

ISSUE 3—MANTELL GWYNEDD INFORMATION BULLETIN DURING THE COVID-19 PANDEMIC

SPECIAL EXTENDED BULLETIN TO CELEBRATE VOLUNTEERS' WEEK

Mantell Gwynedd supports community and voluntary groups, promotes and coordinates volunteering in Gwynedd and is a strong voice for the Third Sector in the county



*Yn cefnogi grwpiau gwirfoddol a chymunedol
Supporting voluntary and community groups*

DON'T FORGET! Mantell Gwynedd's staff members are all working during this period and you can still get in touch with us via the usual telephone numbers, 01286 672 626 or 01341 422 575.

Your calls will be answered in the usual way and your message will be passed on to the relevant staff member.

We will be producing a regular Bulletin during the COVID-19 pandemic to keep you informed about what's going on, what services are available and how we can help you.

MANTELL GWYNEDD'S COVID-19 SMALL GRANTS FUND

Mantell Gwynedd received funding from Welsh Government to create a small grants fund to assist third sector organisations working in Gwynedd during the Covid-19 pandemic.

Congratulations to all the organisations who have so far successfully applied for funding:

Porthi Pawb Caernarfon, GISDA, Crossroads, Help Harlech, Seren Blaenau Ffestiniog, Banc Bwyd Nefyn, Prosiect Cymunedol Llandwrog, Gwallgofiaid Blaenau Ffestiniog, Siop Griffiths Penygroes, Gweithgor Cymunedol Llanbedr, Egni Abergynolwyn, Prosiect Braich Coch Inn Corris, Prosiect Neuadd Llanllyfni, Prosiect Sign, Sight & Sound, Llygaid Maesincla, Datblygiadau Egni Gwledig (D.E.G.), Prosiect Peblig, Menter y Plu Llanystumndwy, Menter Fachwen, Grŵp Ffermwyr a Garddio, Pecynnau Codi Calon y Groeslon, Maes Ni.



One of the organisations that has received funding is the Porthi Pawb Community Food Project in Caernarfon:

Porthi Pawb received a sum of £1000 from Mantell Gwynedd to assist local volunteers with the task of preparing, cooking and distributing cooked meals to the elderly and vulnerable in the Caernarfon area. Now up to 300 hot freshly cooked and wholesome meals are distributed every week to those residents. Project Co-ordinator Chris Summers said:

"The grant we received from Mantell Gwynedd has been an enormous help to our project. Porthi Pawb has grown during this pandemic period and we now prepare, cook and distribute hot, wholesome meals to over three hundred local elderly and vulnerable residents in Caernarfon. Without the grant funding from Mantell Gwynedd we would not have been able to do this. THANK YOU!"



We will report on another local group and what they have done with the funding in our next Bulletin. There is still some funding left. Please contact Carys or Eleri for further information:

Eleri@mantellgwynedd.com Carys@mantellgwynedd.com



TIME TO SAY THANK YOU!

SEE PAGES 3 - 7 for this year's Volunteering celebrations



The Social Value Team at Mantell Gwynedd

Dr Adam Richards – Specialist Consultant (Accredited Practitioner)

Eleri Lloyd – Social Value Manager (Accredited Practitioner)

Mathew Lewis – Social Value Officer

Gareth Jams – Social Value Officer



Our Social Value Team at Mantell Gwynedd continue with their important work during this Covid-19 pandemic.



The Team has now expanded to include a new full-time member of staff – Mathew Lewis. Born and bred in Caernarfon, Mathew is a former Liverpool John Moores student who studied under Dr Adam Richards. Whilst it seems an odd time to welcome on board a new member of staff, the work is expanding and is likely to become even more important in the future so a decision was made to increase capacity. Welcome on board, Mathew!

Appreciating Nature and our Environment

Nature & Wellbeing sessions online (Zoom) with Coed Lleol

During this period of physical distancing, Coed Lleol (Small Woods Wales) is continuing to help people across Wales improve their wellbeing by connecting to nature.

One of the ways they are doing this is through online video sessions, currently held on Zoom. Zoom is free to download and can be used on a computer, tablet or phone. Each session has a different theme.

The online sessions are free and aimed at people with health and wellbeing needs in Wales. To register click on this link <http://www.coedlleol.org.uk/naturefix/>

Snowdonia Society – Photo Competition 2020

The Snowdonia Society 2020 photography competition will see 12 finalists’ images selected for a 2021 calendar to raise funds towards protecting the National Park. The theme of the competition is ‘Snowdonia’ and it is open to the public.

Entries must be digital images at full resolution and in landscape format. Send your entry to info@snowdonia-society.org.uk by midnight, June 30 2020. For more information, competition prizes and competition rules <https://www.snowdonia-society.org.uk/>

The Earth Project

The Earth Project – Live welcomes you to be part of the development of an exciting global live art gallery of images created by artists and the public. This will be published both during and in the months following the coronavirus pandemic. We invite you to submit an image on ONE of the following themes:

- 1) Elements of your (immediate) captive environment
- 2) Memories or feelings you have about the environments you are unable to enjoy in lockdown
- 3) Contrasts in traffic and pollution before and during the pandemic
- 4) Thoughts on key environmental challenges we face post-pandemic
- 5) Feelings about global energy futures

For more information [click here](#)

Coed Lleol
SMALL WOODS WALES

Join Nature & Wellbeing sessions on Zoom!
Weekly Timetable

Register to receive the Zoom password Use meeting ID 472-420-3037 on Zoom

	Mon	Tues	Wed	Thurs	Fri
10.30–11.30	Nature Watch	Foraging / Nutrition	Children / Family Activities	Keep Fit	Mindfulness
2.30–3.30					Skills / Craft Activities



Volunteers Week 2020

Volunteers' Week is a national event that is held annually June 1st–7th with the aim of Recognising, Recruiting and Rewarding volunteers. This year's theme was 'Time to say thank you' with activities mainly taking place on our social media platforms. On Tuesday the 2nd of June, the theme was volunteering in times of crisis and specifically during the Covid-19 pandemic. Gwynedd's elected members of Parliament, the Senedd, local councillors and a few celebrities shared a number of video messages of thanks to volunteers. Although traditional volunteering activities have been reduced recently, Volunteers' Week 2020 was an opportunity to look back at the successes and stories of young volunteers and all the great work achieved in the county over the last year. In addition, we also heard from some individuals about why they stepped up to volunteer during the crisis and how volunteering has shaped the career paths of others over the years.

It was more important than ever this year to recognise the efforts over the last few months and the vital role of the voluntary sector in our communities. We hope to re-organise our annual volunteer celebration and thank you event later in the year with particular emphasis on recent emergencies. If you missed the opportunity to follow our social media sites during the Week, search for 'Gwynedd Volunteer Centre' on Facebook and our Twitter and Instagram sites using the handle @mantellgwynedd

Do you have any stories or pictures you would like us to showcase? Get in touch with us at volunteering@mantellgwynedd.com / 01286 672 626

Almost 600 individuals registered with Mantell Gwynedd's COVID-19 Volunteering Bank. Every single one wanted to help others during the pandemic by giving time and support to those less fortunate. Not everybody has had the opportunity to volunteer yet but here's the story of Michael Laing who has been supporting an individual by dog walking Rollo their service support dog.

COVID 19 Volunteering MICHAEL LAING

My name is Michael Laing and entered volunteering during this Covid-19 crisis by registering with Mantell Gwynedd's Covid-19 Volunteering Bank. They contacted me and I agreed to a volunteering role for a local person who is self-isolating from Covid-19 and suffers from acute arthritis to walk her Service Dog (Rollo) daily.

I am very happy to walk Rollo as I am a dog lover and really look forward to it. I walk her for at least an hour every day, but it can be for longer some days. I am a person who walks a lot anyway so it is easy for me to assist in this way and the owner is happy to see Rollo getting her daily exercise and I think it gives her peace of mind.

Rollo's training has been interrupted as she needs to socialise with both people and dogs as part of her training. As a Helping Hand dog, it is important that her training continues so she can continue to assist. I visit shops to buy dog food for the owner which it is difficult to source at present due to the panic buying.

Gwynedd Volunteer Centre has been of help to me when assigning me this volunteering role as I enjoy walking so much and I can continue doing it with little or no further assistance. Since I began walking Rollo, the Volunteer Centre has contacted me a couple of times just to check if I am OK and happy with everything, which I thought was good.

It is just nice to be able to help, especially at crisis times like this and using resources that are to hand in the local community to assist those that need support.



Mantell Gwynedd administers a Gwynedd Youth Volunteering Grant. Here are just two examples of how far that funding has reached...

**Gwirfoddolwr Ifanc y Flwyddyn
Young Volunteer of the Year
KIERAN PRITCHARD**

Da iawn Kieran.

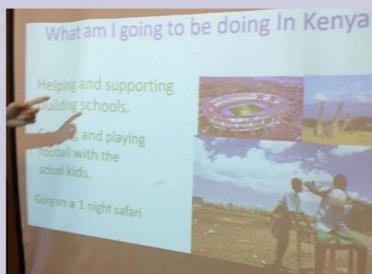
Yn ddiweddar derbyniodd Clwb Pêl-droed Caernarfon yn y Gymuned Grant Gwirfoddolwyr Ifanc Gwynedd i wella safonau hyfforddi a redir gan Gymdeithas Bêl-droed Cymru. Oherwydd y cyrsiau hyn a fynychodd Kieran cafodd ei ddewis ynghyd â pherson arall o Gymru i fynd i Kenya i sefydlu Academi Bêl-droed a hefyd i weithio gyda Phrosiect Dŵr.

Llongyfarchiadau i bawb a gymerodd ran.

Well done Kieran.

Recently Caernarfon Football Club in the Community received the Gwynedd Youth Volunteering Grant to improve coaching standards ran by the Football Association of Wales. Due to these courses that Kieran attended he was selected along with another person from Wales to go Kenya to set up a Football Academy and also to work with a Water Project.

Congratulations to all involved.



**Gwirfoddolwr Ifanc y Flwyddyn
Young Volunteer of the Year
JESSICA LANE**

Enillodd Jessica Lane wobwr Gwirfoddolwr Ifanc y Flwyddyn Pêl-droed Arfordir Gogledd Cymru fel rhan o Wobr Bêl-droed FAW / McDonald's Grassroots.

Dyma lun o Jessica gyda'i gwobr. Llwyddodd Jessica i gofrestru ar gyrsiau hyfforddi pêl-droed drwy gymorth Grant Gwirfoddolwyr Ifanc Gwynedd a ddyfarnwyd i Glwb Pêl-droed Tref Caernarfon yn y Gymuned gan Mantell Gwynedd. Llongyfarchiadau i bawb oedd ynghlwm â'r gwaith ac yn arbennig i Jessica.

Jessica Lane was awarded the North Wales Coast FA Young Volunteer of the Year as part of the FAW/McDonald's Grassroots Football Award.

Here is Jessica showing her award. Jessica was able to enrol on the FAW football coaching courses due to the aid of the Gwynedd Youth Volunteering Grant that was awarded to Caernarfon Town FC in the Community from Mantell Gwynedd. Well done to all involved and especially to Jessica.



**GWYNEDD
YOUTH VOLUNTEERING
GRANT**

Up to £1,000 available

**DATE FOR THE DIARY!
FUNDING WILL OPEN IN SEPTEMBER
2020**

**The aim of the grant is to fund youth led
projects that will encourage and include more
young people through volunteering**

**For more information or for a chat, contact
Gwynedd Volunteer Centre
01286 672 626/ volunteer@mantellgwynedd.com**



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

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Here are some of Gwynedd's Young Volunteers. They all contribute to their communities in different ways and each one of them has made a difference by volunteering. Thank you to each and every one of them and a big Well Done!



Alys Chisholm
200 hours
Ysgol Brynrefail
and North
Wales
Snowsports



Hari Morgan 50 hours / Porthmadog FC

Carwyn
Hughes 100
hours
Llanfairpwll FC



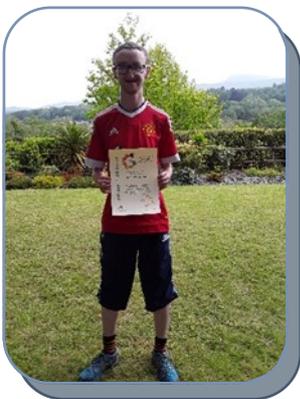
Elis Massarelli-
Hughes 50 a 100
hours
Canolfan y Fron,
Urdd Welsh
League of Youth
and plays the
organ in the
local chapels.



Hannah Williams 50 hours
Blas Lôn Las Café



Gruff Griffiths 50
hours
Sportsman Inn,
Nefyn.



Kieran Humphreys
100 hours
Coleg Menai
Dolgellau

Megan Alaw 50
hours
Brynrefail school



Elwen Ffion Evans 50 and 100 hours
Air Cadets (1557 Squadron) Friars,
Bangor



Adam Thomas
Ryan 50 hours
Air Cadets (1557
Squadron) Friars,
Bangor

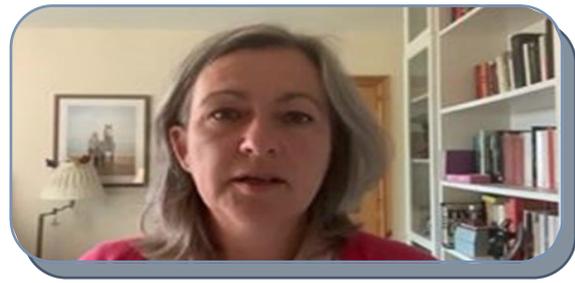


Trystan Richard
Roberts 50 and
100 hours
Air Cadets (1557
Squadron) Friars,
Bangor



Caian Jones 50 hours
Air Cadets (1557 Squadron) Friars,
Bangor

Here are some of the individuals who made a film for our social media channels to celebrate Volunteers' Week!



Owain Llŷr – Film maker / broadcaster
“Did you know that there are more than fifteen million people who volunteer at least once a month here in the UK....I’m one of those people.....it’s a great way of giving something back to the community “

Liz Saville Roberts MP
“I am very glad to be able to thank everybody who’s been volunteering.....one thing I hope is that we keep this habit as we move ahead....your work has kept the heart beating in our communities and we need that as we move forward. Thank you very much”



Kev Bach, Capital FM
“Volunteering changed my life... quite a statement, I know, but it did... back in '95 I went to Radio Ysbyty Gwynedd... I’ve been broadcasting ever since.”



Hywel Williams, MP
“... I would like to thank everybody who volunteers... you do great work... it’s a particularly difficult and dangerous situation with Covid-19 and makes us realise the huge efforts that volunteers contribute... you are the backbone of a healthy society and I would like to thank you all.”



Jason Parry, Councillor
“... wanting to say a huge thank you to each and every one of you out there volunteering in our communities... there’s a lot of great work going on ensuring the elderly and vulnerable are getting what they need in these challenging times. A massive thank you.”

Dawn Lynne Jones – Caernarfon Councillor
“... time to say thank you... can I on behalf of the co-ordinators of the Cofis Curo Corona group thank each and every volunteer who has helped in their community during the Covid-19 pandemic. You are all amazing.”



Sian Gwenllian MS
“I’d like to add my thanks to everybody... whether it’s because of the current epidemic or whether you volunteer throughout the year... my thanks to you... thank you so much for giving your time to care for others.”



Aaron Pleming, Volunteer
“Happy Volunteers’ Week... I volunteer at Mantell Gwynedd, Wizz Kids, Galeri Caernarfon, Pontio Bangor and Radio Ysbyty Gwynedd... the reason I volunteer is because it gets me out of the house, I get to meet new people. I’d encourage anyone to do the same... you gain new skills... you’ll never regret it!”



Al Hughes – Radio Cymru
“... thank you from the bottom of my heart to all the volunteers with Mantell Gwynedd and all over Wales... you’re doing incredible work... giving your time to help others, to make sure that things are a little bit better for them. You’re amazing.”

And the final words in this Bulletin go to Brian Price, who explains how the support of a volunteer has made all the difference to him during this tumultuous Covid-19 period.



Mantell Gwynedd & Adra working in partnership BRIAN PRICE

Tell us the circumstances of how a volunteer came into contact with you during the Covid-19 crisis?

I was referred by Adra to the Mantell Gwynedd Volunteer Centre and a volunteer officer contacted a volunteer who was registered on their Volunteer Bank to ask him if he would be willing to volunteer for me and my family. I couldn't have picked a better person myself, he is so good with us. He is always more than happy to help us out and shop for us weekly.

How has the volunteer made a difference to you and how would it have been for you if you did not have him on hand to help you?

Because almost everyone was isolated at home - it came to my mind what it would be like and would have happened had we not had the help of Mantell Gwynedd and the generous support of the volunteer. It's hard to imagine our situation, I imagine it would have been a sorry state for us without it.

We are very fortunate that the volunteer is able to fulfil our needs regularly and courteously. One of the most important tasks for him is going to the Surgery to collect our prescription and on Friday VE Day I wasn't aware that it was a closed due to it being a Bank Holiday - but he was aware of this and went to get our tablets on Thursday, this saved me from being without tablets that I need on a daily basis.

This is where the Mantell Gwynedd Volunteer Centre supports residents in our towns and villages and I thank them for all the work they do.

How has your life changed in this crisis?

I am starting to settle into some sort of routine now, BUT I feel the loss of going out and communicating with my neighbours, family, and friends. The new way of doing things seems to be the phone and email. I used to distribute our local paper every month to 26 houses- and have a chat almost every day, of course, now this is not possible.

I used to make sure the local Church was opened every Sunday and put the heating on. The local Literary Society has ceased to exist, it's all affected me mentally, now I'm reading, colouring books, watching TV, listening to the radio on the progress of the virus.

I prepare meals; my brother is here with me at the moment and the day goes by quite quickly and by Tuesday of each week I feel like I've lost a sense of what day it is !! As time goes by and the weather is nice, I see a lot of people walking and biking past my house, I think to myself how long it is this is going to go on. Having said that, we are lucky and grateful for all the work everyone in our society does it by pulling together.

With thanks to you and all colleagues at Mantell Gwynedd.