

**** 14th July 2025



Press Release:

First Volunteens Opportunity Launches in Ceredigion!

Run by charity **Foothold Cymru**, funded by the Welsh Government and administered by the WCVA, **Volunteens** is a youth-led platform connecting 11-18 year olds with local volunteering opportunities that build skills and support communities.

Following a successful pilot in Carmarthenshire, which saw hundreds of young people take part in volunteer opportunities, **Volunteens** is now expanding into **Pembrokeshire, Ceredigion, and Powys**.

The **first ever Volunteens placement outside of Carmarthenshire**, is now live in **Cardigan, Ceredigion!** Youth charity **Area 43**, have launched an opportunity which offers young people the chance to gain real experience, learn barista skills, and be part of a supportive, welcoming team at their youth led café, Depot.

Emily Wells, who is leading the rollout of the Volunteens service for Foothold Cymru, said: “Young people want to give back to their communities and are passionate about making a positive impact. But they struggled to find accessible, youth-friendly volunteering opportunities. Volunteens bridges that gap, giving amazing organisations like Area 43 the tools to offer opportunities that benefit everyone.”

Area 43, support young people in both formal and informal settings, and believe that **young people have the power to change communities**—making them the perfect partner to guide and support volunteers throughout their journey.

At **Area 43**, Volunteens will receive hands-on training in making coffee, taking customer orders, handling payments, and keeping the café clean and friendly. The role is designed to **build confidence**, grow practical skills, and support young people as they take their next steps.

Michelle Costigan from Area 43 said:

"At Depot, we believe in creating real opportunities for people to build confidence, learn new skills, and take meaningful steps toward employment. It's more than just training – it's about belonging, growing, and being supported every step of the way." - Michelle

This launch marks a **significant milestone** for the Volunteens project and is a fantastic opportunity for young people in **Ceredigion** to gain experience, grow their skills, and make a positive contribution to their community.

Interested in volunteering or supporting young volunteers?

Visit www.volunteens.org.uk to find out more and apply.

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IMAGE: Left to right: Volunteers at Area43 in Cardigan: Victoriia Chetvertnykh, Leonid Chaplyhin

Notes for Editors

Foothold Cymru is a social justice charity.

Established 35 years ago, Foothold Cymru tackle both the causes and consequences of poverty and inequality by unlocking potential within the most vulnerable individuals and communities within West Wales. In doing so, we recognise that the solutions, and the skills to put them in place, are often to be found in the lived experiences and understanding of the people and communities affected.

We focus on three strategic objectives:

Live and Thrive: "Live & Thrive" is a commitment to ensuring that everyone has equal access to essential services that improve their overall well-being

Learn and Grow: "Learn and Grow" is a commitment to supporting individuals of all ages to access learning opportunities and lifelong learning, breaking down barriers to their success.

Protect and Sustain: "Protect & Sustain" is a pledge to champion environmental justice and sustainability.

Coproduct is at the heart of what Foothold does. It's a way of working where people come together in an equal partnership to create something new or make changes to an existing situation. The principle behind co-production is that everyone who might be affected by something has valuable knowledge and

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experience that can help to design and deliver it in a way that makes it more effective for everyone who uses it.

Based in the town of Llanelli, Foothold Cymru support individuals and communities across West Wales.

Volunteens is Funded by the [Welsh Government](#) and administered by the [WCVA](#), and [Volunteering Wales](#),

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