

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 66 • July 2014

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Please go to page 2 'A note from the Chief Officer' for more details on the purchase of the Mantell Gwynedd Dolgellau office.

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ARIENNIR GAN Y LOTERI
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MANTELL GWYNEDD

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Eleri Lloyd

Making the Connections Officer:

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Children & Young People Facilitator (from April 2014)

Paul Edwards

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FAMILY BUDDIES**Arfon**

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Dwyfor

Llinos Owen Jones

Meirionnydd

Iona Williams

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Carys Williams

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Alan Thomas

Dwyfor Volunteer Co-ordinator:

Dawn Thomas

Meirionnydd Volunteer Co-ordinator:

Mirain Roberts

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Administration Officer:

Bronwen Rowlands

Finance Assistant:

Tracy Williams

Administration Assistant:

Tracy Lynne Rotheram

Administration Assistant:

Ellen ap Dafydd

Receptionist:

Hilary Jones

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

Carwyn Humphreys

Volunteer Officer:

Ann Angharad Fleming

Volunteer Officer:

Gwenllian Glyn Dafydd

A note from the Chief Officer

Amidst the wonderful summer sunshine, and as this newsletter goes to press, it's been an immensely busy period.

The Urdd National Eisteddfod at the end of May was a huge success. The Third Sector stall, set up and co-ordinated by Mantell Gwynedd, went down really well. It was full of activity and colour throughout the week. Providing a space for third sector organisations at national events such as the eisteddfod is becoming an increasingly important part of our work. Without Mantell Gwynedd's role in co-ordinating the stall, those organisations who benefitted from being present would probably not even be able to attend. It was great contributing to the week's success and being able to support third sector organisations to be there.

As you will see from the newsletter we also celebrated Volunteers Week. As well as the numerous events held throughout the county we enjoyed a splendid award ceremony at Galeri, Caernarfon. It was great welcoming Lord Dafydd Elis-Thomas AM as a special guest to present awards to volunteers who were nominated by their organisations. Lord Elis-Thomas is a first class ambassador for the third sector in Wales and we are extremely fortunate of his support to the sector. Those nominated for awards reminded us of the importance of volunteers and how their time and contributions improve our communities in Gwynedd. We were reminded time and time again of the importance of thanking those who give their time freely to improve the lives of others. Gwynedd would be a much poorer county without volunteers.

I am really pleased to be able to share the good news that Mantell Gwynedd have finally purchased The Old Police Station in Dolgellau from The Ministry of Justice. Our outreach office has been located at The Old Police Station for many years but the Ministry of Justice, along with most of the public sector, seem to be selling off assets. It's great that the third sector is finally able to invest! This purchase sends out an important message for many reasons. Firstly, it demonstrates a clear message that we are investing in the future. Secondly, and probably more importantly, that we are investing in the south of the county. There have been constant concerns over many years about the lack of services in south Gwynedd and as a provider of services we can now show a real commitment to the future of our services in Meirionnydd. Lastly, it means we will be able to create a third sector "hub" in the building and welcome a number of third sector providers to work with us from Dolgellau so that we can support each other to improve services in the area. I would particularly like to thank Elfyn Llwyd MP who was key to our decision to invest and to the Board of Mantell Gwynedd for their unanimous support for the purchase. We now look forward to the official opening ceremony!

**Until next time,
Bethan**

LOOKING FOR A NEW CHALLENGE?



Partneriaeth Tenantiaid a Phreawlywyr CCG
CCG Tenants & Residents Partnership

How about joining the Cartrefi Cymunedol Gwynedd Tenants and Residents Partnership?

The Partnership is a group of tenants and residents who come together from across Gwynedd as a body to represent their fellow tenants. The Partnership works to ensure that the tenant's voice is heard and influences key decisions relating to their homes and local community.

The Partnership is looking for new, enthusiastic, members to join them. It's a great opportunity to have your say, share ideas and meet new friends in the process!

For further information, please contact **Mari Williams** at Cartrefi Cymunedol Gwynedd on **0300 123 8084/ community@ccgwynedd.org.uk**.

Community Translation

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?

Mentrau Iaith across North Wales have a new project which is part of the Welsh Government Rural Development Fund.

The intention is 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 or Eryllt Tudur on **01492 642357** www.cyfieithucymunedol.org



Catalyst Cymru- Heritage Fundraising



Catalyst Cymru-Heritage Fundraising is WCVA's new three year Heritage Lottery Funded project to enable heritage organisations in Wales to develop their fundraising capacity and become more financially sustainable.

The Catalyst Cymru team will up-skill and increase the competency in fundraising of staff and volunteers so that they can increase their organisations' funding from private donors, corporate sources and trusts and foundations. This will be achieved through the delivery of a Wales wide programme of training, advice, networking opportunities and provision of web-based resources.

The project is open to Heritage organisations throughout Wales, including the following:

- Historic Environment
- Landscape and Natural Heritage
- Industrial, maritime and transport
- Museums, libraries and archives
- Intangible heritage (such as the preservation of memories, or oral history projects)

If you are interested in finding out more visit

<http://www.wcva.org.uk/funding/catalyst-cymru>,

or follow us on twitter **@CatalystCymru**,

or phone **0800 2888 329**

INFO & ARTICLES FOR THE NEXT ISSUE OF MANTELL

The deadline for information or articles to be included in the next edition of Mantell is **14th November 2014**

Send or e-mail any information to **Ellen ap Dafydd**, at Mantell Dolgellau
e-mail: ellenapdafydd@mantellgwynedd.com Tel: **01341 422 575**

VOLUNTEERS' WEEK CELEBRATING 30 YEARS!



It was the 30th Volunteers' Week this year which was held during the first week in June. The three 'Rs' summarises the aims of the week to Recognise, Recruit and Reward volunteers.

The highlight in Gwynedd was the Celebration and Thank You Event held at the Galeri in Caernarfon on the 12th June. It was a glorious sunny day and guests enjoyed tours of Caernarfon with Rhys Mwyn and Clacyti Clac land train to end the day.

The guest speaker was Lord Dafydd Elis-Thomas AM, and during the event he presented certificates to worthy and dedicated volunteers in Gwynedd to acknowledge their outstanding contributions.

Special outstanding contribution certificates were also presented this year to mark 30 years of Volunteers' Week. There were 8 nominations from Gwynedd and here are some of the volunteers:

Alan Jones-Volunteer fundraiser for the annual Hwyl Y Bont event in Bontnewydd.

Mrs Gwenant Roberts – She's been volunteering with Canolfan Felin Fach for over 20 years and is also the Chair of the Management Committee.



Winner Green Volunteer of the Year 2014 – Paul Roberts who volunteers with AGRO



Alan Jones, volunteer with Hwyl Y Bont



Gwenant Roberts – Canolfan Felin Fach



Mike and Linda O'Donnell receiving their Highly Commended certificate in the Adult category. Both volunteer at the Age Well Centre in Nefyn.

More pictures on page 12

Young Volunteers' achievements

Achievement of young volunteers on the Millennium Volunteers Scheme.

Certificate for 50 hours of volunteering:

- Mari Gibbard** – Ysgol Brynrefail
Josh Price – Tegfan Tryfan
Jade Williams – Maesgeirchen Youth Club
Rhys Jones – Tegfan Tryfan
Simeone Ross – Cancer Research Shop
Florence Williams – Cancer Research Shop
Sera Jane Whitley – Ysgol Dyffyn Nantlle, Annie's Wyddfa and Bocs.
Sioned Williams – Tregarth Youth Club
Rebecca Roberts – Cancer Research Shop
Cara Glass – Coleg Meirion Dwyfor
Ceri Entwistle – Coleg Meirion Dwyfor
Ashlee Roberts – Coleg Meirion Dwyfor
Tanya Sargeant – Coleg Meirion Dwyfor
Thomas Freeman – Coleg Meirion Dwyfor and The Snowdonia Society
Nathan Sewell – Coleg Meirion Dwyfor and The Snowdonia Society
Naomi Cotterill-Ball – Coleg Meirion Dwyfor and The Snowdonia Society
Llion Evans-Ellis – Coleg Meirion Dwyfor and The Snowdonia Society
Tom Meurig Roberts – Coleg Meirion Dwyfor
Rosemary Williams – Coleg Meirion Dwyfor, RSPCA, and The Snowdonia Society
Zoe Karen Looms – Coleg Meirion Dwyfor and The Snowdonia Society.
Beca Tomos – Waunfawr Youth Club
Catrin Haf Hughes – Waunfawr Youth Club
Shaun Brown – Waunfawr Youth Club

100 hours of volunteering certificate:

- Ffion Haf Roberts** – Royal Voluntary Service and Tenovus Shop.
Ryan Nannes - Cancer Research Shop.
Trystan Jones – Groundworks and Radio Ysbyty Gwynedd.
Ela Mair Owen – Urdd Gobaith Cymru and Ysgol Brynrefail.
Cerys Gadd – Royal Voluntary Service

Da iawn chi!



Children and Young People's Facilitator



Having spent several years managing restaurants on Anglesey Paul decided to retrain as a teacher, graduating from Aberystwyth University in 2012 with a PGCE in History and Geography. Following a period teaching adults in the community with

Coleg Menai, training disadvantaged young people with Anglesey's Potential project and working for the Gwynedd Archaeological Trust's Princes education programme Paul joined Mantell Gwynedd in April 2014 as the Children and Young Peoples Facilitator.

Paul has a strong interest in Welsh and local history. In 2001, he graduated from the University of Wales, Bangor with First Class Honours in Modern and Contemporary History and in his spare time enjoys visiting ancient monuments in north and mid Wales. He has recently joined the campaign to save Bryngwran's pub for the community and develop it as a social resource for local people.

Good Health Event October 17th, 2014

The 'Good Health' event is being organised this year at the Glan Wnion Leisure Centre Dolgellau on Friday the 17th 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

Gwesty Seren Hotel

Gwesty Seren Hotel in Llan Ffestiniog opened in April 2014. The hotel is tailored for people with disabilities and learning disabilities who can enjoy a holiday with their family members and/or carers.

By now Bwyty Bryn Restaurant has been opened and have started a system of distributing loyalty cards to allow people to come to Bwyty Bryn Restaurant for meals. This offer goes out to anyone with a disability, learning disability, someone with dementia, alzheimers or have suffered a stroke and their carers. For more information please contact **Alex Williams** at the hotel on **01766 513133**.



Ynys Môn and Gwynedd Mind have started their new confidential and one-to-one service 'Amser I Siarad/Time to Talk' for the community across **Gwynedd and Anglesey**.

The service runs from non stigmatised everyday settings such as Asda. For more information and to book an appointment, please call **01286 685279**.

Ynys Môn and Gwynedd Mind have also gone into partnership with Coleg Menai and offer a new 'Amser i Siarad/Time to Talk' one-to-one confidential support service for young people 16 and over as well as a seven week self-management training courses for young people. Sites and colleges covered are Llangefni, Bangor (main site and Parc Menai), Glynllifon, Harlech, Pwllheli and Dolgellau.

Epilepsy Action Cymru – local groups

Bangor: The Epilepsy Action Group meets on the first Thursday of every month from 7:30pm-9:00pm in the Executive Seminar Room at Ysbyty Gwynedd.

Pwllheli: Another local group has been established in Pwllheli which meets on the first Tuesday of every month at Pili Palas Cafe, 2-4 Stryd y Moch from 10:30am until 12:30pm

For more information please contact **Ann Sivapatham** on **01633 253407** or e-mail asivapatham@epilepsy.org.uk

Dorothy receiving recognition for volunteering with Ffrindia'!



Lord Dafydd Elis Thomas AM with Dorothy Hughes.

On Thursday afternoon June 12th a "Volunteers' Celebration and Thank You Event" was held. Dorothy was invited because she had been nominated to receive recognition for her reliable dedication and the special relationship she has with the individuals.

She started volunteering with an elderly lady from Pwllheli. It didn't take long before they became good friends and the individual would refer to her by saying that her "friend" was visiting. By now she befriends with 3 people and gives 12 hours of her time weekly.

Only praise can be heard for Dorothy from these individuals with a clear message of how they look forward to seeing her every week. She gives them a purpose to get up in the morning and brings a smile back to their faces. Congratulations Dorothy!

Befriending at it's best



Sue Allen and Elsie Hughes enjoying a cuppa.

This is Sue Allen with her befriender Elsie Hughes. They meet weekly and Elsie helps Sue learn to practice her Welsh. This is Sue's story:

My husband and I decided to retire to north Wales in August 2008, and then in September 2008 I started learning Welsh.

Now nearly 6 years later, I can read and write Welsh fairly well – but need practice talking to Welsh speakers. I saw an advert in the Goriad, looking for volunteers for Ffrindia' as 'befrienders'. Since the advert was in Welsh, I hoped it would be possible for me to be paired with someone who spoke Welsh and willing to help me with my spoken Welsh. So I contacted Ffrindia', and after going through the necessary procedures, I was paired with Elsie.

Elsie and I have been going out and about since February and we find we share the same attitudes to life – and have a mutual interest in cakes. My understanding of what she tells me and my confidence

in speaking Welsh with her improves each week.

A win-win situation – Elsie gets company and a trip out, and is pleased that she is helping me speak Welsh with more confidence.



Facing the Future

On the 30th April, the Gwynedd “Making the Connections” officer co-hosted ‘Facing the Future’ event with the Conwy, Denbighshire, and Ynys Môn officers with the intention of building on the working relationship between the third sector organisations and health and social care commissioners in North Wales.

There was a good representation from all four “Making the Connections” counties (Conwy, Denbighshire, Gwynedd and Ynys Môn), with a broad spectrum of organisations in attendance including the four local authorities, the four voluntary service councils, Betsi Cadwaladr Health Board as well as national organisations, with a good balance across sectors and also between commissioners and service providers.

The delegates were keen to ‘build effective partnerships that work’ and to develop new models of working. This discussion really set the scene for what has to happen to make this a reality - the full report can be found on the Mantell Gwynedd website



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

Cymunedau Mentrus



Methrin Mentor Gynddlasod Lleid

Enterprising Communities



Growing Local Social Enterprise



Urdd National Eisteddfod Meirionnydd 2014

The Eisteddfod returned to Meirionnydd this year, and Mantell Gwynedd was again glad to be part of the festival and to take the opportunity to promote the good work happening in the third sector here in Gwynedd. Eleven organisations joined us on the stall and each organisation enjoyed the event and benefited from promoting their services to a wide audience. The stall was buzzing with activities for all ages including craft activities, fake injuries, face painting, quiz, the family tree and entertainment from S4C Cyw characters and music from Gwibdaith Hen Frân. Apart from the mud at the beginning of the week, the Meirionnydd Eisteddfod 2014 was a huge success.



Gwesty Seren

In April 2014 a very special hotel was opened in Llan Ffestiniog. Seren Hotel is the latest project launched by the social enterprise Seren Cyf. The hotel offers holiday breaks for people with disabilities and learning disabilities, their carers and families in luxury accommodation in the heart of Snowdonia. There are some excellent facilities including a restaurant, craft room, sensory room, hydrotherapy room and games room as well as all the facilities and activities on their door step. It's worth going over to visit the hotel or for more information go to www.gwestyseren.co.uk



Sustaining Communities

On Wednesday, 18th of June a Sustaining Communities event was held at Dolgellau Rugby Club. This was an event organised jointly with Wales Cooperative Centre. The aim of the day was to assist community groups or individuals who are considering becoming social enterprises. There were presentations on financial, legal and constitutional matters. The day was a huge success with many of the county's organisations leaving with a better knowledge of the options available to them and which is the right path to take.



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 closing dates for 2014-15 are as follows :-

30.09.14

a 05.01.15 (subject to funds 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**.

GwirVol

Gwynedd Youth Led Grant- GWIRVOL.

You can apply for a grant of up to £1000 for youth led volunteering projects in Gwynedd.

The next closing date is : 10th of October, 2014.

For an application pack or to discuss your project idea please contact Gwenllian Dafydd - Gwenllian@mantellgwynedd.com or phone (01286) 672626.



Welsh Government announce £6M Nature Fund

The Welsh Government's Nature Fund has been set up to help tackle the decline in biodiversity across Wales and move to an approach that recognises interdependency with social and economic factors.

The fund will be used to invest directly to improve land with low ecological value, for example, by establishing deciduous woodlands and working to increase biological diversity in a way which improves the opportunities available to communities.

There is no set geographical boundary for the Nature Action Zones.

The Welsh Government is looking for proposals to deliver collaborative action that will benefit the natural environment, communities and local economies. The fund is open to partners working in the Nature Zone areas, across a range of sectors including the public, private and third sectors, and the emphasis is on collaborative action.

Supported projects will be those with a proposed value in excess of £50,000. There is no limit on the number of proposals submitted by a lead organisation. Each proposal will be assessed on its own merits.

The key activities the scheme will focus on are: action to improve river catchments; action on marine ecosystems; action for local environment; action to realise the potential in upland areas; action to stimulate innovation.

The Welsh Government encourages early submission of proposals and each will be assessed as they are received, with a final deadline of **1st November 2014**.

For more information, visit :

<http://wales.gov.uk/topics/environmentcountryside/consmanagement/natural-resources-management/nature-fund/?lang=en>



MANTELL MOBILE UNIT

Come and visit a CAB Officer at the Mobile Unit:

Date	Location	Event
July 19	Llanberis	Snowdon International Race
August 27	Y Bala	Meirionnydd County Show



COME AND JOIN US ...

at the
**Meironeth
County
Agricultural
Show on the
27th of August
in Bala.**



A warm welcome is extended to all third sector 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** – to secure your place.

VILLAGE HALLS FORUM

The next forum will be held on the **17th of September 2014**. Location and programme to follow.

continuation from **Volunteering Centre** page

Wales Volunteer of the Year Awards 2014

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



Huw Harris – AGRO – Highly Commended: Group Category



Peter Smith – Cefnogaeth i Ddiodefwyr – Highly Commended: Adult Category



Anne Collis - AGRO – Highly Commended: Trustee Category