



NO 8 – MANTELL GWYNEDD INFORMATION BULLETIN DURING THE COVID-19 PANDEMIC

Mantell Gwynedd supports community and voluntary groups, promotes and coordinates volunteering in Gwynedd and is a strong voice for the Third Sector in the county



We will be producing a regular Bulletin during the COVID-19 pandemic to keep you informed about what's going on, what services are available and how we can help you.



MANTELL GWYNEDD SERVICES

Mantell Gwynedd's usual services remain available throughout this period. In accordance with Welsh Government guidelines staff will continue to work from home but are available for advice and guidance over the phone, via email as well as virtually through Microsoft Teams, Zoom or Skype.

You should continue to use our usual telephone numbers and usual staff email addresses.

Telephone Number: 01286 672626

NOTE!! Mantell Gwynedd still has grant funding available for groups. Up to £1,000 is available for community groups to support events and activities and up to £5,000 available to support structured play opportunities for children, young people / families.

Contact Carys or Arwen at Mantell Gwynedd -

Carys@mantellgwynedd.com

Arwen@mantellgwynedd.com

Every Bulletin features at least one group who has benefitted from Mantell Gwynedd grant funding.

In this Bulletin it is MENTER Y PLU who features.



Despite Covid-19 Menter y Plu in the village of Llanystumdwy have had a busy time. To ensure that the enthusiasm for the enterprise kept going they applied to the Mantell Gwynedd Covid-19 Grant to enable them to buy Zoom time for their project to keep volunteers and investors in touch with each other. The project also received a GwirVol grant through the Mantell Gwynedd Volunteer Centre to run a bike hire venture in the village.

At the end of September the enterprise was lucky enough to get support through the S4C programme 'Prosiect Pum Mil' to develop an outside space to the pub. The picture shows some of those who volunteered to create the new resource.



The Cambrian Railway Partnership is delighted to announce a one-off grant fund in order to support communities along the line. The scheme is being administered by Powys Association of Voluntary Organisations (PAVO), and is being delivered in partnership with Ceredigion Association of Voluntary Organisations (CAVO), Mantell Gwynedd, Shropshire RCC and PAVO.

Each organisation can apply for a maximum of £500 each.

Any community organisation, charity, CIC or group that has a bank account and is based within 10miles/16km of a Cambrian Line Station can apply. If the organisation is not based within the given radius but can show how the grant funding will support a community that is, then this is acceptable.

For more information and an application pack contact carys@mantellgwynedd.com. Closing date 29th January 2021



Gwynedd Volunteer Centre



NEW OPPORTUNITY



The DPJ Foundation supports the agricultural sector and as a 'Share the Load' volunteer, you'll answer calls and messages from people who really need someone to talk to. They might be feeling at their lowest ebb or they may be lonely and have no-one else to turn to.



For more information, contact the Volunteer Centre
volunteer@mantellgwynedd.com
01286 672 626

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
volunteering@mantellgwynedd.com

Gwirfoddoli Gwynedd Volunteering

AP A GWEFAN NEWYDD AR GYFER CHWILIO AM GYFLEOEDD GWIRFODDOLI



NEW APP AND WEBSITE TO SEARCH FOR VOLUNTEERING OPPORTUNITIES

App store neu / or
www.gwirfoddolicymru.net
www.volunteering-wales.net



FOOD BANKS



Our Food Banks are continuing to support individuals across the county and are still accepting new volunteers. Give some of your time this festive season- contact us for details about your local Food Bank.

01286 672 626



A VOLUNTEER'S EXPERIENCE DURING THE PANDEMIC



Volunteering in times of crisis- COVID 19 Dewi Jones (Porthi Pawb, Caernarfon)

The voluntary sector and individuals have played a key role over the last year responding to real needs in our communities where support was not otherwise available. One of the projects that came to fruition in response to covid is Porthi Pawb in Caernarfon. Volunteers and the role of communities have come to the limelight in recent months and we feel it's important to sharing these experiences and their impact.

Here is the experience of one of Porthi Pawb's volunteers, Dewi Jones:

"It was a bit of a shock to the routine when lockdown arrived. I went from working two full-time jobs, working almost 80 hours a week, to nothing after losing both almost over night.

Instead of sitting in the house worrying about the future, I felt my time and skills could be made useful. This is when I met Chris Summers. Chris had the idea of cooking and distributing hot meals to the elderly and vulnerable throughout Caernarfon so I leapt at the opportunity to join the team. The project started by providing a staggering 65 meals in the first week and a crew of around 5 volunteers. The scheme grew to preparing 950 meals a week and a team of over 45 volunteers giving up their time to help others.

I'm so pleased to have joined this project and seeing it grow. Volunteering and supporting with preparing the meals and delivering them to hundreds of people has been one of the best ways I gave my spare time for such an important cause.

I would like to send a big thank you to Ysgol Syr Hugh Owen for allowing us to use their kitchen facilities over the period and I hope we can continue to do so in the future "

Thank you Dewi and the whole team of volunteers at Porthi Pawb for the tremendous work you all do to support others.

Volunteer Centre

Imagine if you had to leave
every night out at 9pm...



We want **YOU**
to be a **Gig Buddy**

Do you believe that everyone has the right to go to gigs and events that they love, to party and to Stay Up Late?

For many people with a learning disability this is impossible. Volunteer as a Gig Buddy and you can change this.



Volunteer as a **Gig Buddy**!



People with a learning disability often need support to help them to go out and enjoy life. But what do you do when your support isn't available, or - even worse! - doesn't share the same interests as you?

At Gig Buddies we match people with a learning disability with volunteers who share the same interests so they can go to gigs and events together.

Whether you're a fan of folk, rock, punk, reggae, clubbing, theatre, festivals... as a Gig Buddy you can use your love of music, the arts and fun to help somebody else in your community to get out and enjoy themselves.

A few of your hours every month could change someone's life.

Get in touch with the Gig Buddies team and ask us how you can become a Gig Buddy.

Email: gigbuddies@ldw.org.uk Web: www.ffrindiaugigiau.org.uk

Phone: 029 2068 1160

[f](https://www.facebook.com/ffrindiaugigiau) [t](https://twitter.com/ffrindiaugigiau) @FfrindiauGigiau



NADOLIG
LLAWEN

MERRY
CHRISTMAS

Carwn ddiolch yn fawr iawn i bob un
gwirfoddolwr yng Ngwynedd am eich
ymdrechion aruthrol dros y flwyddyn ddiwethaf

Thank you to every single volunteer in
Gwynedd for your tremendous efforts
over the last year





Some of the support services available over the Christmas period



CAIS is able to help people who are having problems with addictions, mental health, personal development and employment – as well as offering assistance and information to their families and friends.

The wide range of services that CAIS offers includes residential treatment and rehabilitation, counselling, peer mentoring, supporting people in their homes, assisting people back into work or education, group work and other motivational interventions.

CAIS can also offer a comprehensive range of training courses, together with training and support for employers. It is possible to self-refer to **CAIS** by logging on <https://www.cais.co.uk/> or **0345 06 121 12**

Cruse Bereavement Care North Wales

Please note that due to the COVID-19 pandemic all face-to-face support has been indefinitely suspended. Any new or existing individuals referred will be offered support by telephone or Zoom. This situation will be reviewed, in line with Senedd guidance.

CRUSE North Wales offers bereavement support, advice and information to children, young people and adults when someone dies.

For more information ☎ **01492 536677** e-mail northwales@cruse.org.uk or <https://www.cruse.org.uk/get-help/local-services/wales/north-wales>

To receive immediate bereavement support by phone, ring the **Cruse** National Helpline on **0808 808 1677**. The helpline is open Monday-Friday 9.30am-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings until 8pm.



Providing help and advice about violence against women, domestic abuse and sexual violence

If you, a family member a friend, or someone you are concerned about has experienced domestic abuse or sexual violence, you can contact the **Live Fear Free Helpline 24 hours a day 7 days a week**, for free advice and support or to talk through your options.

Get in touch with Live Fear Free advisors **free of charge** by phone, online chat, text or email.

All conversations with Live Fear Free are confidential and are taken by staff that are highly experienced and fully trained.

Call: 0808 80 10 800 or **Text: 07860077333** or info@livefearfreehelpline.wales



Some of the Support services available over the Christmas period



SilverCloud - Free online mental health therapy



People across Wales can now access free online therapy without needing to go through their GP. Individuals aged 16 and over, experiencing mild to moderate anxiety, depression or stress can sign up for a 12 week on-line course of Silver Cloud.

The scheme is being run in partnership between Betsi Cadwaladr University Health Board and Tan y Maen Wellbeing Centre.

For more information <https://bcuhb.nhs.wales/health-advice/silvercloud-free-online-mental-health-therapy/>

For information on other support offered by Tan y Maen Wellbeing Centre, log on to <https://www.tanymaen.org.uk/online-support-and-sessions>

SAMARITANS
SAMARIAID

A totally confidential conversation with someone you don't know can often feel easier than trying to talk to friends or family. That's why we're contacted 5.7 million times every year.

You don't have to be suicidal to contact us. People often call us because of:

- ⇒ Relationship and family problems
- ⇒ Loss, including loss of a job, a friend or a family member through bereavement
- ⇒ Financial worries
- ⇒ Job-related stress or overwork
- ⇒ Body image issues



Phone the Samaritans on: 116 123

Angen Cyngor? Galwch am ddim!
Need Advice? Call for free!

0808 27 87 922



Neu cwblhewch y ffurflen ar ein gwefan a wnawn ni eich galw'n ôl neu trefnu sgwrs fideo efo un o'n tîm:

cabgwynedd.cymru neu sganiwch y côd isod

Or fill in the form on our website and we will call you back or arrange a video chat with one of our team:

cabgwynedd.wales or scan the code below



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As 2020 draws to an end, and what a strange year it's been, Mantell Gwynedd would like to thank all third sector organisations and the army of volunteers who have pulled out all the stops this year.

Gwynedd would be a very poor county indeed without you all.

A huge heartfelt thanks to every single one of you.

Wishing you all the best in 2021.