details of all recipients of the *National Supplement* are held and processed by WCVA on computer. The information is used by WCVA for the monitoring and promotion of the voluntary sector in Wales. Contact details are disclosed to third parties for the purposes of assisting this promotion.