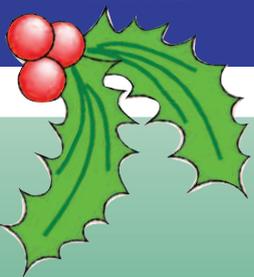


Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 75 – December 2016



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ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

MANTELL GWYNEDD

Registered Office:

23-25 Y Bont Bridd, Caernarfon

Gwynedd LL55 1AB

Tel: 01286 672626

Fax: 01286 678430

E-mail:

enquiries@mantellgwynedd.com

Registered Office:

The Old Police Station, Lombard St.,

Dolgellau, Gwynedd LL40 1SB

Tel: 01341 422575

Fax: 01341 422147

Website:

www.mantellgwynedd.com



Facebook: **Mantellg**



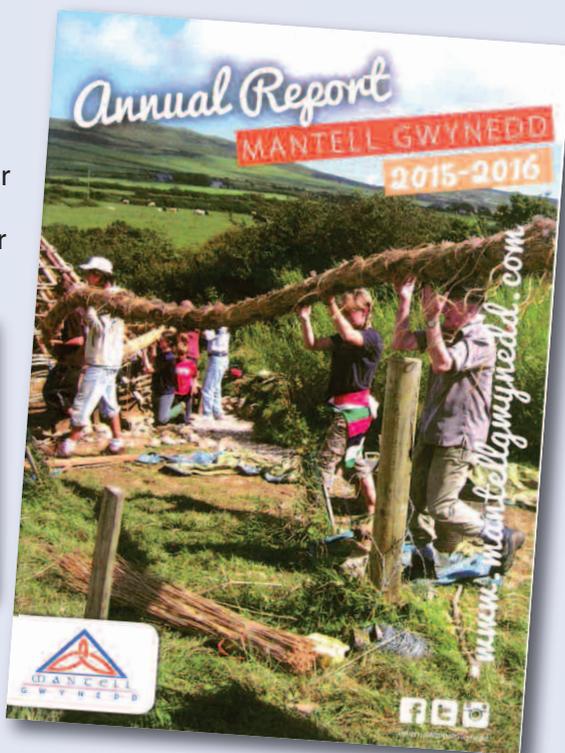
Trydar: **@mantellgwynedd**

Annual General Meeting

Mantell Gwynedd Annual General Meeting was held in Portmeirion on 16th of November.

It was a pleasure to have the company of our guest speaker Tudur Owen a well known comedian and radio presenter at our AGM.

Tudur talked about his role as a patron and volunteer with the Gwynedd and Anglesey Hospice at Home and about his role as a trustee of the 'Cerddwn Ymlaen' Charity. Thanks to all that attended the meeting.



MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM**Senior Development and Service Officer:**

Delyth Vaughan Rowlands

SROI Officer:

Eleri Lloyd

Social Accountant:

Dr Adam Richards

HEALTH TEAM**Heath and Wellbeing Facilitator:**

Sioned Llwyd Larsen

Social Prescription Project, Community Link Officer:

Rhian Griffiths

Ffrindia' Project Manager:

Carys Williams

Arfon Volunteer Co-ordinator:

Alan Thomas

Dwyfor Volunteer Co-ordinator:

Dawn Thomas

Meirionnydd Volunteer Co-ordinator:

Mirain Fflur Breese

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

Ceren Williams

Administration Officer:

Bronwen Rowlands

Finance Assistant:

Tracy Williams

Administration Assistant:

Tracy Lynne Rotheram

Administration Assistant:

Ellen ap Dafydd

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

Carwyn Humphreys

Volunteer Officer:

Gwenllian Glyn Dafydd

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:

26 JANUARY , 2017

Send or e-mail any information to

Ellen ap Dafydd

at Mantell Dolgellau

e-mail:

ellenapdafydd@mantellgwynedd.com

Tel: 01341 422 575

A Note from the Chief Officer

November is that time of year when we hold our Annual General Meeting and produce our Annual Report. It is a time of great pride as we look back over the year's activities and see them all summarised in one neat report. We held our AGM at the incredibly wonderful Portmeirion Village again this year and it was good to welcome so many volunteers as well as people representing various third sector organisations.

The Annual Report is well worth a browse. On the front cover is a photograph of a group of volunteers of every age, who are lifting a roof onto a Round House at Felin Uchaf in Pen Llŷn. It is a special photograph as it conveys so much, the age range of volunteers, the importance of a social enterprise, an ancient skill of building a roundhouse, and all set in the backdrop of beautiful Pen Llŷn. It really is a photograph which tells a story.

Inside the cover there is another quite incredible story. Mantell Gwynedd received over 4,600 enquiries over the year which were enquiries about all sorts of matters. 1,700 enquiries received were in relation to volunteering and the Volunteer Centre supported and placed 226 individuals during the year.

The Ffrindia' befriending project is in its final year. This project has seen 200 volunteers provide an invaluable befriending service for over 300 lonely individuals. Early indications suggest that for every £1 the Lottery invested in this project there has been a return of £3. Not bad value for money!

The Teulu Ni project came to an end during the year. It has supported 190 individuals and 381 children and done so through informal, early, third sector intervention. For every £1 invested it has seen a return of £5.15 generated. Again, great value for money!

There are many references in the Annual Report to the work of measuring social value which is now part of Mantell Gwynedd work. During the year Social Value Cymru was launched as a specialist service within Mantell Gwynedd. In the knowledge that much social, economic and environmental value is generated by the third sector the Social Value Service helps organisations to better demonstrate their total value.

Over 220 trustees received support from Mantell Gwynedd during the year and 446 trustees benefited from the 16 events which were organised for them. 169 organisations took advantage of the 16 training sessions which were held for them. 26 funding events were held which 793 individuals benefited from.

Without a shadow of a doubt, it has been a very busy year, and with a financial turnover in excess of £1.2M again this year, the AGM was a real opportunity to thank everybody for their support and commitment to Mantell Gwynedd.

This is the last edition of Mantell for 2016. May I take the opportunity to wish you and your families good health for the forthcoming year, and at a time when there is such turmoil in the world my main wish will be for a more peaceful world in 2017.

Until Next Year, Bethan



In order to maintain the status of the Welsh language within community events and services in Gwynedd, hunaniaith (Menter Iaith Gwynedd) are hosting 3 workshops that will look at ways of safeguarding the Welsh language.

Come to **one** of the following:

2 February: Canolfan Henblas, Y Bala
6-8 pm

9 February: Oriol Plas Glyn y Weddw
2-4 pm

16 February: Antur Waunfawr
6-8 pm

Presentations by

Menna Jones, Antur Waunfawr
and **Dylan Bryn Roberts, Popdy**,
plus an opportunity to share ideas
and good practice.

Register by **16 December**

by phone: 01286 679452

e-mail: hunaniaith@gwynedd.llyw.cymru

post: hunaniaith, Ystafell 2.2, Pencadlys
Cyngor Gwynedd, Caernarfon LL55 1SH

Refreshments will be provided!



Fundraising Regulator

Since 7th of July 2016, the Fundraising Regulator has been in operation as the official charitable fundraising regulator since the dissolution of the previous Fundraising Standards Board. Over the summer of 2015, Sir Stuart Etherington led Government-commissioned review into the self-regulation of charity fundraising. The review took evidence from stakeholders in order to identify what changes were required to rebuild public trust in fundraising by charities following the death of pensioner Olive Cooke. The Government accepted the review's recommendations in full. These included:

- A new single regulator should be established to investigate poor fundraising practice and assume the role of setting standards (the "Code of Fundraising Practice").
- The new regulator should have strong links with the Charity Commission, and with the Information Commissioner's Office in order to ensure that charities followed its rules.
- A new Fundraising Preference Service ("FPS") should be created that would enable the public to opt out of fundraising communications.

For more information on the new Fundraising Regulator work and responsibilities please visit www.fundraisingregulator.org.uk

MANTELL GWYNEDD SUPPORTING REFUGEES

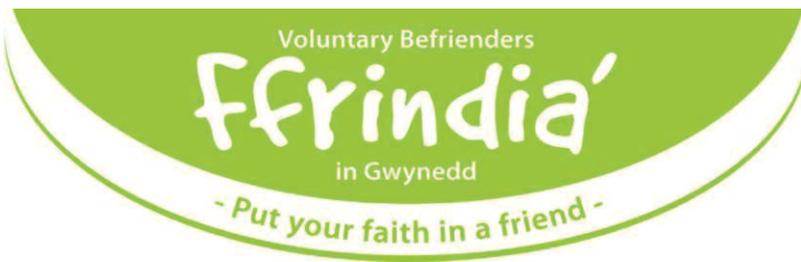
We are still collecting donations for refugees in our Caernarfon and Dolgellau offices. The cold winter is upon us again and it is a truly challenging time for refugees across the world. In collaboration with the CEFN organisation we can ensure that donations reach the neediest. Please, if you have any clothing or goods which might help, we would be most grateful.

Our offices are open 9am-5pm from Monday to Friday.

Celebration and thanks

On Friday the 30th of September 2016 at Bron Eifion, Cricieth we had an opportunity to celebrate the success of the Ffrindia' Project. It was wonderful to welcome around 80 of our past and present volunteers, some of the individuals that have been supported as well as the Ffrindia' Project and Mantell Gwynedd staff. There is a short film of the occasion on the Ffrindia' Facebook page, You Tube and the Mantell Gwynedd website.

The occasion was also an opportunity to inform everyone that the Ffrindia' Project has received funding from the Betsi Cadwaladr Health Board to keep the project going until the end of March 2017.



Eirian Demertzis, Bethan Lewis and Verna Trevail



The Co-ordinators: Mirain Ff Breese, Dawn Thomas and Alan Thomas



Delyth Pritchard gyda Nansi Williams



Yayu Evans with Sylvia Wood



Dorothy Hughes, Mrs Catherine Brown and Joanne Norris

New Engagement Officer for Betsi Cadwaladr University Health Board

The local Health Board has recently recruited Eirian Wynne as the new Engagement Officer for Gwynedd and Anglesey area team. Eirian is a local woman who has worked in the voluntary, public and private sector over the years, and is located at the Eryldon area Health offices based in Caernarfon. Eirian is part of a new Engagement Team working across North Wales and there are similar Engagement Officers based within the Central and East Teams.

The main aim of the post is to increase community involvement, strengthen strategic and operational partnerships. The main focus is to reconnect with the public but most importantly regain public confidence in the Health Board, and establish a different approach to engagement.

Eirian is available to attend community groups, partnerships or forums in Gwynedd and Anglesey to listen to health issues and discuss ways of joint working.

For more information you can contact her on **01286 674 238** or by email – **Eirian.Wynne2@wales.nhs.uk**

Social Prescription – Community Link Officer – Arfon

The Social Prescription project has started receiving referrals and is encouraging health professionals to refer to Linc@mantellgwynedd.com or to distribute the community link referral cards. 'Drop In' sessions have taken place at Bodnant Surgery, Bangor and the aim is to hold more sessions in other Arfon Surgeries soon.

If you would like further information, please contact **Rhian** on: Linc@mantellgwynedd.com or **01286 672626 / 07940 375467**

Third Sector Wellbeing / Volunteering Network Event – 04/10/2016

A good turnout attended this Network Event held at the Porthmadog Football Club on the 4th of October.

The main purpose of the event was to provide a platform for organisations to have a voice in the future of Health Care in North Wales.

Representations from Welsh Government and Betsi Cadwaladr University Health Board were present taking notes from the discussions and, hopefully, will be reflected in future developments of health care services across North Wales.

Good Health Event 2016

The Good Health Event was held on October the 14th at the Dolgellau Leisure Centre and Fire Station. Once again there was a fantastic turnout on the day with more than 45 information stalls. We are very grateful for all the support to ensure that it was a success again this year.

The Good Health event was opened by Ffion Johnstone, Director (West), Betsi Cadwaladr University Health Board. Also in the picture is Delwyn, Gwilym and Llew who are members of the South Gwynedd Long Term Condition Alliance.

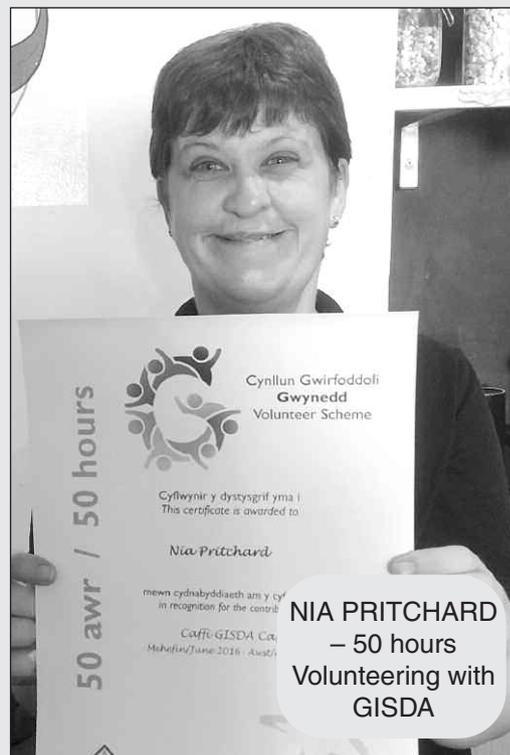


Gwynedd Volunteer Scheme

Gwynedd Volunteer Scheme was officially launched at the annual 'Volunteers' Celebration and Thank You Event' in Portmeirion in June. The aim of the scheme is to recognise the efforts and time given by volunteers in Gwynedd. Here are some of the volunteers who've received their certificates so far.



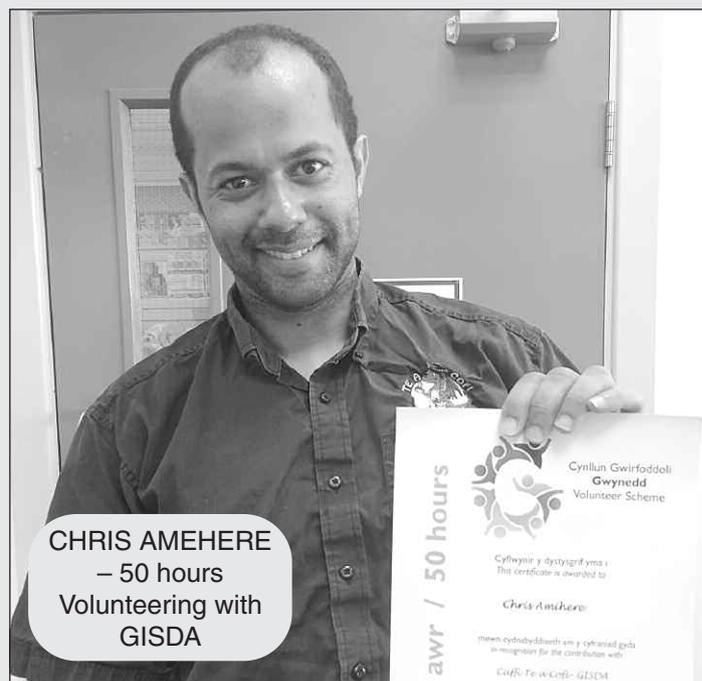
NIA BALL
– 500 hours
Volunteering
with RSPCA
Bryn y Maen



NIA PRITCHARD
– 50 hours
Volunteering with
GISDA



AMY BATHER
– 50 hours
Volunteering with
Abbey Road Centre



CHRIS AMEHERE
– 50 hours
Volunteering with
GISDA

For more information about the scheme, contact Carwyn:
carwynhumphreys@mantellgwynedd.com / 01286 672 626

Volunteers needed
Marie Curie are looking for volunteers for their fundraising group in the Porthmadog area. Contact the Volunteering Centre for more details.

Marie Curie Cancer Care

Millennium Volunteers – Successes

Certificate for 50 hours of volunteering –

Tom Kelly – Wales Air Ambulance shop
 Aaron Owen - Wales Air Ambulance shop
 Mared Hughes – Arfon Leisure Centre and Plas Silyn
 Callum Hanks - Waunfawr Youth Club
 Dafydd Griffith – Waunfawr Youth Club
 Buddug Roberts – Plas Ffrancon

Certificate for 100 hours of volunteering –

Sophie Pipe – Plas Ffrancon

Certificate for 200 hours - award of excellence –

Tomos Roberts –Llanrug Brass Band, Wales Highland Railway, Wales Air Ambulance shop
 Ceri Lois Owen – Yr Urdd, Bangor University.
 Ffion Guest-Rowlands – Royal Voluntary Service and Yr Urdd.
 Alex Alexander – Gisda



Ffion Guest-Rowlands receiving her 100 a 200 hours Millennium Volunteers certificates from Elsie Thomas who also volunteers with the Royal Voluntary Service at Ysbyty Gwynedd. This proves that volunteering is for everybody no matter what your age. Thank you both for the fantastic work you do.

GWIRFODDOLWYR Y MILENIWM



MILLENNIUM VOLUNTEERS



Mirain Llwyd Roberts receiving her Millennium Volunteers certificates for her voluntary work with Bangor University, Mantell Gwynedd and Ffrindia' Project. Congratulations Mirain, thank you for your hard work.



Ceri Lois Owen receiving her Millennium Volunteers certificates for her volunteering work with Bangor University and Yr Urdd. Fantastic work Ceri, thanks for all your hard work.

Recycling goes a long way to renew life

Craig first started collecting stamps for his grandfather to send them away to raise money for a local charity. Years later Craig now recycles stamps, ink cartridges, wine bottle tops, aerosol bottles, biscuit wrappers and much more. If he can recycle and raise money at the same time for local charities then he will.

All the money he gets for his recyclable goods goes to three local charities: Elim Church, Barmouth Drop in Centre and Barmouth Foodbank. Being a regular attendee at the drop in centre, so it means a lot to Craig to be able to raise money and give something back.

So why does Craig volunteer so many hours of his time doing this? His answer was very simple:

"It makes me feel good to help others. That feel good factor of helping others is something valuable which helps get a sense of personal satisfaction by being able to contribute to society."



Craig has raised over £200 for local charities and one of the cheques that went directly to the Barmouth Foodbank was for £80, which is a lot of food to feed local people who needs that support. The foodbank depends entirely on donations so his support is greatly appreciated but they also appreciate the changes it creates for Craig. To quote Dave Hooper Barmouth Foodbank: -

"I believe Craig not only has a sense of purpose but that he also gets great joy and pride when he sees a charity receiving support as a result of his efforts."

But that isn't the only benefit to Craig. Meeting people and being able to *socialise* is also very important to him. Without the work that he does he would be very *"bored"* and life would be much *lonelier* as he wouldn't have a reason to go out and communicate with people. Going into various local businesses to ask for their support and asking to speak to the managers has meant that Craig's confidence has increased over the years.

The most important outcome for Craig was *having independence*. His work takes him to various different places like Bala and Tywyn on the buses. Although Craig still has a support worker three days a week, he feels he is less dependant on support now. Being able to travel around and go to places independently is very important to him.

The amount of social value that is being created by Craig is amazing. Social value is the worth of changes in somebody's life as a result of an activity. By recycling Craig *benefits the environment* and uses the money to benefit local charities which appreciates his donations. The changes that the work has created for him must also *benefit the NHS and Social Services* as he recognises that he is much *healthier and more independent* than in the past. But the most important impact is on Craig himself as this work helps him to *"feel part of something and allows him to socialise daily."*

Esmée Fairbairn Foundation – launch funding stream for young people leaving care

Esmée Fairbairn Foundation will spend over £2M a year for at least five years to support young people leaving care to sustain healthy relationships and to receive more consistent and high quality support from the state.

Funding is available to support charitable work in the following areas:

Work that develops long lasting, supportive relationships for young people in and leaving care.
Work that has a positive impact on the support that care leavers receive from their local authority and other statutory services.

- There is no minimum or maximum level of grant and no specified length of time for funding.
- Applications are accepted from organisations carrying out charitable work to support young care leavers.
- Applications can be submitted at any time.

Further details are available from:

<http://esmeefairbairn.org.uk/what-we-fund/young-people-leaving-care>

or contact **020 7812 3700**

email: info@esmeefairbairn.org.uk



Social Business Growth Fund

Social Business Growth Fund (SBGF) will support social businesses in Wales financially to enable them to grow and create job



Buddsoddiad
Cymdeithasol
Cymru
Social
Investment
Cymru

opportunities. SBGF is part funded by European Regional Development Fund and Welsh Government. The main aim of this fund is to create new jobs within social businesses. If you're aware of new social enterprises or existing social enterprises who wants to expand and create new jobs then this is an option for them to consider. Social enterprises can apply for up to £150,000 with all new full time jobs based on £20,000 each. Here's a summary of the key points:

- ◆ 40% match funding is needed
- ◆ The business will receive 40% of the sum awarded as a grant and 60% as a 0% interest-free loan for up to 5 years.
- ◆ If the business has said that they would create 2 jobs and in the same period they create additional jobs, this can write-off the loan,
- ◆ It needs to be spent within 12 months, and all jobs created must be sustained for 6 months after the funding has finished.
- ◆ This programme is in partnership with Wales Co-operative Centre
- ◆ It is a two-stage application process through etenderwales

Here's a link to the website for more information

<http://www.wcva.org.uk/funding/social-investment-cymru/social-business-growth-fund?seq.lang=en-GB>

BBC Children in Need

BBC Children in Need now has a Small Grant Programme for applications of up to £10,000 for 1 year, and are keen to promote this funding to organisations in Wales. A Small Grant could be a way of kick-starting your work with disadvantaged children and young people aged 18 and under. Our next deadline is **01 March, 2017** with a turnaround of 8/9 weeks. We make fewer Small Grants than in other parts of the UK and we are keen to increase our numbers.

Our Main Grant Programmes is still available for

applications of over £10,000 for up to 3 years. To access applications to either of our grant schemes go to our Grants page on www.bbc.co.uk/pudsey or call Emma or James on **029 2032 2383** to discuss your idea.

We fund not-for-profit organisations – you do not need to be a charity but organisations do have to be non-statutory.



BBC
Plant mewn Angen
Children in Need

© BBC 2007. Elusen golffrestredig Cymru a Lloegr no. 802052 a Alban no. SC039557
Reg. charity England & Wales no. 802052 and Scotland no. SC039557

Mantell Gwynedd Training / Events

Public Health Wales Training - Making Every Contact Count (MECC)

Trainer: Public Health Wales

Date: 18-01-2017

Venue: Caernarfon: Mantell Gwynedd Office

Recruitment and Retention of Volunteers

Trainer: Gwynedd Volunteering Centre

Date: 31-01-2017

Venue: Caernarfon: Mantell Gwynedd Office

Level 2 Food Safety in Catering

Trainer: Iolo Povey

Date: 06-02-2017

Venue: Dolgellau: Mantell Gwynedd Office

Emergency First Aid

Trainer: Andy Thompson (Anglesey Training Services)

Date: 23-02-2017

Venue: Community Centre, Porthmadog

Big Lottery Fund: Funding Surgery

Officers: Gareth Hughes a Catrin Jones

Date: 09-03-2017

Venue: Caernarfon: Mantell Gwynedd Office
(by appointment only)

To register your wish to attend any of the above please contact **Ellen**

on **01341 422575**

or **ellen@mantellgwynedd.com**

Or to discuss the training needs of your organisation contact

Delyth Vaughan Rowlands

on **01286 672626**

or **delyth@mantellgwynedd.com**

ROOMS / OFFICES TO LET

23-25 Y Bont Bridd, Caernarfon, Gwynedd, LL55 1AB

The Old Police Station, Lombard Street,
Dolgellau LL40 1SB

For more information contact:

Ceren Williams, Mantell Gwynedd – 01286 672 626



YOU CAN HIRE THE MANTELL GWYNEDD MOBILE UNIT FOR A VERY REASONABLE PRICE



COST OF HIRING THE UNIT

Mantell Gwynedd Members:

£130 per day (50% reduction for each consecutive day thereafter).

Non Members:

£150 per day (50% reduction for each consecutive day thereafter).

You are welcome to contact us 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**

Phone: **01286 672 626**

Or visit our website: **www.mantellgwynedd.com**

WCVA TRAINING



Bilingualism at work (01-02-2017)

Location: CAIS (LL29 8BP)

Working in partnership for better outcomes

(15-02-2017)

Location: AVOW, Wrexham (LL11 1ND)

To book a place go to **www.wcva.org.uk** or to get more information, phone **0800 2888329** or e-mail **help@wcva.org.uk**



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