

## Possible Organisations for your D of E Sections.

Please be aware that these organisations have not been visited or checked by us. We recommend you speak to your parents/carer and visit the organisation to ensure you are happy with them before committing to anything.

You don't have to use organisations on this list there are hundreds of things you could get involved with for each section. For a full list of activities that you can do then go to the 'your D of E' page of [www.nptdofe.co.uk](http://www.nptdofe.co.uk) and download the 'list of activities'. If you see an activity on this list that want to do then you need to find a local organisation to do it with. In certain circumstances you may be able to do an activity from home and gather your own evidence, in this instance download the 'how to evidence your sections' document from [www.nptdofe.co.uk](http://www.nptdofe.co.uk)

Please realise these are just organisations we are aware of that may have been used by participants in the past. However they might not be recruiting, or they might no longer be running, therefore **YOU MUST** contact these organisations and make arrangements yourself. These organisation do not necessarily have places available so you need to contact them yourself and explain you need to attend once a week and have this agreed before deciding you are going to do it!!!

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Development Officer**

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Post: Llangatwg Comprehensive School, Cadoxton, Neath, SA10 8DB**

## Volunteering Section

You cannot volunteer with a business such as a childcare centre that runs as a business, stables, farm, local shop/café etc.

<p><b>Sports Leadership</b></p>	<p>If you are involved in sport and involved with a club or team then you could ask about helping to coach a team for younger children at the club? .  <b>IMPORTANT</b> - you can't volunteer for someone that is professional and charges for their classes as they are running a business, so you couldn't volunteer with a dance teacher for whom teaching dance is their main income. However if they only charge enough to cover the cost of the building etc and it is run for the benefit of the community then that is OK. If in doubt ask your D of E leader. You may also be able to volunteer with the PE teachers in school or the 5 x 60 officer.</p>	
<p><b>Help out the 5 x 60 officer in school</b></p>	<p>If you would enjoy helping out with sporting activities then speak to the 5 x 60 officer in your school and see if you can help them with running a club.</p>	<p>Speak to your 5 x 60 officer</p>
<p><b>Volunteer in Your School</b></p>	<p>Another option for you is to get involved with something that is already happening in school. This could be the school council, a fundraising group, peer mentoring, paired reading or completing environmental work around the school.</p>	<p>Speak to your D of E leader or form tutor to see what activities are going on in your school.</p>
<p><b>Volunteer in a local primary school or after school club</b></p>	<p>Pop down to your local primary school and ask if you can volunteer there. There will be a range of different things you may be able to get involved with in the school. Or they may have an after school club you could volunteer at, however you can only help the after school club if it is run by the primary school on a not for profit basis, you cannot volunteer if it is run by an external company for profit.</p>	

<p><b>Volunteer at a local care home</b></p>	<p>This is a really rewarding activity whereby you go and chat to the elderly residents. It's a really worthwhile thing to do and makes a real difference to their lives and offers a great opportunity for you to learn about different people from different generations. If you do volunteer at a care home you cannot help out in the care home with duties in the kitchen etc, if they ask you to do this then please let me know. You are going there to chat with the residents, not be a worker for the care home</p>	
<p><b>Volunteering with Age Concern</b></p>	<p>Could you help develop and maintain the Age Concern Neath Port Talbot website? Or manage their facebook and twitter pages? Or help with organising and running events? Age Concern Neath Port Talbot have a big range of volunteering options available. All of which will help you develop important skills and get experience that will look amazing on your CV, and have a lot of fun and meet great people! They also have a volunteering officer to give you all the help and support you need, contact Chris to get involved.</p>	<p>Chris Baylis</p> <p>Phone: 01792 818200</p> <p>Email: <a href="mailto:acadvocracy@neathporttalbot.org.uk">acadvocracy@neathporttalbot.org.uk</a></p>
<p><b>Helping at South Wales Miners Museum</b></p> <p><a href="http://www.southwalesminersmuseum.co.uk/">http://www.southwalesminersmuseum.co.uk/</a></p>	<p>The museum is based in the Afan Valley and offers you a fantastic opportunity to learn about the day to day running of a museum. Your role will be catered to your needs and interests and may involve money handling, card payments, administration, managing content on our website, social media, marketing, archiving, customer service and reception duties. Roles currently available include Assistant Librarian, Assistant Maintenance Worker, Assistant Tour Guide, Assistant Receptionist, Admin Assistant, Assistant Archivist and many more. We can also supply relevant training if required.</p>	<p>Call or email Sarah on 01639 851 833</p> <p><a href="mailto:southwalesminers@btconnect.com">southwalesminers@btconnect.com</a></p>

<b>Aberavon Life Saving Club</b>	<p>This is an amazing club that will train you in all aspects of lifesaving. You can use your time at the club for any one of the DofE sections. You can count helping out at the club and volunteering as a beach lifeguard for the volunteering section, you can attend their 1st aid courses and count this for the skill section or you can count the training for the physical recreation section.</p> <p>Although you can cover all the sections through the club you can only count two for your own sections, you can't use one organisation for all three section, so you will need to pick which sections you want to cover through the club and which you want to do through another organisation.</p>	<p>Contact Pat on 01639 884446 or go to their website - <a href="http://www.aberavonlsc.co.uk">www.aberavonlsc.co.uk</a></p>
<b>Volunteer leader with Beavers</b>	<p>If you call Leslie and explain that you are doing your DofE and want to help out then she should be able to help you out, there are various brownies/guides/beavers organisations in the area.</p>	<p>Call Leslie Matthews on: 01639 760571</p>
<b>Volunteer leader with Rainbows</b>	<p>Rainbows is a fantastic organisation to be involved with where you can have a really positive impact on the lives of young people aged 5 - 7, and have a lot of fun yourself too! You be helping the 'Rainbows' with creative tasks and playing games! There are Rainbow groups in lots of parts of Neath, call Amy for more info.</p>	<p><b>Amy Sherwood</b> 07791842562</p>
<b>The Hideout on Forge Road.</b>	<p>The hideout provides opportunities for young people to do all sorts of things. You could also go there for the skill section as they run various courses and training.</p>	<p>Pop in and ask if you can help out? Mondays 5.00pm till 8.00pm Tuesday and Friday 3.45pm till 7.15pm</p> <p>The Hideout, 16 Forge Road, Por Talbot 01639 897003</p>
<b>St John's Ambulance</b>	<p>These guys are a fantastic organisation to get involved with. It looks great on your CV and teaches you essential first aid skills which you will have for life.</p>	<p>Call them on 029 2044 9507 or email <a href="mailto:recruitment@stjohnwales.org.uk">recruitment@stjohnwales.org.uk</a></p>

<b>Charity shop</b>	If you go into any local charity shop and explain you are looking to volunteer as part of your DofE they will be more than happy to have your help. Call in and ask a member of staff, or give them a call.	<b>British Heart Foundation</b> - 01639 881 092 97 Station Rd, Port Talbot <b>Oxfam</b> - 01639 881260 103 Station Road, Port Talbot <b>Marie Curie Cancer Care</b> - 01639 897509 10 Riverside Walk, Port Talbot <b>RSPCA</b> - 01639 899551 23 Aberafan Centre, Port Talbot <b>PDSA</b> - 01639892094 101 Station Rd, Port Talbot
<b>Organise a Charity Event</b>	You and a few friends could get together to organise an event for charity. You could complete a sponsored event or put on an event which you will sell tickets for such as a disco or variety show or even run a tuck shop in school and donate the profits.	Make sure you speak to your D of E leader in school first to clarify arrangements.
<b>RNLI</b>	There is an RNLI boathouse on Aberavon beach where you can go and help out and learn all about the charity. A great thing to be part of where you will have a lot of fun and be part of something really worthwhile.	Contact the station on 01639 884290
<b>WRVS</b>	You could help out at various parts of the hospital which is a great way to meet people and make a real difference to other people's lives.	Call the hospital on 01639 862000 for more information.
<b>Welfare of Children in Hospital</b>	A fantastic organisation with opportunities all over Neath Port Talbot.	Caroline Crimp on 01792 205227
<b>Radio Phoenix</b>	Radio Phoenix delivers the radio station in Neath Port Talbot hospital. Unlike TV and the other radio stations, patients can listen to Radio Phoenix for free. It makes a massive difference to the patients and their families, just hearing a friendly voice on the radio. It's a great organisation to be involved with and you will get to have your own show eventually!	Contact Ann Tawe Jones at the station on: 01639 86 24 22 or 01792 425774
<b>Volunteer with the scouts</b>	The Scouts run clubs throughout the area; you can get involved in helping young people in lots of different activities and learn skills yourself.	Call Mr. Roberts on 01792 527351
<b>Youth Work</b>	You could start helping out with your local youth club, if you aren't sure where your local club is then use the website on the right to find it. There are lots of fantastic opportunities available in youth clubs that you could get involved with.	<a href="https://www.npted.org/section/youth-service/Pages/default.aspx">https://www.npted.org/section/youth-service/Pages/default.aspx</a> or just put Neath Port Talbot youth service in google

<p><b>Environmental Work</b></p>	<p>There are a few different environmental groups in the area, you can get involved in one of these for your volunteering section and work with the team to protect wildlife and improve the area. A great way to meet people and learn loads of skills, the two main ones are the Bryncoch Environmental Group and Dyffryn Clydach Volunteers</p> <p>check out their website:  <a href="http://www.spanglefish.com/bryncochenvironmentgroup/">www.spanglefish.com/bryncochenvironmentgroup/</a></p>	<p>Bryncoch environment group: 01639 632067 / 07851 791923</p> <p>Dyffryn Clydach Volunteers: Steve Absalom 01792 813465.</p>
<p><b>Helping people that have suffered from a stroke</b></p>	<p>There is a great club in Port Talbot to help people that have suffered from a stroke, they meet regularly and do all sorts of fun activities.</p>	<p>You can reach the lady that runs the club on 01639 792907</p>
<p><b>Still stuck?</b> Then look on a fantastic website called <b>volunteering Wales</b> - <a href="http://www.volunteering-wales.net/index.html">http://www.volunteering-wales.net/index.html</a> this site has over 6000 opportunities and you can search for opportunities in your area of interest and geographical area.</p>		
<p>You can also contact <b>Nigel Cram at Neath CVS</b>, it's his job to find volunteering activities for young people, his number is 01639 631387.</p>		

## Skills Section

There are literally 100's of things you can do for the skills section. Listed below are specific organisation you can join, next its up to you contact them and arrange to start attending. If you don't see anything you like then go to [www.nptdofe.co.uk](http://www.nptdofe.co.uk) and then the 'your DofE' page and download the 'list of activities' document, if you see an activity for the skill section on that document that you like the sound of then its up to you to find somewhere to do it locally and someone that will act as your assessor.

<b>Sports Leadership</b>	If you are involved in sport and involved with a club or team then you could ask about helping to coach a team at the club? You can also use sports leadership for the volunteering section but if you want to use coaching for both the volunteering and skill section then you need to either coach one sport twice a week or coach two different sports.	
<b>Music</b>	You may already play and instrument or have singing lessons in which case just carry on as you are and get your music teacher to sign off the book after you have done it for long enough for your DofE. If you don't have lessons but are learning on your own then speak to the music teacher in school and ask if you can show them your progression once a week then they can sign the book confirming you have been playing regularly.	
<b>Being involved in the school play</b>	Drama is part of the skill section so if you are in the school production you can count this as long as there is enough time between starting rehearsals and the production finishing (3 month minimum for bronze or silver). Or you may be involved with another Drama group.	
<b>Young Enterprise project</b>	Many schools run the young enterprise scheme and this can count for the skill section as long as you are involved for over the 3 month minimum for bronze or silver	
<b>After school or lunchtime classes</b>	Ask what is happening in your school, there may be lunch or after school clubs in art, cooking etc or you may be able to do an extra GCSE after school such as statistics or business.	
<b>Learn a new skill through your local youth club</b>	Your local youth club will have classes and projects running so use the link to the right and find the nearest club to you	<a href="https://www.npted.org/section/youth-service/Pages/default.aspx">https://www.npted.org/section/youth-service/Pages/default.aspx</a>

<b>Evening classes</b>	There are hundreds of evening classes available all over Neath and Port Talbot. You can do things such as cooking, all sorts of arts and crafts, sign language, music, photography etc etc. The courses follow the school calendar so you need to get on a course when they start at the beginning of a term.	For a full prospectus use this link <a href="http://nptaln.org/wp-content/uploads/2012/09/ALN-prospectus-Eng.pdf">http://nptaln.org/wp-content/uploads/2012/09/ALN-prospectus-Eng.pdf</a>  If the link doesn't work then go to NPTALN.org and find the prospectus
<b>Photography</b>	There are various options for getting into photography, there is a club in Neath, a club in Port Talbot or you can sign up to an evening class using the information above.	Neath Photographic Society: <a href="http://www.neathphotographicsociety.org">http://www.neathphotographicsociety.org</a>  Port Talbot Camera Club: <a href="http://www.porttalbotcameraclub.org/">http://www.porttalbotcameraclub.org/</a>
<b>Fishing</b>	The Tawe & Tributaries Angling Association Membership Secretary can give you more information on learning to fish.	Contact Mr. B Price - 01639 843431
<b>Organised Kaos Modern Circus Group</b>	This is an incredible organisation that runs a modern circus youth group. They will teach you incredible skills from more traditional circus activities to new and exciting activities. You could be flying through the air on a trapeze or juggling fire before you know it!	Go to their website <a href="http://www.organisedkaos.org.uk">www.organisedkaos.org.uk</a>
<b>Air Cadets</b>	If you want a fun and exciting challenge and interested in the air force then this could be a great activity for you. If you are aged between 13 and 17 then find out more! They meet Monday and Fridays from 7.00-9.00pm.	Contact 01639 885 774 for the Neath Squadron or check out the website for more information:  <a href="http://www.raf.mod.uk/aircadets/wanttojoin/cadets.cfm">www.raf.mod.uk/aircadets/wanttojoin/cadets.cfm</a>
<b>Briton Ferry Musical Theatre Company</b>	Have an amazing experience as part of a play, its great fun, you will never forget it.	Call David on 01639 820334 or Terry on 01639 770540 or email: <a href="mailto:terryrees@ntlworld.com">terryrees@ntlworld.com</a>
<b>Sea Cadets</b>	As a Sea Cadet you can go to sea, learn to sail and do adventure training, all on a naval theme, plus get extra qualifications to give you a head start in life.	Call Mike on 01639 776604 or email <a href="mailto:mail@neathseacadets.org.uk">mail@neathseacadets.org.uk</a>



<p><b>1<sup>st</sup> Aid</b></p>	<p>There are lots of organisations where you can learn 1<sup>st</sup> aid and count it for the Skills section. Neil Hapgood will often be running 1<sup>st</sup> aid courses for D of E participants so email him (address on page 1) to see what may be happening in your area. The details for ST Johns ambulance are in the volunteering part of this document, you can count them for either the volunteering or skills. You can attend Aberavon Life Saving club for 1<sup>st</sup> aid, their details are in the volunteering and physical rec parts of this document.</p>	
<p><b>St David's Church Choir</b></p>	<p>The choir is an excellent place to improve your singing and music training.</p>	<p>Contact Mark on 01792 818264</p>
<p><b>Snooker/Pool</b></p>	<p>If you are a keen snooker player, or want to start playing, then this count towards your skill section. There are various snooker halls around Neath and Port Talbot so start attending your local one once a week. Check someone at the snooker hall is happy to sign off your book to say you have been going.</p>	
<p><b>Cooking at home</b></p>	<p>In some circumstances your D of E leader might allow you to cook from home, <b>check with them first</b>. You can cook once a week at home, however as you won't have an assessor for the activity (family members can't be assessors) then you have to complete an evidence sheet each week and upload it to your E DofE account. Get the sheet from <a href="http://www.nptdofe.co.uk">www.nptdofe.co.uk</a> and then the 'your DofE page'. <b>Please be aware that over 85% of young people that choose cooking at home don't complete their D of E as they don't upload the evidence each week. You have to upload evidence every week to your EDofE account to prove you have been cooking or you can't continue. Although it sounds like an easier option it requires a lot of self discipline and commitment.</b></p>	

## Physical Recreation Section

<b>Doing a sport at school or a local club</b>	You may already play a sport at school, it has to be after school or enough lunchtimes to make up an hour per week, <b>it can't be PE lessons</b> , or you might play a sport at a local club. In which case just carry on and get your book signed after you have done the activity for long enough.	
<b>Aberavon Life Saving Club</b>	This is an amazing club that will train you in all aspects of lifesaving. You can use your time at the club for any one of the DofE sections. You can count helping out at the club and volunteering as a beach lifeguard for the volunteering section, you can attend their 1st aid courses and count this for the skill section or you can count the training for the physical recreation section. Although you can cover all the sections through the club you can only count two of your own sections through the club so you will need to pick which sections you want to cover through the club and which you want to do through another organisation.	Contact Pat on 01639 884446 or go to their website - <a href="http://www.aberavonlsc.co.uk">www.aberavonlsc.co.uk</a>
<b>Aberavon Canoe Club</b>	Get into canoeing both in the pool and on the sea. A fantastic club where you will learn skills and gain a passion for life.	Contact Harry on 01639 779733 or email <a href="mailto:Harold.worth@ntlworld.com">Harold.worth@ntlworld.com</a>
<b>Baglan Rugby Club</b>	If you want to play rugby then join the team.	check out their website - <a href="http://www.baglanrfc.co.uk">www.baglanrfc.co.uk</a>
<b>Briton Ferry Bowls Club</b>	This is a cheap and great fun thing to do, great way to meet new people or to go with a group of friends.	Contact John on 01639 771836 or email <a href="mailto:john.897@ntlworld.com">john.897@ntlworld.com</a>
<b>Celtic Triathlon Club</b>	Join the fastest growing sport in the world, Triathlons are an amazing way to keep fit and great fun. There are places to take part all over Neath Port Talbot.	Check out the website on <a href="http://www.celtictri.com">www.celtictri.com</a> or phone Terry on 01639 643747

<b>Briton Ferry Sport Association</b>	These guys deliver cricket, rugby football and bowls.	Email Martyn <a href="mailto:martyn.bate@ntlworld.com">martyn.bate@ntlworld.com</a>
<b>YMCA climbing club</b>	The YMCA in Port Talbot has a new and fantastic climbing wall, great fun sport and really affordable.	Check out the website <a href="http://www.porttalbotymca.org.uk">www.porttalbotymca.org.uk</a> or contact the YMCA on 01639 887034.
<b>Dance - Tan Dance</b>	This is an incredible organisation that delivers amazing dance classes and shows. They run sessions all over Neath Port Talbot so call them up see what's happening in your area, you won't regret it!	Check out their website - <a href="http://www.tandance.org/index.php">http://www.tandance.org/index.php</a> or phone them on 01639 813428.
<b>Tae Kwon-Do</b>	There are various clubs all over Neath Port Talbot where you can learn this form of martial arts.	Contact Kevin Clarke on 01656 657073 / 07747 694197 or email <a href="mailto:kalz@clarke1726.pslife.co.uk">kalz@clarke1726.pslife.co.uk</a>
<b>Port Talbot Harriers Athletics</b>	Great fun and a range of activities to take part in.	contact Alan on 01639 824149
<b>Port Talbot Indoor Bowls</b>		Contact Granville on 01639 820793
<b>Tonmawr 2000 Sports and Fitness Centre</b>	This is a great facility with lots of different things going on.	Check their website - <a href="http://www.tonmawr2000.co.uk/">http://www.tonmawr2000.co.uk/</a> or call Paul on 01639 639457
<b>5/60 Officer in School</b>	If you are in a secondary school there will be a person in your school responsible for providing fun and exciting physical activities. You could do anything from table tennis to dodge ball!	Call 01639 861146 and ask for the 5 x 60 officer for your school, or ask at school.
<b>Sports Centres</b>	Go to any of the many sports centres in the area and either start a once a week class like yoga, circuits or simply use the gym or swimming pool for one hour once a week. If you are going to use the pool or gym without having lessons then you will need to get the evidencing right, read the 'how to evidence' document on the your D of E page of <a href="http://www.nptdofe.co.uk">www.nptdofe.co.uk</a> to learn how to evidence the gym or swimming.	<b>Maesteg Swimming Pool</b> Alfred Street, Maesteg 01656 733073 <b>Cymer Community Swimming Pool</b> School Road Cymer 01639 852 051