

Dathlwn ein  
Gwirfoddolwyr

Let's Cheer for  
Volunteers

**Helen Mrowiec, Sites Team Leader, Flintshire Access and  
Natural Environment Team**



# Benefit of engaging volunteers

Engage a more diverse range of skills, experience and knowledge

Reach more beneficiaries

Raise awareness and profile of the service

Get closer to communities

More efficient delivery and use of resources

Support people to improve their wellbeing

Help develop services

Good news stories





# .. for the volunteer

Fun

Experience

Skills

General  
wellbeing

Giving  
something back

Healing – dealing  
with issues

Friendship

Making a difference



**.. and the not so good**

**Retention**

**Needs  
resourcing –  
time and  
equipment**

**Going above  
and beyond**

**Life's Characters**

**Volunteer  
expectations**

**We are not  
social workers**

**Different vision**





# .. our volunteers

Residential homes

Students

Retired people

Schools

Corporate

Supported  
Adults

Those looking for  
a career change

Specific  
interest groups

Those wanting to  
make a  
difference

Families -  
activities



# .. roles



**Animal  
Husbandry**

**Grounds, Building  
and Footpath  
Maintenance**

**Preserving  
heritage objects**

**Habitat  
maintenance**

**Gardening**

**Habitat  
Surveys**

# WEPRE HALL

## Discover Wepre Hall



## Darganfod Plas Gwepra



# .. roles



Events

Preserving  
heritage objects

Visitor  
Management

Discovery  
Trails

Heritage  
Research

.. roles



Litter!

# .. roles



Running a  
steam boiler  
plant

Forge Displays



.. roles

The right task

Making a difference





# .. recognising volunteers

Rewards are not  
expected

Saying thank  
you

Training /  
Equipment

Opportunity  
to contribute

Deeside.com &gt; News

Posted: Tue 2nd Oct 2018 Updated: Tue 2nd Oct

## Greenfield Valley museum volunteers recognised for their contribution with British Museum award



A group of museum volunteers from Greenfield Valley Museum & Heritage Park have won a national award for their contribution to volunteering.

The Marsh Volunteers for Museum Learning Awards are run in partnership with the British Museum.

They recognise the best and most innovative ways in which volunteers work within local and national museums and galleries to engage the public with collections and exhibitions.

The Perceiving the Past Project on Basingwerk Abbey was awarded Regional Winner for Wales at a celebration event in London this week.

# .. recognising volunteers

Awards

Discounts

Social Events

Time credits

**EARN  
TIME  
CREDITS**

through giving time  
to your community

**SPEND  
TIME  
CREDITS**

on hundreds of activities  
across our national  
Spend Network

One Time  
Credit equals  
access to 1 hour  
of activity

# .. time credits

**1 hour = 1 time credit**

[www.wearetempo.org](http://www.wearetempo.org)  
[www.timecredits.com](http://www.timecredits.com)

Facebook: NE Wales Time Credits

**1 CREDYD AMSER EIN HAMSER NI CYMRU  
IT'S OUR TIME WALES TIME CREDIT**



100 SPEND OPPORTUNITIES FOUND IN FLINTSHIRE

MAP LIST



**DRU YOGA WITH JILL**  
MCCLD  
THIS OFFER IS AVAILABLE FROM SEPTEMBER 2019 ONWARDS. <br /> <br /> There is no need to book tickets, bookings can sum up and pay with Time Credits. <br />



Start spending



**AURA WALES**  
MCCLD  
Mold Fitness Suite comprises a 64+ section fitness suite, including an Origin Functional Rig, 21 Technogym aerobic-cycling bikes, two studios, one changing room, shower/burns club, <br />



Start spending



**THE AIR CIWYD**  
MCCLD  
Did you know also a lot of opening shows & also shows can be awarded using Time Credits? Time Credits recognition also being used close by people for their commission, <br />



Start spending



**INFINITY LTD**  
MCCLD, RINGWILL  
Available during flexible sessions only. Monday - Thursday 9.00am - 4.00pm. <br /> <br /> No need to pay book. <br /> <br /> People parking available. <br /> <br /> Please check <br />



Start spending



**AURA WALES**  
BUCKLEY  
Buckley Fitness Suite: Visit the website for further info and opening times. Time Credits accepted during normal opening hours. All Buckley's fitness and opening hours are available on our <br />



Start spending



**DE'YN GYMNASTICS CLUB**  
FLINT  
To book your place, please email rachel.jones or Beth on the email addresses below or message us on Facebook to check availability and confirm a session. <br /> <br />



Start spending



**AURA WALES**  
FLINT  
Flint Fitness Suite: Visit the website for further info and opening times. Time Credits accepted during normal opening hours. <br />



Start spending



**AURA WALES**  
FLINT  
The children's adventure skill playground has been named Flint's of the Future by local primary school children. Also known as the 'beast' <br /> <br /> This exciting facility includes a <br />



Start spending



**AURA WALES**  
FLINT  
The Jade Jones Pavilion Flint is a regional indoor bowling centre and male purpose fitness centre which courts for a host of sports and recreation activities. The Centre's facilities include: <br /> <br />



Start spending



**AURA WALES**  
DEESIDE  
Donkirk Leisure Centre gym has a huge range of equipment and a variety of classes to ensure there is something for everyone. <br /> <br /> The operation hours and opening range of the gym are <br />



Start spending



**AURA WALES**  
DEESIDE  
Donkirk Ice Rink is an excellent centre for ice sports in Wales. Situated in Charnellway, the centre houses an Olympic standard ice pad and courts for a variety of sports. <br />



Start spending



**AURA WALES**  
DEESIDE  
Aurora's Skon Park is the first indoor Esports Sports arena in Wales and one of the largest of its type in Europe. 7,452 square metre indoor wooden ramp arena providing facilities. <br />



Start spending



**AURA WALES**  
DEESIDE  
Here at Alan Spa we provide the perfect destination for you to escape stress and discover tranquility. <br /> <br /> We also ensure that while creating unforgettable experiences for <br />



**GREENFIELD VALLEY HERITAGE P...**  
HOEYWELL  
There is no need to book, but to avoid disappointment, please call to check availability so you will be paying with Time Credits. Credits can be used for general admission. <br />



**FREEDOM LEISURE WREXHAM**  
GWYN IFRAS ISGIRIS AND ACEDITY CENTRE  
Please book a gym induction in advance of your visit to the gym. There is no need to book for swimming or gym, but please call to book fitness classes. <br />



**NESTON COMMUNITY YOUTH C...**  
Neston Flicks' Sunday Night comedy nights on the bus Tuesday of the month. <br />

# time credits

What can you spend your credit on?

# .. time credits



report improved quality of life



never or rarely gave time before earning Time Credits



feel more able to contribute to the community and other people



can afford to do more things



have developed new friends and acquaintances



shared their skills with others



feel less isolated and lonely



report improved mental health



established a new community group or project



know more about community based services and support available to them



feel more confident



feel more positive about their future



..... final words from  
our volunteers

# DIOLCH THANK YOU

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