

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 88 – FEBRUARY 2020

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Mantell Gwynedd receives special recognition!

In a special ceremony held by Social Value UK in London on January 29th, Mantell Gwynedd received a special award for the work Social Value Cymru has undertaken in measuring social value.



Eleri Lloyd, Mantell Gwynedd's Social Value Manager, received the award for collaboration to enhance the social value of a place.

Bethan Russell Williams, Chief Officer of Mantell Gwynedd said, "This is a real feather in our cap! Last year Mantell was the first umbrella organisation in the UK to be awarded

the Commit Status by Social Value UK in recognition of the fact that we have embedded social value in all of our work. Now we have received this latest award for Eleri's efforts for collaboration. I feel immensely proud of this success and am thankful to Eleri and the entire team for their groundbreaking work in this area."



MANTELL GWYNEDD

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Facebook: [Mantellg](#)



Twitter: [@mantellgwynedd](#)



Instagram: [@mantellgwynedd](#)



MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

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

Eleri Lloyd

Social Value and Development Officer:

Gareth James

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:

Arwen Evans

Receptionist:

Mair Davies

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

Carwyn Humphreys

Volunteering Officer:

Alan Thomas

I CAN Administrative Support Officer:

Mair Richards (from September 2019)

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:

16 April, 2020

Send or e-mail any information to
Dolgellau Mantell Gwynedd
e-mail:

dolgellau@mantellgwynedd.com

Tel: 01341 422 575

A Note from the Chief Officer

In November we hosted a Coffee Morning at our Caernarfon office to raise funds for the local Arfon Foodbank. This was our second fundraising for the Foodbank during the year and we managed to raise approximately £350 on both occasions making a total of £700. This is a respectable amount for the Foodbank which enables them to buy goods that are running low or goods that individuals tend not to donate.

Arfon Foodbank received 7 metric tonnes of food during December. This seems an enormous amount but in reality will only last for two months. Demand is increasing and a member of the foodbank stated, "We've been holding our breath to see the impact of the roll out of Universal Credit on us this year and we were right to be worried ... we have provided food packages for more people in the first nine months of 2019/20 than we did in the whole of the 12 months of 2018/19. This is a staggering increase that shows again, unfortunately, the demand is not going away and we need your support now more than ever."

The State of Hunger Report, commissioned by the Trussell Trust in 2019, revealed that there are more foodbanks in the UK (2,000) than there are McDonalds food outlets (1,300). It also reported that one in fifty households have been forced to use a foodbank and that over 3 million food parcels have been issued during 2019. The main factors for such demand were late payments of benefits, cuts in benefits or sanctions.

In a Daily Post feature just before Christmas, Gwyn Williams who has supported the work of the Arfon Foodbank since 2014, said the experience of working at a foodbank was a bittersweet one. During ONE day alone before Christmas Gwyn interviewed 25 individuals and supported 65 cases through the foodbank. He said it was a sad and challenging experience. However, he also said that what is heart-warming is the continued support of the local community and their readiness to help.

Mantell Gwynedd hosted another Coffee Morning on February 28th at our Caernarfon office. A warm welcome was extended to all who joined us for a cuppa and cake. Thanks to everyone who came along and hope to welcome you to our next coffee morning if you have half an hour to spare.

And remember, if you didn't join us at the Coffee Morning this time, we have a collection basket for the Foodbank at the Caernarfon office where you can donate goods.

Until next time

Bethan

Welcoming New Staff

In January we welcomed two new members of staff to Mantell Gwynedd.

Gareth James (Jâms) joined the Social Value Cymru team. For almost 15 years Jâms worked as the Scrutiny Manager at Gwynedd Council and prior to that he worked in the Third Sector for over twenty years with organisations such as Menter Fachwen, Yr Urdd and Nant Gwrtheyrn. With an in depth understanding of the Third Sector he is well placed to assist the Social Value Cymru team with the vital role of measuring the social value of Third Sector organisations.

Jâms replaces Elaine Thomas who left the team to take up a new post with Natural Resources Wales. We extend a warm welcome to Jâms and extend our thanks to Elaine and wish her well in her new post.



We also welcome Arwen Elysteg Evans as the new Administrative Assistant at our Dolgellau office. Arwen previously worked with Brodyr Evans Bros as an Admin Officer where she completed her Apprenticeship in Business and Administration. She's from the Dolgellau area and attended Y Gader and Berwyn schools. She is an active member of Dinas Mawddwy Young Farmers.



Arwen steps into the shoes of Ellen ap Dafydd who had been with us for the past decade at the Dolgellau Office but has now taken up a new post with Snowdonia National Park in Plas Tan y Bwlch. We extend a warm welcome to Arwen and extend our thanks to Ellen and wish her well in her new role.

Learning Links International

The Bangor-based organisation Learning Links International was successful in receiving a grant from the National Lottery Heritage Fund to support a project to recruit Community Research Volunteers who were interested in finding out more about the fulling mills and factories in local communities across mid and north Wales.

The focus of the project is to explore the little known history of the production of a cloth called 'Welsh Plains'.

During spring of 2019 the project team prepared information, guidelines and recruited volunteers through links with the Guilds of Spinners, Weavers and Dyers, as well as through the press and at agricultural shows. The project's bilingual website www.welshplains.cymru provides a lot of ideas and support.



There are still opportunities to get involved as the project moves on to the next phase, and the group is grateful to the excellent Community Research Volunteers who piloted the innovative community research approach. They also appreciated the excellent and practical support received from Mantell Gwynedd.

For more information contact lizmillman@yahoo.co.uk



The Outdoor Partnership

In our Measuring and Managing Social Value project, we've been working closely with the Outdoor Partnership on their journey to embed social value in the organisation. The project focused on their Pathways to Employment Programme and worked with the staff to engage with stakeholders to understand what had changed in their lives as a result of the project. Many had experienced positive changes in their mental and physical health as a result of the support received by the Project Officer. Over time their confidence to take part in activities helped them to make more positive changes in their lives:

'It has helped my character, made me more self – motivated... and more appreciative of the countryside.'

Many of the participants had felt lonely and isolated before being referred to the project. Having a routine and a purpose had helped them to take small steps to re-engaging with the community and with other services.

In November 2019, organisations that are part of the project had a day's training on our new Measure and Manage your Social Value toolkit. This is a unique part of the project, not only helping organisations to measure but also to manage their impact and provide them with the information to enable informed decision making.

Tracey Evans, the Chief Executive Officer said, "The Outdoor Partnership improves opportunities for more people in Wales to achieve their potential through outdoor activities. We can see the difference our projects have made to so many people, but it is difficult to demonstrate positive outcomes to our funding partners and stakeholders. Being part of this SROI

project will help us to show our key stakeholders their return on their investment as well as helping us make internal decisions on service improvements and future strategic direction.

The Outdoor Partnership is now looking to embed social value measurement across all projects and use the new toolkit to demonstrate their impact and therefore real change can be created. Being able to demonstrate social value is important, but by using the information to manage our work, we can achieve real change.

This new toolkit will soon be available to download on our website."

North Wales Social Value Network

Our latest meeting was held at Coed Pella, Colwyn Bay on the 23rd of January 2020. Alan Thompson, Commissioning Manager from Conwy County Borough Council presented on how they are embedding social value into their activities within health and social care. We also had a case study from Cyfle Cymru, CAIS, who are part of the north Wales project and supported locally by Conwy Voluntary Services Council. The next meeting will be in April 2020 in Anglesey. If you'd like to be part of this growing network then please contact eleri@mantellgwynedd.com

Case Study

“As soon as I discovered about ICAN, I knew it was something I wanted to get involved in.”

Bethan Hughes, one of ICAN’s valued volunteers, has had first-hand experience of what it is like to live with mental health difficulties. Bethan is applying her knowledge and understanding of mental health to empathise and support others. Using her own experience to help identify possible barriers individuals may face in accessing services and support, she ensures that individuals get the necessary



help and support as soon as possible. She said, “Every shift is different. Some individuals want a safe space to talk or company at their bedside and ICAN

provides that support. The scheme can give individuals the confidence to share their distress and I hope our compassion reassures them that they are not alone”. She believes that volunteering with ICAN has enabled her to grow as an individual, whilst also giving her the opportunity to undertake fundamental and invaluable training and experiences which will be beneficial to the service that ICAN provides and in aiding her back to employment. ICAN encourages self-care, which is paramount for positive well-being and resilience, and is as important to service users and those that provide the service.

GET INTO VOLUNTEERING!

75%* of employers would hire someone who has volunteering experience on their C.V
 (*Department of Work and Pensions)

- GAIN EXPERIENCE
- LEARN NEW SKILLS
- ENRICH YOUR C.V
- MEET NEW PEOPLE

Contact the Gwynedd Volunteer Centre for support about volunteering

01286 672 626
 volunteer@mantellgwynedd.com

CYNLLUN GWIRFODDOLI GWYNEDD VOLUNTEER SCHEME

Cynllun gwobrwyo a chydabod ymdrechion a gweithgaredd gan wirfoddolwyr yng Ngwynedd

Award scheme to recognise the effort and activity given by volunteers in Gwynedd

- 50 awr/hours
- 100 awr/hours
- 200 awr/hours
- 500 awr/hours
- Gwasanaeth hir dywr Long term service

www.mantellgwynedd.com
 01286 672626 / 01341 422575

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

North Wales Coast Football Young Volunteer of the Year 2019

Jessica Lane



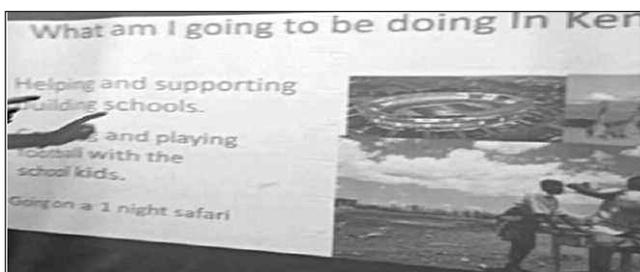
Congratulations to Jessica Lane for winning the North Wales Coast Football Young Volunteer of the Year 2019 as part of the FAW / McDonald's Grassroots Football Award. Jessica registered on the football coaching courses with the help of the Gwynedd Youth Volunteering Grant awarded to Caernarfon Town in the Community Football Club by Mantell Gwynedd.

Kieran Pritchard

Caernarfon Football Club in the Community recently received a



Gwynedd Youth Volunteering Grant to improve coaching standards run by the Football Association of Wales. As a result of completing these courses Kieran Pritchard as well as another person from Wales have been selected to go to Kenya to set up a Football Academy and also work with a Water Project. Congratulations to him.



Air Cadets (1557 Squadron) Friars, Bangor



▲ Trystan Richard Roberts with his Gwynedd Volunteer Scheme 50 and 100-hours certificates.



▲ Elwen Ffion Evans showing her Gwynedd Volunteer Scheme 50 and 100-hours certificates.



▲ Caian Jones receiving his Gwynedd Volunteer Scheme 50 hours certificate.



▲ Adam Thomas Ryan receiving his Gwynedd Volunteer Scheme 50 hours certificate.

North West Wales Community Cohesion Team

Officers for the west region have been recently appointed with posts funded by Welsh Government.

Their work is based on engagement with local community groups and third sector and they will work closely with the Police on matters regarding community tensions, hate crime and modern slavery.

The team will focus on issues around cohesion, inclusion and diversity to make north Wales a welcoming place for all.

For more information and a chat please contact Daron Owens at daronowens@anglesey.gov.uk
01248 752186

Third Sector Well-being and Volunteering Network Event

20/03/2020

The next Network event will be held on **Friday the 20th of March at 10:00am** at the **Porthmadog Football Club**. Several presentations will be given during the morning including one from a representative from the North West Wales Community Cohesion Team. A great opportunity for sharing information and networking.

For more information please contact Sioned or Carwyn at Mantell Gwynedd on **01286 672626** – sioned@mantellgwynedd.com or carwyn.humphreys@mantellgwynedd.com

Warm Homes– Nest Scheme

Welsh Government's Warm Homes – Nest Scheme has launched a new set of health-based criteria which looks to support people in Wales living with an eligible health condition and on a lower income, who are at a higher risk of developing illness as a result of living in a cold home.

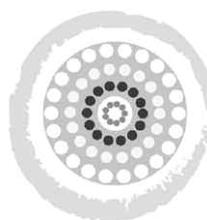
For further information on Nest's new health-based criteria visit the Nest website
www.nest.gov.wales or call **0808 808 2244**

Gardening for Well-being Club – with Wild Elements

Drop-in sessions every Tuesday
11:00am–1:00pm and 1:30pm–4:00pm

Venue: Treborth Botanic Garden, Bangor LL57 2RQ
All ages are welcome to attend, and activities will include horticulture, joinery, conservation, nature connection experiences, weeding, building sheds, natural crafts, garden maintenance, cooking, using tools, chatting and much more.

For more information please contact Wild Elements on **07799 566533** or info@wildelements.org.uk



ELFENNAU GWYLLT
WILD ELEMENTS

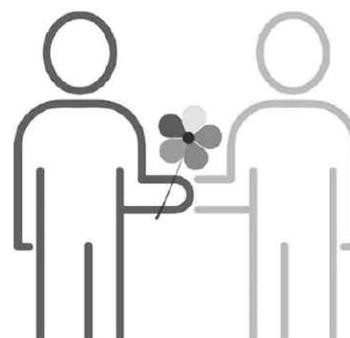
“Looking After Someone?” New booklet for unpaid carers

This booklet includes information about services and support for unpaid carers in Gwynedd and includes contact details for these organisations.

You can access the Booklet by visiting the Support for Carers page on Gwynedd Council website or by contacting Lester Bath, Carer Support Officer on **01286 679742** or Gofalwyr@gwynedd.llyw.cymru

Looking after someone?

Information about services
and support for unpaid
carers in Gwynedd



Adults, Health and Wellbeing Department 

Social Prescription Project

750+ have been referred to the project since October 2016

Example of the Arfon Community Link Officer's work:

EXAMPLE 1 – Doris was referred by her doctor to enquire as to what support was available as her mobility and health was deteriorating and she had no family members to help.

Help was given by the Community Link Officer to renew her bus pass and an application form for a Blue Badge was completed.

She was given information on a food provider where she was able to order groceries and meals over the phone for home delivery.

A referral was made to Telecare for 24 hour a day 365 days a week monitoring service. Her hearing aid was retubed and new batteries inserted.

Doris was given help to sort out her bills, medical appointments and this was done by the officer on her behalf by contacting utility suppliers, hospital, dentist, opticians.

She was also given an information pack of useful contacts and support for future use.

Impact of the intervention

“I would not have been able to do this on my own. I was worried that I would not have been able to get to town. All the appointments and bills had become so overwhelming. I was getting confused and was feeling extremely low and alone. My health was deteriorating. I was afraid that I would have had to go into a care home. Your help has got me back on track and I feel that I can carry on. The setup of the Telecare, the information and help that I received from you has made me feel supported and cared for, which I haven't felt in years.”

Quotes from individuals who have received information and assistance from the project:

“I had no hope. I wasn't coping with anything, just existing. I was in such a dark place I'm so glad you did not give up on me. I can't thank you enough for your support and patience.”

“You just listened; nobody has time to listen anymore, people are so busy. Just talking to you made me think that I must do something. I need to change”

“I had no idea of the amount of support and activities that was out there for me.”

“Because of your encouragement I now attend a regular dance and exercise class. The biggest change is that I now make an effort to meet up with friends and go out when I'm invited. You made me realise that I was lucky to have good friends which are hard to get and that I should grab onto them. Thank you.”

CYSYLLTWCH Â NI:
CONTACT US:

01286 672626

07940375467

LINC@MANTELLGWYNEDD.COM



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Yn sefndu grwpiau gwirysodol a chymunedol
Supporting voluntary and community groups

CYSWLLT
CYMUNEDOL
ARFON
COMMUNITY
LINK

GRWPIAU

ORGANISATIONS

CYNGOR

ADVICE

MUDIADAU

CLUBS

Lloyds Bank Foundation Relaunches Grants Programme

Charities with an income of between £25,000 and £1million that are tackling complex social issues such as mental health, homelessness and domestic abuse can now apply for core funding grants worth up to £100,000.

The funding is part of the Lloyds Bank Foundation relaunched grants programme which now has a simpler and more flexible approach. Grants are available for a period of three years (with the possibility of continuing to six years) and can be used entirely for core costs.

Applications can be submitted at any time.
<https://www.lloydsbankfoundation.org.uk>

Foyle Foundation – Small Grants Scheme

They welcome applications from charities that have an annual turnover of less than £150,000.

The Grants Scheme is designed to support smaller charities registered and operating in the United Kingdom, especially those working at grassroots and local community level, in any field, across a wide range of activities.

<http://www.foylefoundation.org.uk/how-to-apply/sgs@foylefoundation.org.uk>

Awards for All Wales

STATUS: **OPEN**

National Lottery Awards for All offers funding from £300 to £10,000 to support what matters to people and communities.

www.biglotteryfund.org.uk/funding

Children in Need – Small Grants

Children in Need's Small Grants programme is open to charities and not-for-profit organisations applying for any amount up to and including £10,000 per year for up to 3 years.

Objectives of fund:

Projects working with children and young people of 18 years and under experiencing disadvantage through:

- Illness, distress, abuse or neglect
- Disability
- Behavioural or psychological difficulties
- Poverty or deprivation

For more information go to:

<http://www.bbcchildreninneed.co.uk/grants/apply/extra-guidance-for-all-applicants/>

Application link

[https://www.grantrequest.co.uk/Login.aspx?ReturnUrl=%2faccountmanager.aspx%3fSA%](https://www.grantrequest.co.uk/Login.aspx?ReturnUrl=%2faccountmanager.aspx%3fSA%2f)

Email: pudseygrants@bbc.co.uk



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Reg. charity England & Wales no. 802052 and Scotland no. SC039557

Keep Wales Tidy Scheme

Keep Wales Tidy have launched their scheme which is part of the wider Local Places for Nature grant scheme (the same as the previous Environmental Growth on your Doorstep grant).

They have created packages which fall into three categories:

1. Starter packages for every town and community council in the country
2. Starter packages for community or volunteer groups
3. Development packages for community-based organisations

If anyone has an interest in applying then you can do so by using this link:

<https://www.keepwalestidy.cymru/pages/category/nature>

The deadlines for each application round are:
27 March and 17 April

Invitation to join new Awyr Las I CAN Concert Choir

A choir which uses the power of song to raise awareness and money for mental health related projects is looking for new recruits. People across north Wales are invited to join the newly formed Awyr Las I CAN Concert Choir. The choir aims to bring a range of talented singers together to



raise money for mental health related projects across North Wales through the NHS Charity, Awyr Las.

Meinir Evans, who is coordinating the Awyr Las I CAN Choir, said:

“We’d love to hear from anybody who has a passion for singing and wants to be part of a choir which is being formed to support vulnerable people in our communities.”

For more information please contact:

Meinir.Evans@sirddinbych.gov.uk

TRAINING AND EVENTS



FUNDING SURGERY

25th March 2020

Mantell Office Caernarfon LL55 1AB

By appointment only

An opportunity for voluntary and community organisations in Gwynedd to discuss potential project ideas / applications to current programmes of the NATIONAL LOTTERY COMMUNITY FUND.

One-to-one appointments are available with a representative of the Fund to discuss your ideas and to receive honest feedback about the next stages. The idea needs to have been recognised through community consultation, and the need for the project coming directly from the community.

To apply for an appointment or for further information please contact Arwen at Mantell Gwynedd:
arwenevans@mantellgwynedd.com

Everyone who receives an appointment will need to submit a brief outline of the project in advance.



Payroll Preparation Service

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

You can hire the Mantell Gwynedd Mobile Unit for a very reasonable price



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**

Advertising your volunteering opportunities



Here is an opportunity for Gwynedd organisations to make use of our glass cabinet located at the front of our offices in Caernarfon. Adverts in the window attract a lot of attention and we receive numerous enquiries at the Volunteer Centre regarding opportunities that are displayed. We still have space availability for 2020.

For a discussion or further information, contact Carwyn:
01286 672 626 • carwyn.humphreys@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:

Ceren Williams, Mantell Gwynedd

01286 672 626

enquiries@mantellgwynedd.com

www.mantellgwynedd.com