



NO 5 – MANTELL GWYNEDD INFORMATION BULLETIN DURING THE COVID-19 PANDEMIC

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 Small Grants Fund

Over 30 organisations in Gwynedd have now benefited from Mantell Gwynedd's Small Grants Fund. Originally we received £30,000 from Welsh Government to distribute amongst third sector groups in Gwynedd who needed extra resources to work through the Covid-19 period.

We have now received an identical amount from Comic Relief to distribute amongst community groups in the county.

Organisations can apply for up to £1,000 from this Fund and applications must now demonstrate they tackle one of four aims which are Children Surviving and Thriving, Gender Justice, Safe Spaces and Mental Health Matters.

Please contact either Arwen or Carys at Mantell Gwynedd for an Application Form.

carys.williams@mantellgwynedd.com

arwen.evans@mantellgwynedd.com

Please note however that the Grants Panel will not be meeting in August and Applications will be considered in early September.



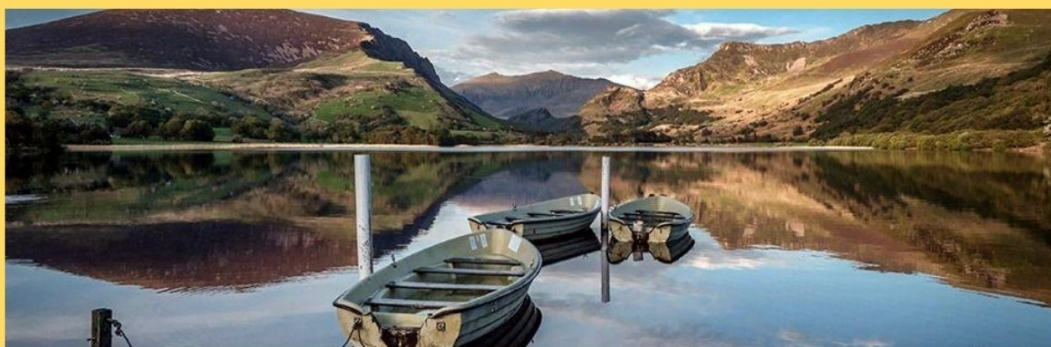
As usual in this bulletin, here is the story of one community group who successfully applied for funding from Mantell Gwynedd Small Grants Fund, and what they did with that money:

Seren Cyf Blaenau Ffestiniog were awarded £970 to develop their Meals on Wheels service and enable distribution to the wider geographical area to include Trawsfynydd, Gellilydan and Maentwrog.

Seren Cyf already intended launching a Meals on Wheels service in April in order to support the home care sector in the area. However, Covid-19 meant there was a need to launch the service far earlier than anticipated and widen the recipient group from the elderly to any vulnerable individual in need including those shielding under Covid regulations.

This Grant meant that Seren Cyf could purchase additional vital equipment to enable the service to commence much quicker and it has ensured that shielded and other isolated individuals benefited from hot meals on a regular basis. Well done Seren Cyf!





Volunteering in times of crisis- COVID 19

Martin Hunt

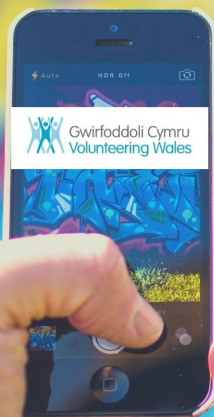
"I have been volunteering for 50 years excluding about 3 years when health issues forced my retirement and led to me becoming horribly isolated for those 3 years. As my health improved, I found new volunteering roles, which were a huge help to my well-being. Simply put, doing someone a kindness is so rewarding in itself. Feeling that you are making a positive contribution; seeing people pleased and grateful; solving a problem; easing discomfort are not mutually exclusive, but each alone is hugely satisfying.

When this pandemic hit, I had to stop all four volunteering activities that I had. This included running an I.T support group every week at Penygroes library. Rather than get swallowed up by isolation again, I wanted to volunteer to help. I signed up to the national NHS programme as well as the Gwynedd Volunteer Bank. There was so much information flying around at the start of the pandemic not to mention major changes in everyday life. The Gwynedd Volunteer Centre referred me to the Orsaf in Penygroes who were coordinating efforts in the area to support individuals who were isolating. I was delivering prescriptions or doing weekly shops for families as well as individuals, all of which gratefully accepted by people who have probably become isolated for the first time in their lives. The gratitude of people is very strong and that is all the reward anyone needs. The past couple of weeks and months has truly showed the importance volunteers and local communities have in times of crisis".

Thank you Martin for giving your time to help others.

Gwirfoddoli Gwynedd Volunteering

AP A GWEFAN
NEWYDD AR
GYFER CHWILIO
AM GYFLEOEDD
GWIRFODDOLI



NEW APP AND
WEBSITE TO SEARCH
FOR VOLUNTEERING
OPPORTUNITIES

App store neu / or
www.gwirfoddolicymru.net
www.volunteering-wales.net



**CANOLFAN
Y FRON**
CAFFI • SIOP • LLETY

**CANOLFAN Y
FRON IS MISSING
PEOPLE LIKE YOU**



Canolfan Y Fron (in Dyffryn Nantlle) is a community venture, a shop, cafe and also provides accommodation for visitors. They are looking for volunteers to fulfil an array of new and exciting roles, some of which can be done from home.

**INTERESTED OR LIKE TO FIND OUT MORE?
CONTACT US**

volunteer@mantellgwynedd.com
01286 672 626



Small Woods Wales – Free Online Nature Sessions



To register & receive the Zoom password, go to: www.coedlleol.org.uk/naturefix
Then join Zoom meeting ID 472-420-3037

Free Online Nature Sessions



**Mondays
Nature Watch
10.30—11.30**

Explore the natural world around us. Each session has a different theme, from butterflies to habitats.



**Tuesdays
Foraging &
Nutrition
10.30—11.30**

Identify different plants, look at their nutritional properties and ways to eat and use them.



**Wednesdays
Children &
Families
10.30—11.30**

Children and family nature craft and activity sessions.



**Thursdays
Keep Fit
10.30—11.30**

Designed for small spaces, using everyday household items. This workout is suitable for all abilities and fitness



**Fridays
Mindfulness
10.30—11.30**

Learn and practise mindfulness techniques through connecting with nature.



**Fridays
Skills & Crafts
2.30—3.30**

Create and work with things found easily in nature.



www.coedlleol.org.uk



@coedlleol



@actifwoodswales



@coedlleol



Coed Lleol

Registered Charity Number 1081874

Are you experiencing difficulties due to vision loss?

The North Wales Society for the Blind Helpline

The North Wales Society for the Blind is offering bilingual services over the telephone for blind, partially sighted and people who suffer with vision loss.

They can offer advice and information on equipment, information technology, talking books, specialist services and an ear for anyone who feels lonely during these difficult times.

The telephone line is administered by experienced members of staff and passionate volunteers.

To date The Society's staff and volunteers have provided the service to over 1500 people and aim to increase the numbers over the coming months.

The service is completely free and confidential, so if you know of anyone who would benefit from the service or who would like to volunteer, please contact ☎ **01248 353 604** or email admin@nwsb.org.uk. For further information see their website at www.nwsb.org.uk



GWYL GOFALWYR ARLEIN - agored i bawb!
ONLINE CARERS FESTIVAL - open to all!

10/08/2020 - 28/08/2020

MAE POB UN OHONOM YN MYND I OFALU RHYWBRYD.
AT SOME POINT EVERYONE BECOMES A CARER.

GWYNEDD MINDFULNESS
PONTIO'R CENEDLAETHAU
GWEITHREDU DROS BLANT / ACTION FOR CHILDREN

CYNNAL GOFALWYR / CARERS OUTREACH
GIG 9BACH!
CHRIS 'FLAMEBASTER' ROBERTS!

LORA MORGAN
CEIFYDDYDAU CYMUNEDOL GWYNEDD COMMUNITY ARTS
GRUFFYDD WYN

BYW'N IACH
ALZHEIMER'S SOCIETY CYMRU / CYMDEITHAS ALZHEIMER'S CYMRU
DEMENTIA GO
RVS DAWNS I BAWB

JUKEBOX MEI GWYNEDD!

Online Carers' Festival

As a recognition of the enormous contribution and the unending work that Gwynedd carers give to our society for free, Gwynedd Council along with their partners is arranging an online Carers' Festival (open to all) for three weeks in August. Carers deserve a break, especially during this pandemic when it's not possible for them to receive the usual outside support. It's open to everyone because 'everyone becomes a carer at some point'. There are three themes to the Festival: Information, Fun and Wellbeing, with a big emphasis on Fun!

For more information please log on to: www.gwynedd.llyw.cymru/CarersOnlineFestival



Beth yw e | What is it:

Grwp Zoom Llandudno Links Zoom Group

Pryd mae e | When is it:

Every Thursday at 2pm - Bob Dydd Iau am 2yp

Ble mae e | Where is it:

On/Ar Zoom

Am fwy o wybodaeth | For more information:

Colin Evans 07984 357191 / colin.evans@stroke.org.uk

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The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789).
Also registered in the Isle of Man (No. 945) and Jersey (No. 227), and operating as a charity in Northern Ireland.

These sessions are open to anyone; other sessions are also available. Please contact Colin Evans for more information

Useful Links

Charity Commission Guidance

[Coronavirus \(COVID-19\) guidance for the charity sector](#) covers a wide range of issues that trustees may be dealing with

[Reporting serious incidents to the Charity Commission during the coronavirus pandemic](#) provides guidance on what may need to be reported

[Manage financial difficulties in your charity caused by coronavirus](#) provides guidance on options for trustees

ICSA – the Governance Institute

[Re-opening safely – ICSA guidance for trustees](#). This guidance is free to download but you will need to create an account on the ICSA website.

[AGMs and Impact of COVID-19](#) general guidance on holding AGMs during the pandemic

Charity Retail Association

[Re-opening pack for charity shops](#)

Association of Chairs

The Association of Chairs has been publishing some helpful short blogs, including:

[Top tips for self-care for Chairs](#)

[Top tips for remote board meetings](#)

[How chairs can make online meetings work for their board teams](#)

[Board teams: managing emotions in difficult situations](#)