

Dinas Powys Voluntary Concern



Local help for
Local People





Dinas Powys Voluntary Concern

HELPING, SUPPORTING AND IMPROVING THE QUALITY OF LIFE FOR THE ELDERLY

Dinas Powys Voluntary Concern (DPVC) has served the local community of Dinas Powys for over 40 years. From its early incarnation as Dinas Powys Council of Social Services, and its remit of helping and co ordinating existing organisations to its present form of running some of these services itself. It has stayed true to its original concept of local help for local people.

- To enable the elderly and those with limited mobility to maintain independence and an involvement in community life
- To limit social isolation and make sure that people stay connected and enjoying life

It does this in many ways and the following pages outline the services it provides and how they deliver them through the dedication and hard work of a loyal team of local volunteers

EVERYONE CAN DO SOMETHING

DPVC wouldn't function without its volunteers. We rely on them to deliver all of our services. Volunteering with us is not just about giving your time and skills for the benefit of others its about becoming part of a community. We're a friendly charity and make sure our volunteers are valued, supported and trained for the roles they have. Lifetime friendships are formed between our volunteers and those they help. It's about having fun and making others feel valued and included.

Services we offer

- Befriending
- Good neighbour scheme
- Medical Centre Transport
- Shopping trips
- Information centre
- Memory Café
- Community Club



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TRANSPORT

Our most visible and recognizable service involves our minibus. Regularly seen around the village it's at the core of our transport services. We can also provide volunteer drivers, driving their own cars, and available for short trips to the shops, Llandough or Barry hospital and the Doctors surgery.

NEW INITIATIVES

Medical Centre transport is a new venture and there's more about it on the next page.

OTHER ORGANISATIONS

The minibus is available for other organisations to use to transport their less mobile members and users. It's currently used by the RVS Lunch Club, the Wednesday Afternoon Club and St Mary's Church



MINIBUS

The minibus has been used for a variety of purposes. Regular shopping runs were introduced in 1998. The supermarket of choice is Morrisons in Barry but it's not just about the shopping. There's always time for coffee and a chat in the café. There's an escort on the minibus as well as the driver to give some help with loading and unloading shopping.

The service is door to door and one of our volunteers always telephones the Tuesday before to make sure places are secured for those who want to go.

In 2016 the monthly Marks and Spencer's trip began. This is usually on a Tuesday morning and places are pre booked. For further information phone 029 20513700



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TRANSPORT

DPVC can also provide lifts, using volunteer drivers, outside of the minibus and caddy times. These must be booked at least 24hrs in advance. Contact 029 20513700



HEALTH CENTRE TRANSPORT

In 2016 the new Dinas Powys Medical Centre opened. DPVC has always provided lifts for those who needed to get to appointments but with the position of the new building it was clear that more was needed.

A partnership with Greenlinks, the Vale of Glamorgan Council transport model for rural areas was the best option. The vehicle was purchased by the Vale but the service would be exclusively run by DPVC and its volunteer drivers.

Working closely with the Medical Centre, it is now possible for lifts to be booked, in advance (by 1pm the previous day) for morning appointments. The service is door to door and the vehicle can accommodate a wheelchair. For more information contact the office 029 20513700



In the first 3 months of operation the Caddy covered 1,000 miles and made 500 journeys to the Medical Centre.

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BEFRIENDING AND WELLBEING

It is true that more and more people will become isolated and feel lonely at some stage in their lives. Although this doesn't apply exclusively to the elderly it is this group that will be most affected. Many things affect our ability to interact with society around us.

- Mobility and health problems
- Bereavement and the loss of a friend or partner
- Lack of confidence and social support

“ I wanted to do something which was challenging, worthwhile and fun—befriending has proved to be all three”

Befriender



WHAT CAN DPVC OFFER

Perhaps you feel that you just need someone to have a coffee and a chat with, or you would like to go out and visit places but need help to get there. Sometimes you just need to know what's going on around you so that you can join in again. DPVC has a wellbeing coordinator who can visit and discuss your needs, provide a list of activities, give support or arrange for a volunteer to call.

OUR WELLBEING AND BEFRIENDING SERVICES

Below are some of the things that we can offer. All of our services are delivered by volunteers and are free to access

- Short term befriending to get you back on your feet
- Long term befriending
- Telephone befriending
- Information and signposting
- Dementia services and support (early stages)
- Support to attend events, clubs and activities
- Help with digital technology, computers, email, skype to help you keep in touch
- Gardening and small DIY jobs around the home

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COMMUNITY CLUB - Fortnightly on a Monday afternoon at the Lee Hall, Britway Rd, Dinas Powys. All ages welcome

WEDNESDAY AFTERNOON CLUB - Weekly at the Murchfield Community Centre, Sunnycroft Lane, Dinas Powys.

Activities, bingo and outings for the elderly. This is an independently run club with help from DPVC volunteers.

MEMORY CAFÉ— 2nd Wednesday of the month at the Murchfield Community Centre, Sunnycroft Lane, Dinas Powys. Coffee and cake for anyone affected by early stages of dementia including family, friends and carers. Run in partnership with Murchfield Community Association.

RVS LUNCH CLUB - Weekly on a Friday at the Lee Hall, Britway Rd, Dinas Powys. Have a home cooked lunch and chat with friends. Run by the Royal Voluntary Service.



OUR GROUPS AND EVENTS

DPVC believes that one of the ways to help conquer social isolation is to get out and about and involve yourself in the local community.

It's not always easy to find out what's on and make the first move, so we can help. DPVC run or help with the following events and groups. We can get you there too .



- Volunteer lunches
- Coffee mornings
- Strawberry tea
- Quiz nights
- Concerts
- Afternoon teas
- Fundraising nights



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WAYS TO DONATE

DPVC receives no State funding. To maintain our minibus, run our office and train and support our volunteers we rely on our fundraising events and your generous donations. There are different ways you can help us

LEGACY GIVING

Legacy fundraising is the single biggest source of voluntary income to charities and nonprofit organisations in the UK. (Radcliffe consulting 2016). A legacy is any gift left to a person or organisation as instructed in your will.

BT MyDONATE

BT MyDonate is a scheme run by BT for online donations and sponsorship of charities and individuals. You can find us here www.mydonate.bt.com/charities/dpvc

Cecil Townsend's guess the weight of the giant veg with proceeds to DPVC is an annual event.



Charlotte Church sang for us at an afternoon tea held in a supporters garden

FUNDRAISE FOR US

Why not hold a Fun Run or a sponsored walk to raise funds for DPVC. Llandough Guides wanted to achieve their Community Action Badge so they looked for a local charity that they could help. They held a hugely successful Bag Pack at Morrisons Supermarket in Cardiff Bay. With a total of almost £500 raised they bought a laptop and printer for the DPVC office and they all gained their Community Action Badge!

HOW PEOPLE HAVE HELPED

Shelley Williams took to the road and cycled from Manchester to Cardiff to raise funds for DPVC.



Ways you can donate

- Monthly Standing Order
- Putting your spare change in the collecting boxes in local shops
- Attending one of our events throughout the year
- Cash donation
- Ask for donations instead of gifts at your wedding or birthday party
- Hold your own event for DPVC

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WHY NOT VOLUNTEER FOR US

Everyone has busy lives. It's not always easy to find time to volunteer but the benefits of giving your time for a good cause, or to help others, are enormous. It's not just about 'giving back' to your community. Helping others will make a difference to their lives and to yours. Reduce stress by doing something different from your day job that lets you to take a break and put things in perspective. Learn new skills that could advance your career. Above all, meet new people, make friends and learn from the life experiences of others—you won't regret it.

Our volunteers receive free training and are supported from beginning to end.

If you have a skill that's not there but you think may be useful give us a call 029 20513700

- Minibus drivers and escorts/own car drivers
- Medical Centre transport drivers
- Befriending volunteers
- Gardeners and DIY
- General volunteers to help with other groups and events



Dinas Powys Voluntary Concern

Murchfield Community Centre
Sunnycroft Lane
Dinas Powys
CF64 4QQ
029 20513700
dpvc@btinternet.com

www.dpvc.org.uk

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Wellbeing and Befriending
07484 601425
befriendingdpvc@gmail.com
befriending@dpvc.org.uk

Dinas Powys Voluntary Concern works exclusively within the area of Dinas Powys.
Registered charity number 502496

Our volunteers do not offer personal care or cleaning services, nor do they give legal or financial advice. All of our services are confidential, and unless we believe there's a risk of harm or it's a legal requirement, we will always protect your confidentiality