

# Mantell

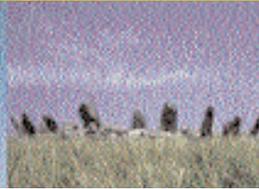
NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 43  
December 2008

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## ADNABOD KNOWING ARDUDWY



### Getting to know your community better!

A warm thank you to Mantell Gwynedd for its part in contributing to the success of our Heritage Lottery Fund Project, Adnabod Ardudwy – Knowing Ardudwy. When the Merioneth Historical and Record Society prepared its bid for a grant to enable it to manage an innovative project, it turned to Mantell Gwynedd for support and advice. The Grant Officer gave invaluable, practical help which contributed to our success.

The project is now in its second year and we have already organised a number of interesting sessions e.g. Guided walks, several workshops were held in the Meirionnydd Archives, we learned how to read a series of documents in Latin, we were also able to learn

about how to record oral history today and how to recognise archaeological features using aerial photographs.

Our website was launched in July this year by Lord Dafydd Elis-Thomas at Theatre Harlech. It includes interactive Ordnance Survey and 1840 Tithe maps and aerial photographs. You can discover the name of the field and the history of any historical monuments by visiting - [www.adnabodardudwy.org.uk](http://www.adnabodardudwy.org.uk)

A number of local school pupils have been very busy walking their parish paths and enjoying learning more about their areas. Many pupils visited the archives at Dolgellau to learn how to research for information and to study old maps.

'We are very pleased that young people are part of the project and extremely grateful to Gwynedd Council for its ready support'.

Our priority for the next few months is the collection and recording of field names which are still in the local memory in the parishes of Llanfrothen and Nantmor; Ffestiniog, Maentwrog and Llanelltyd. If you think you can help us to fill in some of these gaps or if you have photographs of ruined cottages or old maps and can let us scan and record them, please contact us. You can do this through the website or by writing to the project leader:

**Rhian Parry, Tŷtandderwen, Pencefn, Dolgellau, Gwynedd, LL40 2ER.**

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## THE CHEST IS OPEN FOR GWYNEDD'S COMMUNITY GROUPS

**Community and voluntary groups throughout Gwynedd have benefited from financial support to develop initiatives which benefit their local area, thanks to the Gwynedd Community Chest (Cist Gwynedd).**

From creating a new square in the middle of a village to upgrading community playing fields, up to £234,863 has been earmarked to groups all over Gwynedd.

Councillor Dewi Lewis, Gwynedd Council's Senior Portfolio Leader for Development who leads on Economy and Regeneration said:

"The Cist Gwynedd package of grants give our community and

voluntary groups support to develop and realise wonderful projects which bring significant benefit to local communities across the county.

**Funds available to groups in Gwynedd**

Within Cist Gwynedd there are two funds – the Rural Fund II and the Voluntary Development Fund (next closing date December 31, 2008)

Within Mantell Gwynedd there is the Go for It Fund and Galluogi Gwynedd fund (see page 4 for details)

Groups who have recently ensured Cist Gwynedd support include Clynog and Llanelltyd Village Halls,

Y Ffôr Community Centre, Menter Chwarae Manod and Y Felin Sgwrsio in Felinheli which is an innovative new project aimed at Welsh learners.

If you have an idea for a new project, or want to develop existing activities, please get in touch with **Mantell Gwynedd or Heather Williams on 01286 679153, or email: [cistgwynedd@gwynedd.gov.uk](mailto:cistgwynedd@gwynedd.gov.uk).**



## A note from the Chief Officer



Welcome to the last edition of Mantell for 2008. The end of another year which really seems to have flown by before it even started.

I spent an extremely rewarding morning last month at Tŷ Siamas in Dolgellau in a 'Make a Difference Day' event organised by Mantell Gwynedd's Volunteer Centre.

Make a Difference Day is a nationally recognised day now to celebrate volunteering. Several voluntary and community groups in Gwynedd came to Tŷ Siamas with their stalls to recruit more volunteers and thank existing volunteers. The highlight of the morning to me was listening to Bethan Gwanas talking about how volunteering abroad, after she finished her academic studies, changed her life forever. I have heard her tale many times before of course, having known her for many years. But she still mesmerizes me with her tales of overseas volunteering and how it changed her life forever and made her the person she is today. Its enough to make you hand in your notice at work, pack your bags and take off! There is no doubt that volunteering changed her forever and judging by the faces of avid listeners in Tŷ Siamas that morning there is a real danger her habits might become catching. And what an audience she had – dozens of children and young people from schools in Dolgellau as well as many passers by. It was a really memorable morning, the sun shone on the

Sgwâr in Dolgellau, the welcome was warm and children and young people from local schools entertained the crowds. And all this to celebrate volunteering.

At the end of October we also held our Annual General Meeting at Gwersyll Glanllyn, Y Bala. As a child I spent almost all of my school holidays at Glanllyn and many weekends too. Not because I was an avid Urdd follower but because my cousin John Eric Williams was head of Glanllyn at that time before moving on to become Director of the Urdd movement in Wales. There is no doubt in my mind that the Urdd is the most important Third Sector organisation in Wales for children and young people today. Its role in safeguarding Welsh language and culture is beyond measure of course and the vast difference it has made to the lives of people in Wales likewise. Glanllyn today is a completely different animal to what it was in the days when I half lived there as a child, it has evolved and matured and survived and grown in the face of all the challenges it has faced, and it has faced some real challenges over the years. Its survival thanks to a team of totally dedicated staff and thousands of volunteers with a vision. It is quite a remarkable organisation and it was a privilege to be there celebrating our AGM this year.

Now a plea... enclosed with this edition of Mantell is the Compact for

consultation. The Compact is the agreement between Cyngor Gwynedd and the Third Sector in the county. It is an extremely important document for the future collaboration between both sectors. At a time when the Local Authority are facing vast cuts and commissioning and procurement is becoming a reality, it is vitally important we get this relationship right and the compact is a key stone to doing just that. We need a robust, open and constructive relationship between both sectors and I therefore ask you to respond as fully and as honestly as possible on the contents of the compact and I will ensure that your responses are all given proper consideration.

And there we are, the end of another year. An opportunity for me to thank my team of dedicated staff here at Mantell Gwynedd and to my Board of Directors for their support and hard work throughout the year. It leaves me to wish all of you well over the festive period and I hope you all enjoy a peaceful Christmas and prosperous New Year.

With Best Wishes.

**Bethan**

## New website provides planning information

Planning Aid Wales has an exciting new website full of information about the planning system in Wales. The website explains the main features of the land use planning system in plain language and gives tips on how the public can get involved in planning issues.

A range of guidance leaflets and booklets can be downloaded for more detailed information about specific areas of planning. There are links to sources of further online information to help community activists find all the information they

need for their campaign. An extensive glossary explains the meaning of specialist planning terms using clear language. And in case you still can't find what you need to know, contact details for Planning Aid Wales and other support organisations are at hand.

The new website, available at [www.planningaidwales.org.uk](http://www.planningaidwales.org.uk), will keep growing over the coming months and years.

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)

## HELP THE AGED

### “Nothing decided about us, without us”

**Speaking Up for Our Age** is a unique programme run by Help the Aged that works with older people, to give them a collective voice to campaign on the issues that affect them. Speaking Up for Our Age provides practical assistance for older people who want to set up a forum in order to use it as a platform to take a more prominent role in their communities by campaigning and voicing their concerns on the matters that they want to tackle.

The Speaking Up for Our Age Wales programme also encourages forum members to develop and hone their campaigning skills by producing publications, running hands-on workshops, providing advice and information and start-up and development grants.

Older people at a nutrition workshop run by the programme recently, were invited to speak up about their personal experiences of food service in hospitals. This

information led to recommended changes for the guidance used by the Welsh Assembly when considering food supply and service in the Welsh NHS.

In June 2008, the Speaking Up for Our Age Wales programme organised an event to make older people in North Wales aware of the impact that they can have on their local authorities' budgeting through a pioneering system from Brazil called Participatory Budgeting.

**For more information on the Speaking Up for Our Age programme, to order any publications or for details on forums in your area please contact:**

**Liz Stephenson - Speaking Up for Our Age Programme Assistant**

**Tel: 029 2034 6550**

**[SUFOWales@helptheaged.org.uk](mailto:SUFOWales@helptheaged.org.uk)**



### New Face for Help the Aged in North Wales

**NORTH WALES'** over 50s can now look forward to the support of a locally- based

Help the Aged development worker, Glenys Hughes-Jones.

Glenys is the charity's Regional Development Officer for North Wales – a role that sees her working to improve the lives of older people in their own communities. Glenys provides these services by delivering two programmes run by Help the Aged in Wales, namely the Speaking Up for Our Age

Programme in Wales and the Community Support Programme.

As a Regional Development Officer, Glenys can also provide information and advice leaflets and other materials from Help the Aged to the general public, and is a fountain of knowledge about Help the Aged in Wales campaigns.

For more information, please contact Glenys Hughes-Jones on 01824 790 672 or email [Glenys.hughes-jones@helptheaged.org.uk](mailto:Glenys.hughes-jones@helptheaged.org.uk), or you can contact Help the Aged in Wales on 029 2034 6550, or at [SUFOWales@helptheaged.org.uk](mailto:SUFOWales@helptheaged.org.uk)

## Disability Wales

**Karen Jones from Disability Wales recently travelled from Caerphilly up to meet officers from Mantell Gwynedd.**



Disability Wales exists to promote rights, equality and choice for all disabled people and also represent Disability organisations in Wales.

She is keen to hear from you about the gaps there are in terms of training available to disabled individuals and groups.

Do you feel you need training and information on subjects like...

- What does disability equality mean?
- What are my rights as a disabled person?
- How can we set up a local group to campaign for our rights in the local area?
- Where can I go to meet other disabled people and join a local group?

### CONTACT:

**[karenjones@disabilitywales.org](mailto:karenjones@disabilitywales.org), phone: 029 20887325. Disability Wales, Bridge House, Caerphilly Business Park, Van Road, Caerffili, CF83 3GW.**

The deadline for information or articles to be included in the next edition of Mantell is **16 January, 2009**. Please send or email any information to Beryl Norgrove in Dolgellau: [beryl@mantellgwynedd.com](mailto:beryl@mantellgwynedd.com) ● Tel: 01341 422575

## 'Go For It' Fund

Remember about the Pilot grant Fund 'Go For It'. 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 to help promote and improve fitness and better health. Funding available until the end of March 2009 so 'Go For It'!

## Galluogi Gwynedd

### 2008-2011

Ever since we launched the new Galluogi Gwynedd fund in April this year it has proved very popular. Voluntary and community groups across Gwynedd are invited 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 for 2008 is 31st December, 2008 before 5.00pm.**

**The next closing date after December will be Tuesday, 31st March, 2009 before 5.00pm.**



The Lloyds TSB Foundation for England and Wales makes grants to small and medium sized charities whose work is to help those at greatest disadvantage play a fuller role in society. Grants are for revenue costs, and can include core costs.

For more information on the Foundation's funding prioritise please go to [www.lloydstsbfoundation.org.uk](http://www.lloydstsbfoundation.org.uk) where you can also undergo a quick (5 minute) eligibility check.

**For more information please contact Cerys Thomas, Part Time Grants Manager for North Wales on [northwales@lloydstsbfoundations.org.uk](mailto:northwales@lloydstsbfoundations.org.uk) or 07500 787749.**

## Trusthouse Charitable Foundation

The Trusthouse Charitable Foundation has issued new guidelines for applicants. The new guidelines result from a thorough overhaul of the Foundation's priorities and focus on rural issues and urban deprivation throughout the UK through projects involving: community support; disability and healthcare; arts, education and heritage.

Applications are invited from local

or national charities or not-for-profit organisations within two main themes: rural areas with populations of less than 10,000; urban areas with populations above 10,000 and within the most deprived 20 per cent of areas as defined by government Indices of Multiple Deprivation.

**For more information please call Judith Leigh, Grants Manager on 020 7264 4990.**

[www.trusthousecharitablefoundation.org.uk](http://www.trusthousecharitablefoundation.org.uk)

## THE TUDOR TRUST

The Tudor Trust supports charities and community groups working across the UK. Tudor does not focus its funding on specific themes or programmes but instead wants to support a wide range of people and organisations working to achieve lasting change in their communities. Tudor aims to support work which addresses the

social, emotional and financial needs of people at the margins of society, and is interested in how organisations tackle these needs and their root causes.

**For more information please go to [www.tudortrust.org.uk](http://www.tudortrust.org.uk) or call 020 7727 8522**

**For further information on any of the above articles, please contact: Delyth Vaughan on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)**

## Community First Support Network - Communities First and the Welsh Language

Following changes in the Communities First programme the Community First Support Network will come to an end in December 2008. This will also see the close of the Community First Support Network web site.

To ensure that all documents produced by Menter a Busnes regarding bilingualism are available to partnerships they have produced a CD which can be downloaded and is available with all the resources regarding developing a bilingual strategy. You can obtain a copy by contacting Llŷr ap Gruffydd at Menter a Busnes, Siambar Tudur, Chester St., Mold, Flint CH7 1EG  
**Tel: 01352 707830**

## Cynllun Ieuenctid Pwllheli



Do you live in the Pwllheli area. Would you be willing to volunteer for a project in your area? **Cynllun Ieuenctid Pwllheli (CIP)** has gone from strength to strength with nearly 140 young people from the area attending activities at the centre in Cardiff Road. If you can help contact Eric Price at CIP. **Tel: 01758 614004 or e-mail: cip01@fiscali.co.uk.**

## Credit Union

Have you heard about Credit Unions, one of the most flexible ways of saving and getting a loan and much better than illegal money lenders?

With Christmas approaching it can be a difficult time for families especially in the current financial climate. Remember that Credit Unions have sites collecting deposits in Community First areas and it's a good way of saving for any eventuality such as Christmas or holidays.

It's a good idea to start saving regularly however small an amount.

For more information about a location near you contact: Llechen Credit Union Ltd., 41 Pool Street, Caernarfon, LL55 2AE. Tel: 01248 678686

## Health, Social Care and Well-being

### New Service by Parkinson's Disease Society

The Parkinson's Disease Society (PDS) has recently appointed Marian Jones as the 'Information & Support Worker' covering all of North West Wales.

The purpose of the post is to offer information, advice & support (non-medical) to people with Parkinson's, their carers, & families.

**For more information on the service offered, please contact Marian Jones on ☎ 0844 2253787.**

### 'Cruse' Bereavement Care

Cruse Bereavement Care will be holding drop-ins at the Abbey Road Centre, Abbey Road, Bangor every **3rd Wednesday in the month between 10.15am - 12.15pm.**

The next three sessions will be as follows: November 19, December 17, January 21. Please come along and talk to Trish if you are bereaved or if you are concerned about anyone else who is grieving.

For further information on these sessions or other services offered by Cruse please call: **0844 617 856 or email crusenorthwales@btconnect.com**

### DATES FOR YOUR DIARY!

#### Health, Social Care & Wellbeing Network Event

The next Network event will be held on Friday January 23 2009 at 10am at the Glaslyn Leisure Centre, Porthmadog (please note the date has been moved from the 5th of December).

Jo Charles, Project Director of the Gwynedd Community Services will be giving a brief update on how this project has developed so far. The rest of the session will concentrate on sharing information and organisations will have an opportunity to inform each other of the services provided by their organisation. An excellent opportunity for interactive networking! For more information please contact Sioned at Mantell Gwynedd on 01286 672626 or [sioned@mantellgwynedd.com](mailto:sioned@mantellgwynedd.com)

#### Carers Right Day – December 5 2008

For information on events in your own local area please contact the Carers Outreach Service on: 01248 370797 or: 01341421167.

## Mantell forthcoming training/events:

(also part of the 'Courses for Communities' programme (CCC))

### DECEMBER 2008

#### Roles of Officers

1 December 2008

7:00 - 9:00p.m. - Capel y Drindod, Pwllheli

Cost: - £10 Mantell Gwynedd members • £15 Non members

Voluntary sector • £40 Private & Statutory sector. Free to members of groups or individuals from Community First areas.

#### Role of Trustees and Directors

4 December 2008

5.00 - 9.00p.m. - Capel y Rhos, Llanrug

Cost: - £10 Mantell Gwynedd members • £15 Non members

Voluntary sector • £40 Private & Statutory sector. Free to members of groups or individuals from Community First areas.

#### Company Secretary Training

8 December 2008

9.30a.m. - 1.00p.m. - Centre for Lifelong Learning, Blaenau Ffestiniog

Cost: - £10 Mantell Gwynedd members • £15 Non members

Voluntary sector • £40 Private & Statutory sector. Free to members of groups or individuals from Community First areas.

### JANUARY 2009

#### Creating a Website (The planning process)

14 January 2009

10.00a.m. - 4.30p.m. - Mantell Gwynedd Meeting Room, Caernarfon

Cost: - £10 Mantell Gwynedd members • £15 Non members

Voluntary sector • £40 Private & Statutory sector.

#### Business and Strategic Planning (organised by WCVA)

20 January 2009

9.30a.m. - 4.00p.m. - Y Galeri, Caernarfon

Cost: - £10 for voluntary and community organisations operating in Wales.

### FEBRUARY 2009

#### Grants - Fit for Funding

11 February 2009

10.00a.m. - 4.30p.m. - Sarn Memorial Hall, Llŷn

Cost: - £10 Mantell Gwynedd members • £15 Non members

Voluntary sector • £40 Private & Statutory sector. Free to members of groups or individuals from Community First areas.

### MARCH 2009

#### Preparing a Fundraising Strategy

26 March 2009

10.00a.m. - 4.00p.m. - Dragon Theatre, Barmouth

Cost: - £10 Mantell Gwynedd members • £15 Non members

Voluntary sector • £40 Private & Statutory sector. Free to members of groups or individuals from Community First areas.



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

## LOTTERY FUNDING IN GWYNEDD

What gets funded in Gwynedd? How to apply?

Come to the Arts Centre, Porthmadog on

6th February 2009 to find out more.

- 11.00-12.15 - Presentations by distributors and question and answer session
- 12.15-3.00 - Drop in session

If you would like to attend or for more information ring Louise Spierling on 02920 678206

## 'Courses for Communities' (CCC)

### OTHER COURSES ACROSS NORTH WALES

A new affordable training programme for community and voluntary groups, delivered through a partnership between County Voluntary Councils (CVC's), volunteer centres and the WCVA

Date	Location	Contact CVC	Duration
Giving and public funding			
11 December 08	Mold	FLVC	1 day
Preparing a sustainable fundraising strategy			
07 January 09	Ruthin	DVSC	1 day
Buildings - rent, lease or buy?			
09 January 09	Wrexham	AWOW	1 day
Working with the media			
14 January 09	Wrexham	AWOW	½ day
Employment Law			
15 January 09	Ruthin	DVSC	½ day
Organising your work			
17 January 09	Wrexham	AWOW	1 day
Producing an annual report			
22 January 09	Ruthin	DVSC	½ day
Running a community building			
27 January 09	Llangefni	Medrwn Môn	1 day
Business and strategic planning			
06 February 09	Mold	FLVC	1 day
Look after your organisation			
08 February 09	Wrexham	AVOW	½ day
Grants - fit for funding			
10 February 09	Mold	FLVC	1 day
Recruitment and selection			
10 February 09	Llangefni	Medrwn Môn	1 day
Running a community building			
12 February 09	Ruthin	DVSC	1 day
Developing and writing a communications strategy			
16 February 09	Mold	FLVC	½ day
Creating publicity and marketing materials			
18 February 09	Wrexham	AVOW	½ day
Preparing a Sustainable Fundraising Strategy			
19 February 09	Colwyn Bay	CVSC	1 diwrnod
Writing effective press releases			
24 February 09	Ruthin	DVSC	½ day
Creating a website - making the most of your website and the internet			
26 February 09	Mold	FLVC	½ day
Planning ahead			
03 March 09	Ruthin	DVSC	½ day
Monitoring and evaluating your organisation's work			
06 March 09	Wrexham	AVOW	½ day
Managing grievance and disciplinary situations			
06 March 09	Ruthin	DVSC	½ day
Working with the media			
10 March 09	Llangefni	Medrwn Môn	½ day
Writing effective press releases			
10 March 09	Llangefni	Medrwn Môn	½ day
Loan Finance and asset based development			
11 March 09	Ruthin	DVSC	1 day
Managing absence			
12 March 09	Ruthin	DVSC	½ day
Business and strategic planning			
19 March 09	Colwyn Bay	CVSC	1 day

For general enquiries on the Courses for Communities Cymru programme, please contact the **WCVA Helpdesk on 0800 2888329** or [help@wcva.or.uk](mailto:help@wcva.or.uk)

## Young Volunteers achievements

In this issue of Mantell we congratulate five girls for their successes on the Millennium Volunteers Scheme; these five are:-

- Siân Lloyd Roberts received her 'Award of Excellence' for volunteering for 200 hrs. Siân is a pupil at Ysgol Dyffryn Nantle and has been volunteering in the school, in the Oxfam Shop in Porthmadog as well as with the Urdd.
- Ffion Elisabeth Jones from Talysarn has contributed 100 hrs of her time to volunteer with the Witness Service.
- Catrin Davies also received a certificate for volunteering for 100 hrs in the café and shop of the WRVS in Ysbyty Gwynedd.
- Another girl who's been volunteering

with the WRVS as well as in Pendar School is Catrin Thomas, from Caernarfon. She is also a member of the Gwynedd Youth Led Grant Panel. She has contributed 100 hrs of her time to volunteer, and has achieved a certificate.

- Ffion Eluned Owen, from Ysgol Dyffryn Nantle, is the fifth committed young volunteer. Ffion is a very busy girl – newly appointed as the head girl of her school and she volunteers with many organisations locally - in the school, with 'Lleu' (the local community paper), with the Young Farmers in Dyffryn Nantle and she is also a member of the Gwynedd Youth Led Grant Panel.

**Congratulations to all five.**

## Conference for the Welsh Baccalaureate students

The aim of the Welsh Baccalaureate is to offer broader experiences to learners, and to help the young people develop the diverse skills and knowledge that is valued by employers and Universities. On the 3rd of September, an induction day was held at Bangor University for all the Welsh Baccalaureate (BAC) students from the sixth form schools in Gwynedd and Môn. About 500 students, from nine schools across Gwynedd and Môn, attended the event.

Many elements of the BAC were

discussed during the day. One aspect of the BAC syllabus requires a student to complete 30 hours of 'community participation'. In co-operation with Cynnal, the Gwynedd Volunteer Centre contacted voluntary organisations to invite them to share information with the students about the work that they do, and the role of volunteers.

There were 30 organisations present. Many thanks to all those who contributed to the day's success.

## Gwynedd Youth Led Grant

Following the recommendations of the Russell Commission, the Gwynedd Volunteer Centre received

£4,000 to distribute to organisations in order that they develop volunteering opportunities for young people. The closing date for receiving applications for the second round of the grant was 26th of September, and five applications were received.

One of the conditions of the grant is that a panel of young people is set up to consider the applications, and decide

on which schemes are worthy of support. The group of young volunteers came together on the 8th of October to score the applications, and to allocate the grant. Between the two rounds, ten organisations have successfully applied for money, and the £4000 has been earmarked for projects.

It's expected that the grant will also be available next year – **look out for more information about closing dates in 2009!**

## Information and Training to Third Sector organisations working with Children and Young People

As the Children and Young People Facilitator for Gwynedd, I have recognised the need to start putting together a short programme of relevant training and information sessions. The aim is to offer a varied programme in terms of subject matter and qualification, with the optimum intention of producing further sessions in future, depending on the needs and the resources available! We hope to offer training sessions free of charge or at a very reduced rate. If you have needs that have not been met, then please get in touch!

### INFORMATION

As Mantell Gwynedd works closely with The Gwynedd Children and Families Forum, it is likely that the majority of information sessions will form part of the Forum's network meetings unless the need arises to organise something a little different!

### TRAINING / COURSES

We have already identified some areas of interest following feedback from individual organisations and as a result we are in the process of arranging training and running the sessions before the end of March 2009. On offer will be (further details and dates to follow):

- **What Every Volunteer Youth Worker Should Know** - 3 day course. Certificate only.
- **Working with Children, Young People & The Community** - 4 day accredited course.
- **The Context and Policy Framework for Safeguarding Children and Young People** – One day course. Certificate only.

If you would like to express an interest in any of the above courses or contribute to future training programmes, please contact me. **Ann Vaughan Jones on 01286 672626 or [annvaughan@mantellgwynedd.com](mailto:annvaughan@mantellgwynedd.com).**

# Make a Difference Day

Were you aware that the last Saturday in October is known as **'Make a Difference Day'**? It began way back in 1995, and has since gone from strength to strength. The aim is to highlight the amazing impact volunteers can make just by giving the simple gifts of time, skills or muscle power! The Gwynedd Volunteer Centre organised a special event in **Tŷ Siamas, Dolgellau** to mark 'Make a Difference Day' on **Friday, 24th October**. With over 20 voluntary

organisations present, the event celebrated volunteering and the contribution made by voluntary organisations in Gwynedd.

Linda Morgan (Dolgellau's mayor) opened the event at 10.00am, and extended a warm welcome to Dolgellau. Children from Dolgellau Primary school provided entertainment, and were followed by Bethan Gwanas – who spoke about her experiences of volunteering, and of how she had benefited from taking part.

Pupils from Ysgol y Gader were next to entertain the audience, and they were followed by Lona Wyn Williams from Coleg Meirion Dwyfor playing the harp. Light refreshments were available - thanks to a group of catering students from Coleg Meirion Dwyfor and their teacher. Also, a raffle was drawn and 5 good prizes were kindly donated by local businesses.

Thank you to all who contributed to the day's success.



## Information days for older people

With the oncoming of autumn each year, it is, once again, the time for the series of information days for older people in south Gwynedd. Each day has a different aspect - depending on which organisations attend, the venue and also what additional element has been arranged for the day. However one thing is guaranteed and that is that they are days providing valuable information to all those who attend. For the Gwynedd

Volunteer Centre it is seen as a shop window to raise awareness of volunteering, the services that we provide as well as an opportunity for networking, meeting the public and creating new contacts.

The timetable for this year's meetings:

- 29th September - Tywyn
- 10th October - Penrhyndeudraeth
- 17th October – Dolgellau (where

the flu vaccination was on offer).

- 30th October - Barmouth
- 6th November – Bala
- 11th November - Blaenau Ffestiniog

If you have been unable to attend this year, bear it in mind for next year, and if you have any suggestions of what you would like to see in these events next year just let us know