

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 86 – JULY 2019

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VOLUNTEERS' WEEK

2019



The volunteers with their certificates



Meinir Owen
(Age Cymru Gwynedd a Môn)

Volunteers' Week is an annual event which takes place every year between the 1st and 7th of June. The three 'Rs' summarise the aims of Volunteers' Week: **Recognise, Recruit and Reward** volunteers.

The highlight of the week was our annual **Celebration and Thank You Event** at Portmeirion on the 7th of June. Despite the wet weather, it was a successful event in the company of our guest speaker Ann Griffith, North Wales Deputy Police & Crime Commissioner. In her opening remarks, Ann emphasised the importance of volunteering and the valuable contribution made by volunteers to our society and services.

This year 30 volunteers received certificates all of whom were nominated by organisations to recognise their special contributions.

MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM**Social Value Manager:**

Eleri Lloyd

Social Value and Development Officer:

Elaine Thomas

Social Accountant:

Dr Adam Richards

**Community Development Officer
(Maesgeirchen):**

Jess Silvester

HEALTH TEAM**Health and Well-being Facilitator:**

Sioned Llwyd Larsen

Social Prescription Project (Arfon),**Community Link Officer:**

Rhian Griffiths

FINANCE & ADMINISTRATION TEAM**Deputy Chief Officer and Head of Finance and
Operations Team:**

Ceren Williams

Administration Officer:

Tracy Lynne Rotheram

Finance Assistant and Development Officer:

Carys Williams

Administration Assistant:

Ellen ap Dafydd

Receptionist:

Mair Davies

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

Carwyn Humphreys

Volunteering Officer:

Alan Thomas

I CAN Administrative Support Officer:

Elaine Ginnelly

**Info and articles for the
next issue of Mantell**

The deadline for information or articles to be included in the next edition of Mantell is:

7 November, 2019

Send or e-mail any information to

Ellen ap Dafydd
at Mantell Dolgellau

e-mail:

ellen@mantellgwynedd.com

Tel: 01341 422 575

A Note from the Chief Officer

As you will see from the content of this newsletter it has been a period of giving thanks and celebrating the work of volunteers in Gwynedd.

The National Volunteering Week takes place during the first week of June every year and is an opportunity for hundreds of charities, organisations and individuals to celebrate and thank volunteers for their contribution to society.

Volunteers' Week originated in 1974 in the USA when President Richard Nixon signed an Executive Order to recognise the importance of volunteers in America. By 1984 this practice had been adopted by Volunteering England. In 2013 Volunteering England had merged with NCVO (National Council for Voluntary Action) which is the equivalent of the WCVA in Wales. It is NCVO who now lead on Volunteering Week throughout the UK.

The most recent figures show that the annual economic value of volunteers is around £22.6bn. 67% of volunteers give their time to charities and voluntary organisations. 46% of volunteers say they volunteer in order to make a difference to others or to improve circumstances for others. It is estimated that there are around 166,000 voluntary organisations in the UK.

As you will see from this newsletter, volunteers and volunteering play a vital role in our communities in Gwynedd. Only a very small percentage of the county's volunteers were recognised at our special event in Portmeirion on June 7th, but the stories we heard on the day demonstrate how much poorer our communities would be without volunteers.

It was a great honour for me personally to award two very special certificates, the first went to Bertwyn Lloyd Williams from Groeslon. Since retiring from the Royal Mail sixteen years ago he has been a pivotal individual in helping in and around Groeslon. Since 2011 he has collected 368 black rubbish bags full of rubbish, 3,210 glass bottles and 7,836 cans. This is quite some achievement. It was an equal honour presenting Irene Walls from Maesgeirchen a certificate to recognise her volunteering contribution to the community. One of the founders of the Maesgeirchen allotments, Irene has played a key role in supporting many of the community's groups and events over a thirty-year period and has been an advocate of community sustainability.

People like Bertwyn and Irene are key to the future of our communities and ensuring that our communities are vibrant, healthy, successful and pleasurable to live in. Their contribution, and others like them, is invaluable.

Enjoy this latest newsletter and reading about all of the other volunteers who were recognised for their volunteering achievements during the special day at Portmeirion.

In the words of Martin Luther King, "Life's most persistent and urgent question is what are you doing for others?"

Until Next Time, Bethan

Another achievement for a member of staff at Mantell Gwynedd

Congratulations to Rhian Griffiths, Arfon Community Link Officer, for her recent achievement in successfully completing a Social Prescribing module as part of a Glyndŵr University Degree course.

Rhian has been in post at Mantell Gwynedd for almost three years now and the project has gone from strength to strength with more and more referrals being made into the scheme. It is very encouraging to note that our universities also acknowledge the value of social prescribing and its positive impact on people's lives.



Llanrwst National Eisteddfod 2019

Remember to pop over to see us at the County Voluntary Councils (CVCs) tent at the National Eisteddfod in Llanrwst.

You will be able to ask for information on the following:

- volunteering opportunities
- funding opportunities and grants for your organisation/group
- support for groups and trustees
- measuring Social Value
- and much more...

We look forward to seeing you at the Eisteddfod.



It's an important year for Antur Waunfawr, as it celebrates its 35th birthday!

Established in 1984 by R. Gwynn Davies, Antur Waunfawr provides work and training opportunities for adults with learning disabilities in their community. The social enterprise has grown significantly over the last 35 years, and now manages 15 businesses across four sites, including Beics Antur, Warws Werdd and Caeryglchu. The organisation now supports 67 individuals with learning disabilities and employs over 100 staff.

Antur Waunfawr celebrated in style, with a summer fair at their Waunfawr site, followed by an evening gig at Galeri, Caernarfon, in the company of Gruff Rhys, and a very special performance by Antur Waunfawr individuals with Annette Bryn Parri.

Menna Jones, Antur Waunfawr chief executive, said: "The local community is at the heart of everything we do, and to be able to celebrate 35 years with our friends and supporters meant a great deal to us."



Volunteers' Celebration and Thank You Event 2019

LLŷn Maritime Museum



Allen Wynne Owen
– Eryri Young Farmers



Etheldreda Mbivnjo
– Change Live Grow



Clarence Jones
– Age Cymru Gwynedd a Môn



Jean Long
– British Red Cross

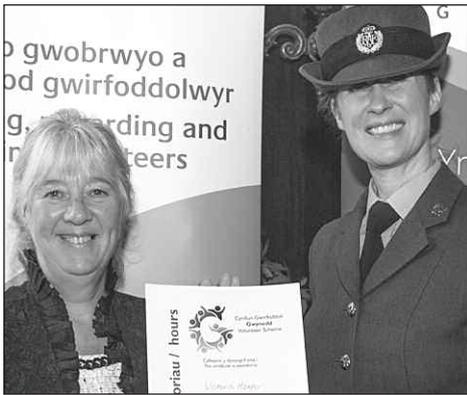


Nia Pritchard
– GISDA



Maralyn Davies
– Penrhyn Castle

The following also received special certificates at the event



Vikki Harper
– 1557 Squadron Friars



Ria Stanley
– British Red Cross



Bertwyn Lloyd Williams
– Y Groeslon Volunteer



Lowri Morris
– Wild Elements



Janice Jones
– Menter Fachwen



Nia Wyn Griffith
– Eryri Young Farmers



Bethan Jones
– Age Cymru Gwynedd a Môn



Annette Jones
– Penrhyn Castle



Sara Fôn Roberts
– The Robins



Robin Phillips – Wild Elements

HUGE CONGRATULATIONS
to all of the volunteers who were present
to receive their certificates.

Outdoor Partnership

The Outdoor Partnership contributes towards changing people's lives through promoting and inspire people to become involved with outdoor activities.

The Outdoor Partnership projects aim to develop confidence, skills and team working that can provide the stepping-stones to new opportunities and healthier lives.

In their words "*Through volunteering, education, participation, training and employment there's a place for everyone to change for good*".

List of Clubs/Activities in your area:

You can access information and location of clubs/activities by following this link <https://partneriaeth-awyr-agored.co.uk/clubs/> or **01690 720168**

For a comprehensive list of Insport Accredited clubs in your area you can also visit Disability Sport Wales' website www.disabilitysportwales.com/clubs



New members wanted for the South Gwynedd Long Term Conditions Alliance

At the last Alliance meeting it was agreed to revisit the purpose and aims of the Alliance. The members expressed their wishes to ensure a stronger voice for people living with long term health conditions and volunteers so that local service provision meets the needs of the local population. An event will be organised, sometime in the Autumn, to address the above notion as an attempt to determine local interest in order to move this forward.

If you are interested in being involved, then we would like to hear from you.

For further information you are welcome to contact Sioned Larsen at Mantell Gwynedd on **01286 672626** or sioned@mantellgwynedd.com

New Social Group in Caernarfon

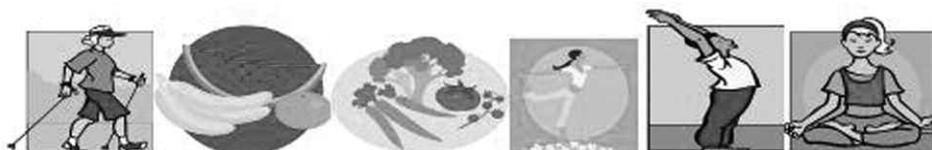
Do you live with a sight and/or hearing loss and live in the Caernarfon area? Would you be interested in attending a brand-new social group? If so, we want to hear from you! We're currently in the planning stages of setting up a new social group in Caernarfon to bring people with sensory loss together, to socialise and have fun.

For more information please contact Marian Williams on **07768 362609** or Marian.Williams@macularsociety.org

Good Health Event

11th October 2019 – 10:00am–2:00pm

The 'Good Health' event this year will be held at the Glan Wnion Leisure Centre Dolgellau **on Friday the 11th of October 2019**. If your organisation would like to have a table at this event, could you please contact Mantell Gwynedd on either **01286 672626/01341 422575** or e-mail sioned@mantellgwynedd.com



Social Prescription Project



CYSYLLT WCH A NI:
CONTACT US:
01286 672626
07940375467
LINC@MANTELLGWYNEDD.COM



Rhian Griffiths, Arfon Community Link Officer, giving a talk to Pontrug Women's Institute group sharing information about organisations and local activities. Thank you for the warm welcome.

YSBYTY GWYNEDD I CAN CENTRE



What is the I CAN Centre at Ysbyty Gwynedd?

The I CAN Centre provides an alternative to formal hospital based assessment and care for people experiencing low level social and mental health difficulties outside of usual working hours.

What support does the Ysbyty Gwynedd I CAN Centre offer?

I CAN Centres offer emotional support, somebody to talk to and signposting to support services for people who present at North Wales' three Emergency Departments.

Where are I CAN Centres located?

I CAN Centres are currently located at Ysbyty Gwynedd, Glan Clwyd Hospital and Wrexham Maelor Hospital.

Who can access I CAN Centres?

The Centre at Ysbyty Gwynedd offers an open-door policy to people over the age of 18 who present at an Emergency Department experiencing emotional distress but don't need to be treated at an Emergency Department or by a Mental Health Practitioner.

When is the Ysbyty Gwynedd I CAN Centre open?

The I CAN Centre is open every evening between the hours of 7pm and 2am.

Who will I be supported by at an I CAN Centre?

I CAN Centres are supported by a network of dedicated volunteers and by staff from third sector organisations (local mental health charities) who have significant experience, training and expertise in working with people who are in crisis, and a vast local knowledge of relevant services.

The centres also work closely with Betsi Cadwaladr University Health Board's Emergency Departments and Psychiatric Liaison Service.

We shall be holding information and recruitment events in your area over the next few weeks. For more information please contact Elaine Ginnelly, Project Administration Officer by e-mail at elaine.ginnelly@mantellgwynedd.com or contact Mantell Gwynedd on **01286 672 626**.

Measuring and Managing your Social Value

We're now into the last year of our project funded by the Wales Lottery Third Sector Skills Fund. In Gwynedd, our Measuring Value and Development Officer is supporting Abbey Road Centre, Outdoor Partnership, Tan y Maen and Anheddau to measure the impact of one of their activities before moving on to use the data to help in decision making. The next step will be to develop their own internal management system, which is very innovative. A toolkit will be developed for trustees developed as part of this project and will be launched later on in the year. Keep a look out for any developments.

North Wales Social Value Network

The last meeting was held in Bangor University of the 11th of June 2019, and the next meeting will be held on the 26th September in Wrexham and there's a warm welcome for anyone to join us.

The network works alongside the Social Value Forum Steering Group which reports directly to the Regional Partnership Board in North Wales under Section 16 of the Social Services and Wellbeing (Wales) Act 2014. The aim is to share good practice and learning, but also to ensure that any developments are supported by ensuring that a conversation takes place across all sectors. Members include County Voluntary Councils, third sector organisations, commissioners, local authorities, health board, universities and the police.

Further information about both the network and the forum is available on our website, and a copy of the first 3-year progress report can also be seen on the website.

I CAN Report

Social Value Cymru has been evaluating the work of the ICAN Centres based within the Emergency Departments at Ysbyty Gwynedd, Ysbyty Glan Clwyd, and Ysbyty Maelor. The centres offer support for vulnerable people. Volunteers will provide a listening ear to these individuals and will sign post the person for appropriate support.

The project is a good example of how the third sector and the health board can work together. The report is available on our website under Social Value Cymru.



The **Social Value Cymru** team was delighted to have a stall at the Co-production Wales Conference in Wrexham on the 6th of June 2019. There is a close relationship between both co-production and social value principles and developing both agendas are equally important under the new legislative framework in Wales.

Angus Irvine Playing Fields Fund

Between £2,500 and £5,000 is available to local community groups, sports clubs and charities to increase opportunities for young people in disadvantaged areas of the UK to play outdoor sport.

Applications can be made for grants towards some or all of the following types of projects with the intention of growing capacity to reach more young people:

- ◆ The development and improvement of playing fields and other facilities
- ◆ The development and training of volunteers including the provision of qualifications
- ◆ The purchase of specialist disability equipment
- ◆ The development of long-term sustainability, for example marketing and finance expertise.

Further guidance can be found at
<https://www.accesssport.org.uk/angus-irvine-playing-fields-fund>

TRUSTHOUSE CHARITABLE FOUNDATION

Community Centres and Village Halls Grants

Funding is available for capital projects at community centres in the most deprived urban areas and village halls in remote and economically deprived rural areas.

This is to help promote community cohesion and address local problems of isolation, poverty, lack of local facilities, transport and other issues.

Small and major grants are available to organisations.

For further criteria and guidance, please visit:
<http://trusthousecharitablefoundation.org.uk/grants/community-centres-and-village-halls/>

National Lottery Community Fund Rural Programme

The Rural Programme (round two) funds projects that create positive change for those living in poverty in rural Wales. This programme will fund partnerships that understand the connection between the causes and effects of poverty, and will propose solutions and services which use a joined-up approach to tackle the problem at its core.

Projects will focus on helping people who struggle to meet their basic needs or access services, who don't have reasonable living conditions or might be isolated from others.

Up to £500,000 is available per project from a total pot of £4 million
- deadline for applications 1 October 2019.

For more information go to
www.tnlcommunityfund.org.uk



Community Chest

Fancy £1500 towards your community sport project?

Community Chest offers grant awards up to £1,500 in any 12 months towards:

- ◆ Increasing participation
- ◆ Improving standards

Who can apply?

Any group that holds an account (be it a Bank, Building Society or Credit Union account), in their organisation's name.

You'll probably be one of the following:

- ◆ Sports Club or Association
- ◆ Youth Club
- ◆ Community Group

For more information go to:

<http://sport.wales/funding—support/our-grants/community-chest.aspx>

WCVA Training

**Getting on Board
(Trustee Recruitment Training)**

20-06-2019 – WCVA Rhyl, LL18 3EB

For more information or to book
your place go to
www.wcva.org.uk



Welsh Government Training

Introduction to Tendering Workshop
28-08-2019 – Siambr Clwyd, Rhyl, LL18 3LA

Introduction to Tendering Workshop
25-09-2019 – Gaerwen, LL60 6AG

For more information or to book your place, telephone
03000 6 03000

Mobile Unit and Information Stalls during Summer 2019

20 July – Snowdon Race, Llanberis
*Remember to call in to see us and to
collect new information*

**Remember you can
hire the Mantell
Gwynedd Mobile Unit
for a very reasonable
price**



COST OF HIRING THE UNIT

You're welcome to contact us to find out more and to discuss special rates e.g. hiring the vehicle on a regular basis for a period of time (we could come to a very reasonable arrangement).

Contact us by:

E-mailing: enquiries@mantellgwynedd.com

Phoning: **01286 672 626**

Or by visiting our website: www.mantellgwynedd.com

Come and visit us

at the Meirioneth County Agricultural Show
on the 28th of August in Harlech (LL47 6TR).

A warm welcome is extended to you all to call in and collect information from Mantell Gwynedd about the variety of projects Mantell Gwynedd are involved in.

Payroll Preparation Service

Mantell Gwynedd provides a Payroll Preparation service for voluntary organisations. For more information, please call Ceren Williams on **01286 672 626**.

MANTELL GWYNEDD TRAINING

Big Lottery Funding Surgery

Date: 30-07-2019

Venue: Mantell Gwynedd Office, Dolgellau

Training for Trustees

Date: 23-10-2019

Venue: Cartrefi Cymru Office, Bangor

Date: 24-10-2019

Venue: Storiell, Bangor

Safeguarding Training

Date: 14-11-2019

Venue: Byw yn Iach Glaslyn, Porthmadog

Date: 14-02-2020

Venue: Byw yn Iach Glaslyn, Porthmadog

Emergency First Aid

Date: 28-11-2019

Venue: Penygroes Memorial Hall

Date: 20-02-2020

Venue: Penygroes Memorial Hall

To register your wish to attend please contact **Ellen** on **01341 422575** or ellen@mantellgwynedd.com

To discuss any training needs for your organisation contact **Carys Williams** on **01286 672626** or carys@mantellgwynedd.com

ROOMS TO LET



23-25 Y Bont Bridd **CAERNARFON**
Gwynedd LL55 1AB

The Old Police Station
Lombard Street, **DOLGELLAU** LL40 1SB

For more information please contact:
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