



1. Guides (Friends of Ellis Wynne). Y Lasynys Fawr near Harlech is open to the public and relies on volunteers to guide and welcome visitors to the property. Ideally, volunteers should be able to speak Welsh and have some knowledge of Ellis Wynne / Welsh history, but training is provided.

2. Play Rangers (North West Wales Play Forum). Volunteers are required to help with outside play sessions for children aged between 5 and 14. By facilitating and supervising play, you can help to create a happy and positive environment.

3. "Headway Gwynedd" – the brain injury association. Volunteers are required to help and support training events (in Porthmadog), and with promotional events (eg a sponsored walk up Snowdon on 20th May). Also monthly group meetings are held on Saturday mornings at the Dragon Theatre, Barmouth. Volunteers are welcomed!!

4. RSPB – The Glaslyn Ospreys. The Ospreys have returned to Pont Croesor and more volunteers are desperately needed to help with the project.



5. Ffrindia' project - Mantell Gwynedd – is recruiting volunteers (of all ages) interested in befriending individuals aged 50+ who may be feeling isolated or need to boost their self-confidence.



6. Yr Urdd – The Urdd National Eisteddfod will be in Glynllifon from 4th – 9th June. Volunteer stewards are needed.

7. Radio Ysbyty Gwynedd – A special broadcasting service for patients in Ysbyty Gwynedd. A variety of opportunities are available - including promoting the service to patients, visiting patients and collecting their requests, presenting and preparing radio programmes.



8. Interested in Events? Would you like to attend events that take place in Gwynedd for free? Would you like to receive event stewarding training? The Gwynedd Events Unit are looking for people who are interested in being on a list of Volunteers for events that will take place across the county in the future – eg Wakestock, The Olympic flame journey.

9. Child Contact Centres (on behalf of Relate) – Volunteers are required on Saturday mornings in Bangor and Porthmadog to help prepare the Centre, welcome children and parents, make refreshments and tidy up once the Centre is closed.

10. Race for Life – Cancer Research UK need help with the Race for Life event in Parc Helen, Caernarfon on 20th May – promoting, setting up, stewarding, handing out medals and goody bags and clearing up afterwards.

11. NYAS Cymru (National Youth Advocacy Service) – need 'Independent Visitors' to be a friend to a child or young person in care, and to undertake activities appropriate to their age and ability.

12. Tenovus Cancer Charity (Pwllheli shop) – a volunteer van driver to assist with collecting, loading and unloading furniture donated to the charity.

13. Singing for the Brain support volunteer – The Alzheimer's Society plan to hold fortnightly singing sessions in Bangor starting on Wednesday, 16th May, and require two or three volunteers to help.



14. Cricieth Girlguiding – groups meet on Thursday and Friday evenings. Assistant Unit leaders, Unit helpers and occasional help required with various age groups. Activities include crafts, games and fun-outdoor sessions.



15. Volunteer Campsite Ranger with the National Trust- to help with the efficient running of the campsite in Hafod y Llan, Nant Gwynant. Tasks include collecting fees, cleaning and maintaining the facilities at the campsite.

16. Snowdon Mountain Challenge - Marie Curie Cancer Care. Event Registration volunteers are required to help this charity with events on 10th June and 6th October 2012. Volunteers will be responsible for signing in walkers, take specific details from them and then sign them back at the end of the walk.

17. The Olympic Flame will travel through in Gwynedd on Monday and Tuesday, 28th /29th May. Volunteers will be needed to help with stewarding etc at various locations.



For further details of any of the above opportunities please contact

Gwynedd Volunteer Centre on 01286 672626 / 01341 422575

www.mantellgwynedd.com