



# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 79 – December 2017

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ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED



## MANTELL GWYNEDD

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# CELEBRATING 20 YEARS OF MANTELL GWYNEDD



Mantell Gwynedd held a Conference and Annual General Meeting at Portmeirion on the 22nd of November.

Guest speakers at the Conference were:

Glynne Roberts, Programme Director, Betsi Cadwaladr University Health Board;  
Mathew Thomas, Welsh Language Commissioner's Office;  
Mair Rigby, WCVA;  
Dr Adam Richards, Social Value Cymru.

Two workshops were held in the afternoon on:

- How best leaders use impact and evaluation - Social Value Cymru.
- The new rules on Data Protection because of the General Data Protection Regulation (GDPR).

**Thank you to all who attended on the day.**

*Left to right: Mair Rigby, Governance and Safety Manager, WCVA; Mathew Thomas, Promotion and Facilitation Officer, Wales Language Commissioner Office; Gwen Griffith, Chair of Mantell Gwynedd Board; Bethan Russell Williams, Chief Officer, Mantell Gwynedd; Glynne Roberts, Programme Director (Well North Wales).*



*Gwen Griffith and Bethan Russell Williams cutting the cake to celebrate 20 years since establishing Mantell Gwynedd.*

**MANTELL GWYNEDD STAFF****Chief Officer:**

Bethan Russell Williams

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

Delyth Vaughan Rowlands

**Social Value Manager:**

Eleri Lloyd

**Social Accountant:**

Dr Adam Richards

**HEALTH TEAM****Heath and Wellbeing Facilitator:**

Sioned Llwyd Larsen

**Social Prescription Project,****Community Link Officer:**

Rhian Griffiths

**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

**Volunteering Officer:**

Alan Thomas

**Volunteer Support Officer:**

Mair Davies

**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:

**25 JANUARY, 2018**

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

Mantell Gwynedd celebrates its 20th birthday this year.

It was established in 1997 as a successor to the old Rural Council.

As I pondered over what to include in this quarterly message I began wondering what else happened in 1997...

- Wales voted for devolution
- Scotland voted to create its own parliament after 290 years union with England
- Mother Teresa of Calcutta died
- Princess Diana was killed in a car crash in Paris and her funeral was watched by 1.5 billion people
- Luxemburg became the richest country in the world with an average per capita income of \$41,210
- Hong Kong returned to Chinese rule from UK rule
- Microsoft became the world's richest company worth \$261b
- Woolworths stores closed in the US
- Elton John was in the Top 10 for 10 weeks with his "Candle in the Wind" single
- Jurassic Park came to the cinema
- Spice Girls got to Number 1 in the charts

Mantell Gwynedd has seen some major changes over the past two decades but I guess that it's the internet which has made the most significant difference to the way in which we work, particularly the use of emails and, more recently, the use of social media as a main form of communication. These developments have made huge changes to the way in which we work.

So what have we achieved in twenty years? Well, even if we said we had recruited and placed just 200 volunteers every year (and it's probably a lot more than that) that would be 4,000 volunteers. 80 quarterly newsletters have been sent out and thousands of e-bulletins. Thousands more have come through our doors. The funding we have secured has put millions of pounds into the local economy. The last two decades have seen much development and change. The real challenge of course is how we now adapt and plan so that we maximise opportunities to support the third sector so it is well placed for another decade...

**Until next time**  
**Bethan**

# Dolgellau and District Talking Newspaper

Dolgellau and District Talking Newspaper is a charity that records local news in Welsh and English every week onto cassette tape or CD for people with a visual impairment and who cannot read local newspapers and magazines. We also produce a bi-monthly extra magazine programme. The charity relies heavily on volunteers.

Tapes and Cds are sent freepost to those who are registered blind or partially sighted with social services. However, if you are not blind or partially sighted, but still struggle to read the local news we are now offering a free download service through our Facebook page.

To find out more or interested in volunteering with the charity please contact:

**Gareth Roberts (Chair) 01341 42634**  
**Mark Wiles (Vice chair) 01341 25096**  
**e-mail [doltalknews@gmx.com](mailto:doltalknews@gmx.com)**  
 Or via our Facebook page  
 Papur Llafar Dolgellau Talking Newspaper



# PQASSO Accreditation

It's with pleasure that we can announce that Mantell Gwynedd has recently achieved PQASSO Quality Mark Level 1 accreditation.

We are keen to continue to keep up the standards and work towards Level 2 accreditation.



## More photos from the Mantell Gwynedd Conference and AGM



*Bethan Russell Williams presenting the Annual Report to those present.*



*The audience showing their appreciation of the supportive words from Janet Griffith, Barmouth Sailors' Institute.*



*Dr Adam Richards, Social Value Cymru and Eleri Lloyd, Social Value Manager, Mantell Gwynedd running a workshop on "how the best leaders use impact and evaluation".*



*Mair Rigby, WCVA giving an introductory session about the new General Data Protection Regulation.*

# Gwynedd Volunteer Scheme

Here are some of the volunteers who have recently received their Gwynedd Volunteer Scheme certificates



*Catrin Rees – 200 hours with Pontio Bangor and 'Mae gen i go' – Engedi Chapel*



*Chris Amehere – 200 hours with Gisda, Caffi Te a Cofi.*



*Kelvin Humphreys – 50 hours with National Eisteddfod Wales 2017 and Maes G Café.*



*Eurwen Jones – 200 hours with Gisda.*

A graphic for the Gwynedd Volunteer Scheme. It features a logo of stylized figures in a circle, colorful bunting, and the text 'CYNLLUN GWIRFODDOLI GWYNEDD VOLUNTEER SCHEME'. Below this, it lists award levels: 50 awr/hours, 100 awr/hours, 200 awr/hours, and 500 awr/hours. It also includes a description of the scheme, contact information, and social media icons.

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

# 5 reasons to volunteer for students

## 1. Gaining New Experiences

Volunteering enables you to develop technical, social and academic skills. Whether you're helping-out at the library, hospital or shop, volunteering enables you to experience different environments and situations and expand your horizons.

## 2. Give Back & Help Others

Volunteers create better environments for others, they create healthier communities and they brighten lives.

## 3. Meeting New People

Not only does the volunteering work you do show who you are as a person, but it reflects many positive character traits that potential employers want to see. Volunteering enables you to meet a variety of people from all walks of life. Networking is an amazing benefit of volunteering, learning professional skills and an access to a breadth of knowledge from co-volunteers.

## 4. A Sense of Accomplishment

Volunteering isn't one of the most plush, easy, or glamorous of jobs, but it is one of the most beneficial and uplifting. While no money is received, many will tell you that their work and experiences gained as a volunteer is worth much more than any money they could have earned.

## 5. Building Career Options

Charity work gives opportunities to test out a desired career path and it strengthens your CV. At a young and inexperienced age, volunteering is an excellent gateway to the workforce.

Volunteering will give you loads of things, like experiences, connections and most importantly, a voice. So, get out there and get involved and start having fun. Yes, volunteering can be fun.



**50 hours Volunteering Certificate**  
Abbie Thomas – GwynJim Bethesda



**50 hours Volunteering Certificate**  
Luned Rhys – Bryn Meddyg, Llanaelhaearn  
and Chwilog Sunday School

**50 hours Volunteering Certificate**  
Angharad Roberts – Gisda



# Good Health Event – 13 October 2017

The Good Health Event was held on October the 13th at the Dolgellau Leisure Centre. It is encouraging to report that there was a fantastic turnout on the day with more than 40 stalls offering information and advice on various topics. The event was opened by Dr Peter Higson, Chair of the Betsi Cadwaladr University Health Board. We are very grateful for all the support to ensure that it was a success again this year.

It was very heartening to hear about a person's story who attended the event in 2016. She came along this year to express her appreciation to the organisations who had assisted her following last year's event. As she had quite severe mobility issues, Care & Repair/Canllaw arranged for adaptations work to be undertaken at her home. Following this she received advice from Age Cymru Gwynedd & Môn which resulted in her receiving the benefits that she was entitled to. In her words "These interventions, that I received, from coming to this event, have been brilliant and



*A group of friends who came along to the Good Health Event on the 13th of October at the Leisure Centre, Dolgellau.*

the quality of my life has been improved so much over the last year. It has made such a difference to us as a family."

## Shared Reading Groups

Please see below, information regarding the Shared Reading Groups which are currently being held on a weekly basis in the Arfon area. Anyone is welcome to attend these groups

- ◆ Bangor Library Reading Group - Friday 10:45 am-12:15pm
- ◆ Abbey Road Centre, Bangor Reading Group - Wednesday 12:30-2:00 pm

For more information please contact  
**0151 729 2200**  
 or [rachelnash@thereader.org.uk](mailto:rachelnash@thereader.org.uk)

## Shelter Cymru – Gwynedd Debt and Advice Support

Are you struggling to pay your bills and make ends meet? Shelter Cymru can help you manage your debts and take the first steps towards control of your money.

Please phone **01248 671005** to make an appointment or for more details.

## Sporting Memories: Bringing people together through a shared love of sport

The Sporting Memories Network helps establish groups where older people can come together over a shared passion for sport. Groups have already been established in England and Scotland, helping older people to stay connected, keep physically active and to reminisce over their favourite sporting memories. The organisation is currently exploring the potential of setting up clubs in Wales and would like your help to identify interest and demand. If you would like to contribute you can do so by completing a short online survey on <http://bit.ly/2kX4rQ4>

## Social Prescription Project – Arfon Area

The Social Prescription scheme is available in the Arfon area and receives referrals from GPs and other health professionals. If you would like more information, please contact Rhian:

**Rhian.Griffiths@mantellgwynedd.com** or **01286 672626** or **07940375467**

## Social Prescription Project (Arfon)

Feedback from individuals who have received information, help and assistance from the project

**“Gives you a reason to get up in the morning.”**

**“Better than Drugs.”**

**“I was on my own, but now I feel supported.”**

**“Makes you feel alive again.”**

**“I would not have coped without Rhian’s help”**

**“It’s been life changing.”**

## Young Trustee Toolkit

Research shows that the average age of trustees in the UK is 57.

Youth Volunteer Officers across North Wales are keen to change this and have created a toolkit for organisations who are keen to recruit more young people as trustees.

### Why recruit young trustees?

- ◆ Young people represent a significant proportion of the population



- ◆ Improved diversity on management boards and committees
- ◆ Can help towards sustainability of an organisation
- ◆ Bring different vision, fresh and new ideas
- ◆ Young people are enthusiastic and keen to learn new things and making a difference and much more ...

You can download a copy of the toolkit from Mantell Gwynedd’s website.

For more information, contact Gwynedd Volunteer Centre.



# Measuring and Managing your Social Value

An opportunity for 5 organisations in Gwynedd to work with our Social Value Cymru team

As reported in our May 2017 newsletter, Mantell Gwynedd has been successful with an application to the Third Sector Skills Lottery Fund. Within this project, there is an opportunity for five organisations within Gwynedd to work closely with us for two years, to measure the social value of one area of their work by using the principles of Social Return on Investment. As well as measuring the value of one project or service, we'll work closely with your trustees to ensure they develop the confidence to use this information to manage and for decision making. We all hear about well-being, and it is central to much of what we do. This project can help you to demonstrate how your activities contribute to the Well-being of Future Generations (Wales) Act 2015 and the Social Services and Well-being (Wales) Act 2014.



An information sheet is included with the newsletter, and applications will open in January 2018. Contact us for more information.

## Social Value Workshop

Mantell Gwynedd and Medrwn Môn are jointly organising two workshops in January 2018:

1. Llangefni at 10 am on the 18th January 2018.

2. Dolgellau at 10 am on the 23rd January 2018. These sessions will introduce social value and how we can start to measure our impact. There will be an opportunity to discuss the project with staff members at the end of the workshop.

If you have an interest in being part of this project contact Eleri to discuss further on **01286 672626** or [eleri@mantellgwynedd.com](mailto:eleri@mantellgwynedd.com)



Eleri promoting the project at the Social Business Wales 2017 Conference in Llangollen.

## Steve Morgan Foundation

The Steve Morgan Foundation supports projects that help to make a positive effect on people's welfare or quality of life.

We want to improve opportunities and life choices for children and families, people with physical or learning disabilities, the elderly, or those that are socially disadvantaged.

The Foundation, established in 2001 by businessman Steve Morgan CBE, is committed to help people who most need it in North Wales, Merseyside, Cheshire and North Shropshire through our grant programmes:

**Main Grant Programme** provides support to charities, organisations and community groups which help children

and families, the elderly, those with disabilities and the socially isolated;

**Enable Programme for Individuals and Organisations** offers support for disabled people of all ages in financial hardship, who are in need of specialist equipment;

**Enable Smiley Bus Programme** contributes funding for standard or wheelchair accessible minibuses for charitable and voluntary organisations, special needs schools, community transport groups, etc.

For more information please check our website:

**[www.stevemorganfoundation.org.uk](http://www.stevemorganfoundation.org.uk)**

or call us on **01829 782808**.

## Localgiving

Localgiving is a registered charity that aims to help local charities and community groups to diversify their income through online fundraising. Localgiving also runs online fundraising platforms such as crowdfunding pages and/or appeals.

For more information go to [www.localgiving.org](http://www.localgiving.org) or alternatively contact Lauren Swain at:

**[lauren@localgiving.org](mailto:lauren@localgiving.org)**

or **07808 889 672**.



## Hanfod Cymru

Hanfod Cymru administrates three different grant programmes and there are three main themes. Only registered charities can apply for funding.

The three themes are:

- ◆ Arts / Creativity / Culture
- ◆ Education
- ◆ General Social Needs

The funding is distributed through three main grant programmes:

1. Small Grant – up to £10,000
2. Main Grants – up to £75,000 (not yet launched)
3. Strategic Grants – up to £200,000 (exceptional and few in number – not yet launched)

Applications are made via an online form, and you may be asked for certain supporting documents depending upon the nature of your request. Please read the application guidance notes before filling in your application form.

Further details are available from

**[www.hanfodcymru.wales](http://www.hanfodcymru.wales)**



**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](mailto:enquiries@mantellgwynedd.com)

phone: 01286 672 626

Or visit our website: [www.mantellgwynedd.com](http://www.mantellgwynedd.com)

## ROOMS TO LET

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

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

For more information contact:

**Ceren Williams, Mantell Gwynedd 01286 672 626**

[enquiries@mantellgwynedd.com](mailto:enquiries@mantellgwynedd.com)

[www.mantellgwynedd.com](http://www.mantellgwynedd.com)



## MANTELL GWYNEDD TRAINING / EVENTS

### Safeguarding Surgery

Date: 30-1-2018

Venue: Mantell Gwynedd Office,  
Caernarfon

### Level 2 Food Safety in Catering Course

Date: 21-2-2018

Venue: Y Ganolfan, Porthmadog

### All Wales Basic Safeguarding Awareness Training

Date: 6-3-2018

Venue: Mantell Gwynedd Office,  
Caernarfon

### Emergency First Aid Training

Date: 15-3-2018

Venue: Penygroes Memorial Hall

To register your wish to attend please contact

**Ellen** on 01341 422575

or [ellen@mantellgwynedd.com](mailto:ellen@mantellgwynedd.com)

Or to discuss the training needs of your organisation contact **Delyth Rowlands**

on 01286 672626

or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)



## WCVA Training

**Introduction to evaluating and monitoring outcomes**

06-02-2018 – Wrexham Museum, LL11 1RB

**Workshop: Setting up and refreshing networks**

01-03-2018 – WCVA Rhyl, LL18 3EB

**Full cost recovery – An introduction**

13-03-2018 – CAIS Colwyn Bay, LL29 8BP

To book your place go to [www.wcva.org.uk](http://www.wcva.org.uk)