

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 76 – February 2017

## CONTENTS

From Mantell	2
News	3
Children and Young People	4
Volunteering Centre	5
Health and Wellbeing	6
Ffrindia'	7
Social Return on Investment	8
Funding Opportunities	9
Events and Training	10



ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED

### MANTELL GWYNEDD

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enquiries@mantellgwynedd.com

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www.mantellgwynedd.com

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Trydar: **@mantellgwynedd**

# THANK YOU

This newsletter proudly displays two photographs demonstrating our commitment to support local and world wide charities.

The first photograph shows a collection basket at our Caernarfon office, for the local Food Bank. The items donated form part of the food and toiletry parcels which are distributed to those who have fallen on hard times. Bearing in mind this can happen to any one of us at any time during our lives, we are proud to support our local Food Bank who provide a much needed service in Gwynedd. Our Dolgellau Office plays its part as food parcel distribution location whilst our Caernarfon office is an official food collection point.



The second photograph shows a mountain of packed and sorted refugee donations. Both our Dolgellau and Caernarfon offices are collection points for refugee donations. We have worked closely with the newly formed CEFN group who co-ordinate the distribution of the donations to refugees fleeing war and conflict. We are most grateful to All Saints Church in Blaenau Ffestiniog for providing the sorting and storing facility required for the task. It is a great example of how we can, by working together collaboratively, reach the four corners of the world to help others.



Donations for the local food bank or refugee donations can be dropped off at our Caernarfon and Dolgellau offices.

**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:

**20 APRIL, 2017**

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

# A Note from the Chief Officer

I have always felt that it is important to look outside the county, outside the region, and indeed outside of Wales, to see what developments are taking place within the third sector and particularly within umbrella organisations like Mantell Gwynedd. So I started this year off by going along to Rotherham to see their exciting Social Prescription model which has been running since 2012 and which is now receiving huge publicity.

To those of you who are attentive Mantell readers I am sure you will recall that in September 2016 we appointed a Social Prescription officer in Mantell Gwynedd. The officer is now working closely with some GP surgeries and helping to refer patients to third sector community opportunities. We all know that no drug can be prescribed which will cure loneliness but we do know that a good befriending scheme can certainly help reduce loneliness. There are many similar examples of how informal non clinical intervention can make a huge difference.

This year has begun with unprecedented media coverage of A & E departments bursting at the seams, and NHS staff at breaking point. The number of patients is always higher over the Christmas and New Year period, waiting times are longer, and nil, or near nil, available beds. However, in Rotherham, the third sector have been helping to alleviate some of the pressures on local A&E departments by running a project called the Social Prescribing Service. A dedicated team at Voluntary Action Rotherham (VAR), the local County Voluntary Council, puts people, some of them with long term health conditions, in contact with local charities and community groups that can offer support with medical and related non medical problems. The aim is to help people manage their conditions better and reduce their reliance on NHS services such as GP surgeries and A&E departments.

Janet Wheatly the Chief Officer at VAR explained to me how the scheme, operating since 2012 now includes the 35 GP surgeries in the borough and 26 local organisations offering 31 different types of services. Patients, through the Social Prescribers are put in touch with large and small organisations, taking a very holistic approach to their care. Patients ages vary from those in their 20s to those in their 80s. VAR now also acts as commissioner awarding funding directly to community groups who run projects.

A study by Sheffield Hallam University found that the service is having the desired effect – A&E admissions among those referred to it have dropped by almost a quarter and hospital admissions among the group have fallen by a similar amount. The researchers estimated that the service was responsible for savings of almost £500k in its first year. Also highlighted is the key role of CVCs in delivering this work as they have no vested interest (not being service providers) and know the third sector and its members well.

Once again, a great example of how the third sector has a key role in supporting public service delivery.

**Until Next Time**

**Bethan**



## Luncheon Club – Llangower Village Hall near Y Bala

In January 2015, a group of individuals from the Llanuwchllyn area formed a

Luncheon Club for adults over 50 years old who lived in the surrounding area of Llanuwchllyn, Llangower and Rhosygwaliau near Bala. The aim was to form a monthly luncheon and social club.

The club meets on the third Wednesday of every month in Llangower Village Hall with the Age Well mini bus available to transport people to the club. This means that everybody can come to the club as the bus picks people up from their homes. The club gives an opportunity for people to chat, listen to music, read newspapers and socialise together.



The club also provides a healthy two course meal prepared by the Eagles Inn, Llanuwchllyn. After lunch, the afternoon is filled with activities from singing, playing games, bingo, chair exercise and craft activities etc.

There's between 12-15 people attending the club at the moment with the age range of 60 – 97. Our hope is that the Club will go from strength to strength and that we will get more members attending.

For more information about the Club please contact Eryl Edwards on 01678 540 601.

## BBC Children in Need Funding surgeries

Following the success of funding surgeries arranged by Mantell Gwynedd in the past with three organisations from Gwynedd securing nearly £25,000 following the advice and support given to them by James Bird (National Officer for the BBC Children in Need fund) we have arranged two other funding surgeries.

**5th, April, 2017 – Mantell Gwynedd office,  
DOLGELLAU**

**18th, April, 2017 – Mantell Gwynedd office,  
CAERNARFON**

There will be 5 appointments available for each surgery between 2.00 and 5.00 pm on the above dates.

You **MUST** secure an appointment beforehand and it will be on a first come first served basis.

To book an appointment please contact Delyth Vaughan Rowlands on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)



## Our glass cabinet needs you!

Here is a chance for you as organisations in Gwynedd to make use of our glass cabinet at the front of our offices in Caernarfon.

We are eager for organisations to be able to make the most of the glass cabinet by advertising opportunities or information about their services here in the town centre.

Adverts in the window **do** attract customers. Here at the Volunteer Centre, we receive numerous enquiries regarding opportunities that are displayed.

**We have availability for April, July, August, September, October, November and December 2017.**

For a discussion or further information, contact Carwyn: 01286 672 626 / [carwynhumphreys@mantellgwynedd.com](mailto:carwynhumphreys@mantellgwynedd.com)



## Millennium Volunteers – Successes

### Certificate for 50 hours of volunteering

Lois Angharad Crookes – Dyffryn Nantlle School  
Lois Thomas – Ffrindia’  
Mair Loxton – Moelyci  
Ancel Davison – Anglesey Adventure Club



Lois Angharad Crookes, Dyffryn Nantlle School



Vernon Jones, Gisda

### Certificate for 100 hours of volunteering

Vernon Jones – Gisda  
Rachel Jones – Tenovus  
Tom Kelly – Wales Air Ambulance shop, Bangor

### Certificate for 200 hours - award of excellence

Amy Hughes – Pay as You Feel Cafe, Bethesda  
Ella Jones – Pay as You Feel Cafe, Bethesda  
Rebeca Armstrong – Y Ffôr School  
Heledd Huws – Tudweiliog School  
Catrin Jones – Mynytho School  
Lora Harris – Abererch School



Ella Jones & Amy Hughes,  
Pay as You Feel Cafe, Bethesda

## Young people getting involved with Management Boards, Committees and Panels in Gwynedd

Gwynedd Volunteer Centre is conducting a research into young people's involvement on Management Boards, Committees and Panels in Gwynedd. We are eager to talk to young people and organisations to improve opportunities for young people to engage in the third sector. Mirain Llwyd Roberts is leading on the youth engagement element. Mirain has achieved 200 hours of volunteering through the Millennium Volunteers scheme and has been a member of the Gwynedd Youth Volunteering Fund Panel for 3 years. Gwenllian Glyn Dafydd (Volunteer Officer) is working with organisations to raise awareness about youth engagement. Please get in touch if you are interested in contributing: [Gwenllian@mantellgwynedd.com](mailto:Gwenllian@mantellgwynedd.com) 01286 672626





# Gwynedd Volunteering Scheme



*Amy Bather*  
100 hours Volunteering  
at Abbey Road Centre



*Nia Pritchard*  
100 hours Volunteering  
at GISDA

## GIVE IT A GO

Have you thought about trying something new as part of your new year's resolution? Many organisations have contacted us recently in need of volunteers and we have many exciting opportunities available to suit everyone. Give it a go, contact us today for a chat. Carwyn at the Volunteering Centre:  
[carwynhumphreys@mantellgwynedd.com](mailto:carwynhumphreys@mantellgwynedd.com) / 01286 672 626



Date for the  
Diary:

**VOLUNTEER'S  
WEEK**

## Social Prescription Scheme – Arfon Area

The Social Prescription project is up and running in the Arfon area and receives referrals from GPs and other health professionals. If you would like more information, please contact Rhian on **Rhian.Griffiths@mantellgwynedd.com** or **01286 672626/07940375467**.

**ARFON COMMUNITY LINK**

NEED HELP OR INFORMATION REGARDING THE SUPPORT THAT IS AVAILABLE IN YOUR AREA?

SUPPORT GROUPS  
BEFRIENDING  
SOCIAL GROUPS  
SPECIALIST ADVICE  
COMMUNITY GROUPS AND ACTIVITIES  
AND MUCH MORE

CONTACT THE ARFON COMMUNITY PRESCRIPTION SCHEME

**WHAT HAPPENS NEXT?**

- YOUR DOCTOR, NURSE OR HEALTH WORKER CAN REFER YOU TO THE PROJECT
- WE WILL CONTACT YOU TO DISCUSS YOUR OPTIONS:
  - Support groups in the area.
  - Health and wellbeing programmes - walking, mediation groups.
  - Information on training, work and volunteering.
  - Learning and social opportunities - art classes, gardening groups, social groups.
  - Practical support - debts, benefits, housing and money management advice.
- THEN WE WILL HELP YOU GET THE RIGHT SUPPORT

**WHAT ARE THE BENEFITS?**

IMPROVE QUALITY OF LIFE  
REDUCE MEDICAL APPOINTMENTS  
IMPROVE HEALTH & WELL BEING  
REDUCE LONELINESS  
RAISE CONFIDENCE  
OPTIONS  
EMPOWERMENT

**CONTACT US:**  
TEL: 01286 672626  
MOBILE: 07940 375467  
linc@mantellgwynedd.com

Contact us if you would like us to promote your services/activities or projects.

GIG Cymru NHS Wales | Gwynedd Ynys Môn | Gwynedd Council

## Third Sector Wellbeing Network Event – 28/03/2017

The next Third Sector Wellbeing Network event will be held on Tuesday, March 28 at the Porthmadog Football Club at 10 am. This Network event is an excellent opportunity to receive and share information on the latest developments within health and social care. The Chair of the Gwynedd and Ynys Môn Safeguarding Board will give an overview on the Safeguarding procedures and processes for the area. For more information please contact Sioned or Gwenllian at Mantell Gwynedd on **01286 672626**.

## Men’s Sheds Project – Age Cymru Gwynedd a Môn

The Men’s Sheds is a social group for men who wish to socialise and share skills and trades from and with each other. It is an opportunity for men to come together and share life experiences in a friendly, fun and safe environment and have a cuppa and a chat and put the world to rights. The activities will include things like woodwork, metalwork, digital photography, gardening etc.

For more information contact Nicola or James on **01286 677711/07950195722** or **Nicola@acgm.co.uk**

## Barnardo’s Cymru – Families of Veterans Support Service (FVSS)

FVSS is an early intervention service where the primary focus is the children and family of the veteran. The service aims to enable families to develop practical and useable strategies to respond to the issues and difficulties they are facing and support them in making the changes they would like to make.

**Referrals** - any agency working with a veteran and/or their family can refer. The parent/carer must have agreed and consented to the referral.

For more information contact: **fvss@barnardos.org.uk** or **01639 620771**.

## NYTH/NEST

The Welsh Government Warm Homes Nest

scheme is here to offer help on how to keep warm and save money on energy bills and provides advice on saving energy, money management, energy tariffs and benefit entitlement. For more information contact Nest on Freephone **08088082244** or visit **www.nestwales.org.uk**





## Gardening brings Commendation

Carol Campous was referred by the Social Services Enabling Officer because she felt low and a little lonely and needed something to encourage her to re-connect with her community and increase her self-confidence. She was befriended with Michael Loveless from Clynog Fawr and this pairing has been very successful. In her first review after meeting Michael, Carol said "Ffrindia' had given me the opportunity to get to know people and do things. It's having something positive in my life and getting fresh air when we go walking. We are both fond of nature and like to work in the garden".

So successful was their work in the garden that they were presented with an award from Grŵp Cynefin under their Community Garden category. Pictured are Michael Loveless (volunteer) with Carol Campous (individual) and Caren Jones from Grŵp Cynefin presenting the certificate.



## Goodbye and Thank You

It has been a very busy period for the Ffrindia' Project Coordinators. As the project is coming to an end officially in March 2017 they have been arranging final meetings with the volunteers and the individuals that they support. The last full team meeting was held on the 10th of January 2017 where we said an official goodbye to Mirain (Meirionnydd Coordinator) and we wish her all the best in the future. The Ffrindia' Project staff would like to take the opportunity to thank everyone for their support over the last five years. Without the support we have received from the volunteers, our partners and of course the Mantell Gwynedd staff,

Ffrindia' would not have been the success it has been.

Over the lifetime of the project we supported 212 volunteers, and 519 individuals were referred. These figures are laudable but it only scratched the surface in tackling loneliness and isolation for some of the older people in Gwynedd. The project has highlighted what the problems are of being lonely especially in rural locations, where services and community transport are difficult to access. But, we must not be negative but look at our successes and these can be seen in the digital stories that were created. They say it all about the value of a project such as Ffrindia' and hopefully it will be possible 'to rekindle the flame' in the near future. We wish all the Ffrindia' Project staff the best in the future. Thank you.



# Two other organisations in Gwynedd start measuring their Social Value

By the end of 2016 both Carers Outreach Service and Caban Bach, Barnardos had joined many others to start measuring their value and impact by looking at one of their services for parents.

## Gwynedd Parent Carers

Carers Outreach Service commissioned Social Value Cymru to evaluate the service they are offering to parents in Gwynedd that's funded by BBC Children in Need and by Derwen Services.

The service includes various family fun events throughout the year, organised parent group meetings in various areas and general support from the Field Officer. By engaging with the parents, the positive impact created by the service was visible. It also showed how intervention and the opportunities given had an impact on other services such as Derwen and the NHS.

Through this service families felt reassured and less isolated in their situation by knowing there was support available and that others also experienced similar challenges.

This reassurance and support led to maintained or improved mental health and wellbeing for parents which had a positive impact on family life. For every £1 invested there was a social value of £5.82 created.



## Nurturing Parents, Caban Bach, Barnardos

As a key partner in the Teulu Ni project, there was an opportunity to measure the impact of another service provided by Barnardos. We evaluated their Nurturing Parents programme which is an 8-week Mindfulness course for Parents. This programme encourages parents to look at their own needs as part of an early intervention programme to prevent deterioration in their health and social care needs. Mindfulness is increasingly used in society as a way of helping people to deal with their inner feelings, and this



programme is specifically targeted at parents to assist them in dealing with daily challenges. For every £1 invested, there was a £3.65 of social value created. As well as the impact created for parents, the programme clearly had a positive impact on staff which has led to cultural change within the organisation.

“It was good to see the impact of our work through different perspectives and this comprehensive report is very useful to report on the success of the work and to apply for further funding. I would recommend that anybody that wants to measure their impact to do an SROI with Mantell Gwynedd.”

Llinos Rowlands, Children Services Manager: It was a pleasure to speak and work with the staff and parents to prepare these reports, and thanks for their contribution. These will be available on our website soon.



## New Small Grants available from Gegin y Gymuned Food, Growing & Reducing Waste in Gwynedd

**Does your group have a new idea of how to increase use of local produce in Gwynedd?**

**From buying seeds, to cooking new foods, to using produce less wastefully...**

A brand new small grants scheme (funded through local volunteer activity) has been set up to help support and promote community activities to do with food, growing and/or reducing waste in Gwynedd. Applications must

also encourage and increase sustainability as well as bring people together.

**Up to £200 per grant is available. Closing dates are 30th of April and 31st of October 2017.**

**Further information**, a list of ideas for funding and an application form is available from **Frances francesvoelcker@gmail.com** Help is also available to discuss your ideas, contact Einir [einsoar@tiscali.co.uk](mailto:einsoar@tiscali.co.uk) or 07508016291.

## People's Postcode Lottery

The following funding programmes are funded by players of People's Postcode Lottery – which are open to applications by charities and community groups in Wales. However, they are all separate funding schemes.

### Postcode Local Trust

It provides short-term, designated funding of £500-£10,000 for local projects which support wildlife areas, sustainability initiatives, volunteer citizenship, indoor and outdoor spaces.



Online, two-stage application process:

**Stage 1:** Applicants complete online expression of interest form

**Stage 2:** Shortlisted applicants invited to complete full online application form

A second round will see the expression of interest run from 1 to 18 August, with those shortlisted to the second stage completing a full application form 4 to 22 September.

For detailed information - including the Guidance Notes - please visit [www.postcodelocaltrust.org.uk](http://www.postcodelocaltrust.org.uk)

### Postcode Community Trust

Provides short-term, designated funding of £500-£10,000 for grass-roots community sports, arts, recreation, physical and mental health projects.

Online, two-stage application process:



**Stage 1:** Applicants complete online expression of interest form

**Stage 2:** Shortlisted applicants invited to complete full online application form

A second round will see the expression of interest run from 1 to 18 August, with those shortlisted to the second stage completing a full application form 4 to 22 September.

For detailed information - including the Guidance Notes - please visit

[www.postcodecommunitytrust.org.uk](http://www.postcodecommunitytrust.org.uk)

### People's Postcode Trust

Provides short-term, designated funding of £500-£10,000 to projects which focus on the prevention of poverty, promotion of human rights, equal rights and conflict resolution.



Online, two-stage application process:

**Stage 1:** Applicants complete online expression of interest form

**Stage 2:** Shortlisted applicants invited to complete full online application form

A second round will see the expression of interest run from 1 to 18 August, with those shortlisted to the second stage completing a full application form 4 to 22 September.

For detailed information - including the Guidance Notes - please visit [www.postcodetrust.org.uk](http://www.postcodetrust.org.uk)

## Mantell Gwynedd Training / Events

### All Wales Basic Safeguarding Awareness Training

Date: 16-03-2017

Venue: Mantell Gwynedd Office, Caernarfon

### Youth Mental Health First Aid Training

Date: 22 +23-03-2017

Venue: Glaslyn Leisure Centre, Porthmadog

### BBC Children in Need Funding Surgery

Date: 05-04-2017

Venue: Mantell Gwynedd Office, Dolgellau

### BBC Children in Need Funding Surgery

Date: 18-04-2017

Venue: Mantell Gwynedd Office, Caernarfon

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**



REMEMBER, 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

### Introduction to paying people (23-03-2017)

Location: Aberystwyth

### Budgets, management accounts and cash flow forecasting (26-04-2017)

Location: Rhyl

### Bank accounts, outsourcing, accounting principles and managing risk (18-05-2017)

Location: Caerfyrddin

### How to prepare your annual report (22-06-2017)

Location: Wreccsam

To book your place go to  
**www.smallcharityfinance.org.uk**



**facebook.com/mantellg**



**@MantellGwynedd**