

# Manifesto

## SUPPORTING CARDIFF'S THIRD SECTOR





Voluntary Action Cardiff has undergone a year of changes, and we end 2011 with a new name and a new identity: C3SC – Cardiff Third Sector Council.

The year has seen departures and arrivals of both staff and trustees, and a new range of networks to better help the sector connect and represent its views and concerns.

To address the challenging times we find ourselves in, C3SC is providing training and networking sessions to help our members ride out the recession by finding other sources of income and looking at ways of working together to reduce costs. C3SC can advise on writing applications which recover all associated costs and plan for future sustainability, so anyone planning a bid would be well advised to double-check with us before submitting it.

In the coming year we will be helping groups to develop new ways to publicise what they do to raise interest, by using 'new' media, and also to develop more diverse ways of raising income, for example, through the creation of consortia to bid for commissioning opportunities.

Cardiff Third Sector Council is here to help groups and organisations not only to survive the recession, but to continue to thrive – to be distinctive,



innovative and local – and with a voice that is heard.

With the Council elections fast approaching, we'll be creating opportunities for our members to engage with candidates; our new quarterly newspaper 'Manifesto' will analyse and report on funding and representation; and our new website will be a 'one-stop shop' for information on training, networks and the new integrated partnership structure in Cardiff.

We wish you all the best for the coming year!

**Morgan Fackrell**

**Chair,  
Cardiff Third Sector Council**

*PS Please remember that C3SC is here to serve you. So, please get in touch if we can help in any way.*

## Looking back

2010/11 was a busy year. Here are the highlights:

During the year, we responded to over 1,000 enquiries from groups and partners, delivered 26 training courses to 140 participants, ran 7 third sector networks, responded to 10 policy consultations, supported 45 third sector representatives and gave funding advice to groups who submitted various applications totalling nearly £1 million.

### April - June 2010

A Staff and Trustees' planning day kicked off our new financial year and helped us begin to plan the future of VAC and our support for Cardiff's third sector.

April's 'Planning for Real Results' event introduced the concept of Results Based Accountability (RBA) to the health and social care sector. We supported Cardiff & Vale UHB to run a Third Sector Masterclass, where we laid foundations for a Strategic Alliance and Investment Strategy for the third sector.

### July - September 2010

Our Communities First projects developed and improved, with a local listening campaign in Plasnewydd as part of the 'European Year for Combating Poverty and Social Exclusion'. The second Rumney Fun Day was a huge success and engaged with over 200 local people to support community cohesion and help tackle anti-social behaviour.

We worked in partnership with Cardiff Council to open up Protection of Vulnerable Adults training to the third sector. In September, VAC moved into Brunel House.

### October - December 2010

We invited members to watch the budget announcement live over lunch at our new offices to assess its impact.

200 members of the third sector attended our six neighbourhood roadshows (see page 4) and mapped out potential threats and opportunities posed by the fiscal climate. The finale event, attended by 50 people, focussed on the sector's contribution to 'What Matters'. Additionally, our third sector officers supported partners in running local 'What Matters' consultation events, which helped to inform strategic priorities for Cardiff (see 'Cardiff 7' Outcomes on page 5).

During this period we worked with the Cardiff and Vale UHB to develop a methodology for its review of third sector funding.

### January - March 2011

We embarked on 2011 in the spirit of partnership with a 'Global Grangetown' multicultural community fair, sharing cultures through the medium of music, dance and cuisine.

Our AGM and Visioning Conference in January, attended by over 100 people (both members and non-members), helped set a vision for Cardiff's third sector, and looked in more detail at where the sector could better support service delivery under the priority areas of 'What Matters'.

We launched the Children and Young People's Directory, mapping youth provision across the city and held consultation events for Cardiff's Health, Social Care and Well-being delivery plan.

As we started to prepare for a new financial year and a new organisational structure, we considered ways we could better serve Cardiff's voluntary and community groups, and whether VAC (Voluntary Action Cardiff) was the right name for the 'new' organisation.

## Changing times, constant values...

Chief Officer Jacqueline Bell considers the various faces of the third sector in Cardiff – and the difference organisations are making in people's lives.

### Definition of the Third Sector:

**"The third sector is made up of non-governmental organisations that are value-driven and which principally reinvest their surpluses to further social, environmental or cultural objectives. It includes voluntary and community organisations, charities, social enterprises, cooperatives and mutuals."**

You may or may not agree with the definition above; there are others. You may or may not like the term; some people don't. Deciding what to call the sector is difficult – third, voluntary, voluntary and community, charitable, not-for-profit or non-profit... None of these terms fully reflects the role these organisations play, the contribution they make, and the diversity that exists amongst the organisations which make up our sector.

We thought long and hard about changing our name to Cardiff Third Sector Council; it hasn't been done lightly. Of course, the main stay of organisations in the third sector are charities, community groups and voluntary organisations. However, times are changing, and more and more third sector organisations are becoming social enterprises, and developing community and social cooperatives too.

WCVA calculated this year that there are over 1900 active local third sector organisations in Cardiff. Considering its range, breadth and depth, it isn't surprising that Cardiff's third sector has wide-reaching impact. From social care providers and social enterprises, delivery training and employment services, right down to the grassroots level of residents' associations, parent and toddler groups, homework clubs,

and community sports and arts groups, to name but a few, the sector plays a vital role in shaping Cardiff's civil society.

### Prevention is better than cure

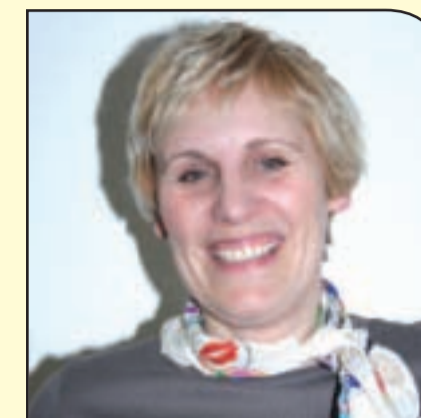
Our sector builds the relationships and networks that contribute significantly to Cardiff's economy, environment and quality of life – making Cardiff a better place to live. We have always worked at preventing problems and working together to address the causes *before* they arise. And, of course, this makes considerable savings to the public purse. Local people, taking action together, supporting each other to run their organisations and do what they were set up to do.

In our sector, people come together because they share a common concern and want to do something about it. They identify a need, consider the outcome they are hoping to achieve, and plan what they are going to do. So, whether you're a volunteer, a trustee, or are working in the frontline – you are playing a vital role. You're making a difference; you're involved; you're giving something back to your community.

### Values

The Esmée Fairbairn Foundation found that values shape what all third sector organisations do and the way we do it – how we manage our work and services, how we make decisions, and the manner in which we work. Our values are about empowering people, striving for equality, making voices heard, and transforming lives.

The third sector is needed now more than ever as we all tackle the consequences of the recession and cutbacks. Whether you're a community group, voluntary



Jacqueline Bell, Chief Officer

I joined Voluntary Action Cardiff in January 2010. My role is to make sure we listen to the interests of our member organisations and the wider third sector in Cardiff. It matters to us that third sector organisations contribute to the way we develop our services – because then we are more likely to succeed at understanding and meeting their needs, and equipping them as they serve the communities and people of Cardiff.

organisation or social enterprise, your concerns will be similar: future funding, strong governance, skilled workforces and doing a good job as you serve others.

From the Welsh Government down, the public sector recognises the contribution we make to strengthening communities, improving public services and increasing access to these services. It also appreciates the role we have to play in improving public policy through our knowledge and expertise of working with some of the most vulnerable communities.

But the public sector in all its guises – health, council, education and government – has a real influence on the environment in which we operate. They have to take action to create an environment in which our sector can survive and thrive – and indeed have committed to do this through the Cardiff Compact.

We urge the public sector to ensure early and effective consultation on issues that affect the third sector and its users; to increase awareness of our skills, capacity and track record in delivering quality services; and to open up public sector markets through intelligent commissioning, with

streamlined and more appropriate procurement processes. For example, we want more third sector organisations and consortia to be able to bid alongside larger companies and be recognised in the supply chain. It's essential that grants are protected as a vital source of investment within the commissioning process. Alongside funding, the public sector can help us build assets through asset transfers and providing access to working capital at early stages to support the fledgling enterprises.

The challenge for us is to make the most of these opportunities – to operate effectively and efficiently, to identify gaps and work together to shape existing and new markets and opportunities. We need to demonstrate the impact we have and the real difference our sector makes.

Perhaps it is because of our diverse nature that so many definitions arise from academics, politicians, public servants and social commentators. **Whatever we call this wonderful broad range of people, organisations and networks – it is vital that we recognise ourselves as a cohesive sector with a strong history of bringing people together to make a difference in people's lives.**

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Follow us on Twitter @C3SC

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This publication has been printed on sustainable paper.



## Meet the rest of the C3SC team



### Howard Dobson

My background is in local government and smoking cessation, and I have been involved with voluntary organisations all my life.

I have worked for VAC since September 2006 and, in my new role, I am involved with running the Impact Plus Grant scheme and advising on grant and funding matters.

**3 things I like:** family ... faith .. cricket

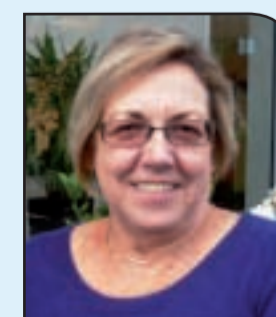


### Carol Norman

I started working as PA to the Chief Officer in December 2010, having worked in the voluntary sector for over 10 years.

I'm enjoying being part of an organisation that equips the huge variety of third sector organisations in Cardiff to do the great work that they do.

**3 things I like:** strawberries ... chocolate ... swimming



### Anne McDonough

I have been working here for over three years, and the staff and the people I've met have made it an interesting and uplifting experience.

In April I was appointed as one of the information assistants, which involves signposting groups and individuals to where they can receive the support and information they need. I also process training bookings and membership applications.

**3 things I like:** travel ... family ... reading



### Helen Carr

I joined the admin team earlier this year.

In my part-time role as Third Sector Assistant I'm enjoying being the first point of contact for our member organisations when they call us, and also providing support to the third sector officers as they do their great work across Cardiff.

**3 things I like:** my motorbike ... the sun ... grandchildren



# Keeping in touch with Cardiff's Third Sector

Here at C3SC we've recently concentrated on knowing Cardiff even better, as we move from working mainly in the southern area to being a truly city-wide service for the third sector.

We've done this by getting out and about... We'll have spoken with many of you at our *Sink or Swim?* events last autumn and in the new year. We went to the Coal Exchange via St Michael's College, the Beacon Centre, the Thornhill Centre, and other areas, seeing some groups for the first time. (Hello, Cardiff Rotary Club!)

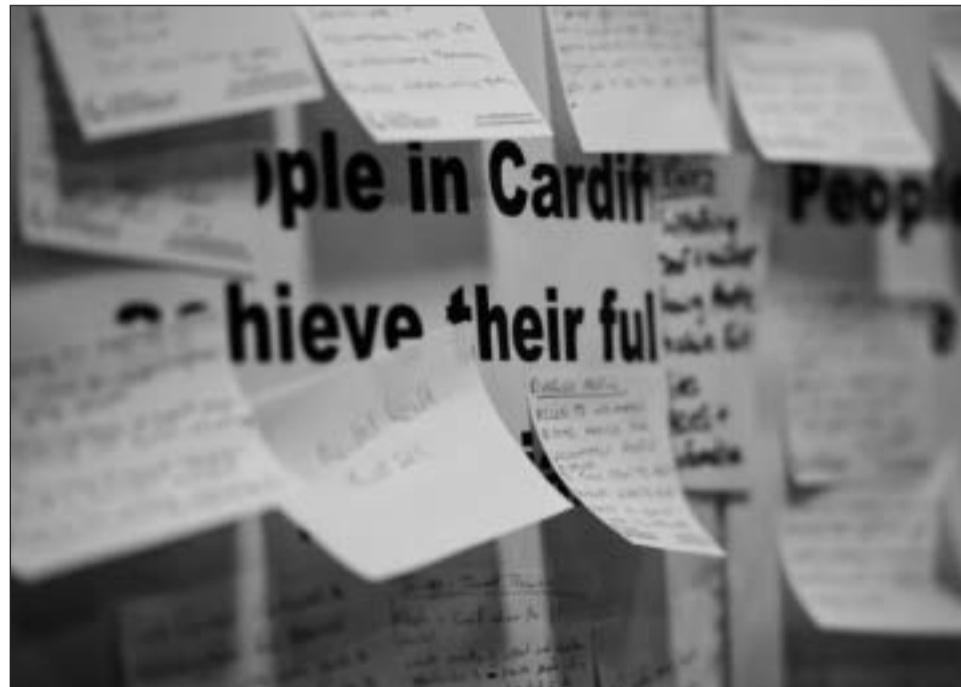
In preparation for the Budget in October 2010, we held working lunches for voluntary sector leaders to discuss the announcements as they were made. We know that whether we depend entirely on grant funding or not, our sector has to watch the economic and political climate carefully, particularly as we can see that cuts are beginning to bite.

## Potential effects of cuts

Our detailed third sector survey in the latter part of 2010 gave you the opportunity to tell us the issues most important to you. Thanks to everyone who completed the survey. Key points all centred on the potential effects of cuts. Concerns on how funding from statutory bodies would change... Would cuts lead to less commissioning?... Would cuts prevent partnership?... How would our voice be heard by the public sector (if it would at all)?

We've used this insight to mould the new way we're serving the city's third sector. Our new staffing structure means we're more able to support you in your geographical area. We're less centralised, and more of our events and network meetings take place outside the city centre.

Members have expressed concerns about the impact of cuts on equalities organisations. C3SC now works more closely with Black Voluntary Sector



Brainstorming at the *Sink or Swim?* events

Network Wales and Cardiff & Vale Mental Health Development Project to collaborate information and resources, and have a stronger mandate – with the aim of avoiding duplication of services.

## The 'third sector'

We've learnt about the size and scope of the sector in Cardiff – which includes large national charities that cover Wales, the slowly increasing number of social enterprises, community interest companies and a growing mass of local voluntary groups focussing on neighbourliness and community cohesion.

The term 'third sector' is an attempt to cover all the contributions made by voluntary, charity, community and faith groups, without requiring a group to be constituted or have a certain turnover.

We're developing stronger local knowledge across Cardiff, because we recognise that we can't expect the

needs in St Fagans to be the same as in Penylan, so we now have a local presence and a dedicated third sector officer for each of Cardiff's six neighbourhoods. (See centre-page pull-out for a map and details of the third sector officer for your area.)

## Integrated approach

Central to our new approach is balancing the needs of C3SC's core membership with responding to new groups who contact us. To do this, we need more effective two-way communication with our members; we need to lobby and argue the case for our sector; and ensure there's a strategic dialogue with Cardiff Council, Cardiff & Vale University Health Board, the Arts Council for Wales, amongst others.

We believe it is essential to make sure that the important isn't crowded out by the urgent. C3SC has worked with the public sector in Cardiff through

the Integrated Partnership Board to identify specific priorities needed to achieve the '7 Outcomes' set out for the first time in a single strategy for Cardiff, 'What Matters'. To measure how well Cardiff is doing under each of these priorities, the Council and the UHB, along with other partners, have developed a Results Based Accountability approach. C3SC is committed to helping its members in understanding this and supporting the outcomes.

Specific priorities for this year are to be achieved by the Council and stakeholders through joint efforts known as 'workstreams'. We've helped members get involved in these by providing thirteen free sessions with more planned for the future.

## Working together

The Cardiff Compact (a formal partnership contract between the Voluntary Sector in Cardiff and the two main statutory bodies: Cardiff Council and Cardiff & Vale University Health Board) has brought security to third sector organisations working with the Council and UHB, and created a shared understanding of the principles and processes needed to work better together. We're committed to the

*Continued next page ...*

## Definition

### Results Based Accountability

This is a tool for improving results (outcomes). It is designed to not only record what you do and how much you do – but to help you measure the difference you make and the impact you're having.

two-year action plan that covers funding and commissioning, partnership working, volunteering, community development and consultation.

We've developed new networks to add to the existing Cardiff Children, Young People & Families Network, Cardiff Health & Social Care Network, and Cardiff Volunteer Co-ordinators' Network. Emerging networks are in community sports, strategies for sustainable communities, learning and enterprise, and interfaith dialogue. Upcoming networks include community arts and community safety.

These networks enable us to provide topic-focussed support, and also allow those groups to communicate,

grow and develop supportive relationships amongst themselves, and to have a voice to influence policy and decision makers.

Two-way communication is key for our future, as C3SC and as a sector. You'll find our new website at [www.c3sc.org.uk](http://www.c3sc.org.uk) – it's a one-stop shop for information, details of training, events and themed groups, and funding and grants advice. Please take a look – and continue to send us your news and events to go on the website to share with other third sector organisations.

We're glad you've picked up this first edition of *Manifesto* – the quarterly voice for the third sector in Cardiff – which we hope will become required reading across the city.

I have worked in the third sector for over six years and am passionate about supporting the sector to ensure we influence policy, planning and service delivery, knowing that we can make a real difference to people's lives. I have a keen interest in the co-delivery of public services, joint commissioning, consortium and collaboration. I have recently completed my MSc in Community Regeneration, researching the level of influence the sector has in strategic partnerships in Cardiff.



Emily Forbes, Senior Officer

## 'Cardiff 7' Outcomes

- 1 People in Cardiff are healthy;
- 2 People in Cardiff have a clean, attractive and sustainable environment;
- 3 People in Cardiff are safe and feel safe;
- 4 Cardiff has a thriving and prosperous economy;
- 5 People in Cardiff achieve their full potential;
- 6 Cardiff is a great place to live, work and play;
- 7 Cardiff is a fair, just and inclusive society.

*Quoted from [www.cardiffproudcapital.co.uk](http://www.cardiffproudcapital.co.uk)*

# Are you networked?

Get together with others in your area of interest. Here's a list of C3SC networks – please call us on (029) 2048 5722 or use one of the email addresses below to find out more.

## Cardiff Children, Young People & Families Network

Wednesday 16 November 2011 – Sbectrwm, Bwlch Road, Fairwater

Email Leoni Philp at [leoni.p@c3sc.org.uk](mailto:leoni.p@c3sc.org.uk)

## Cardiff Health & Social Care Network

Friday 9 December 2011, 9.30am to 3pm – Park Inn Hotel, Cardiff

Joint Cardiff and Vale Health & Social Care Conference – Helping Out, Staying Out: Third Sector Solutions to NHS Problems

Email Kevin Rahman-Daultrey at [kevin.r@c3sc.org.uk](mailto:kevin.r@c3sc.org.uk)

## Cardiff Volunteer Co-ordinators' Network

Meets quarterly – details of next meeting to be announced.

Email Sara at [cardiffvolunteerorganisers@yahoo.co.uk](mailto:cardiffvolunteerorganisers@yahoo.co.uk)

## Community Sports Network

Monday 28 November and Monday 19 December 2011, 1pm – Cardiff City Football Stadium, Leckwith

Email Katie Mallam at [katie.m@c3sc.org.uk](mailto:katie.m@c3sc.org.uk)

## Cardiff Third Sector Learning & Enterprise Network

Meets quarterly – next date and venue to be confirmed.

Email Thoria Mohamed at [thoria.m@c3sc.org.uk](mailto:thoria.m@c3sc.org.uk)

## Cardiff Inter Faith Network

Next date and venue to be confirmed.

Email Jeremy Rees at [jeremy.r@c3sc.org.uk](mailto:jeremy.r@c3sc.org.uk)

## Cardiff Community Arts Network, Cardiff Community Safety Network and Sustainable Communities Network

Keep an eye on our website at [www.c3sc.org.uk](http://www.c3sc.org.uk) – details to follow shortly.

# What's your patch?

Do you want to get your voice heard about issues that affect your organisation in your area of Cardiff?

Cardiff Council uses six Neighbourhood Management Teams to work effectively across the city. If you would like the opportunity to influence the Council's policies and decisions, we would encourage you to join us at the Third Sector Forum.

## Cardiff Third Sector Forum

Tuesday 10 January 2012, from 10am to 3pm –

Temple of Peace, Cathays Park, Cardiff

Lunch will be provided. Call us on (029) 2048 5722 to find out more and book your place.

**Book today!**

## Meet the rest of the C3SC team



### Janice Hill

I am the new Finance Officer. I work part time, three days a week.

I'm a chartered accountant with fifteen years' experience in this field, and trained with KPMG. I have previously worked for Positif Politics Ltd, Julian Hodge Bank and the Sherman Theatre. I am looking forward to joining the rest of the team.

**3 things I like:** my children ... horses ... food



### Rowena Shaw

I started as Information Officer at Cardiff Third Sector Council at the beginning of October.

My role includes working on 'Manifesto,' e-bulletins and updating the website. It is interesting to hear how third sector groups are making a difference in the lives of people in their communities.

**3 things I like:** chocolate ... sunshine ... Facebook



### Adam Rees

My role is Communities First Officer, working with the third sector officers to ensure we develop and improve our work in our Communities First areas of Grangetown, Plasnewydd and Rumney. I have worked across public, private and third sectors: as Public Affairs Manager for the National Union of Students and, before that, running a democratic engagement project for the National Assembly for Wales.

**3 things I like:** baking ... walking my dogs ... cheesy TV



### Kirsty Evans

I joined the organisation three and a half years ago. It was my first intrepid step into the voluntary sector after working in the Civil Service for five years, and I've never looked back! My new role is Communities First Support Officer, assisting the Communities First Officer to co-ordinate and prepare for the next phase of the project.

**3 things I like:** chocolate ... my family ... shoes



## “Thank you”

Many thanks to our funders, without whom our work would not be possible.



communities first cymunedau yn gyntaf



## Appreciation

Thank you to our trustees who served us so diligently in 2010/11:

Ms Morgan Fackrell (Chair), Dr Ed Cole, Mr Nick Corrigan, Mr Peter Davies, Mr Richard Edwards, Mr Michael Flynn, Mrs Soad Hamdi, Mr Anthony Hendrickson, Mr Gerald Puttock, Mr Terry Price, Ms Jacqueline Rafferty, Mrs Reynette Roberts, Mr Jaswant Singh, Mr Mark Stavers, Ms Sujatha Thaladi and Mr Peter Trevett.

Thank you, too, to the staff who have left us in the last year or so...

Ann Bailey-Wood, Marilyn Botsford, Deborah Harding, Claire Button, Deb Evans, Emma Pugh, Heidi Morris, Ravi Vedi, Helena Jones, Vina Patel, Chris Fry, Alice Roythorne, Janine, Elinor Hammond, Jenny Booth and Tess Astbury.

# Accounts for the year 2010-2011

The following figures are taken from the full audited financial statements of Voluntary Action Cardiff Ltd for the year ended 31 March 2011, approved by the trustees on 4 July 2011 and submitted to the Charity Commission and the Registrar of Companies.

The auditors, Hodge Bakshi, whose opinion was unqualified, have confirmed that this summary is consistent with the full report. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, auditors' report on those accounts and the trustees' annual report should be consulted. Copies of these can be obtained from the Company Secretary, Cardiff Third Sector Council, Ground Floor, Brunel House, 2 Fitzalan Road, Cardiff CF24 0EB.

### Voluntary Action Cardiff (Limited by Guarantee) Statement of Financial Activities (Including income and expenditure account) For the Year Ended 31st March 2011

	Unrestricted Funds £	Restricted Fund £	2011 £	2010 £
<b>INCOMING RESOURCES:</b>				
<b>Incoming resources from generated funds</b>				
Voluntary Income	1,640	0	1,640	1,920
Investment income	2,081	0	2,081	3,343
<b>Incoming resources from charitable activities</b>	<b>359,781</b>	<b>433,116</b>	<b>792,897</b>	809,159
<b>Total Incoming resources</b>	<b>363,502</b>	<b>433,116</b>	<b>796,618</b>	814,422
<b>RESOURCES EXPENDED:</b>				
<b>Charitable activities</b>				
Charitable activities	372,449	453,670	826,119	790,590
<b>Governance costs</b>	<b>28,727</b>	<b>0</b>	<b>28,727</b>	23,713
<b>Total resources expended</b>	<b>401,176</b>	<b>453,670</b>	<b>854,846</b>	814,303
<b>Net (Outgoing)/Incoming resources for the financial year</b>	<b>-37,674</b>	<b>-20,554</b>	<b>-58,228</b>	119
<b>Funds transfer</b>	<b>-18,911</b>	<b>18,911</b>	<b>0</b>	0
Total funds brought forward 1 April 2010	239,809	2,567	242,376	242,257
<b>Total funds carried forward 31 March 2011</b>	<b>183,224</b>	<b>924</b>	<b>184,148</b>	242,376

All of the net incoming resources are from continuing activities. The company has no recognised gains and losses other than the above. An income and expenditure account has not been produced as the Statement of Financial Activities represents all the income & expenditure of the Charity. The deficit for the year (before unrealised gains and losses) being £58,228 (2010 surplus £119).

### Voluntary Action Cardiff (Limited by Guarantee) Charity number: 1068623 Company number: 3336421 Balance Sheet 31st March 2011

	2011		2010	
	£	£	£	£
<b>FIXED ASSETS:</b>				
Tangible assets		14,375		7,392
<b>CURRENT ASSETS:</b>				
Debtors	22,552		11,222	
Cash at bank	245,111		275,952	
	<b>267,663</b>		<b>287,174</b>	
	<b>97,890</b>		<b>52,190</b>	
<b>CREDITORS: Amounts falling due within one year</b>				
<b>NET CURRENT ASSETS:</b>		<b>169,773</b>		<b>234,984</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES:</b>		<b>184,148</b>		<b>242,376</b>
<b>FUNDS:</b>				
<b>Unrestricted funds:</b>				
Unrestricted funds:	183,224		239,809	
Restricted fund		924		2,567
<b>NET ASSETS</b>		<b>184,148</b>		<b>242,376</b>

These financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2007). Approved by the Board of Trustees on 15/09/2011 and signed on its behalf by Peter Trevett - Trustee.

# A brief history of VAC

C3SC has roots that go back over 20 years. Senior Officer Jeremy Rees looks back at some of the milestones in our history.

The history of charitable and voluntary organisations in Cardiff is as old as the city itself, but it's only been since 1991 that Cardiff has had an independent umbrella organisation to bring groups together and provide a voice for the sector.

From now on that voice will be known as Cardiff Third Sector Council (or C3SC). But though the name and style is new, we'll be building on proud foundations laid down by countless staff, trustees and member groups who have put in the effort and dedication that has helped the Third Sector in Cardiff become the thriving and innovative sector it is today.

## Back to the beginning

The story starts in the early 1980s, when a few leading voluntary organisations got together with the then South Glamorgan County Council. These groups negotiated the development of a new support service to help the many active local groups in the area to connect with one other, get advice on funding and communicate with the Council, which then covered both Cardiff and the Vale of Glamorgan.

One of the main partners in this initiative was Voluntary Community Service (VCS), the City's Volunteer Bureau (VCS was established in 1964 and prides itself on being the oldest volunteering service in the UK).



South Glamorgan logo used by Intervol until 1991

The new department became known as South Glamorgan Intervol and was located in County Hall. It remained a section of the Council until 1991, when

it registered as a charity and moved to premises above a shop on City Road.

Intervol's charity registration gave this description of its work:

**“General charitable purposes, and in particular the advancement of EDUCATION, the furtherance of HEALTH, and the relief of POVERTY, DISTRESS AND SICKNESS.”**

It was a highly innovative period, which saw both 'Cardiff and Vale Mental Health Development Project' and 'Cardiff and Vale Coalition of Disabled People' develop, grow – and eventually become independent organisations.

## A new identity

The young independent organisation was soon faced by a major challenge when the Local Government (Wales) Act 1994 was passed, leading to the abolition of South Glamorgan as a County Council. Cardiff and the Vale of Glamorgan both became separate unitary authorities on 1 April 1996. The following year, Intervol split to create the Vale Centre for Voluntary Services (VCVS), serving the newly formed Vale of Glamorgan – while in Cardiff a new name appeared...



VAC's logo 1997-2004

With a new name and identity, Voluntary Action Cardiff moved to premises on the third floor of Shand House on Fitzalan Place, home to the Cardiff Institute for the Blind.

VAC became known for its training programme, funding advice, and the networks it co-ordinated to bring together groups and organisations with a common interest.

One of these networks, the Black Voluntary Sector Network, went on to become an independent organisation in its own right – BVSNW, while the 'Health and Social Care' and

'Children and Young People' Networks established themselves as the voice of the sector, with strong representation in negotiations with the Council and NHS. A Volunteer Co-ordinators' Network was established in the mid-'90s as a partnership with VCS, and VAC also co-ordinated and ran a Carers' Project for Cardiff in the early 2000s.

VAC continued to grow through the 2000s, with membership increasing year on year. The organisation's aims and objectives prioritised certain localities to meet identified needs, an area known as the 'Southern Arc' – Butetown, Grangetown, Riverside and Splott. VAC retains a strong relationship with this area to the present day, with the highest concentration of current members located there.



Shand House – VAC's offices were on the 3rd floor

In 2007, VAC became a host employer for the Communities First programme, initially researching and mapping potential new areas, then



Jeremy Rees, Senior Officer

Jeremy has worked in the community and voluntary sector in Wales and

from 2008 developing Communities First in Rumney, Plasnewydd and Grangetown.

## Moving forward

VAC moved into its premises in Brunel House in September 2010. Then, at the start of 2011, the organisation restructured and introduced Third Sector Forums to bring together groups and organisations in each of the six Cardiff localities, and added new networks for groups with an interest in Community Safety; Inter Faith; Learning and Enterprise; Environment and Sustainability; and Community Sports.



VAC's familiar logo used from 2005

From Intervol to VAC to C3SC. The names have changed, as have the priorities – to meet the changing needs of the times. But the principles remain the same, and as we move forward, we salute the people and groups who have paved the way.

England since 1981, and joined VAC in 2008. His role includes being the 'link' between C3SC and specialist organisations working in the field of diversity in Cardiff, including joint working initiatives.

Jeremy represents C3SC on Cardiff's Community Cohesion Steering Group, Cardiff and Vale Equalities and Human Rights Network, and the WCVA Equalities Coalition. Jeremy also co-ordinates Cardiff Inter Faith Network and is lead officer for Safeguarding Children and Vulnerable Adults.



# Third Sector Officers – here to support you

Cardiff Third Sector Council aims to support local community and voluntary groups. One of the ways we do this is through our third sector officers. They go out and about in Cardiff to meet with groups to deliver training, provide information and signpost to resources.

## Leoni Philp

**Cardiff West**  
**Portfolio: Children and Young People**

**Gorllewin Caerdydd**  
**Portfolio: Plant a Phobl Ifanc**



**Before I worked here:** I covered Wales for an organisation working across England and Wales to support single parent families. I have over 10 years' experience of the third sector in Cardiff, predominantly on pushing forward children, young people and family issues.

**Given one word to describe the third sector, I'd pick:** Innovative.

**I think the number 3 is special because:** 3 is the magic number!

**Get in touch with Leoni:**  
✉ leoni.p@c3sc.org.uk

**Cyn gweithio yma:** Roeddwn yn swyddog dros Gymru i sefydliad yn gweithio trwy Loegr a Chymru yn helpu teuluoedd un rhiant. Mae gen i fwy na 10 mlynedd o brofiad o'r trydydd sector yng Nghaerdydd, yn bennaf yn hyrwyddo materion plant, pobl ifanc a theuluoedd.

**Pe bawn i'n cael un gair i ddisgrifio'r trydydd sector byddwn i'n dewis:** Arloesol.

**Rwy'n meddwl bod y rhif 3 yn arbennig oherwydd:** 3 yw'r rhif hudol!

**Cysylltwch â Leoni:**  
✉ leoni.p@c3sc.org.uk

## Peter Griffiths

**Cardiff South West**  
**Portfolio: Sustainable Communities**

**Before I worked here:** I worked in the Communities First programme in Aberystwyth as a youth and community development worker. I have a lot of experience in engaging young people and successfully drawing down funding.

**Given one word to describe the third sector, I'd pick:** Champion.

**I think the number 3 is special because:** I'm one of 3 brothers.

**Get in touch with Peter:**  
✉ peter.g@c3sc.org.uk

**De Orllewin Caerdydd**  
**Portfolio: Cymunedau Cynaliadwy**

**Cyn gweithio yma:** Roeddwn i'n gweithio i raglen Cymunedau yn Gyntaf yn Aberystwyth fel gweithiwr ieuencid a datblygu cymunedol. Mae gen i lawer o brofiad o ymgysylltu pobl ifanc a denu arian yn llwyddiannus.

**Pe bawn i'n cael un gair i ddisgrifio'r trydydd sector, byddwn yn dewis:** Pencampwr.

**Rwy'n meddwl bod y rhif 3 yn arbennig oherwydd:** Rwyf yn un o 3 brawd.

**Cysylltwch â Peter:**  
✉ peter.g@c3sc.org.uk

The map shows the names of our Third Sector Officers (TSOs) and the area of Cardiff they each cover. You'll also find their contact details here if you'd like to discuss your needs with them. Please get in touch – they would love to hear from you!

## Katie Mallam

**City & Cardiff South**  
**Portfolio: Media, Culture and Sport Networks**

**Dinas a De Caerdydd**  
**Portfolio: Cyfryngau, Diwylliant a Chwaraeon**

**Before I worked here:** I worked in the public sector. I was with Cardiff Council for three years, in Social Services, and then Community Safety. Prior to that I'd been involved in third sector community safety provision, based in Cardiff Central Police Station.

**Given one word to describe the third sector, I'd pick:** Essential. I've worked for third sector groups that contribute huge amounts to the quality of life here in Cardiff and across the UK, and there's no doubt that people would suffer without these services.

**I think the number 3 is special because:** ET had three fingers.

**Get in touch with Katie:**  
✉ katie.m@c3sc.org.uk



**Cyn gweithio yma:** Roeddwn i'n gweithio yn y sector cyhoeddus. Roeddwn gyda Chyngor Caerdydd am dair blynedd, yn y Gwasanaethau Cymdeithasol, ac yna Diogelwch Cymunedau. Cyn hynny fe fûm yn ymwneud a darpariaeth diogelwch cymunedol y trydydd sector, sydd wedi'i leoli yng ngorsaf heddlu ganolog Caerdydd.

**Pe bawn i'n cael un gair i ddisgrifio'r trydydd sector, byddwn yn dewis:** Hanfodol. Rwyf wedi gweithio i grwpiau trydydd sector sy'n cyfrannu at ansawdd bywyd yma yng Nghaerdydd ac ar draws Prydain a does dim amheuaeth y byddai pobl yn dioddef heb y gwasanaethau hyn.

**Rwy'n meddwl bod y rhif 3 yn arbennig oherwydd:** Roedd gan ET dri bys.

**Cysylltwch â Katie:**  
✉ katie.m@c3sc.org.uk



- **CARDIFF WEST GORLLEWIN CAERDYDD**
- **CARDIFF SOUTH WEST DE ORLLEWIN CAERDYDD**
- **CITY & CARDIFF SOUTH DINAS A DE CAERDYDD**
- **CARDIFF SOUTH EAST DE DDWYRAIN CAERDYDD**
- **CARDIFF NORTH GOGLEDD CAERDYDD**
- **CARDIFF EAST DWYRAIN CAERDYDD**

## Portfolio Portfolio

Third Sector Officers lead on issues related to a particular subject, e.g. Health and Social Care, so you can contact them if you need specific information or advice – wherever you are in Cardiff.

Mae swyddogion Trydydd Sector yn arwain ar faterion cysylltiedig â phwnc arbennig, e.e. iechyd a gofal cymdeithasol, felly gallwch gysylltu â nhw os ydych chi angen gwybodaeth neu gyngor penodol - ble bynnag ydych chi yng Nghaerdydd.

**(029) 2048 5722**

# Swyddogion Trydydd Sector – yma i'ch cefnogi

Nod Cyngor Trydydd Sector Caerdydd yw cefnogi grwpiau cymunedol a gwirfoddol lleol. Un o'n ffyrdd o wneud hynny yw trwy'n swyddogion trydydd sector. Mae nhw'n mynd o amgylch Caerdydd yn cwrdd â grwpiau i gyflenwi hyfforddiant, darparu hyfforddiant a chyfeirio tuag at adnoddau.

Mae'r map yn dangos enwau'n Swyddogion Trydydd Sector a'r ardaloedd yng Nghaerdydd lle mae pob un yn gyfrifol. Fe welwch eu manylion cyswllt yma hefyd os hoffech drafod eich anghenion gyda nhw. Cysylltwch os gwelwch yn dda - mi fydden nhw wrth ei bodd yn clywed gennych chi!



## Kevin Rahman-Daultrey

**Cardiff North**  
**Portfolio: Health and Social Care**

**Gogledd Caerdydd**  
**Portfolio: Iechyd a Gofal Cymdeithasol.**



**Before I worked here:** I was a Communities First development worker in Swansea and Neath Port Talbot for four years, and before that I volunteered with the Citizens' Advice Bureau for two years.

**Given one word to describe the third sector, I'd pick:** Awesome.

**I think the number 3 is special because:** 300,000 km a second is the approximate speed of light and 3 is the first odd prime number.

**Get in touch with Kevin:**  
✉ kevin.r@c3sc.org.uk

**Cyn gweithio yma:** Roeddwn i'n weithiwr datblygu Cymunedau yn Gyntaf yn Abertawe a Chastell-nedd Port Talbot am bedair blynedd, a chyn hynny bûm yn gwirfoddoli gyda Chanolfan Cyngor ar Bopeth am ddwy flynedd.

**Pe bawn i'n cael un gair i ddisgrifio'r trydydd sector byddwn yn dewis:** Aruthrol.

**Rwy'n meddwl fod y rhif 3 yn arbennig oherwydd:** 300,000 km yr eiliad, yn fras, yw cyflymder golau a 3 yw'r rhif cysefn cyntaf.

**Cysylltwch â Kevin:**  
✉ kevin.r@c3sc.org.uk

## Caroline Hardy

**Cardiff East**  
**Portfolio: Community Safety**

**Dwyrain Caerdydd**  
**Portfolio: Diogelwch Cymunedol**



**Before I worked here:** I worked for a local credit union, which offered financial services to everyone and advice to small third sector organisations. I've volunteered with two third sector organisations (both local and regional) for around ten years.

**Given one word to describe the third sector, I'd pick:** VITAL. Without the brilliant work carried out every day by the sector, the country would be unable to run effectively or efficiently.

**I think the number 3 is special because:** of my lucky 'three-leaf clover' (don't burst my bubble!)

**Get in touch with Caroline:**  
✉ caroline.h@c3sc.org.uk

**Cyn gweithio yma:** Roeddwn i'n gweithio i undeb credyd lleol, oedd yn cynnig gwasanaethau ariannol i bawb a chynghorion i sefydliadau trydydd sector bach. Rwyf wedi gwirfoddoli gyda dau sefydliad trydydd sector (yn lleol a rhanbarthol) am oddeutu ddeng mlynedd.

**Pe bawn i'n cael un gair i ddisgrifio'r trydydd sector byddwn yn dewis:** HOLLBWYSIG. Heb y gwaith gwyb sy'n cael ei wneud bob dydd gan y sector, fyddai'r wlad ddim yn gallu gweithredu'n effeithiol nac yn effeithlon.

**Rwy'n credu bod y rhif 3 yn arbennig oherwydd:** Fy 'meillionen tair deilen lwcus'. (peidiwch â byrstio fy swigen!)

**Cysylltwch â Caroline:**  
✉ caroline.h@c3sc.org.uk

## Thoria Mohamed

**Cardiff South East**  
**Portfolio: Learning, Employment and Social Enterprise**

**De Ddwyrain Caerdydd**  
**Portfolio: Dysgu, Cyflogaeth a Menter Cymdeithasol**



**Before I worked here:** I worked in the third sector for over a decade and a half with some of society's vulnerable groups, including victims of domestic violence, ethnic minorities, children with disabilities, refugees and asylum seekers.

**Given one word to describe the third sector, I'd pick:** Inclusive and inspiring (an inspiring contribution to social justice and social inclusion).

**I think the number 3 is special because:** Body, Mind and Heart – you need the three to succeed.

**Get in touch with Thoria:**  
✉ thoria.m@c3sc.org.uk

**Cyn gweithio yma:** Roeddwn i'n gweithio yn y trydydd sector am ddegawd a hanner gyda thai o grwpiau bregus cymdeithas, gan gynnwys dioddefwyr trais yn y cartref, lleiafrifoedd ethnig, plant gydag anabledau, ffoaduriaid a cheiswyr lloches.

**Pe bawn i'n cael un gair i ddisgrifio'r trydydd sector, byddwn yn dewis:** Cynhwysol ac Ysbrydoliaeth (Cyfraniad sy'n ysbrydoliaeth i gyfiawnder cymdeithasol a chynhwysiant cymdeithasol).

**Rwy'n meddwl fod y rhif 3 yn arbennig oherwydd:** Corff, Meddwl ac Enaid - rydych chi angen y tri i lwyddo.

**Cysylltwch â Thoria:**  
✉ thoria.m@c3sc.org.uk