



GLAMORGAN VOLUNTARY SERVICES (GVS)

Impact Report

2023 – 2024





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 772 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 delivering of services and it has 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 challenge, with many Third Sector organisations still feeling the impact of the cost of living crisis, I think we can look back on 2023-2024 with a sense of pride and a well-earned sense of achievement. This report goes 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.

We continue to embed ourselves more deeply in the communities of the Vale of Glamorgan to reach more people. And 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, and have supported them through our grant schemes, 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.

Welcome to Croeso i



Glamorgan Voluntary Services

CHIEF EXECUTIVE OFFICER'S REPORT BY RACHEL CONNOR

As we entered 2023 the optimist in me hoped for better times. It has however proven to be, yet again, a difficult time for the Sector and the communities we serve.

The cost of living crisis has not dissipated and coupled with the increased demands on Third Sector services has brought yet more challenge. GVS continues to work collaboratively to try to mitigate the impact of this on our sector, communities and residents.

GVS has provided help with its management of numerous grant schemes and together with its core services and projects, light has shone through in the form of the successes and achievements that are highlighted in this report.

My thanks go to our amazing, talented staff team and to the strong leadership of our Board together with resources from our funders and support from our partners, without whom none of this would be possible.





FUNDING INFORMATION SERVICES

With lockdown now behind us, the past 12 months has presented the Sector with a new range of issues to focus on – not least, the cost of fuel crisis and the cost of living crisis, with neither showing signs of abating any time soon. Despite this, voluntary groups, charities and social enterprises have risen to the challenge and we have supported many of these to successfully acquire funding.

Without the appropriate funding, organisations simply could not provide the services and support that are so vital to our communities in the Vale of Glamorgan. At GVS we offer a range of funding services designed to be of use to our members including:

- Free subscription to our funding newsletter
- A dedicated search to help identify suitable funding
- Support with funding related enquiries
- Facilitation of 'Meet the Funder' sessions with some of Wales's largest funders
- Ongoing promotion of funding news via our website
- Feedback on funding application forms
- Training on writing funding applications

THE DIFFERENCE WE MADE

£173,000

Our Development Officer supported organisations to successfully apply for grants exceeding £173,000

We facilitated and awarded over £234,000 of funding

£234,000

36

Our Development Officer undertook 36 dedicated funding searches

Our Funding mailing list continues to grow and has 336 subscribers

336

Feedback

Our young people have been able to access and experience many new water activities throughout the summer holiday. This was only made possible by working with GVS and The National Lottery, and for that, L.I.F.E. - Linking Inclusive Families through social Events is extremely grateful. Rachael, L.I.F.E.

We received funding to help us get all of our Volunteer coaches trained to the new FAW requirements on First Aid Training. Invaluable resource to me and the club. We greatly appreciate you. Austin Walters, Llantwit Major JFC

As a volunteer fundraiser for a community club I find the funding newsletter and bulletins give me a good knowledge of funds and the inspiration to apply. Without it I wouldn't know where to start! By getting a regular list it motivates me to keep applying to relevant funds. Adrian Gratton, Barry Athletic Football Club



GOVERNANCE SERVICES

Our governance service remains a core aspect of the work that GVS offers to benefit not only our existing members, but those blossoming groups and charities that become the members of tomorrow. From guiding a passionate volunteer with a burning idea for a charity, to supporting well-established charities through an unprecedented situation - and everything in between - GVS is here to help.

It will come as no surprise that the past few years have been an extraordinarily difficult time for voluntary groups and charities. The cost of living crisis and fuel poverty remain a key issue for the Sector. As always, good governance is essential in providing organisations with the resilience needed during these times. To that end, GVS support includes the following services:

- Support for governance related queries
- Advice with policy development
- Guidance for Charity Commission registration
- Being a Trustee training
- Ongoing assistance with setting up a voluntary group, charity or social enterprise

THE DIFFERENCE WE MADE

53

We received 53 governance related enquiries

We supported 19 charity registrations

19

27

We supported 27 organisations with governance queries

There were 142 downloads of governance resources from our website

142

Feedback

Kris' help on setting up a charity has been priceless. Kris has successfully guided us from the very beginning, where we talked through our idea, and we are now at a point where we are ready to submit our constitution. We will continue to use this valuable support as we progress our journey. Thank you. Anon

Kris was very clear on what we need to put in place to build a strong foundation for our charity. The advice was so helpful, and followed up with templates we can adapt. We are very grateful and hope to build further on this as we grow and develop as a small charity. Anon

I would like to express my sincere gratitude for the continued support that I have received from Kris Rees at GVS. As the founder of a Community Interest Company with no staff, the assistance, expertise and advice that he has provided has been invaluable. I am particularly grateful for his swift replies, as I usually feel pressured to find an answer quickly in order to progress in some way and I am always super relieved to be supported so quickly. Bernadette, Moss Rose Cottage



VOLUNTEERING SERVICES

GVS' volunteering service offers a one-stop resource for information, advice and guidance on all aspects of volunteering for both volunteers and recruiting organisations. We aim to link the skills, experiences, time, and enthusiasm of local people looking to volunteer with organisations seeking to develop their services. This service is delivered through several venues across the Vale of Glamorgan, as well as at our main office in Illtud House in Llantwit Major which ensures that we can reach those across the county.

GVS received 680 enquiries regarding volunteering in the Vale of Glamorgan for 2023/24. The number of people who GVS then found an opportunity to volunteer in the community was 289.

The CELT+ Project is funded by the Vale of Glamorgan Council to help people who need support to return to employment, training or work experience. The CELT+ Project has gone well with a steady increase in referrals. Since the beginning of the project in 2023, 29 candidates have been referred to GVS for volunteering support.

THE DIFFERENCE WE MADE

26,358

For Volunteers' Week 2024, through social media and other online resources, GVS reached 26,358 people across the Vale of Glamorgan. We also ran five volunteering events

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 £4,960 distributed

£4,960

34

Our Gardening Project saw much improved community spaces, which has proved very popular within the community of Llantwit Major, supported by over 34 GVS volunteers

Feedback

It was only towards the end of last year that we took advantage of listing our volunteer vacancies with GVS and I am pleased to say that we have already received interest from people who have gone on to become regular volunteers in the Library. I would also like to thank the team at GVS for their willingness to help and for their advice on an on-going basis.
Jeffrey James, Rhoose Community Library

Janine Richardson was the person who initially got in contact with me, after I had enquired about volunteering as a Digital Champion. She was very helpful and organised for someone to phone me regarding the role and to take things further.
Anon, Volunteer

GVS provided exceptional support when I enquired about volunteer opportunities for my 14-year-old daughter, who is completing her Silver Duke of Edinburgh (DofE) Award. With many organisations requiring volunteers to be 16 or 18+, Janine from GVS went above and beyond, personally reaching out to multiple organisations and presenting us with a range of options. She followed up on suggestions, facilitated introductions, and kept us informed of new opportunities as they arose.
Jo Parry



HEALTH, SOCIAL CARE & WELLBEING SERVICES

The Health and Social Care Facilitator's work focuses on improving partnership working between the Third 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.

An example of this partnership work is a briefing on local Third Sector transport schemes that transport patients to hospital. This work has been shared with Llais, Cardiff & Vale University Health Board and local GPs.

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. The following grants were administered during 2023 - 2024:

- Third Sector Capital Grant
- Preventative Interventions Grant
- Small Grant Scheme – Community Action

£199,000 was allocated and we supported 34 organisations in Cardiff and the Vale of Glamorgan.

THE DIFFERENCE WE MADE

530

20 new members were added to the Health, Social Care and Wellbeing Network making a total of 530 members

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

59

120

The Health & Social Care Facilitator attended over 120 meetings with Third Sector organisations and Health and Social Care staff

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

150

Feedback

Lani gave us lots of useful information about possible ways of getting involved in social prescribing and will be passing on our details to other organisations. Dot Williams, Butterfly Conservation/Natur Am Byth!

This grant funding has enabled us to engage with more care experienced children and young people, broaden our participation activities and provide health and wellbeing opportunities for young people to be able to come together and decrease loneliness and isolation. Hannah Hitchins, National Youth Advocacy Service (NYAS)

We would not have been able to trial this new project without the support of GVS and the Health Charity grant scheme. Since starting, the project has already engaged with and benefitted 32 people with a learning disability. The grant has enabled us to trial a brand new environmental volunteering project for adults with learning disabilities. Lucy Curtis, Innovate Trust

Information about what services are available in the Vale of Glamorgan, with a view to joining different groups or them joining us. GVS have been very helpful for networking purposes. Linda Brownhill, MHA Communities



PARTNERSHIPS & 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 Wellbeing Network, or via the full GVS membership where appropriate.

GVS has continued to represent the Sector on the Vale Public Service Board, Regional Partnership Board, other strategic partnerships, and appropriate sub-groups, ensuring the voice of the Sector and the wider community is heard at all levels. 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. Some of the other key Strategic Partnerships and other Joint Working initiatives on which GVS plays a key role include:

- Climate Change / Asset Management Group
- Families First Strategic Executive Group
- Flying Start Strategic Executive Group
- Cardiff and Vale Integrated Health & Social Care Strategic Leadership Group
- Shaping Our Future Wellbeing Project Board
- Voluntary Sector Joint Liaison Committee
- Shaping Our Future Wellbeing (SOFW) - Wellbeing Hub in Penarth group
- Shaping Our Future Wellbeing - Wellbeing Centre in Barry Hospital Group
- Food Vale
- Vale of Glamorgan Section 16 Forum

THE DIFFERENCE WE MADE



Feedback

As always I am impressed with the positive energy and 'can do' attitude of the GVS team and their approach to partnership working. The breadth of their activities, their commitment to our local communities and their ability to make a difference is clearly evidenced in this report. Tom Bowring, Director of Corporate Resources, Vale of Glamorgan Council

It's been a pleasure to work with Rachel and the team at GVS on a range of partnership projects and I look forward to our continued work through the Public Services Board and on a range of other activities. Helen Moses, Operational Manager - Corporate Strategy and Insight, Vale of Glamorgan Council

GVS have been a central partner in the Llantwit Food Project, leading and driving forward actions in collaboration with a range of local partners. It has been a pleasure to work alongside them to develop this project which won the Ystadau Cymru 2023 Award highlighting the strong community partnerships on a national stage. The support from GVS staff at CF61, particularly the Foodshare Coordinator, Operational Manager and Community Buildings Admin Assistant, has been pivotal to the continued success of the project and enabling residents to access support in Llantwit Major and St Athan. Joanna Beynon, Policy Officer, Vale of Glamorgan Council



INFORMATION & MEMBERSHIP SERVICES

GVS' Membership Service gives organisations the unique opportunity to join an umbrella organisation which provides 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.

GVS' Information Service, one of many direct benefits of our membership, contributes to strengthening the local Third Sector through robust communication and guidance. GVS assists with enquiries ranging from organisations needing support to the general public looking to volunteer.

The Information Service is complemented by our e-bulletin service which provides immediate, vital and relevant information directly to Members' inboxes. There are three key e-bulletins - a weekly Health e-bulletin, a General news e-bulletin sent fortnightly and a Funding news e-bulletin sent organically as and when a useful fund is available.

The distribution of our e-Vista magazine and Sustainable Funding News, three times a year, and our website adeptly complements the Information Service.

THE DIFFERENCE WE MADE

1,254

During the year, our superb small staff team has successfully dealt with over 1,254 enquiries, an increase of 24% compared with last year which underpins the vital role GVS plays within the Vale of Glamorgan

24%

Our membership has gone from strength to strength this year with 772 organisations benefitting from our support

772

72

We issue regular press releases and throughout the year we issued 72, an increase of 24% from last year

24%

Feedback

Mark at GVS is always ready with friendly advice and practical help, particularly in helping to promote our services. Brenda Gibbins, East Vale Community Transport (EVCT)

Mark is always really helpful. He advertised our job vacancy in GVS' e-bulletin and website. He has also helped us with printing our newsletters to share our information with clients who may benefit from our services. Very useful and helpful service all round. Thanks very much. Julia Folland, Care & Repair Cardiff and The Vale

Mark is an excellent advocate of Versus Arthritis and is always happy to share information, update our services and sessions on the GVS website and is a real supporter of Versus Arthritis. Paula Bowen, Versus Arthritis

It has allowed our job vacancy to be promoted across the Vale of Glamorgan with the GVS network. Mark provided a great service. Emma Mallam, Motion Control Dance



TRAINING & BRIEFING SESSIONS

During the year, 16 group training events were delivered, all aimed at building the capacity of local organisations. Training opportunities offered included:

- Being a Trustee
- Recruitment, Selection and Management of Volunteers
- Introduction to Data Protection
- How to Use X
- Introduction to Social Media
- An Introduction to Canva
- Emergency First Aid

A total of 84 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. GVS held five training sessions with all attendees rating the courses as good or excellent.

THE DIFFERENCE WE MADE

16

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

A total of 84 delegates attended the training courses with 100% rating the training as either good or excellent

84

100%

5

GVS held five IT training sessions with all attendees rating the courses as good or excellent

Feedback

Recruiting, Selecting and Managing Volunteers - Thank you! I really enjoyed this training, it was engaging and I felt like I could ask any question. Anon

An Introduction to Social Media - My overall rating for the course was excellent. Just to be able to answer my queries and questions and explain ways to use Social Media to get more engagement. Sian O'Donnell, Vale of Glamorgan Council

An Introduction to Canva - It has taken the fear out of a new (to me) technology and given me the confidence to use the tools that will be relevant to my work. The course delivery was at a pace that I could follow and Mark was open to questions throughout, providing examples and practical support when we needed it. Much appreciated. Laura O'Keeffe, Race Equality First

Social Media for the Third Sector - Thanks so much, Mark. This was a great course, very helpful and would highly recommend to others. Kate Tucker, Mindfulness Wales



PRACTICAL SERVICES

Our Practical Services have been a real-life saver to member organisations offering a unique service with a user centred focus 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. The Printing Service incorporates sizes A5, A4 and A3 and the Service has never failed to miss a deadline in over 20 years of its operation.

The Design Service offers design of leaflets, newsletters, certificates, invitations, programmes, pull-up banners, PVC banners, presentations and more.

The Printing and Design Service truly met the needs of its service users this year. The Service was used 119 times which is a 45% increase on last year. The number of design jobs also increased to 36 which is an increase of 44% from last year.

THE DIFFERENCE WE MADE

119

The Service was used 119 times, a 45% increase on last year

45%

The Service has never failed to miss a deadline in over 20 years of its operation

20

36

The number of design jobs also increased to 36, an increase of 44% from last year

44%

Feedback

Fantastic printing service, always reliable and fast. Mark is always a pleasure to deal with and they offer fantastic value for money! It allows us as a charity to produce a quarterly newsletter which benefits our clients and partners. Emily Laker, Care & Repair Cardiff & the Vale

Quick and efficient service from Mark in designing our leaflet and flyer and excellent design skills and patience to get them just right. Great results! Liz Frankis, Age Connects Cardiff & the Vale

GVS have done all of the printing for the group. I just wanted to say thank you very much to Mark Stillman for the fantastic service you have provided us over the years. It is much appreciated (He even picks up on a few typos that we have missed). Very well done. Richard Taylor, Dow Corning Retirees Association

We receive a really helpful service which starts with our e-mail attachment, to develop the format and prints on card of our annual talks programme ready for use. Richard Tonkin, Cowbridge History Society



GVS' ILLTUD HOUSE

Illtud House is ideally situated in 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.

All offices on the first floor are leased to tenants. The community room was used on a regular basis by a number of groups and partnerships in 2023/24.

The Older People's Hub at Illtud House with Age Connects operated in 2023/24 to support older people and organisations working with older people.

The Fun Foundations nursery is fully operational providing up to 32 places at any one time.

THE DIFFERENCE WE MADE



Feedback

My tenancy at Illtud House is positive. Paul Warren is a very accessible and supportive landlord who is respectful and responds quickly to any concerns I have. The building is kept in good shape; clean and safe with strict adherence to safety measures and ensuring the communal areas are fit for all tenants. The GVS staff are particularly helpful and kind. The gardens are becoming more and more attractive, and the volunteers do a great job keeping the area alive with plants, foliage and a mini orchard which offers a positive community space. It is a pleasure to see it transforming. Michelle Evans, ME Psychological Therapies

GVS Illtud House is a wonderful location. The staff who run GVS have been fantastic to work with. Always helpful and work with the tenants to solve any problems. I wouldn't hesitate to recommend GVS to anyone looking for a space in the local area. I'm always singing their praises. Professionalism at its core with a side order of consideration and kindness. What's not to like!! Diane King, SoulSpin Ltd.

Illtud House offers great value office space in a good location. It's awesome to see how much effort the volunteers put into improving the area, especially with the gardens—they've done an amazing job. The staff are always super friendly and helpful, and we're really happy that Yellow Cat Design has found its home here at Illtud House. Mark Bird, Yellow Cat Design



CF61 COMMUNITY FACILITY

This year, with thanks to the Vale of Glamorgan Council and an award of Ystadau Cymru funding, CF61 had some major building improvements, with the installation of Solar Panels, replacing the old heating system and radiators with a modern, efficient, cost effective version, making us more environmentally friendly and greener.

CF61 hosted a number of events and meetings. Opportunities for local children included sessions from the Vale of Glamorgan Youth Club who brought their V-Pod bus during building work to ensure continuous sessions and activities. The local nursery held their Christmas Party in the main hall. We hosted a Charity Bike Ride, Memorial Tea Party and Self Defence Seminars.

Community events included The More in Common Big Winter Party, a Charity Concert with local harpists and a weekend-long Arts & Craft exhibition. We hosted a Community Christmas Fair for the annual Lantern Parade and Polling Station for the local elections.

THE DIFFERENCE WE MADE

8

8 new groups or classes started to meet here regularly within the year

10 hours a week of adult education were taught

10

13

13 hours a week of exercise classes, for children, young people or adults

10+ Community Groups regularly met

10

Feedback

Our club really enjoy the space as it facilitates our needs and our relationship with the staff members is very good as they accommodate and listen to our feedback. Easy parking and good accessibility. Paul Jones, Llantwit Major Taekwondo Club

Alison is super helpful and always on hand if I'm ever in need of any help or have an enquiry regarding my hire time. It's honestly so lovely to know you're fully looked after as a hirer and Alison really is one of the best; she's a great communicator with anything I need to know and it makes all the difference. Sophie Bracey, Annette Bracey School of Dancing

The friendly staff and welcoming nature of the building make coming to work at CF61 an absolute pleasure. I work for myself and do not have colleagues but feel like part of a team and community whenever I come in to teach. Any questions I have or (very rare) issues that need resolving are always dealt with politely, happily and with no fuss at all. I would recommend anyone to use the space. Julie Dennis, Bodyworks with Julie



FOODSHARE PANTRY

The FoodShare Pantry has continued to evolve over the period, particularly with the launch of the FoodShare Pantry St Athan in January 2024. The FoodShare Pantry Llantwit Major continues to operate weekly on a Thursday, serving an average of 65 households every week.

From 2023-2024 our CF61 pantry underwent redecoration and we introduced more of a self-serve model. For £5 customers are able to choose a selection of items, including chilled, frozen, ambient and fresh produce as well as bakery items. All of the money taken provides funds to purchase higher quality, in date food for the next week's pantry, with emphasis on ingredient items that will enable customers to make meals and feed families when combined with the perishable 'surplus' goods that come into the pantry.

Work continues to develop the St Athan Pantry, raising awareness of the facility and assessing the most suitable model to address needs.

THE DIFFERENCE WE MADE



The pantries now proudly redistribute on average 300kg a week of 'surplus' food that would otherwise go to waste, thereby protecting our environment and supporting those facing food insecurity

Numbers attending FoodShare in Llantwit Major peaked to a record high in November and December 2023 of 75 households, typically feeding a family of four



12,436

Total visits to the Llantwit Major Pantry were 3,109 in 2023-2024 (up from 2,860 the previous year), estimating a total impact on 12,436 people (on the basis that one customer visit feeds a household of four)

Feedback

It's greatly helped me financially and I eat a much wider variety of things now, plus the people are lovely!
Kathy

Great fresh food! It saves me money, I meet the community and avoid wasting food. Jen

FoodShare helps with the essentials and I get to meet people. The staff are such a happy, helpful bunch – they are always eager to help.
David

It makes a huge difference – we can have a proper meal. A shop here does at least two meals for four of us when we would otherwise have gone without. It's very helpful indeed. Lisa



ST PAUL'S COMMUNITY CENTRE

St Paul's Community Centre 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 and Children's Activities.

The Centre is also used by a local church on Sundays. All proceeds are re-invested into the Centre to continually improve the facility for the local community.

In 2023/24, the Centre had in excess of 1400 activities.

THE DIFFERENCE WE MADE

1400

In 2023/24, the Centre had in excess of 1400 activities

The community resource has averaged over 20 events a week during 2023/24

20

16

There has been on average 16 hours a week of exercise classes at St Pauls

Feedback

An excellent accessible venue for our choir rehearsals at an affordable rate. It's great to have use of the kitchen for our break time. We can also store our piano, so it is very convenient for us. Lynne Milligan, Penarth Community Choir

A lovely clean community space. The hall I use is light and airy and always clean. Great facilities and toilets are always clean. Staff are always welcoming and friendly and very helpful. I feel very grateful to have the space to use for my Yoga classes. Rachael Beasley, Penarth Yoga

We have had our home at St Paul's for just under two years now. I cannot speak highly enough about the staff and support we have had since being here. The facilities are fantastic. St Paul's is a clean, bright and airy space with a welcoming feel. The building is now very well used but also feels loved and looked after by Staff and users and the community. We are delighted to be part of the Community at St Paul's and thank GVS for their continued support. Kath Thorne-Thomas, Penarth Slimming World

We value the use of the spaces in the building which are of ideal size to meet our needs. We find the staff very easy to contact, responsive and flexible. Kay Marshall, Penarth Local (Quaker) Meeting



CF61 AND ST PAULS GARDENING PROJECTS

The CF61 gardens look exceptional, our mound area is now complete with planting on both sides and a pathway through the top replicating a woodland trail. The volunteers cleared an area which has exposed an original stone wall on two sides creating another planting area which we have called the Wall Garden. There is an old tree growing through the wall which is ideal for hanging bird feeders.

We were chosen by a local artist, the late Gwyneth Price, to display sculptures she designed which depict two people gardening.

The project has been nominated for a Wales in Bloom award and we are awaiting the result which will be announced at an event in September 2024.

The project at St Pauls has done really well this year with the planters looking fabulous, with a new planted herb bed and some climbing plants to the front of the building which will attract insects.

THE DIFFERENCE WE MADE



Feedback

The gardens are somewhere for kids to play in a nice calm pretty area perfect for picnics and learning about nature. My 5 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

It's a lovely relaxing area, nice to see and meet the volunteers and the children's play area is absolutely lovely. The area near the entrance has been cleared and beautifully re-planted. Jane Spyropoulos

I love the children's play area, I enjoy the CF61 gardens and sometimes I just sit in the gardens to relax. I wish my garden looked that good. L. Evans

THE GVS TEAM

Board of Trustees

Graham Benfield OBE, Chair

Conway Hawkins, Deputy Chair

Lynda Wallis, Deputy Chair

Sian Davies, Treasurer

Steve Cox

Paul Hawkins

Ellis Williams

Teresa Power

Suzanne Clifton

Christian Pegrum

Bob Gatis

Chris Economides - retired in November 2023

Jodi Winter - retired in November 2023

Staff

Rachel Connor, Chief Executive Officer

Clive Curtis, Operational Manager

Paul Warren, Operational Manager

Linda Greenfield, Strategic Business Manager

Lani Tucker, Health & Social Care Facilitator

Kris Rees, Development Officer

Janine Richardson, Volunteering Development Officer

Ceri Venners, Administration Officer

Cath Haines, Volunteer Co-ordinator

Alison Owens, Community Buildings Administration Assistant

Carole Jones, Vale Community Liaison Officer

Nicola Osgood, FoodShare Co-ordinator

Terry Marshall, Finance & Administration Assistant

Mark Stillman, Marketing and Membership Officer

THE GVS TEAM

Volunteers

Pam Percy (FoodShare Volunteer)
Cathy Mangles (FoodShare Volunteer)
Chris Westoby (FoodShare Volunteer)
Annetta McGrory (FoodShare Volunteer)
Brenda Penny (FoodShare Volunteer)
Teresa Enright (FoodShare Volunteer)
Ann Kay (FoodShare Volunteer)
Lizzy Bray (FoodShare Volunteer)
Bob Pape (FoodShare Volunteer)
Jill Pape (FoodShare Volunteer)
Christine Broughton (FoodShare Volunteer)
Andy Poulton (FoodShare Volunteer)
Althea Summers (FoodShare Volunteer)
Christine Mak (FoodShare Volunteer)
Ed Robson (FoodShare Volunteer)
Tim Bunce (FoodShare Volunteer)
Martin Connor (FoodShare Volunteer)
Jane Spyropoulos (FoodShare Volunteer)
Anna Keeling (FoodShare Volunteer)
Rose Davis (FoodShare Volunteer)
Louise Shapcott (FoodShare Volunteer)
Gareth Morgan (FoodShare Volunteer)
Rachel Martin (FoodShare Volunteer)
Penny Love (FoodShare Volunteer)
Janet Reece (FoodShare Volunteer)
Alexandra Rees (FoodShare Volunteer)

Liz Beech (FoodShare Volunteer)
Richard Beech (FoodShare Volunteer)
Tony Gregg (FoodShare Volunteer)
Wendy Carrie (CF61 Gardening Volunteer)
Kate Briscoe (CF61 Gardening Volunteer)
Ros Lewis (CF61 Gardening Volunteer)
Edwina Clark (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)
Amanda Chapman (CF61 Gardening Volunteer)
Jason Long (CF61 Gardening Volunteer)
Lisa Casson (CF61 Gardening Volunteer)
Sue Brydon (CF61 Gardening Volunteer)
Viv Blair (CF61 Gardening Volunteer)
Jenny Booth (St Pauls Gardening Volunteer)
Anne Crowley (St Pauls Gardening Volunteer)
Rosemary Taplin (St Pauls Gardening Volunteer)
Bethan Williams (Social Media Volunteer)
Rhian Thomas (Events Volunteer)
Ford Brazel (Community Response Volunteer)
Kathy Preston (Community Response Volunteer)

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