

**AVOW Volunteer Centre Department celebrated the huge contribution volunteers have individually made to their community by volunteering during An Afternoon Cream Tea at Yale College, on Thursday 29th September 2011.**

More than 50 volunteers, some of whom have volunteered for over 20 years, from 19 different Organisations within the County Borough of Wrexham attended the event.

Each volunteer was presented with a Volunteer Star Award and a gift of appreciation to acknowledge their commitment. The event was also supported by the High Sheriff of Clwyd, Mr Lloyd FitzHugh; the Mayor & Mayoress; Councillor Ian & Mrs Hilary Roberts; the AVOW Chair, Mervyn Rosenberg and his wife Kate as well as Trustees from AVOW Margaret Bryden & John Leece-Jones.

Some guests have been volunteering on a



regular basis for more than 20 years in a variety of organisations and community groups throughout the County Borough of Wrexham.

An anonymous comment from a volunteer at the event: "What a lovely event! We so appreciate all the hard work that has been put into arranging this occasion. Thank you ever so much. We love our voluntary work!"

Ann Vaughan, AVOW Volunteer Centre Manager said: "I'd like to thank all staff who helped us both during and before the event."

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## Groundwork North Wales

### Volunteers Needed

Whether you're looking to gain work experience and broaden your horizons, fulfil your passion in environmental issues or simply want to give a few hours a week to a cause that benefits your community, Groundwork is the organisation that can help you to do something special. Our Trusts regularly work with volunteers, and getting involved in one of our projects could put you in a strong position to obtain full-time work - in fact many of our existing staff began their careers with us as volunteers. From administrative to practical 'hands-on' roles we can offer something to suit everyone.



Tel: 01978 757524

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### A Volunteer's Story

#### How volunteering changed my life...

Having been long term sick for many years, I wanted to get back into employment; I had lost my confidence and felt that I didn't have much to offer any employer in the way of skills or experience.

So I went to my local Volunteer Centre in Wrexham and they put me in touch with a couple of local charities looking for volunteers. Having read through the great many choices I

decided on Victim Support, a local charity that supports victims and witness' of crime in the community.

I can honestly say that volunteering changed my life; following on from volunteering I became a manager of the service and have been with Victim Support for the past 10 years. I have held several different roles within the charity and enjoyed every one of them.

Volunteering gave me the opportunity to gain new skills, knowledge and experience. I never thought I would have such a great job, volunteering opened the door for me, and I've had the privilege of working and volunteering with a diverse range of people. Volunteering is a two way thing - you are giving your time, commitment, knowledge, skills etc. and you get so much back. I recommend that everyone should give it a go - you never know what it could lead to!



Story by Linda Parry

## Volunteer Recruitment Drop-in

**Want to volunteer?  
Don't know what you want to do...**

Why not come along to our drop-in session, held the first Tuesday of each month 10am - 11.30am at AVOW

You will have the opportunity to talk to staff or volunteers from various organisations who will be available to share their expertise with information about the services they provide and how you can help. They will be able to talk about training and will be happy to help you complete the relevant forms if you do wish to sign-up as volunteer on the day.

To book a space for your organisation please e-mail [vicky.hand@avow.org](mailto:vicky.hand@avow.org) or call 01978 312556

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[www.volunteering-wales.net](http://www.volunteering-wales.net)



Normally held on the first Tuesday of each month

## Engagement Gateway

**Are you out of work? Do you want to re-discover your confidence & improve your employability?**

The aim of the Gateway is to help people make progress towards employment. To access these individual projects you must be either unemployed or on other benefits, have a National Insurance number, be over 16 and live in Wrexham County.

If you'd like to find out more please contact either Beth Vaughan or Vicky Hand on tel: 01978 312556 or e-mails: [beth.vaughan@avow.org](mailto:beth.vaughan@avow.org) or [vicky.hand@avow.org](mailto:vicky.hand@avow.org)

### AVOW Mail-out Volunteering opportunity

The AVOW Mail-out is a monthly opportunity where a group of volunteers get together to do envelope stuffing. This opportunity has been set up for people who are not able to commit to a weekly volunteering role for whatever reason.

Normally held on the last Friday of each month with the exception of December, lunch is included.

The session runs from 11am—2pm latest, the next Mail-out is planned for 25 November 2011.

AVOW Volunteer Centre produce a quarterly newsletter.

If you would like to be included on the mailing list for any of these newsletters please contact Vicky Hand on 01978 312556 or email [vb@avow.org](mailto:vb@avow.org)

## AVOW Christmas Carol Service



- At Trinity Church, Wrexham
- On Wednesday 14 December 2011
- At 10.15am



Do come along and join in the carol singing followed by tea, coffee and mince pies.

## Donate for the Homeless!



Donate food, clothes or sleeping bags for the homeless and help them get through the cold winter and have a good Christmas!

We are asking for donations of clothing, sleeping bags and food to put together parcels. Collections will take place from 7 November until 16 December 2011 at Ty AVOW, 21 Egerton Street, Wrexham and the Opportunities Centre at Plas Madoc in Wrexham.

For the past few years AVOW SURF and Service User Projects have collected donations towards providing homeless people and vulnerable adults of Wrexham with a Christmas party and food parcels to see them through the festive period when there is no food available. Again this year there are periods when none of the statutory agencies are open to supply food to them and services are unavailable until 2 January 2012. The donations will be given out during opening times at drop-in sessions at The Elms, Rhosddu Road, Wrexham.

As a guide these are the items gratefully accepted: pot noodles or similar, ring pull tins, crisps, cup a soups, breakfast bars, instant drinks, fruit juices, packets of mince/apple pies, sleeping bags and warm clothing.

John Gallanders, Chief Officer at AVOW said: "We received enormous support from the local community last year and we hope for a similar response this year."

For more information about donations please contact Peter Jones or Richard Hanmer on 01978 312556.