

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 69 • May 2015

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ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED

## MANTELL GWYNEDD

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## Volunteering aims high



Recently, members of the GwirVol grant panel at Mantell Gwynedd had the opportunity to film a digital story about volunteering in Gwynedd.

The Gwynedd Volunteer Centre was successful in receiving grants from GwirVol and Snowdonia National Park (CAE Fund). The aim of the project is to promote youth volunteering and showcase volunteering in all parts of Wales. The team filmed on Snowdon as well as the Ffestiniog and Welsh Highland Railway organisation. The film will be available to view in next few weeks on Mantell Gwynedd's website – [www.mantellgwynedd.com](http://www.mantellgwynedd.com)



*The First Minister Carwyn Jones and Alun Pugh discussing Youth Volunteering with Mantell Gwynedd Volunteer Centre Staff*

**MANTELL GWYNEDD STAFF****Chief Officer:**

Bethan Russell Williams

**DEVELOPMENT & SERVICES TEAM****Senior Development & Services Officer:**

Delyth Vaughan

**Projects Development Officer:**

Eleri Lloyd

**Children & Young People Facilitator**

Paul Edwards

**TEULU NI PROJECT****Teulu Ni Project Officer:**

Mair Richards

**FAMILY BUDDIES****Arfon**

Dawn Jones, Janet Jones

**Dwyfor**

Llinos Owen Jones

**Meirionnydd**

Iona Williams

**HEALTH TEAM****Health & Social Care Facilitator:**

Sioned Llwyd Larsen

**'Ffrindia' Project Manager:**

Carys Williams

**Arfon Volunteer Co-ordinator:**

Alan Thomas

**Dwyfor Volunteer Co-ordinator:**

Dawn Thomas

**Meirionnydd Volunteer Co-ordinator:**

Mirain Roberts

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

Ceren Williams

**Administration Officer:**

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Tracy Lynne Rotheram

**Administration Assistant:**

Ellen ap Dafydd

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Hilary Margaret Jones

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

Carwyn Humphreys

**Volunteer Officer:**

Ann Angharad Fleming

**Volunteer Officer:**

Gwenllian Glyn Dafydd

**A note from the Chief Officer**

It was great pleasure welcoming First Minister Carwyn Jones to Mantell Gwynedd over Easter. Above all it was an opportunity to emphasise the importance of the Partnership Agreement and the core funding which comes as part of that agreement. Without the core funding we would be unable to draw down the vast amounts of money from other sources e.g. Big Lottery Fund. The First Minister said that two things struck him during his visit, firstly the number of volunteers recruited through the Volunteer Centre, particularly young people, and secondly the number of third sector organisations registered with and receiving support from Mantell Gwynedd, over 2,300 at present. On a personal note it was an opportunity for me to meet up with a former student friend from Aberystwyth University where we both read Law in the mid 1980s.

As all political parties promise us the world before a General Election one article I have read has really stood out – an article by Ben Russell (no relation!) in Guardian Voluntary entitled “**Voluntary Organisations get things done and will be there when the next government has come and gone**”. It is no secret that many people are turned off by our party political system, believing that their vote will make no difference. I believe that voting is a hard-won right and everybody should vote as it our only chance to express a preference about who's going to run the country. But, like Ben Russell, I too believe that there is more than one way to change the world... In the UK we have some of the strongest and best charities and voluntary organisations in the world. They command massive support and mobilise tens of thousands of people. They campaign for change and also physically make a huge difference. There are over 160,000 registered charities in the UK doing thousands of different things. The chances are, whatever issue you are interested in, there will be a charity that champions the cause you believe in. You can volunteer, donate, join campaigns, make a difference. There are roughly 563,000 members of the main political parties in Britain – but contrast that with the fact that the RSPB alone has over 1m members! Research shows that 79% of people took part in some charitable local action last year – compare that with the fact that the turnout at last year's European elections was 34% , local elections 36% and even the General Election of 2010 was 65%.

Charities will be there when the next government has come and gone. Charities get things done. They are not a replacement for public services but perform a hugely valuable service for society e.g hospices, air ambulance etc. So if you feel like grumbling about the political system over the next few weeks remember there is another way. Don't get cynical about politics – charities are there to change the world!

**Until Next Time,****Bethan****INFO & ARTICLES FOR THE NEXT ISSUE OF MANTELL**

The deadline for information or articles to be included in the next edition of Mantell is **25th June, 2015**

Send or e-mail any information to **Ellen ap Dafydd**, at  
Mantell Dolgellau

e-mail: [ellenapdafydd@mantellgwynedd.com](mailto:ellenapdafydd@mantellgwynedd.com)

Tel: **01341 422 575**



## PQASSO for Wales – strengthening quality in the third sector in Wales

**It is increasingly important for third sector organisations in Wales to demonstrate their performance, effectiveness and impact to funders, commissioners and users.**

WCVA are really pleased to be working in partnership with NCVO in promoting and delivering the PQASSO for Wales project, which is funded by the Big Lottery Fund. As well as making sure PQASSO is relevant for Wales, this exciting five year project aims to strengthen quality in the third sector by helping organisations to improve their governance, to improve quality of services for users, to develop more effective and efficient systems and procedures and create a culture of continuous improvement.

From 2015, organisations taking part in PQASSO for Wales will be able to access the following:

- PQASSO quality standard in Welsh for the first time
- training opportunities
- practical support from PQASSO mentors
- new PQASSO health check tool for very small organisations

Organisations taking part may also be eligible to apply for a bursary to cover the costs of external assessment for the PQASSO Quality Mark. For more information about PQASSO and the PQASSO Quality Mark please visit [www.ncvo.org.uk/practical-support/pqasso](http://www.ncvo.org.uk/practical-support/pqasso)



**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?**

Cyfieithu Cymunedol aims 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 on 01492 642357**  
[www.cyfieithucymunedol.org](http://www.cyfieithucymunedol.org)

## Enterprising Communities Legacy and the Village Halls Forum

On the 4th of March at the Ganolfan in Porthmadog the last Village Halls Forum was held in its current format. We had a visit from Louise Currie, Community Action Northumberland, to talk about the Village Halls Consortia they have established there. It was a very useful and interesting presentation about the different projects they have such as the energy club and the quality programme they have specially designed for village halls.

The forum was funded by the Enterprising Communities Project but has now sadly come to an end. During the project 186 organisations received support of less than 7 hours, 22 organisations received more in depth support with 5 of these becoming new Social Enterprises. These groups received more intensive support from the Development Officer looking at legal structures, developing business plans, policies and funding applications etc.

You can watch 4 varied case study videos explaining the support they received from the project. There is a link to all 4 videos on our website and it's definitely worth a look – [www.mantellgwynedd.com](http://www.mantellgwynedd.com).

Eleri, who worked on this project, is staying on for a further six months as our Projects Development Officer. She'll be working on developing various projects as well as assisting community groups when needed.

## THE LATEST

To date the Project has received 117 referrals (target of 120 up to May 2015), 64 in Arfon, 27 in Dwyfor and 26 in Meirionnydd.

The location of the families varies from Caernarfon and Bangor and surrounding areas to Pwllheli and outlying areas of Llŷn Peninsula (such as Bryn croes, Rhydyclafdy, Mynytho etc), to Blaenau Ffestiniog, Barmouth, Dolgellau and outlying areas. This involves a considerable amount of travelling time for the Family Buddies.

The collecting of data for the Cost Benefit Analysis has been completed and the report is expected by the end of April.

The work was based on families who no longer receive the services of the Project and has shown that the cost of assisting families to keep medical appointments and receive counselling has cost £29,424.34 (19 families) to the Project. Without this support of the Project Family Buddies these families would have found it difficult to attend their medical appointments and receive counselling services thus increasing the cost to all the service providers in the long term.

The project will be arranging open air activities during half term and the Summer Holidays. During the last few months the Family Buddies have arranged many activities with the families, including:

- Making Pancakes
- Making bird boxes
- Bug hunting





## BUSY TIME

Since the beginning of the New Year it has been a busy time for Ffrindia'.

We have welcomed a number of new volunteers and these are a few who represents the three areas.



Above: Sarah Pozzi from Rhydyclafdy near Pwllheli



Left: Siân Angharad Jones from Caernarfon



Below: Peter Bell from Rhydymain near Dolgellau

## Information and Fun Day

**Do you offer Service/Information for Older People in Gwynedd?**

Ffrindia' is having n **Information/Fun Day**

at the **Ganolfan, Porthmadog** on the **3rd of July 2015.**

If you are interested in having an Information Stand Please contact

**Carys Williams 01286 672626** or email **carys@mantellgwynedd.com**

## Thank you

Occasionally we receive a letter which emphasise the benefit of having a befriender through the Ffrindia' Project. Below is a summary of a letter we received recently.

"My mother who lives alone has had a huge benefit from the project because of the lady who visits her every Tuesday afternoon.

Now, Mum is housebound and not able to walk very well. She has reached an age where the loneliness of losing friends who were the same age as her has made her feel lonely and isolated.

I am an only child living about 120 miles from my mother and even though I travel up to see her once a month, it's a huge comfort, knowing that she enjoys the company of her befriender one afternoon a week; the two get along famously, have a chat or a game of cards, and then afternoon tea by the fire.

A project like this is invaluable to the elderly and lonely in our midst; when Mum is floored by her loneliness its heart-breaking to hear her say how she feels and at times like this she does get depressed. Having company is priceless!

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

## Gwynedd Volunteer Centre Volunteers' Week, 1st - 7th June 2015



The aim of the week is to celebrate the contribution that volunteers and volunteering makes to our society. As part of the celebrations this year, the Gwynedd Volunteer Centre has organised the following events:

### Celebration and Thank you Event:

Look on our website for the date and venue!

### Photography Competition:

**An opportunity for you to win a hamper for your organisation!** You're not too late to send in a photograph portraying VOLUNTEERING in Gwynedd.

Closing Date – Friday, 22nd of May 2015

### Promoting volunteering:

During the week, Gwynedd Volunteer Centre will be raising awareness of volunteering and recruiting new volunteers. We will also be holding two exhibitions in Meirionnydd portraying the work of the Third Sector. The events will take place at:

- May 27th & 28th - 10am-4pm – Third Sector Exhibition Mantell Gwynedd Office, Old Police Station, Dolgellau
- June 1st & 2nd - 10am-4pm – Third Sector Exhibition Capel Bethel Vestry, Tywyn

In addition, we will also be visiting:

- June 1st- Information Stall - Maesgeirchen
- June 2nd – Information Stall - Penygroes Library
- June 3rd –Information Stall - Pwllheli Market
- June 5th – Information Stall - Bangor Market

You are all welcome to join in the volunteering celebrations - contact The Gwynedd Volunteer Centre on **01286 672626 / 01341 422 575** or [volunteer@mantellgwynedd.com](mailto:volunteer@mantellgwynedd.com)



*Paul Gordon Roberts, AGRO receiving his award for volunteering last year.*



*A group of volunteers at Blaenllechau*



MILLENNIUM VOLUNTEERS

## Millennium Volunteers – Successes

### Certificate for 50 hours of volunteering:

Glesni Lloyd Roberts – Urdd Gobaith Cymru,  
Plas Gwilym and Plas Silyn.

Megan Hughes - Penygroes Library and Bocs.

### Certificate for 100 hours of volunteering:

Tomos Ellis Roberts – Ffestiniog and Welsh  
Highland Railway.

### Certificate for 50 and 100 hours of volunteering:

Kazia Brody – Penygroes Library, Freshfields  
and Annie's Wyddfa.

Joseph Swaine- Coleg Meirion-Dwyfor -  
Dolgellau

Liam Jones - Coleg Meirion-Dwyfor -  
Dolgellau

Thomas Springle - Coleg Meirion-Dwyfor -  
Dolgellau

Ela Vaughan Jones – Pendalar School.

### Certificate for 200 hours - award of excellence

Rebecca Roberts – Cancer Research

Well done everyone!!



*Owain Griffiths with his 50, 100 and 200 hour  
certificates for volunteering with Bangor Gymnastic Club.*



*Joseph Swaine, Liam Jones a Thomas Springle with their  
50 and 100 hour certificates for volunteering with Coleg  
Meirion-Dwyfor - Dolgellau.*

## Children's right to have their say

The rights of children and young people to have a say in decisions that affect their lives and futures is one that is enshrined in Article 12 of the United Nations Convention on the Rights of the Child (UNCRC). In March, a successful day of training on the UNCRC was held for Children and Young People Network members, highlighting the importance of an awareness of children's rights to organisations that provide services or work with young people.

Also in March, as part of its commitment to children's rights, the Welsh Government launched Cymru Ifanc – Young Wales, a new programme of participative youth work. The project, run by Children in Wales, will ensure that children and young people's views are heard on the issues that are important to them, and that their voices impact on decision making. Linked to the national project, Partneriaeth Gwynedd a Môn, are busy putting in place a structure for youth participation at a local level through the establishment of a Youth Council that will be a forum for school councils, youth groups and representatives from the third sector to participate in grass-roots democratic process. Further information and an invitation to take part in the Youth Council will be shared with members of the CYP Network in the coming months.

## Mamory Café – the Alzheimer’s Society and Bangor University

Location: **Bryn-Llinos, Victoria Drive, Bangor LL57 2EN**

Time: **Every Friday 1:00 - 2:30pm**

Various activities to include tea and a chat with Bangor University students, for those diagnosed with dementia and their carers, friends, and family  
For more information please contact Judy Morris

**judy.morris@bangorstudents.com**  
**01248 388050** or **Hayley Horton**  
**Hayley.Horton@alzheimers.org.uk**

## TENOVUS TRAINING OPPORTUNITIES

Tenovus is running FREE 1 day accredited Benefits Advice Skills (Level 1 WEA) courses in 2015 across Wales. These are the dates for North Wales:

- Wednesday 20th May - West Wales
- Wednesday 23rd September – Bangor
- Tuesday 20th October - West Wales

Please contact  
**sharon.topazio@tenovuscancercare.org.uk**  
**07794 231319**  
for further information.

## EPILEPSY ACTION CYMRU – NEW “DROP IN SUPPORT CLINIC” AT ALLTWEN HOSPITAL

Location:

**Ysbyty Alltwen, Tremadog, Gwynedd LL49 9AQ**

Time:

**Every Tuesday - 9.00am – 12.30pm**

For more information: contact **Llinos. 07806 395 520** or email **Ann at asivapatham@epilepsy.org.uk**

## SOUTH GWYNEDD LONG TERM HEALTH CONDITIONS ALLIANCE

The next meeting will be held on **Monday June 22nd** at **RP Jones Meeting Room** at **Dolgellau Hospital** at **10 am**.

For more information please contact **Sioned** on **01286 672626** or **sioned@mantellgwynedd.com**

## GOFAL (Red Cross)

Befriending Service for the over 50s

This project is about enabling older people to live independently through emotional 1 to 1 support in the home, regular telephone calls and group support to encourage social interaction.

If you would like to know more about the service, please get in touch:

**Swyn Angharad – Gwynedd and Anglesey**  
Support Worker:

**SAngharad@redcross.org.uk 01248 672 632 | 07725 201 507**

**Fiona Evans – North West Team Leader**  
**FionaEvans@redcross.org.uk**  
**01745 828 360 | 07725 201 505**

## Opportunities available to participate in focus groups around Mid and North Wales

Focus groups are being held in order to find out people’s opinions about anti-social behaviour, and how it could be dealt with. Local Police forces have identified that many of their anti-social behaviour cases involve people who have experienced mental health or substance misuse issues. The group involved with this project would like to speak to people or/and their carers who have experienced mental health or substance misuse issues, The focus groups are being held in six different locations, on six different dates and will . run from 2pm until 4pm; refreshments will be served and travel expenses will be reimbursed. One of these meetings will be held at the Bangor University Seminar Room, Neuadd Ogwen on May 11 at 2:00 pm.

For more information please contact **Sue Jones 01248 388728 s.jones@bangor.ac.uk** or **Tina Faulkes** on **01745 816711 asstdirector@unllais.co.uk**

## 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 next closing dates are as follows:-

**30 June 2015**

**30 September 2015**

**04 January 2016 (subject to funding 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** neu **0300 123 8084**.

## The Chest has opened

### grants available for Gwynedd community groups

Cist Gwynedd, which offers financial support for voluntary and community groups in the county, has opened for another round of applications in April 2015.

Cist Gwynedd administers the Voluntary Development Fund which offers up to £10,000 of capital or revenue finance to support volunteers to develop projects that will improve the quality of life of residents and communities in Gwynedd, as well as the Welsh Church Fund which offers small grants to local eisteddfodau and registered charities in the county. For more information or an application pack, go to the Council's website on:

[www.gwynedd.gov.uk/communitygrants](http://www.gwynedd.gov.uk/communitygrants), or contact the Cist Gwynedd Senior Officer on 01286 679153 or e-mail: [cistgwynedd@gwynedd.gov.uk](mailto:cistgwynedd@gwynedd.gov.uk)

The closing date for the next round of applications is **30th June 2015**.

## Crowdfunding

In its essence Crowdfunding is a growing, fashionable, new approach to fundraising in a different way for your organisation/project or to get a great idea off the ground. In order to ensure a successful Crowdfunding campaign you must have an established 'game-plan' that will run for the full duration of your campaign prior to launch. You need to ensure that you have planned your campaign well in-advance. Here are seven pre-crowdfunding steps below to help you get your campaign off the ground:-

1. Build a Fan Base – reaching out to fans should be your primary concern if you wish to ensure a successful crowdfunding campaign prior to launch. Having pre-existing support could make the difference between success and failure.
2. Research your Target Market - finding fans and establishing a market go hand-in-hand. Close family and friends are important to help get your campaign started but after a while you need to think about how to influence people on a wider-scale.
3. Choose a Portal – there are hundreds of active portals online, selecting the right one takes a fair amount of research and the type of crowdfunding you use i.e. donation-based, equity, reward etc.
4. Setting (realistic) Financial Goals – you need to cost your campaign and you need to be transparent.
5. Team-up – this could be beneficial but it's not for everyone – share costs, reduce workload, diversity and ensure no base goes uncovered.
6. Write, write, write – press releases to keep your fans and supporters informed throughout the campaign and make use of all media
7. Carry your Momentum Forward – having a few funders in your pocket before moving ahead is essential for new funders to get on-board.

Thanks to [www.crowndclan.co.uk](http://www.crowndclan.co.uk) for the above.

## MANTELL GWYNEDD MOBILE UNIT 2015 JOURNEY

- 04-05-2015 Nefyn Show, Nefyn
- 13-06-2015 Dyffryn Ogwen Show, Bethesda
- 04-07-2015 Caernarfon Show, Caernarfon
- 18-07-2015 Snowdon Race, Llanberis
- 26-08-2015 Meirionnydd County Show, Harlech

Remember you can also hire the Mobile Unit for a reasonable price, please contact us by:

e-mailing: [enquiries@mantellgwynedd.com](mailto:enquiries@mantellgwynedd.com)

Phone: **01286 672 626**

Or visit our website: [www.mantellgwynedd.com](http://www.mantellgwynedd.com)



### COME AND JOIN US

at the Meironeth County  
Agricultural Show on the 26th of  
August in Harlech.

A warm welcome is extended to all third sector (volunteer) 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** – for further information.



[facebook.com/mantellg](https://www.facebook.com/mantellg)



[@MantellGwynedd](https://twitter.com/MantellGwynedd)



### WCVA EVENTS AND TRAINING CALENDAR

12-05-2015

**Communicating causes Strategic Campaign Communications**

Plas Pentwyn (LL11 3NA)

13-05-2015

**Introduction to data protection and confidentiality**

WCVA, Rhyl (LL18 3EB)

14-05-2015

**Getting impact measures into your business process**

WCVA, Rhyl (LL18 3EB)

20-05-2015

**Leadership Skills for Fundraisers**

WCVA, Rhyl (LL18 3EB)

09-06-2015

**Securing large gifts from wealthy individuals**

WCVA, Rhyl (LL18 3EB)

18-06-2015

**Capital appeals fundraising**

WCVA, Rhyl (LL18 3EB)

23-06-2015

**How Wales works devolution in practice**

WCVA, Rhyl (LL18 3EB)

25-06-2015

**Planning for success project closure and beyond**

WCVA, Rhyl (LL18 3EB)

To book a place go to [www.wcva.org.uk](http://www.wcva.org.uk) or to get more information, phone **0800 2888329** or e-mail [help@wcva.org.uk](mailto:help@wcva.org.uk).

### GOOD BYE AND GOOD LUCK

Unfortunately, we had to say good bye to one of our fellow colleagues Carol Evans - her project came to an end at the end of March. Carol Evans was the Making the Connections Officer an ESF and Wales Government funded project. We would like to thank Carol for all her work over the last two years and we all wish her the very best on her new ventures.

### MANTELL GWYNEDD TRAINING/EVENTS

To discuss the training needs of your organisation contact **Delyth Vaughan** on **01286 672626** or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com).