

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 80 – FEBRUARY 2018

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## THE MOBILE UNIT

The Mantell Gwynedd Mobile Unit in Bangor on the 1st of January



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LOTERI  
LOTTERY  
FUNDED



FUNDRAISING  
REGULATOR



Ysbyty Gwynedd Chief Cook preparing hot food for the homeless

It was a busy start to 2018 again this year when a small group of Mantell Gwynedd staff took to the streets of Bangor with the Mantell Mobile Unit to provide hot food and warm clothing for the homeless community in the city.

Thanks to a partnership effort between Mantell Gwynedd, Abbey Road drop-in Centre and the Betsi Cadwaladr University Health Board, the day was spent distributing hot food and warm clothing. Veterinary support was also generously provided by Dr Lee Jones of Bodrwnsiwn Veterinary Practice who attended to the dogs of the homeless.

The hot food was prepared by the kitchen staff at Ysbyty Gwynedd and warm and waterproof clothing had been kindly donated by members of the public.

## MANTELL GWYNEDD

### Registered Office:

23-25 Y Bont Bridd, Caernarfon  
Gwynedd LL55 1AB  
Tel: 01286 672626

E-mail:

enquiries@mantellgwynedd.com

### Registered Office:

The Old Police Station, Lombard St.,  
Dolgellau, Gwynedd LL40 1SB  
Tel: 01341 422575

website:

www.mantellgwynedd.com



Facebook: Mantellg



Twitter: @mantellgwynedd



Dr Lee Jones and Max the dog

**MANTELL GWYNEDD STAFF****Chief Officer:**

Bethan Russell Williams

**DEVELOPMENT & SERVICES TEAM****Senior Development and Service Officer:**

Delyth Vaughan Rowlands

**Social Value Manager:**

Eleri Lloyd

**Social Accountant:**

Dr Adam Richards

**HEALTH TEAM****Heath and Wellbeing Facilitator:**

Sioned Llwyd Larsen

**Social Prescription Project,****Community Link Officer:**

Rhian Griffiths

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

Ceren Williams

**Administration Officer:**

Tracy Lynne Rotheram

**Finance Assistant and Development Officer:**

Carys Williams

**Administration Assistant:**

Ellen ap Dafydd

**Receptionist:**

Mair Davies

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

Carwyn Humphreys

**Volunteering Officer:**

Alan Thomas

**Info and Articles for the next issue of Mantell**

The deadline for information or articles to be included in the next edition of Mantell is:

**19 April, 2018**

Send or e-mail any information to

**Ellen ap Dafydd**

at Mantell Dolgellau

e-mail:

ellenapdafydd@mantellgwynedd.com

Tel: 01341 422 575

# A Note from the Chief Officer

As you will see from the front page of the newsletter 2018 started off as busy as ever with the Mantell Gwynedd Mobile Unit supporting the homeless population in Bangor on New Year's Day.

This was the second year running for the Unit to be taken out on New Year's Day but the usual two-way partnership between Abbey Road drop in Centre and Mantell Gwynedd was expanded this year to also include the Betsi Cadwaladr Health Board and Bodrwnsiwn Veterinary Practice. A partnership this year across the public, private and third sector.

Hot food was prepared this year by the kitchen staff at Ysbyty Gwynedd and on such a cold day the hot food was most welcome. Substantial amounts of winter coats, shoes and other clothing had been collected – a big thanks to the generosity of local volunteers and donors. To crown it all this year we managed to recruit Volunteer Vet Dr Lee Jones of Bodrwnsiwn Veterinary Practice who was able to check out the dogs belonging to the homeless and provide flea and worm treatment. So this year, by working across all sectors, and due, again, to the generosity of the public, we managed to feed, clothe and support a number of homeless individuals in the city.

This annual New Year's Day arrangement shows how important partnership working is if we are to successfully support others. Every agency has something valuable to contribute to the big picture. Following on from this year's event we are now in communication with a number of local chapels and churches to see if we can possibly replicate what is happening in other parts of Wales – Newport for example, where churches open their doors to the homeless over the coldest winter months. This is something we need to do in North Wales but we know that much collaboration is needed to get such a project underway.

I read an article recently which noted nine facts which are likely to make you rethink your view about homeless people:

- Homeless people are likely to be well educated with a history of employment
- It's not just people on the streets that are homeless but some are in temporary accommodation, hostels, bed and breakfasts and sofa surfing
- Most people don't choose to be homeless – relationship breakdown is the leading cause of homelessness
- Alcohol and drug problems are common but certainly do not affect all homeless people
- A rough sleeper is far more likely to kill themselves – 35 times more likely than the average person
- If you're homeless, you're more likely to be a victim of crime
- Rates of rough sleeping have doubled in Cardiff since 2015
- Most homeless people won't make it to 50

With discussions currently underway to develop a centre for the homeless in Bangor it is more important than ever that agencies and sectors work collaboratively so that the best services possible can be delivered. Our homeless population isn't just going to disappear off our streets without having better support systems to enable that, and whilst we have a homeless population it is vital we help as much as we can. The January 1st initiative is a very small intervention indeed but it is an intervention which should convey some really important messages to all of us.

**Until next time, Bethan**

## Charity Commission issues alert reminding charities to review their safeguarding and governance arrangements

The Charity Commission has issued a new regulatory alert to all charities about the importance of providing a safe environment for anyone who comes into contact with them, including staff and volunteers.

The alert follows a number of recent reports to the Commission of serious incidents involving concerns about charity volunteers and beneficiaries, allegations of staff harassment and media reports about safeguarding incidents.

The Commission reminds charities that if something goes wrong, the trustees are accountable and responsible for putting things right. Trustees should therefore assure themselves that their safeguarding practices are robust. Specifically, they should:

- ◆ review their charity's safeguarding governance and management arrangements and performance if they have not done so within the last 12 months.

- ◆ contact the Commission about safeguarding issues, or serious safeguarding incidents, complaints or allegations which have not previously been disclosed to the regulator or the appropriate authorities.

The Commission's recently revised safeguarding strategy makes it clear that safeguarding should be a key governance priority for all charities, not just those working with groups traditionally considered at risk.

You can read more about the alert and a recent example of a case involving a charity by visiting this website link:

<https://www.gov.uk/government/news/review-your-charitys-safeguarding-and-governance-arrangements-charity-commission-advises>

If you have any concerns about safeguarding in your organisation, please get in touch with Mantell Gwynedd for help or guidance on **01286 672 626** or [enquiries@mantellgwynedd.com](mailto:enquiries@mantellgwynedd.com)

## GDPR – are you ready?

There are significant changes coming into force on the **25<sup>th</sup> of May, 2018** with regards to data protection rules with the GDPR – General Data Protection Regulation. Are you ready for the changes?

The Information Commissioners Office website is full of useful information / frequently asked questions quick guide to GDPR regarding the proposed changes specifically aimed at charities.

The list of frequently asked questions guide offers particular advice to small charities, signposting them to the ICO's specialist helpline for small organisations and its self-assessment tool.

It also offers links to the ICO's guidance for all organisations on GDPR:

<https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation> and preparation for its implementation.

General Helpline number: **0303 123 1113** – choose option 4 to be diverted to staff who can offer support.

E-mail address for the Information Commissioner's Officer Wales:  
[wales@ico.org.uk](mailto:wales@ico.org.uk)



## Our glass cabinet needs you!

Here is a chance for you as organisations in Gwynedd to make use of our glass cabinet at the front of our offices in Caernarfon.

We are eager for organisations to be able to make the most of the glass cabinet by advertising opportunities or information about their services here in the town centre.

Adverts in the window **do** attract customers. Here at the Volunteer Centre, we receive numerous enquiries regarding opportunities that are displayed.

**We still have availability in 2018. For a discussion or further information, contact Carwyn: 01286 672 626 / [carwynhumphreys@mantellgwynedd.com](mailto:carwynhumphreys@mantellgwynedd.com)**



# MILLENNIUM VOLUNTEERS

Why not register with the Millennium Volunteers scheme?

**What is the Millennium Volunteer scheme?**

- \* It's a volunteering recognition scheme for young people aged between 14-25.
- \* You can include every volunteering activity if it benefits a good cause / volunteering with a voluntary organisation.
- \* You can also include the hours you've done through the Welsh Baccalaureate.
- \* The awards certificates available are 50, 100 and 200 hours.

For more information or if you need any help, please contact

**Alan Thomas**

**alan@mantellgwynedd.com**

**01286 672626**

**Facebook, Canolfan Gwirfoddoli Gwynedd.**



*Alissa Williams – 50 hours with Gwynjim, Bethesda*



*Marc Hunt – 50, 100 and 200 hours at Age Cymru Gwynedd a Môn shop, Bangor*



*Gwen Morris – 50, 100 and 200 hours volunteering at the Leisure Centre, Caernarfon Ysgol Syr Hugh Owen, Caernarfon; Ysgol Brynrefail, Llanrug*



*Beca Llwyd – 50 and 100 hours volunteering at Ysgol Brynrefail, Llanrug; Leisure Centre, Caernarfon; Plas Silyn, Penygroes*



## New Volunteering Wales website

The Volunteering Wales website holds information about more than 5,000 opportunities and has more than 16,000 visitor sessions in a typical month. It is the 'go to' place for volunteering in Wales. Developments are underway for a re-vamped website in April 2018, with enhanced functionality for organisations and volunteers.

Gwynedd Volunteer Centre will be hosting a Network event in the new financial year to share details about the new site with local organisations. We will also continue to provide 1-to-1 training surgery support on the use of the website.



Gwirfoddoli Cymru  
Volunteering Wales

## Date for the diary

Remember the annual Volunteers' Week event between the 1st-7th of June. This is a fantastic opportunity to promote and celebrate volunteering across the country. More details about our activities coming soon.



WYTHNOS  
GWIRFODDOLWYR  
VOLUNTEERS'  
WEEK

# GWNEWCH WAHANIAETH- GWIRFODDOLWCH!

# MAKE A DIFFERENCE- VOLUNTEER!



Am wybodaeth am yr holl gyfleoedd gwirfoddoli diweddaraf neu am gefnogaeth i ddechrau gwirfoddoli, cysylltwch â ni!

For information about all the latest volunteering opportunities or support about getting into volunteering, get in touch with us

01286 672 626

[gwirfoddoli@mantellgwynedd.com](mailto:gwirfoddoli@mantellgwynedd.com)  
[volunteering@mantellgwynedd.com](mailto:volunteering@mantellgwynedd.com)

CANOLFAN GWIRFODDOLI  
GWYNEDD  
VOLUNTEER CENTRE

## Training for organisations

"Working alongside volunteers"

Gwynedd Volunteer Centre is offering a training opportunity for staff of organisations who work with volunteers.

This is a unique training which provides details about good practices, greater understanding of involving volunteers and expectations working alongside volunteers.

We can arrange a bespoke session for your organisation or jointly with another similar organisation.

For more information or a chat, please contact Carwyn:

01286 672 626

[carwynhumphreys@mantellgwynedd.com](mailto:carwynhumphreys@mantellgwynedd.com)



Gwirfoddoli Cymru  
Volunteering Wales

## Appointment to the North Wales Community Health Council – Third Sector Member Nominations

- ◆ **Are you currently part of a third sector (voluntary) organisation in the Gwynedd area?**
- ◆ **Would you like to make a positive difference and influence local health services for the benefit of local people?**

Members are not paid but are able to claim remuneration costs and expenses. Please note, you must be a trustee, employee or volunteer with a third sector organisation operating in Gwynedd. The CHC is looking for people from

all walks of life - the most important requirement is a genuine interest in improving health services for the local area.

For more information please contact:

**Sioned Larsen**  
**Mantell Gwynedd**  
**sioned@mantellgwynedd.com**  
**01286 672626**

Closing date for receipt of completed applications:  
**Monday March 12th 2018.**

### Life after Stroke grants

Life After Stroke Grants provide a one-off payment of £300 to fund vital home or personal equipment or by funding support for people to become active in their local community.

If you are a friend or carer supporting a stroke survivor who would benefit from this support, please visit **www.stroke.org.uk** or call the helpline on **0303 3033 100.**

### Neuro Café – Bala

An invitation to people living with MS, Brain injury, Parkinson's or Epilepsy, their family, carers and friends to join the group for friendship, support and information sharing and a cuppa.

Venue: **White Lion Royal Hotel, 61 High St, Bala, Gwynedd LL23 7AE**

When: **On the fourth Wednesday of each month from 11am to 1.00pm.**

For more information contact one of the following:

**Susannah Robinson**, MS Society on  
**07527 887 227 - gwyneddmon@mssociety.org.uk**

**Ffion Jones**, Headway UK on  
**07881 347544 - Ffion.jones@headway.org.uk**

**Dawn McGuinness**, Parkinson's UK on  
**0344 225 3713 - dmcguinness@parkinsons.org.uk**

**Lynne Pearce**, Epilepsy Cymru on  
**07525806511 - Lynnepearce@epilepsy.wales**

### Cyfle Cymru

Cyfle Cymru is a service which helps people with substance misuse and/or mental health conditions into work, education or training.

Cyfle Cymru offers:

- ◆ One-to-one guidance from a peer mentor who can draw on their own experience of substance misuse, recovery and/or mental health conditions.
- ◆ Specialist employment support including volunteering opportunities, help and advice on how to search for jobs.

Drop-in Sessions at the following locations in Gwynedd:

**Bangor** – 30 Dean Street – Friday - 1:00pm-3:00pm

**Blaenau Ffestiniog** – Tan-y-Maen, Church Street – Thursday 12:00 pm-2:00 pm

**Caernarfon** – Mantell Gwynedd, 23-25 Bridge Street – Wednesday 12:00 pm-2:00 pm

**Porthmadog** – Hafal, 11 High Street – Thursdays (fortnightly) 1:30 pm-3:30 pm

For more information please contact

**0300 777 2256**  
or **ask@cyflecymru.com**

# The initial results based on social return on investment (SROI) evaluation

The Arfon Social Prescribing pilot scheme enables GPs and other frontline healthcare professionals to refer patients to Mantell Gwynedd's Community Link worker. The Link Worker can provide a face to face conversation with individuals during which they can learn about the different options that meets their needs and help them make decisions on their own personalised solutions to improve their health and wellbeing.

The Social Return on Investment (SROI) evaluation framework has been utilised as a means of measuring the impact of the Arfon Social Prescribing proof of concept scheme on people's lives. The initiative has now been running for nearly 18 months and already it has shown that it has made a difference to people's lives.

In June 2017, the outcomes for 30 clients were looked at and analysed to see how the intervention of the social prescribing project had impacted on their lives and the number of GP visits. When the next report was produced in December 2017, approximately 240 referrals had been made into the scheme and out of this total, the outcomes for 60 clients have now been analysed. The main findings are:

- ▶ 75% were recognised as having a positive change in their lives
- ▶ Reduced number of GP visits.
- ▶ Outcomes experienced by clients include improved mental and physical health with reduced loneliness and isolation.
- ▶ The social prescribing intervention has provided reassurance, for many individuals and their families, that there is support available for them within their own community.

▶ The result demonstrates that for each **£1 of value invested** in the Arfon Social Prescribing Model, a total of **£4.90 of value has been created**.

The positive changes in peoples' lives wouldn't be possible without all the services and activities available in our communities provided by third sector organisations, community groups and other agencies. Their contribution to the success of the scheme is pivotal and therefore a fair rate of attribution is given to represent this in the report. Mantell Gwynedd, as the umbrella organisation for third sector and community groups in Gwynedd, has an excellent overview of what is available in local communities. It has close link with providers and other agencies and therefore is well placed to signpost and assist individuals to access the help that they need.

**It is very encouraging to see such positive impact on peoples' lives; this is what one of the participants noted following the community link officer's involvement:**

*"I feel uplifted – looking forward to doing things and I am happy."*

## Social Prescription Project – Arfon Area

If you would like more information, please contact Rhian:  
**Rhian.Griffiths@mantellgwynedd.com**  
 or **01286 672626 / 07940375467**

CYSYLLTWCH Â NI:  
CONTACT US:

**01286 672626**

**07940375467**

**LINC@MANTELLGWYNEDD.COM**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



G W Y N E D D  
Yn ceffwrdd grwpiau gwirfoddol a chymunedol  
Supporting voluntary and community groups

**CYSWLLT  
CYMUNEDOL  
ARFON  
COMMUNITY  
LINK**

GRWPIAU

ORGANISATIONS

CYNGOR

ADVICE

MUDIADAU

CLUBS



## Measuring and Managing Social Value, North Wales project



We have an opportunity for your organisation to work closely with the Social Value Cymru team for two years to measure the social value of your work. As a result, the information can be used to inform decisions and create even more positive changes in people's lives. If your organisation wishes to be part of the project the window for submitting an application is now open. The closing date is on the **16th March 2018**. Contact **Eleri** on **01286 672626** for further information.

The staff across the North has been busy upskilling to support the third sector to measure their impact. Here's the gang having a two day SROI Practitioner course with Tim Goodspeed, Social Value UK.

Also, a number of workshops took place across North Wales in January to promote the project but also to give a flavour of what social value is and why it's important. It was nice to see so much enthusiasm towards the work.



## North Wales Social Value Network

We held our sixth meeting on the 11th January 2018 in Caernarfon. This was an opportunity for members across all sectors to get together to discuss all things related to social value and to share good practice. We had a presentation from Mark Williams, Co-Production Wales on their work and also from Eira Winrow, Bangor University on her work measuring the social value of Codi'r Tô within schools. Big thank you to both for their contributions.

## Garfield Weston Foundation launches new one-off £5m capital fund

Registered charities, places of worship and state schools in the UK can apply for the Garfield Weston Foundation's new one-off capital fund to benefit communities.

The Garfield Weston Foundation has reached its sixtieth year of grant giving in the UK and has chosen to celebrate with a new one-off fund that offers grants of between £30,000 and £150,000 to registered charities, CIOs, places of worship and state schools.

The Fund is exclusively aimed at supporting capital costs. Groups in need of revenue funding should apply to the Foundation's main grants programme. Funding is available for:

- ◆ New community facilities
- ◆ Improvement of community facilities
- ◆ Improvements to outdoor spaces and facilities for sport and exercise or community use
- ◆ New fixed playground equipment, climbing walls or multiuse games area in a public playing field

- ◆ New buildings or extensions to an existing building for community use e.g. new kitchen, meeting room or storage facility
- ◆ Improvements to, or renovation or refurbishment of, an existing building such as installing a toilet and servery in a rural church for community use
- ◆ Purchase of large or expensive items if it is crucial to supporting local people e.g. minibus for elderly day care, equipment for a training room, community café fit out
- ◆ Purchase of land or property with a minimum of a 25 year lease with a clear community benefit

Total project costs must be above £30,000.

For more information please go to:

<https://anniversary.garfieldweston.org/weston-anniversary-fund/about-the-fund/>

The deadline for applications is **30 June 2018**.

## Fundraising Health Checks and Executive Coaching Project

The Institute of Fundraising is the professional membership body for UK fundraising.

IoF Cymru is using this new project funded by Big Lottery Fund 'Fundraising Health Checks and Executive Coaching' to assist Welsh Fundraisers to grow and develop in the face of the difficult current climate for fundraising. This also follows severe media criticism of charity fundraising methods. We wish to ensure that the Welsh Charity sector is fully aware of the implications of the new Self-regulatory Fundraising regime in Wales.

### The Project

**Registered charities with two or more members of staff and with voluntary income of up to £50,000** will be invited to apply to participate in this project. The Project Co-ordinator will make a site visit to the charity and make an initial assessment of the charity against set criteria and



make recommendations to the Project Panel for their inclusion on the Project.

If approved the Project Coordinator will then match the charity to a Coach on a taxi rank basis (unless the charity has identified a specific area for support e.g. legacy fundraising) and draw up a programme of support to be delivered by the Coach. The support will be given over four days, and must include one half-day session with the charity's staff and one half-day session with the charity's board of trustees.

### How to Apply

Completed application forms should be sent to Alison Pritchard, Project Coordinator at [alisonp@institute-of-fundraising.org.uk](mailto:alisonp@institute-of-fundraising.org.uk) or **Institute of Fundraising Cymru, c/o Action for Children, St David's Court, 68a Cowbridge Road East, Cardiff, CF11 9DN**. Applications can be submitted at any time.

## Remember, you can hire the Mantell Gwynedd Mobile Unit for a very reasonable price

### COST OF HIRING THE UNIT

**Mantell Gwynedd Members:** £130 per day  
(50% reduction for each consecutive day thereafter).

**Non Members:** £150 per day  
(50% reduction for each consecutive day thereafter).

You are welcome to contact us to discuss special rates e.g. hiring the Vehicle on a regular basis for a period of time (we could come to a very reasonable arrangement).



Contact us by:

e-mailing: [enquiries@mantellgwynedd.com](mailto:enquiries@mantellgwynedd.com)

phone: 01286 672 626

Or visit our website: [www.mantellgwynedd.com](http://www.mantellgwynedd.com)

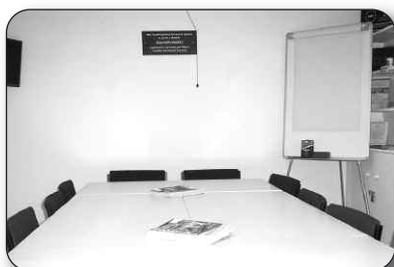
**North Wales Business Academy** is an exciting partnership involving the 4 key academic institutions in North Wales. The aim of the partnership is to provide bespoke higher level qualifications to businesses that are growing or that have growth potential. The project will offer an individual business a tailored programme of support through experienced business mentors that will work in partnership with your business to achieve your

specific organisational goals. The project has 7 key themes in Financial Management, Business Strategy, Sales and Marketing, Developing People, Governance and Ethics, Managing Operations and Business Communication and the specialist modules will revolve around these key themes. Registration is now open please contact [nwba@gllm.ac.uk](mailto:nwba@gllm.ac.uk) More information on [www.nwba.ac.uk](http://www.nwba.ac.uk)

## ROOMS TO LET

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

The Old Police  
Station, Lombard St.,  
Dolgellau LL40 1SB



For more information contact:

**Ceren Williams, Mantell Gwynedd** 01286 672 626  
[enquiries@mantellgwynedd.com](mailto:enquiries@mantellgwynedd.com)  
[www.mantellgwynedd.com](http://www.mantellgwynedd.com)

## MANTELL GWYNEDD TRAINING / EVENTS

### All Wales Basic Safeguarding Awareness Training

*Date:* 06-03-2018

*Venue:* Mantell Gwynedd Office,  
Caernarfon

### Emergency First Aid Training

*Date:* 15-03-2018

*Venue:* Memorial Hall, Penygroes

### Safeguarding Surgery

(Suzanne Mollison, WCVA)

*Date:* 11-04-2018

*Venue:* Mantell Gwynedd Office,  
Dolgellau

### BBC Children in Need Funding Surgery

(James Bird)

*Date:* 19-4-2018

*Venue:* Mantell Gwynedd Office,  
Caernarfon

To register your wish to attend please contact

**Ellen** on 01341 422575

or [ellen@mantellgwynedd.com](mailto:ellen@mantellgwynedd.com)

Or to discuss the training needs of your organisation contact **Delyth Rowlands**  
on 01286 672626

or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)



## WCVA Training

**Full cost recovery – An introduction**  
13-03-2018 – CAIS Colwyn Bay, LL29 8BP

**Staff Supervision, Support and Development**  
16-05-2018 – WCVA, Rhyl, LL18 3EB

**Bilingualism at Work**  
24-05-2018 – WCVA, Rhyl, LL18 3EB

To book your place go to [www.wcva.org.uk](http://www.wcva.org.uk)