

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 70 • July 2015

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ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

MANTELL GWYNEDD

Registered Office:
23-25 Y Bont Bridd, Caernarfon,
Gwynedd, LL55 1AB.
Tel: 01286 672626 • Fax: 01286 678430

E-mail:
enquiries@mantellgwynedd.com

Registered Office:
The Old Police Station, Lombard Street,
Dolgellau, Gwynedd, LL40 1SB.
Tel: 01341 422575 • Fax: 01341 422147

Website: www.mantellgwynedd.com

Facebook: [mantellg](https://www.facebook.com/mantellg)



Twitter: [@mantellgwynedd](https://twitter.com/mantellgwynedd)



Volunteers' Week 1-7 June



The volunteers with their certificates

The aims of Volunteers' Week was: Recognise, Recruit and Reward volunteers.

Among the various different activities held across Gwynedd, the highlight was the Celebration and Thank You Event held at Portmeirion on the 4th June. It was a sunny day and guests enjoyed the event in the company of Rhys Meirion the guest speaker.

Rhys gave a wonderful performance of 'Anfonaf Angel' before presenting certificates to worthy and dedicated volunteers in Gwynedd to acknowledge their outstanding contributions.

Two volunteers from Gwynedd were the winners in the Volunteer of the Year Awards: James Kelleher (Felin Uchaf), Young Volunteer of the Year and Hugh Griffith Roberts ('Hugh's Views' - Barmouth), Adult Volunteer of the Year.

Unfortunately, neither could make it to the event.



*Tom Jones OBE –
WCVA Vice President*

Lesley Griffiths AM

*James Kelleher –
Volunteer*

*Ruth Marks –
WCVA Chief Executive*

MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM**Senior Development & Services Officer:**

Delyth Vaughan

Projects Development Officer:

Eleri Lloyd

Children & Young People Facilitator

Paul Edwards

TEULU NI PROJECT**Teulu Ni Project Officer:**

Mair Richards

FAMILY BUDDIES**Arfon**

Dawn Jones, Janet Jones

Dwyfor

Llinos Owen Jones

Meirionnydd

Iona Williams

HEALTH TEAM**Health & Social Care Facilitator:**

Sioned Llwyd Larsen

Ffrindia' Project Manager:

Carys Williams

Arfon Volunteer Co-ordinator:

Alan Thomas

Dwyfor Volunteer Co-ordinator:

Dawn Thomas

Meirionnydd Volunteer Co-ordinator:

Mirain Roberts

FINANCE & ADMINISTRATION TEAM**Deputy Chief Officer & Head of Finance &****Operations Team:**

Ceren Williams

Administration Officer:

Bronwen Rowlands

Finance Assistant:

Tracy Williams

Administration Assistant:

Tracy Lynne Rotheram

Administration Assistant:

Ellen ap Dafydd

Receptionist:

Hilary Margaret Jones (to April 2015)

Mair Davies (from April 2015)

VOLUNTEER CENTRE TEAM**Volunteer Centre Co-ordinator**

Carwyn Humphreys

Volunteer Officer:

Ann Angharad Fleming

Volunteer Officer:

Gwenllian Glyn Dafydd

A note from the Chief Officer

Everyone knows that it's a particularly tough time for the voluntary and community sector. To be honest, it's a tough time for most people and sectors. As the Chief Officer of a County Voluntary Council I know, only too well, about the smaller groups and organisations in Gwynedd who are really struggling to keep the show on the road. Fabulous work is delivered by volunteers' right across the public sector. There are also many paid and highly skilled specialists in the sector who provide specialised services in very specialised organisations. Even when volunteers are used to provide support there is still a cost for the organisations they work with.

Volunteers deserve to be supported with supervision, proper management and adequate training. There are also the other overheads to consider like insurance and safeguarding checks. All these things make sure that our communities and its population benefit from a quality and safe service.

There continues to be a lack of understanding both by those in government, as well as public service commissioners, about the real cost of things when the voluntary sector comes to the rescue in difficult times.

For the last few years reduced funding has had a huge impact on everyone but our sector has been hit particularly hard. Matters have been made much worse by commissioners designing public service contracts in such a way which often prevents smaller more specialised organisations being able to tender at all. The real danger now is that these organisations which bring so much social value to the wider community might well disappear altogether.

Our sector will always be there to support our communities. This is why we are so passionate about it and why we work in the sector in the first place. But it's long overdue for our sector to be taken more seriously not just seen as an amateur supplementary resource. We need recognition of the expertise and professionalism which exists in our sector and a realistic understanding of how much it costs to do what we do.

As the public sector goes out to consultation on proposed cuts and savings in Gwynedd over the next few weeks and months please remember the message above... When there is talk of closing your library or leisure centre remember that volunteers do not come free. Remember also that the public sector have failed sometimes to efficiently deliver these services themselves and that is why they are out on consultation as cuts or savings. Don't let your emotions over your beloved community hoodwink you into a false sense of anything – the third sector does not mean service for free!

**Until next time,
Bethan**

ROOMS / OFFICES

TO LET

23-25 Y Bont Bridd, Caernarfon, Gwynedd, LL55 1AB

Yr Hen Swyddfa Heddlu, Y Lawnt, Dolgellau LL40 1SB

For more information contact:

Ceren Williams, Mantell Gwynedd

01286 672626

ymholiadau@mantellgwynedd.com

www.mantellgwynedd.com

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Are you a community or charitable group? Do Welsh speakers and non-Welsh speakers attend your meetings?

Would you like to give everyone the opportunity to speak in their language of choice?

Cyfieithu Cymunedol aims to offer a professional translating service, both written and simultaneous for a price within reach of community groups and third sector organisations.

If interested in the service and for more details contact:

Glyn Jones on **01492 642357**
www.cyfieithucymunedol.org

MANTELL GWYNEDD TRAINING

Level 2 in Food Safety in Catering – 15th October 2015 – Mantell Gwynedd Office, Caernarfon

Emergency First Aid – 25th November 2015 – Penygroes Memorial Hall
Contact Ellen – ellen@mantellgwynedd.com or **01341 422 575** in order to register your wish to attend.

Please remember training information is also on the website at www.mantellgwynedd.com

GWYNEDD CHALLENGE

Whilst Gwynedd Council has done everything it possibly can to avoid cuts to services, the unprecedented financial pressures the authority continues to face means that unfortunately it is unavoidable that there will be no choice but to consider how cuts can be implemented from 2016/17 onwards.

Before taking any difficult decisions and implementing cuts to services, the Council is eager to discuss and to understand the priorities of the county's residents. The Council's members are currently looking in detail at all the authority's services to identify those areas that cannot be considered for cuts. Options for cuts on the remainder of the Council's services will then be put to the people of Gwynedd so that they can present their views in a comprehensive public consultation that will be held from September to November 2015. As part of this consultation, a range of meetings and drop-in sessions will be held in every part of the county along with an online and paper consultation. Information about the consultation will be published shortly on the Gwynedd Council website, in Newyddion Gwynedd, on the Council's social media accounts and through the local press.

INFO & ARTICLES FOR THE NEXT ISSUE OF MANTELL

The deadline for information or articles to be included in the next edition of Mantell is **13th November, 2015**

Send or e-mail any information to **Ellen ap Dafydd**, at Mantell Dolgellau.

e-mail: ellenapdafydd@mantellgwynedd.com

Tel: **01341 422 575**

VOLUNTEER AWARDS

Wales Volunteer of the Year Awards 2015

Nearly 200 nominations were received across Wales this year. These are the volunteers who received their Highly Commended certificates at the Celebration and Thank You Event at Portmeirion:

Howel Roberts – Highly Commended: Trustee Category (Gwynedd Guide Dog Society)

Alison Jones – Highly Commended: Adult Category (South Gwynedd Domestic Abuse Services)

Beryl Jones – Highly Commended: Adult Category (Clwb Trwm Eu Clyw Dolgellau)

Jago Williams – Highly Commended: Green Volunteer Category (Wild Elements)

Trawsfynydd Church Luncheon Club – Highly Commended: Group Category

Special outstanding contribution certificates were also presented this year. There were 11 nominations from Gwynedd and here are some of the volunteers:

Elisabeth Jones – Gwasanaeth Cynnal Gofalwyr

Craig Dobbins – Barmouth Drop in Centre

Eryl Williams – O Ddrws i Ddrws



From top down:
Rhys Meirion and
Elizabeth Jones, Rhys
Meirion and Craig
Dobbins, two
members of
Trawsfynydd Church
Luncheon Club
Right: Beryl Jones
Left: Rhys Meirion and
Eryl Williams

GWIRFODDOLWYRY MILLENIWM



Millennium Volunteers – Successes

Certificate for 50 hours of volunteering

Michael Aaron Hughes – Ysbyty Gwynedd Radio, Royal Voluntary Service, Youth Led Grant Panel, Theatr Bara Caws, BBC.

Lowri Wyn Jones – Ffrindia’.

Caleb Reynolds-Smith – Ysgol y Manod

Miriam Lloyd Jones – Llŷn Maritime Museum and Youth Led Grant Panel

Zoë Bowers, Andrew Coombes, Danielle Davies, Gareth Davies, Bleddyn Hopkins, Angharad Hughes, Charlotte Hughes, Kelvin Humphreys, Dylan Jones, Gruffudd Jones, Jordan Jones, Mari Wyn Jones, Mathew Jones, Cian Martyn, Fflur Owen, Ian Wyn Owen, Dafydd Parry, Nicola Pengelly, Gwen Roberts, Steven Roberts, Hannah Slater, Jessica Thomas, Shauna Walter, Dion Williams, Gemma Williams, Lauren Williams – Coleg Glynllifon

Certificate for 50 and 100 hours

Emyr Lloyd Jones – Gwynedd Youth Led Grant, Beaumaris and Deiniolen Brass Band

Mirain Llwyd Roberts – Gwynedd Youth Led Grant, Ffrindia’ and Bangor University

Rebecca Roberts – Coleg Dolgellau.

Certificate for 200 hours - award of excellence

Thomas Springle – Coleg Dolgellau
Well done everyone!

Further news and information can be found on our website!
www.mantellgwynedd.com



CANCER RESEARCH UK

Rebecca Roberts, Dolgellau with her Certificate for volunteering with the Cancer Research charity.

Children and Young People's Facilitator

The Children and Young People's Facilitator has supported third sector organisations in a variety of ways. During the past year six organisations have been given support in completing their child protection policies. In addition to this, the CYP Facilitator has ensured that organisations working with children and young people are up to date with new national policies through arranging relevant training. One example is All Wales Basic Safeguarding Awareness Training, which was adopted in September 2014 and replaces Safeguarding Children Training, General and Targeted. The CYP Facilitator provided training for employees, volunteers and the trustees of 5 organisations in June and it is intended that further opportunities will be arranged in the near future. If you would like more details on training or support please contact Mantell Gwynedd on 01286 672626.

GOODBYE AND GOOD LUCK

At the end of June our Children and Young People Facilitator, Paul Edwards left Mantell Gwynedd to start up his own new business in Anglesey where he lives. We wish him well and thank him for his work at Mantell Gwynedd. Paul also got married to his fiancée Zara at the end of June so we wish him well not only with his new business venture but also with married life!

We will not be re appointing to this post which Paul leaves vacant. However, two current members of staff, Gwenllian Glyn Dafydd our Youth Volunteering Coordinator, and Delyth Vaughan our senior Development Officer will be fulfilling the work. With far greater emphasis on young people volunteering Gwenllian will be extending this work and Delyth will be providing the specialist support and development aspect of the role. The Training opportunities, the newsletter / e-bulletin, network meetings and all the support work will all be provided as before.

HAFAL

The All Together Now! Roadshow will visit all the 22 counties of Wales in 2015. The campaign aims to engage with thousands of service users and carers across Wales. The event for Gwynedd will take place on the **4th of September 2015**; for more information contact email hafal@hafal.org or **01766 513800**

New guide on healthcare rights for people with sensory loss in Wales

Charities Sense Cymru, Action on Hearing Loss Cymru and RNIB Cymru have launched a guide for people with sensory loss using health services.

For more information on the above you can contact::
Action on Hearing Loss Cymru:

wales@hearingloss.org.uk or

02920 333 034 (phone)

02920 333 036 (text phone)

RNIB Cymru: cymrucampaigns@rnib.org.uk

or **029 2082 8500**

Sense Cymru: cymruenquiries@sense.org.uk

or **0300 3309 281**

(phone) **0300 3309 282** (text phone)

Social Services and Well-being (Wales)

ACT INFORMATION AND LEARNING HUB.

This Information and Learning Hub has been designed to be a one-stop-shop with a wide range of resources. Over time, the Hub will include training materials to help social care professionals implement the legislation in their day-to-day work.

For the latest information on the Hub above please log on to

<http://www.ccwales.org.uk/getting-in-on-the-act-hub/>



Nest can provide advice and support on reducing energy bills, and free home energy improvements to eligible households.

For more information contact

0808 808 2244 or visit

www.nestwales.org.uk/

Contact-Us.

The contact for North

Wales is **Rick Ward,**

Partnership Development

Manager

rick.ward@est.org.uk

or

07903 443655



GOOD HEALTH EVENT

October 16 2015



A 'Good Health' event is being organised this year at the Glan Wnion Leisure Centre Dolgellau on Friday the **16th of October**. If you would like to be part of this again this year could you please contact Mantell Gwynedd on either **01286 672626** or **01341 422575** or email sioned@mantellgwynedd.com

FFRINDIA' FAIR

Once again this year the Ffrindia' Fair was held at The Ganolfan, Porthmadog. A number of the volunteers and individuals came to the event on the 3rd of July 2015. We had the support of a number of organisations who offer information and support for older people; it was also an opportunity during the day for the organisations to network.



Emma Quake Gwynedd Council exercise demonstration for Older People.



Carys Williams Ffrindia' Manager with the Councilor Selwyn Griffith, Gwynedd Older People Champion.



Mrs Gwen Macateer with Wendy Davies at the Fair.



The British Red Cross demonstrating Emergency First Aid.

EVERYWHERE IS WITHIN WALKING DISTANCE IF YOU HAVE THE TIME

Ann Evans is a volunteer for Ffrindia' since January 2015 and is now a befriender for Dylan Roberts. Both live in Caernarfon and Dylan was looking for company to go walking with and to enable him to regain his confidence since his bicycle accident. The two of them have by now developed a good friendship and enjoy each other's company. Ann has an easy going demeanour and she said that she can keep fit by going on a weekly walk with Dylan. Ann at the moment is on a computer course at Coleg Menai and as Dylan is very knowledgeable with computers he is on hand to help her along with her studies. The relationship between them is working well and it's a win-win situation for both of them since befriending through Ffrindia'. What about you? Can you make a difference to someone's life? Contact Ffrindia' on 01286 672626



CASE STUDY



The initial referral for SM and her family of 3 children was to help them move from their home as the Housing Association were going to make major improvements to their home as it had been deemed unsafe.

At the time, SM was waiting for an operation to remove a cancerous tumour. SM surgery went well but a couple of weeks later she became seriously ill with a rare condition called Guillain Barre Syndrome, which left her hospitalised for 11 weeks. Moving house was put on hold.

The Family Buddy supported the extended family by taking the children swimming, to social events and other activities such as cooking etc.

Over a period of time SM shared that she had concerns for her son. She said that he had always been different from her other children. She had battled with him on a daily basis to get him dressed and she often had to carry him to school kicking and screaming. He would self harm when distressed.

A referral was made to CAMHS for an assessment as he showed signs of Autistic behaviour, and also to SNAP Cymru as he was now refusing to enter the classroom, spending the whole day in the corridor. By January 2014 he could no longer cope with going to school. In July 2014 he was diagnosed with Autism.

Unfortunately SM has been left with a long term disability, and is dependant for support from others in caring for her children. Despite this, SM has stayed positive and is very grateful to Teulu Ni for the support. The family's wellbeing has improved since moving to appropriate accommodation in a village which has a shop, café, cinema, leisure centre and regular buses.

SM said "I don't know where I would be now without your support. We would still be stuck in our old house, isolated.

C would never have had his diagnosis; you listened to me and supported us through everything".



COMMUNITY INVESTMENT FUND



The Community Investment Fund aims to strengthen and develop groups and enterprises

within the third sector. The purpose is to enable the third sector to play a full role in the Gwynedd communities. Groups or enterprises can apply for a capital and/or revenue grant up to a maximum of **£10,000**.

The next closing dates are as follows:-

30 September 2015

04 January 2016 (subject to funding available))

For more information or to discuss a project idea please contact **Mantell Gwynedd** on **01286 672 626** or **delyth@mantellgwynedd.com** or visit **www.mantellgwynedd.com**

You can also apply for up to £1,000.00 directly to Dylan Thomas, Cartrefi Cymunedol Gwynedd. For more information please contact Elin on **dylan.thomas@ccgwynedd.org.uk** or **0300 123 8084**.



Gwynedd Youth Led Grant 2015 – 2016

You can apply for a maximum grant of £500 to support volunteering or set up a volunteering activity for young people in Gwynedd

The next closing date is – **31st of July 2015**.

The closing dates for the next rounds are as follows – **23rd October 2015** and **15th of February 2016**.

For an application pack or for more information and guidance please contact **Gwenllian Glyn Dafydd** at the Volunteering Centre **01286 672 626** or **gwenllian@mantellgwynedd.com**

Running a charity event – some handy tips

Bringing people together can be a great way to fundraise and to increase your supporters base and promote the good work of your organisation. But an event needs careful planning – here are some useful tips :-

- **Manage your budget** – Can your organisation afford to put the event on? It can easy for event budgets to spiral out of control. You should always have a contingency plan and have enough budget to cover anything that could go wrong or may change.
- **Be organised** – make sure you allow enough time to plant your charity event properly. Check Fundamentals like the date : does it clash with a competitor's event?
- **Keep track of time** – have you allowed enough time to plan the event? Have you got enough staff/volunteers?
- **Make sure your safety documentation is up to date** – your risk assessment and event safety management plan must be suitable and robust enough for your charity event. Don't forget your suppliers, Contractors and traders : are their risk assessment up to scratch? Have you also made sure that everyone's insurances including yourself and certificates are up to date?
- **Double, then triple check** – everything! From spelling to directions and timing to quantities.
- **Evaluate your work** – have you managed to achieve your event objectives? Did everything run smoothly and efficiently? Was there ways you would do somethings differently – this will really help in the planning of your next event.
- **Don't assume anything** – do you need a licence or permission? The local authority licensing department will be able to help you with this.

Getting everything organised can seem daunting but don't be put off. A well-run event can help you build the loyalty of your supporters and showcase the work of your charity.

All the best and good luck!

With thanks to to www.theguardian.com for the above article.

CALL IN TO SEE US IN THE MANTELL MOBILE UNIT

- 26-08-2015 Meirionnydd County Show, Harlech

Remember you can also hire the Mobile Unit for a reasonable price, please contact us by:

e-mailing: enquiries@mantellgwynedd.com

Phone: **01286 672 626**

Or visit our website: www.mantellgwynedd.com



COME AND JOIN US

at the Meironeth County Agricultural Show on the 26th of August in Harlech.

A warm welcome is extended to all third sector (volunteer) organisations to join the Mantell Gwynedd stand at the Meironeth County Agriculture Show. In the past, Mantell's stall has been a hive of activity, therefore don't miss this opportunity! We can assure you of a busy day, allowing you the chance to share information with the public, and to network with other organisations.

Phone **Ann** or **Ellen** on **01341 422575** – for further information.



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[@MantellGwynedd](https://twitter.com/MantellGwynedd)

MANTELL GWYNEDD EVENTS AND TRAINING CALENDAR

22-09-2015

Emergency First Aid

Llanelltyd Village Hall (LL40 2TA)

To register your wish to attend please contact **Ellen** on **01341 422575** or ellen@mantellgwynedd.com
Or to discuss the training needs of your organisation contact **Delyth Vaughan** on **01286 672626** or delyth@mantellgwynedd.com.

WCVA EVENTS AND TRAINING CALENDAR



24-09-2015

Action Learning Sets

WCVA, Rhyl (LL18 3EB)

To book a place go to www.wcva.org.uk or to get more information, phone **0800 2888329** or e-mail help@wcva.org.uk.

MANTELL GWYNEDD ANNUAL GENERAL MEETING



This year our meeting will be held at Tŷ Siamas, Dolgellau on the

18th November
at **11.30 am**

Following the meeting, there will be an Official Opening of Mantell Gwynedd's Dolgellau Office (under Mantell Gwynedd's ownership)

Further information will be available soon