

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 47  
December 2009

## Future Direction and Opportunities

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**On October 16th Mantell Gwynedd combined their Annual General Meeting with a Conference and Funders' Fair 'Future Direction and Opportunities' at the Electric Mountain Llanberis. This was a perfect opportunity for voluntary groups to get together and find out about funding opportunities available to them.**

There were over 20 exhibitors present ready to give advice on funding streams, including information on European Funding, Big Lottery, Arts Council, Sports, Keep Wales Tidy, Cist Gwynedd, WCVA, Support for Business amongst others.

The Conference, focused on 'Future Direction and Opportunities' for the third sector. Gordon Stewart, the guest speaker had a clear vision on how organisations can work effectively in partnership with the statutory sector. He has worked as Director in Local Government and has done some innovative work on developing a central role for the third sector in delivering services. According to Bethan Russell Owen, Mantell Gwynedd's Chief Officer, 'His contribution to the Conference was really interesting and made us realise the long haul we have ahead of us in Gwynedd. We could do with Gordon Stewart, here on secondment for a year!' An interesting performance by the Forum Theatre (Gisda) focused on the reality of some young people's lives. It was an interactive experience where members of the audience were invited to suggest interventions that may help a young person from becoming homeless.

There were also workshops run in the afternoon including one by Sion Hughes, Menter a Busnes on Tendering, Hawis Jones



*Gwen Griffith, Bethan Russell Owen, Gordon Stewart (guest speaker), Elwen Roberts, Alwyn Rowlands in the Conference.*

from the Assembly's Partnership Support Unit on Commissioning services (Partnership Support Unit), the Big Lottery and Voices for Change Cymru. Participants felt that they had had an enjoyable as well as an informative time, with opportunities to network and discuss issues that affect them.



*Young people from Gisda Theatre Forum who performed on the day*

**Further news articles and information can be found on our website!**

**We would like to take this opportunity to thank you for all your support over the past year. We wish you all a Merry Christmas and a very Happy New Year!**

## A word from the Chief Officer

The combined Funders' Fair, Annual Conference and Mantell's AGM was an extremely successful event at the Electric Mountain in Llanberis last month. As you see from the front cover, attendance was good and the workshops on offer were both useful and interesting. My thanks to everybody who attended, but particularly to those members of staff who did all the hard work organising this event.

Since the last edition of Mantell two new members of staff have commenced working at Mantell Gwynedd. We welcome Medwyn Williams and Llinos Alun who are both working on Third Sector health projects. Medwyn, originally from Bethesda, is based at our Caernarfon office and working cross county collating information about Third Sector health and social care organisations. You will see more details about his work in this Newsletter. Llinos Alun from Machynlleth commenced work during November co-ordinating volunteers who provide befriending support to those living with long term chronic conditions. Llinos will be based at Dolgellau and if

you are an individual or part of a group who offers befriending and listening to anybody living with a chronic long term condition then please do get in touch with Llinos over the forthcoming weeks. A warm welcome to both Medwyn and Llinos. I am very pleased to say that we will, before the end of this year, be relocating our Caernarfon office to new premises in the town. We have been looking for new, more centrally located premises, for some time. To those of you who are familiar with Caernarfon we will be moving to the old "Rochelles" or "Harpers" building in the centre of town, opposite the bus station. This building had been an eyesore in Caernarfon for many years but has now been restored to its former glory but with all mod cons for our staff. We will be sharing the building with Barnardo's, another vibrant Third Sector organisation. Of course we are all (myself included!) dreading all of the clearing and sorting which has to be done before the move can take place but it will be worth the effort to relocate to more centrally located premises which has better access for users and much better



facilities for staff and the bonus of two proper shop fronts. It is a welcomed change from the old Neuadd y Dref where we have been located for the past twelve years.

So folks, next time I write my column it will be a new year and from new premises. In the meantime I would like to thank all of the members of the Board of Management and all of my staff for their hard work, commitment to the Third Sector and continued support throughout the year and I wish all of you a healthy, prosperous and peaceful 2010.

Until next time!

**Bethan**



## Medwyn Williams Third Sector Co-ordinator, Caernarfon/ Dolgellau Offices

Medwyn joined Mantell in September 2009 to the post of Third Sector Co-ordinator. Born and still living in Dyffryn Ogwen, Medwyn has years of experience of working within the Health Service having started his career at the old C&A Hospital in Bangor before moving in 1984 to Ysbyty Gwynedd. Medwyn has been a Lifelong Learning Co-ordinator for Gwynedd Council and a Community Officer for Coleg Menai; he also has many years' experience of working with voluntary and community organisations.

The deadline for information or articles to be included in the next edition of Mantell is **21st January 2010**. Please send or email any information to Beryl Norgrove in Dolgellau: [beryl@mantellgwynedd.com](mailto:beryl@mantellgwynedd.com) • Tel: 01341 422575

To view and download news and information for Wales from:  
**Wales Council for Voluntary Action (WCVA)** visit the **News** section on  
Mantell Gwynedd's website - [www.mantellgwynedd.com](http://www.mantellgwynedd.com)

# SCHADENFREUDE FEST

Gwynedd Volunteers' Organisers' Network meeting - Schadenfreude Fest. On Tuesday, 13th October, a Schadenfreude Fest was held at St Mary's Old Church in Tremadog. This was a workshop, led by Adam May, on managing volunteers by looking at case studies. During the morning Socratic questioning was discussed as one useful tool for managing volunteers.

## From Good Practice to Good Principles

In recent years, management thinking has begun to move away from the idea that there are set systems and structures for managing volunteers, and that all organisations should have these. The newer thinking suggests that every organisation, every group within the organisation, and every individual, should be encouraged to develop systems and ways of behaving, which they have determined, are fit for purpose. During the workshop, time was spent developing a list of some principles of volunteer management. Here's the list:-

- Organisations should have a mission and be able to relate all actions to it
- Organisations should be open to engaging with anyone who supports their mission
- Volunteers should fully understand what they are being asked to do.
- All activities should be risk assessed.
- All plans should be measured against the SMART criteria
- Volunteering should benefit to volunteers, agency, and service users in ways which are identified and measured.

- Volunteers should be made aware of both the risks and the benefits of any activity they are asked to participate in.
- Feedback from volunteers should be sought and responded to.
- Volunteer involving organisations should adopt the same principles of freedom of information as is required of statutory bodies.

If you are responsible for volunteers in your organisation - your comments on the above list are invited – please let us know your opinions! Any amendments or additions would be welcomed.

There will be a second workshop on Thursday, 11th February 2010 – please make a note of the date in your diary – details of venue etc will be sent to you next year.



Rosie Kressman, BTCV Cymru



Nia Perrin, SNAP Cymru with John and Dorothy – two volunteers

## FREE TRAINING FOR VOLUNTEERS

Three training sessions were held for volunteers during the past few weeks:

Emergency First Aid Course for young volunteers (under 25 years old) on the 29th October.

Emergency First Aid Course for volunteers of all ages on the 10th November.

Setting Targets...and achieving them - held in the Dragon Theatre, Barmouth on the 19th November.

The training sessions organised by the Gwynedd Volunteer Centre are always well received. It is good to note that over 40 volunteers took advantage of the above provision.

## The Volunteering Shop - Make a Difference in 2009

To mark Make a Difference Day in 2009, a shop was rented for the half term week in the Deiniol Shopping Centre Bangor to raise awareness about volunteering and to give information about volunteering opportunities to the Bangor public. We had a busy week – thank you to all the organisations who came by with their promotional material and to those who joined the Gwynedd Volunteer Staff at different times during the week.

# Barbara Bus Gwynedd



This new scheme differs from any other in that it provides the freedom to go anywhere in the UK.

The vehicle is specially adapted for wheelchairs. There are no set charges when using a Barbara Bus and it is insured, but we do encourage appropriate donations. Barbara Bus Gwynedd is the new local branch of the Barbara Bus Fund.

Contact: **01766 522 756, [gwynedd@barbarabus.com](mailto:gwynedd@barbarabus.com)**

## Winning the Trophy



Once again Mantell Gwynedd was successful in winning the Women's Institute Trophy for the best Third Sector stand at the 2009 National Eisteddfod in Meirionnydd. This was a repeat of the success at the 2005 Eryri National Eisteddfod. The success is also partly attributed to the 17

organisations who shared the stand with us. There was a cross-section of organisations so a true flavour of the work of the third sector in Gwynedd was reflected. A huge thanks to all the organisations – a list too long to name them - for joining us and their contribution to the success of the stand.



## Gwynedd Community Renewables Network

Sustainable Gwynedd Gynladwy Cyf, have secured funding from CAE which enables them to start a new project to promote Renewable Energy, energy from the sun, wind, water or wood. The new Network, will ensure that groups are able to learn from each other and get access to the latest information. Are you interested in renewable energy then contact: **01766 543033, [post@gwyneddgynladwy.org.uk](mailto:post@gwyneddgynladwy.org.uk)**

## Merioneth County Show 2009

It was decided once again this year to attend the Merioneth County Show. At Mantell Gwynedd we look upon this event as a very important date in the volunteering calendar. It allows us the opportunity to spread the word of how important a role the voluntary sector plays together with being able to network - an element of our daily work which we look upon as very important. Also in a similar way to how the National Eisteddfod operates each year, the County Show allows us to visit different areas in Meirionnydd and reach out to different communities. The greatest pleasure of all that we have is that we are able to offer the opportunity to small and large organisations to come under our wing by sharing our marquee. If you would like to be part of this event in 2010 – please don't miss the opportunity – contact us on 01341 422 575. We look forward to welcoming you next August.



These are the organisation's that joined us this year: Merioneth M/S, Meirionnydd Young Farmers, South Gwynedd Women's Aid, Gisda, Denbighshire Voluntary Services Council, Conwy Voluntary Services Council, Glanllyn, Stroke Association, South Gwynedd Long Term Conditions Alliance

## Old Possum's Practical Trust

The principal object of the trust is to increase knowledge and appreciation of any matters of historic, artistic, architectural, aesthetic, literacy, musical or theatrical interest.

Funding is more likely to be given for projects that involve: children or young people; disabled or disadvantaged people; and communities.

Visit:  
[www.old-possums-practical-trust.org.uk](http://www.old-possums-practical-trust.org.uk)

## The Taylor Family Foundation

The objects of the foundation are to help and support children and young people, particularly those from disadvantaged backgrounds, in the areas of education, health, recreation and the performing arts.

Further details are available from  
[www.thetaylorfamilyfoundation.co.uk](http://www.thetaylorfamilyfoundation.co.uk)

## 'Galluogi Gwynedd' Fund

Funding is still available for voluntary and community groups across Gwynedd to submit an application for capital funding up to a maximum of £10,000.00 towards creating, renovating or refurbishing community buildings/facilities/assets.

The next closing date will be 31st December 2009 and 31st March 2010. All applications must arrive by hand or post before 5.00 pm.

To discuss any project ideas or for more information or an application pack please contact Delyth Vaughan at Mantell Gwynedd on **01286 672 626** or e-mail [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)

## Enabling Fund: Farming Families and Rural Economy – Llwyddo yng Ngwynedd

Are you a:  
 New small business?  
 Existing small business?  
 Farming Family?  
 Community Enterprise?  
 And want to develop new products or services? Then it's possible that you're eligible to apply for the Enabling Fund Grant.

Grants of up to 50% are offered, at a minimum of £1,000 and maximum of £50,000 to successful projects.

The fund is available until February 2011. For more information or for an informal chat please contact Zoe Pritchard on either 01766 514 057 or e-mail: [zoe@mentermon.com](mailto:zoe@mentermon.com)

## 'Go For It' Fund

The 'Go For It' fund is still ongoing. The fund is aimed only towards the non-sporting voluntary sector groups across Gwynedd who do not have direct involvement with sports and keeping fit. The fund is aimed at encouraging additional, new physical activities within communities. The funding could also be used to fund volunteers to become qualified community champions in various sports. The fund is also aimed to promote and improve fitness and better health within communities. For more information or for an application pack please contact Delyth Vaughan on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)

## Tidy Towns Fund

This fund can give grants to new and existing community and voluntary groups who undertake practical and sustainable environmental improvement projects such as litter picks, path maintenance, adopting areas of land, and developing community gardens. Grants of up to a £1,000.00 available up until 2010.

Contact:  
[tidytowns@gwynedd.gov.uk](mailto:tidytowns@gwynedd.gov.uk)  
 or **01286 679 066**

## G D CHARITABLE TRUST

The Trust has chosen to prioritise its grant making in the following charitable areas:

The relief of animal suffering; the preservation of the environment; the promotion of equal opportunities for disabled people; and the relief of the homeless.

The Trust prefers to support registered charities but consideration will be given to other organisations as long as the purpose of the grant is considered to be charitable.

Further details are available from G D Charitable Trust, 50 Broadway, Westminster, London SW1H 0BL. Tel 020 7227 7000.

### CHARITIES:

The Charities Commission has recently published a new model Constitution, especially for charities with less than £5000 turnover. Although they are charities, they do not register with the Charity Commission. As the organisation grows, the requirements increase, and the Commission need to receive annual reports from charities with over £5000 turnover.

## Achievements – Millennium Volunteers

In this issue of Mantell it's a pleasure to note that 13 young volunteers have recently won certificates through the Millennium Volunteers Scheme.

Llio Fflur Jones Evans, Philippa Ogle, Jason Walters, Neil Jones, Ceri Elen Roberts, and Cerys Elizabeth Hudson all volunteered for between 50 – 200 hours with various organisations in their area.



Lowri Ann Jones, Non Lloyd Jones, Rhodri Jones and Gwenno Edwards



Gwenno Humphreys, Elain Fflur Huws, and Jennifer Williams

## Second Year – GwirVol Youth Led Grant

For the '09/'10 Gwirvol Youth volunteering Grant there was £5,000 of grant to distribute to organisations to develop volunteering opportunities for young people. Two rounds were held during the year, ten organisations were successful with their applications. It's very possible that the grant will be available again next year – look out for closing dates to receive applications early in 2010!

## Staff

### MANTELL GWYNEDD STAFF

#### CAERNARFON

**Chief Officer:** Bethan Russell Owen  
**Services Team**

**Support Services' Senior Officer:** Meir Jones. **Health and Soc. Care**

**Facilitator:** Sioned Llwyd Larsen  
**Children and Young People**

**Facilitator:** Ann Vaughan Jones

**Grants and Support Officer:**

Delyth Vaughan. **Third Sector Co-ordinator:** Medwyn Williams

**Finance & Administration Team**

**Deputy Chief Officer and Head of Finance and Operations Team:**

Ceren Williams. **Administrative**

**Officer:** Bronwen Rowlands.

**Administrative Assistant:** Tracy Lynne Rotheram

**Gwynedd Volunteering Centre Team**

**Volunteer Co-ordinator:** Rhianon

Jones. **Volunteering Officer:** Iola Till

**Youth Volunteering Officer:** Mirain

Roberts. **Gateway Engagement**

**Officer:** Carys Williams

#### DOLGELLAU

**Finance & Administration Team**

Administrative Assistant: Beryl Norgrove

**Volunteer Bureau Team**

**Volunteering Officer:** Ann

Angharad Fleming

**Services Team**

**Health Volunteer Co-ordinator:**

Llinos Alun

## Children and Young People's Week – 14-20 November 2009, 'Our Week'



Gwynedd's first children and young people's week was a huge success. A variety of events had been organised all over Gwynedd for children and young people. Staff and professionals were also given an opportunity to sample some of the good work taking place within the field in Gwynedd! Did you organise an event during 'Our Week'? Would you like to share your story with us? Send your articles to me, Ann Vaughan Jones, including photos if possible, and I will do my best to include them in either the next issue of Mantell, the Third sector CYP Bulletin or on Mantell Gwynedd's website! Please see the 'Gwynedd Ni' website for a full report of the week's events.

**For information, or advice about volunteering, contact:**

**Tel: 01286 672626 / 01341 422575 or e-mail:**

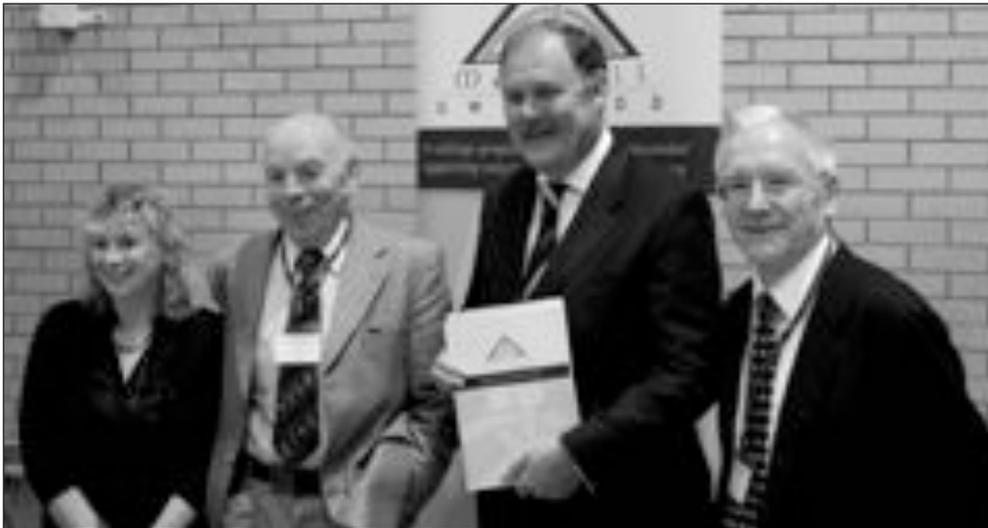
[gwirfoddoli@mantellgwynedd.com](mailto:gwirfoddoli@mantellgwynedd.com)

# GOOD HEALTH THIS WINTER EVENT – DOLGELLAU

More than 250 people attended this unique event held on the 9th October at the Glan Wnion Leisure Centre and the Fire Station in Dolgellau. This venture was jointly organised between the South Gwynedd Long Term Condition Alliance (with support from Mantell Gwynedd) and the South Gwynedd Older People's Planning Group. Across the two event sites, more than 40 organisations were on

hand to give information and advice on a variety of topics including how to keep healthy and safe over the winter months as well as giving information on specific long term and chronic health conditions. Visitors had the opportunity to try out numerous taster sessions in complimentary therapies such as Qigong, Tai Chi, massages etc; there were also opportunities to try out other gentle exercises as well as receiving

information on other health initiatives. This was truly a successful venture to help promote good health and wellbeing of individuals in the South of the County - something that we are extremely proud of and demonstrates that working in partnership can work. We are looking forward to working collaboratively again in the future. A big thank you to everyone who was involved with the venture!



*Elfyn Llwyd (PM) with some of the members from the South Gwynedd Long Term Health & Chronic Condition Alliance*



*Officers of the South Gwynedd LTCA - Llew Evans, Richard Paramor and Barbara Jones*

## Dear Colleagues

At the beginning of September 2009 I was appointed as Third Sector Co-ordinator (Health & Social Care) with Mantell Gwynedd. The main aim of my post will be to create an electronic directory of organisations in Gwynedd for the use of Health and Social Care Staff. There are a large number of Voluntary Organisations in Gwynedd who can provide assistance and support in health related matters and I would be grateful if the officers of these organisations could contact me on 01286 672626 so that we can discuss their work and update the Mantell Gwynedd database. The commitment of the Betsi Cadwaladr University Health Board towards working with and alongside the Voluntary Sector is heartwarming and I hope that I will be able to develop a comprehensive directory that will be useable across all the sectors. Looking forward to hearing from you in due course.

Yours faithfully,

**Medwyn Williams**

## beat CYMRU

In March 2009, beat was launched in Wales, creating beat Cymru which was set up with one goal in mind "To beat eating disorders". With funding from the Big Lottery beat Cymru aim to provide the following: • helpline • live chat • training • literature/information on beat's website • engaging with professionals • set up self-help groups. For more information about this exciting new project please contact Abigail Pritchard (North Wales Project Officer) on **07854 239655** or **a.pritchard@b-eat.co.uk**

## HEADWAY GWYNEDD

Headway Gwynedd, a branch of Headway UK association for brain injured, is establishing a new Group in Barmouth for South Gwynedd to complement the existing meetings in Caernarfon [normally at 11am in Ysbyty Eryri on the 2nd Saturday of each month]. These meetings are an opportunity for people with brain injury and for their family and other carers to meet and provide each other with mutual support and information. For more information please phone our helpline on 01248 360303 or check our webpage **[www.headway.org.uk/branches/gwynedd.aspx](http://www.headway.org.uk/branches/gwynedd.aspx)**

**Courses for Communities**

THESE COURSES ARE ORGANISED BY  
NEIGHBOURING CVCS  
MEDRWN MÔN 01248 724944 AND CVSC CONWY  
01492 534091

Date	Location	Contact CVC	Duration
Accounting Basics			
19 Jan 2010	Llangefni	Medrwn Môn	1 day
Introduction to Welsh Politics and Basic Campaigning			
21 Jan 2010	Colwyn Bay	CVSC	1 day
Intermediate Excel			
2 Feb 2010	Colwyn Bay	CVSC	1 day
Formatting Magic in Word			
17 Feb 2010	Colwyn Bay	CVSC	1 day
Formalising your organisation			
25 Feb 2010	Colwyn Bay	CVSC	1/2 day
Budgeting			
1 March 2010	Colwyn Bay	CVSC	1/2 day
Creating publicity and marketing materials, writing effective press release			
9 March 2010	Llangefni	Medrwn Môn	1 day

**Mantell Gwynedd Training**

**Risk Assessment of Children and Young People's Activities**

**Venue: Glan Llyn, Bala**

27th January, 2010

9.30 – 4.00pm

This is a one day course for people who wish to organise activities for children and young people but are unsure of their legal responsibilities

Cost: **£20** (£10 for members of Mantell Gwynedd)

THE CHARITY COMMISSION

**Monday December 14th 1.00pm – 4.00pm**

ORIEL PLAS GLYN Y WEDDW, LLANBEDROG

A representative from the Charity Commission will visit Gwynedd and surgeries will be held at Oriol Plas Glyn y Weddw, Llanbedrog. The representative is keen to see how charities are run bilingually. If you have any question you'd like to discuss, this will be an opportunity to chat one to one. If you have questions regarding your charity, you are welcome to come and meet up with their representative at Oriol Plas Glyn y Weddw on the 14th December. Please let us know in advance. Contact: [beryl@mantellgwynedd.com](mailto:beryl@mantellgwynedd.com)  
**01341 422575** or **01286 672626**

If you would like to discuss the training needs of your organisation or wish to find out more about the training that Mantell Gwynedd offer, please contact: Mantell Gwynedd, The Old Police Station, Lombard Street, Dolgellau, Gwynedd LL40 1SB. **Tel: 01341 422575** [neu.dolgellau@mantellgwynedd.com](mailto:neu.dolgellau@mantellgwynedd.com)

**The Engagement Gateway**

THE ENGAGEMENT GATEWAY

Do you see the need for your organisation to know more about tendering and contracting? Is your organisation interested in tendering for contracts? The Engagement Gateway is a scheme under the European Union's Convergence programme with the aim of reducing economic inactivity in Wales. It is not a grant fund but a scheme that will offer contracts to organisations that work with those outside of mainstream employment and furthest from the labour market. It is open to private, statutory and third sector organisations.

The first step is to join the approved supplier list by completing a pre-qualification questionnaire successfully. The second round for presenting a Pre Qualification Questionnaire for The Engagement Gateway opened on the 6th November 2009 and will close at 12.00 on the 29th January 2010.

For more information contact Carys Williams at Mantell Gwynedd, telephone 01286 672626, e-mail [carys@mantellgwynedd.com](mailto:carys@mantellgwynedd.com).

The Intermediate Labour Market (ILM) is a similar project run by the WCVA. With this project you can get support to employ people that have been economically inactive. The contact for this project is [dwwilliams@wcva.org.uk](mailto:dwwilliams@wcva.org.uk) 01745 357572