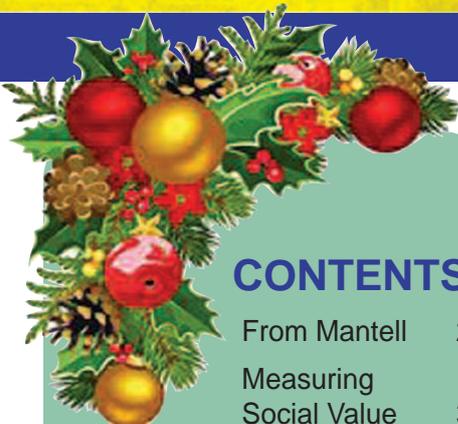


Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 87 – DECEMBER 2019



CONTENTS

From Mantell	2
Measuring Social Value	3
Annual General Meeting	4
Volunteer Centre	5
Young Volunteers	6
Health and Well-being	7
Social Prescription Project	8
Funding Opportunities	9
I CAN/Training and Events	10



MANTELL GWYNEDD

Registered Office:

23-25 Y Bont Bridd, Caernarfon
Gwynedd LL55 1AB
Tel: 01286 672 626

E-mail:

enquiries@mantellgwynedd.com

Also:

The Old Police Station, Lomabrd St,
Dolgellau, Gwynedd LL40 1SB
Tel: 01341 422 575

Webiste:

www.mantellgwynedd.com

Facebook: [Mantellg](#)

Twitter: [@mantellgwynedd](#)

Instagram: [@mantellgwynedd](#)

Mantell Gwynedd Conference and Annual General Meeting



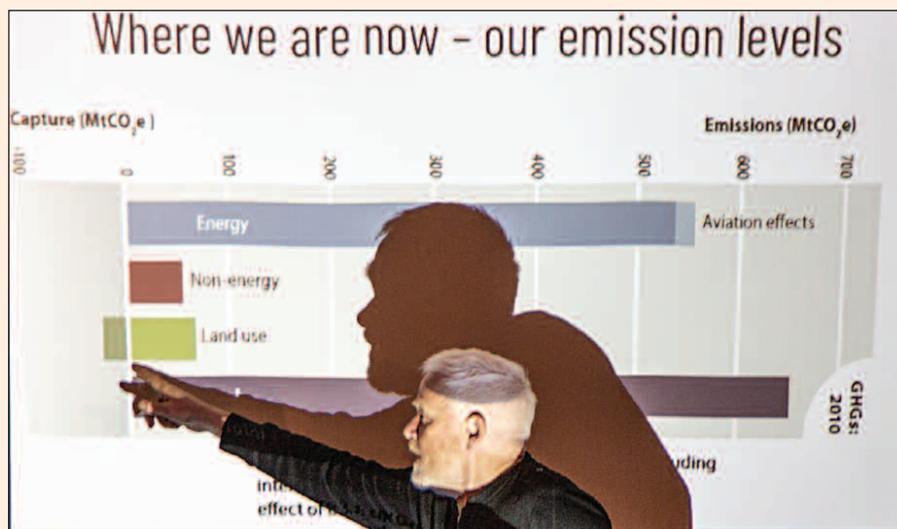
Paul Allen, Centre for Alternative Technology asking the audience if they agree that we face a climate emergency

On the 13th of November 2019 our Conference and Annual General Meeting was held at Portmeirion.

How we can all contribute to a Zero Carbon Britain

was the theme this year. We had some inspirational presentations with Paul Allen, Zero Carbon Britain Coordinator from the Centre for Alternative

Technology opening the event. We then had presentations from Siân Williams, Head of Operations, North West Wales, Natural Resources Wales and Marian Pye, Project Manager, Welsh Peatlands Sustainable Management Scheme, Snowdonia National Park Authority. It was a fantastic day with many key messages shared.



Discussing our present emission levels

MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM**Social Value Manager:**

Eleri Lloyd

Social Value and Development Officer:

Elaine Thomas (until December 2019)

Social Accountant:

Dr Adam Richards

**Community Development Officer
(Maesgeirchen):**

Jess Silvester

HEALTH TEAM**Health and Well-being Facilitator:**

Sioned Llwyd Larsen

Social Prescription Project (Arfon),**Community Link Officer:**

Rhian Griffiths

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

Ceren Williams

Administration Officer:

Tracy Lynne Rotheram

Finance Assistant and Development Officer:

Carys Williams

Administration Assistant:

Ellen ap Dafydd (until December 2019)

Receptionist:

Mair Davies

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

Carwyn Humphreys

Volunteering Officer:

Alan Thomas

I CAN Administrative Support Officer:

Elaine Ginnelly (until September 2019)

Mair Richards (from September 2019)

**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:

23 January, 2020

Send or e-mail any information to
Dolgellau Mantell Gwynedd
e-mail:

dolgellau@mantellgwynedd.com

Tel: 01341 422 575

A Note from the Chief Officer

As you will see from the cover of this newsletter and from the photos inside, it has been Annual General Meeting time at Mantell Gwynedd. We enjoyed a worthwhile day at Portmeirion and the main theme of the event this year was Climate Change.

You will all have heard, I am sure, about Greta Thunberg, the sixteen-year old Swedish teenager who has drawn the world's attention to Climate Change. She started protesting in August 2018 when she decided to withdraw from school every Friday and sit outside the Swedish Parliament with a placard which said: "Climate Emergency". That single-handed effort soon became a worldwide movement of school strikes and by 2019 over a million students were striking at all of the world's main cities. Around the same time in May 2018 Extinction Rebellion (XR) came into existence, a movement established by Roger Hallam and Gail Bradbrook, and which has now evolved into a global environmental movement. XR has the stated aim of using non-violent civil disobedience to compel government action to avoid tipping points in the climate system, biodiversity loss and the risk of social and ecological collapse.

In July this year I joined XR in Cardiff for three days' action and later in October I joined XR in London to support the action which saw the closing of 12 central London locations including Lambeth and Westminster Bridges. It was an incredible experience! Non-violent direct action has been central to all of the action and by now very few members of the public are unaware of the climate emergency.

It was therefore timely that this year's AGM included the Centre for Alternative Technology with a particular focus on their Zero Carbon Britain project. It's interesting that this organisation on our doorstep in Machynlleth have been talking about the dangers of climate change since 1972. Paul Allen, our guest speaker, has been working in CAT for 31 years. His knowledge and passion is incredible and we hope to work closer with CAT and Paul Allen in the future as we promote this important agenda.

As an umbrella organisation, Mantell Gwynedd has a key role to coordinate and support the third sector and encourage collaboration on all fronts. Climate Emergency will, undoubtedly, be a key focus for us all over the next few years. Reducing our carbon emissions will not only be our challenge as individuals but also our organisations. The AGM was the starting point for this important work within the third sector. We look forward to expanding on the work and supporting organisations who wish to engage.

As another year draws to a close with Christmas on our doorstep, I would like to extend good health and peace to all our supporters. It has been an incredibly unsettling year in world politics and many world events have undoubtedly made us realise how vulnerable we are in the world. Let us all strive for world peace in the year to come.

With best wishes to you all over Christmas, Bethan

The Social Value Cymru Conference

On the 9th of October, the Social Value Cymru Conference was held at Conwy Business Centre. This conference was organised in partnership with the Social Value Forum Steering Group that was set up in response to Section 16 of the Social Services and Well-being Act (Wales) 2014. This act places a duty upon local authorities (and partners) to promote the development of not for profit organisations

- ◆ Shelley Davies – Head of Partnership and Integration in Welsh Government;
- ◆ Maria Bell – North Wales Social Care and Well-being Improvement Collaborative;
- ◆ Ben Carpenter – Social Value UK;
- ◆ Dr Adam Richards – Social Value UK;
- ◆ Anne Lythgoe – VCSE Accord Lead at the Greater Manchester Combined Authority.

It was also great to hear inspiring stories from Tracey Evans, CEO of The Outdoor Partnership. They support people back into employment through outdoor activities and are part of the Measure and Manage your Social Value North Wales project.

In the afternoon there were discussions on how social value can be driven forward in North Wales, what the challenges are, and then groups identified indicators on how social value can be embedded in the process and practice of commissioning and procurement. Attendees were also asked to pledge their commitment and priorities for the social value agenda.



to provide care and support and preventative services. The aim of the conference was to explore how the voluntary and public sector could work together to maximize the impacts of funding, commissioning and procurement.

It was an extremely successful day with representation from all six local authorities in North Wales, the health board, the police, housing associations, the Big Lottery Community Fund, and third sector organisations representing a cross-section of services. There were presentations from:





Following front cover

Siân Williams, Natural Resources Wales, discussing the challenges facing Gwynedd due to climate change.



The National Lottery Community Fund Workshop and what we mean by People in the Lead.



Bethan Williams, Mantell Gwynedd Chief Officer, Annie Williams, Vice Chair of Mantell Gwynedd, and Siân Williams listening to Paul Allen's presentation.



Marian Pye, Project Manager, Welsh Peatlands Sustainable Management Scheme, Snowdonia National Park Authority.



Paul Allen's workshop in the afternoon, helping organisations to think about changes they could make within their organisations to reduce carbon.



Bethan, Mantell Gwynedd's Chief Officer presenting the annual report.

The Impact of Volunteering

Name: **ELIS**

Age: 14

What you do as a volunteer?

I volunteer at the Canolfan y Fron and at Capel Soar in Penygroes. I help in the Ganolfan in the kitchen making drinks & cakes, serving customers in the café and in the shop. I also assist with cleaning the accommodation areas as well as doing the laundry. I also volunteer at Capel Soar playing the organ occasionally.



How did you first get involved in volunteering?

I asked if there was anything I could do to help at the Ganolfan to help my community and to gain a variety of experiences.

What difference has volunteering made to you?

Volunteering has definitely helped my self-confidence and will help me in the future to look for work, I'm also helping the community and getting to know new people.

How did the Gwynedd Volunteer Centre help you?

They encouraged and supported me to do whatever I wanted to do to develop my skills. I was also accepted on the Gwynedd Volunteering Scheme so that I get recognition for my volunteering work.

Has volunteering led to any significant developments?

As I'm only 14 years old, I hope it will look good on my CV and show that volunteering is worthwhile.

How would you describe volunteering?

It's a great way to help the community, get to know new people and learn new skills!

VOLUNTEERING WALES SURGERY



Gwirfoddoli Cymru
Volunteering Wales

Would you like the tools on how to use the new 'Volunteering Wales' website?

Come along to this surgery for advice and guidance on how to register your organisation, promote your volunteering opportunities and manage your volunteers on this brand new digital platform!

1 hour slots available per organisation

DATES:
Thursday 9th January 2020
Wednesday 15th January 2020

Mantell Gwynedd, 23-25 Y Bont Bridd, CAERNARFON, LL55 1AB

To book please call: 01286 672 626



CYNLLUN GWIRFODDOLI GWYNEDD VOLUNTEER SCHEME

Cynllun gwobrwyo a chydabod ymdrechion a gweithgaredd gan wirfoddolwyr yng Ngwynedd

- 50 awr/hours
- 100 awr/hours
- 200 awr/hours
- 500 awr/hours
- Gwasanaeth hir-dymor
Long term service

Award scheme to recognise the effort and activity given by volunteers in Gwynedd



www.mantellgwynedd.com
01286 672626 / 01341 422575

Circoarts – Y Festri, Llanberis

Case study for individual involved in a funded project.

(Gwynedd Youth Volunteering Grant)

Tom Green is 21, was educated at home, attended secondary school occasionally and has no formal qualifications. He was first inspired by the circus after meeting Organised Kaos Youth Circus.

For two and a half years Tom has been running a weekly circus session for CircoArts at Y Festri Community Arts Charity, in Llanberis, run by the youth for the youth, who are known as Staff Clwb.

The volunteers are responsible for planning sessions, looking after equipment, carrying out Risk Assessments, teaching a variety of circus skills, devising shows, and taking the youth to perform at local events.

As the group was very small to start with, there was a risk that it might not be sustainable. With energy, enthusiasm and commitment from the volunteers, it is now a thriving club.

Volunteering through learning and performing with CircusWorks Youth Festival and volunteering at NoFit State Circus for five weeks at the Circus Village in Avignon 2018 has given Tom credibility.

Along with the other volunteers he has created a fire performing team, called CircoPyro, and performed at Play Festival, Uknow Festival, Sea & Fire Festival Harlech, Llanberis Christmas Fair, and their first stage show at Pontio, Bangor this year.

He is now a director/treasurer of CircoArts, a new social enterprise, created to deliver Arts, Circus & Events outside of Y Festri.

Tom has been an asset to the projects at Y Festri and he's greatly valued. He has developed skills and confidence, as a trainer and performer and as an inspiration for young people.



2019 Good Health Event

The Good Health Event was held on October the 11th at the Dolgellau Leisure Centre. Despite the poor weather, there was a good turnout again this year with more than 45 stalls offering information and advice on various topics. The event was officially opened by Dr Jonathan Butcher, Meirionnydd GP Cluster Lead. We are very grateful for all the support to ensure that it was a success again this year. Thank you all.



The North Wales Citizens Panel

This is a panel to share ideas and opinions on health and wellbeing services in North Wales.

For more information visit
www.llaisygogledd.wales

If you are interested, please contact Emma Pugh on
01492 523 844 or emmapugh@cvsc.org.uk

New Service – GamCare – Women & Gambling

GamCare offers information, advice and support to anyone affected by gambling including the individuals, their families and friends.

For more information, please contact the Advisers on the National Gambling Helpline.
Call free on **0808 8020 133** or live chat via
www.gamcare.org.uk

Social Prescription Project

700+ people have been referred to the project since October 2016

SROI feedback quotes from individuals who have received information, help and assistance from Social Prescription

Examples of the Arfon Community Link officer's work

EXAMPLE 1

A young person was separated from his partner and child, was awaiting hospital treatment and living in a car.

Interventions included the following: Support, referrals and advice on how to contact the appropriate people and organisations to help with his circumstances. Foodbank. Signposting to organisations who can help him plan. Support in looking for work.

Outcome of intervention: He is no longer homeless. He has been receiving the appropriate support to address his individual needs. He is now able to cope better with his situation.

EXAMPLE 2

A person caring for her mother was feeling overwhelmed with the responsibility.

Interventions included the following: Referral to Carers Outreach Service. Information on Alzheimer's Society. Signposted to support groups and activities for carers and people living with Dementia. Information and guidance on the Herbert Protocol (Safe & Found). Prescription books, audio books and e-books, daily living aids and Telecare. Information on respite care was also shared.

Outcome of intervention: The carer is attending groups regularly and is feeling supported. She has a clearer understanding of the effects of living with Dementia. Mother and daughter are now able to cope better with the situation by making plans. They feel more in control of their lives to ensure that they have a safer and more fulfilled future.



CYSYLLTWCH Â NI:
CONTACT US:

01286 672626
07940375467

LINC@MANTELLGWYNEDD.COM

**CYSWLLT
CYMUNEDOL
ARFON
COMMUNITY
LINK**

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

MANTPELL
GWYNEDD

In seithof grwpiau gefirioddiol a chymunedol
Supporting voluntary and community groups

Landfill Grant

The Landfill Disposals Tax Communities Scheme is a Welsh Government funding programme managed by the WCVA.

The scheme will support local community and environmental projects in areas affected by the disposal of waste to landfill.

How much funding is available?

Grants of between £5,000 and £49,999 will be available for projects that meet the scheme criteria.

The fund is £1.4 million per annum.

WCVA may award a grant to one Nationally Significant project per year in the Autumn Round – with a value of between £50,000 and £250,000.

The Autumn Round is open from **21 October 2019** and closes **13 January 2020**.

For more information go to
ldtgrants@wcva.org.uk



Is your organisation/group located near an ASDA store? The company have a fund available to organisations with one proviso that you have a connection with your local store.

For more information go to

<https://www.asdafoundation.org/what-we-fund/significant-local-community-projects>

Trustees

Are you a trustee?

Is your organisation a registered charity with the Charity Commission?

Have you updated your organisations information with the Charity Commission?

It is important that you ensure that the information that the Charity Commission have about your organisation is current and correct.

The trustee names that the commission have are responsible for the organisation – therefore to ensure that the information is correct go to the commission web site:

www.gov.uk › [government](#) › [organisations](#) › [charity-commission](#)>

NFU Mutual Charitable Trust

The NFU Mutual Charitable Trust was set up in 1998, to promote and support charities in the United Kingdom working in agriculture, rural development and insurance.

For more information go to/ or e-mail:

<https://www.nfumutual.co.uk/about-us-charitable-trust/>

nfu_mutual_charitable_trust@nfumutual.co.uk

The Woodward Charitable Trust

The Woodward Charitable Trust is a grant-making trust. The Trust primarily funds charitable organisations in the UK.

For more information go to, or email:

http://woodwardcharitabletrust.org.uk/general_applications/

contact@woodwardcharitabletrust.org.uk



Gwynedd Development Fund

It is anticipated that Gwynedd Development Fund grants will be available again for 2020/21.

Further information will be available from January 2020 from Heather Williams,
Gwynedd Council

heatherwynwilliams@gwynedd.llyw.cymru

Ysbyty Gwynedd ICAN Centre

The Centre provides a service for those visiting the Emergency Department at the three main hospital sites in North Wales having low-level social and mental health difficulties. The ICAN project is led by the Betsi Cadwaladr University Health Board and funded by the Welsh Government with support from Mantell Gwynedd. The service is provided by supervised volunteers at the hospitals.

Since the ICAN project started in December 2018 the centre has seen over 900 individuals. During October 2019, 110 individuals were supported. The project has achieved and surpassed its original targets and has become a valued service to the public and the emergency services. A Volunteer and Training Coordinator has recently joined the team to ensure consistency and good practice

at all three hospitals. This will ensure that lifelong training is available for everyone who is part of the project.

Are you interested in joining this exciting community-based project, helping people in crisis and receiving training and support? Information sessions are run every month on the first and third Monday at 7pm at Ysbyty Gwynedd. Come along to meet the team at the hospital's Main Entrance or contact Mair Richards

mair.richards@mantellgwynedd.com
or **01286 672 626** for further information.



TRAINING AND EVENTS

WCVa Training

Bilingualism at Work

20-05-2020 – Bangor

For more information or to book your place go to www.wcva.org.uk



You can hire the Mantell Gwynedd Mobile Unit for a very reasonable price



You're welcome to contact us to find out more and 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**
Phoning: **01286 672 626**

or by visiting our website: **www.mantellgwynedd.com**

MANTELL GWYNEDD TRAINING

Basic Safeguarding

Date: 14-02-2020

Venue: Canolfan Byw'n Iach (Porthmadog Leisure Centre)

Emergency First Aid

Date: 20-02-2020

Venue: Penygroes Memorial Hall

To register your wish to attend please contact **Dolgellau Office** on **01341 422 575** or **dolgellau@mantellgwynedd.com**

To discuss any training needs for your organisation contact **Carys Williams** on **01286 672 626** or **carys@mantellgwynedd.com**

ROOMS TO LET



23-25 Y Bont Bridd, **CAERNARFON**, Gwynedd LL55 1AB

The Old Police Station, Lombard Street, **DOLGELLAU** LL40 1SB

For more information please contact: Ceren Williams, Mantell Gwynedd **01286 672 626**

enquiries@mantellgwynedd.com
www.mantellgwynedd.com