

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 67 • December 2014

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## 2014 Mantell Gwynedd Trading Fair



More pictures on page 4.




**ESF**

Llywodraeth Cymru  
Welsh Government

Ewrop & Chymru: Buddsoddi yn eich dyfodol  
Cronfa Gymerthasol Ewrop

Europe & Wales: Investing in your future  
European Social Fund




**ERDF**

Llywodraeth Cymru  
Welsh Government

Ewrop & Chymru: Buddsoddi yn eich dyfodol  
Cronfa Datblygu Rhanbarthol Ewrop

Europe & Wales: Investing in your future  
European Regional Development Fund



ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED

### MANTELL GWYNEDD

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E-mail: [enquiries@mantellgwynedd.com](mailto:enquiries@mantellgwynedd.com)

Registered Office:  
The Old Police Station, Lombard Street,  
Dolgellau, Gwynedd, LL40 1SB.  
Tel: 01341 422575 • Fax: 01341 422147  
Website: [www.mantellgwynedd.com](http://www.mantellgwynedd.com)



## MANTELL GWYNEDD STAFF

### Chief Officer:

Bethan Russell Williams

### DEVELOPMENT & SERVICES TEAM

#### Senior Development & Services Officer:

Delyth Vaughan

#### Social Enterprise Development Officer:

Eleri Lloyd

#### Making the Connections Officer:

Carol Evans

#### Children & Young People Facilitator (from April 2014)

Paul Edwards

### TEULU NI PROJECT

#### Teulu Ni Project Officer:

Mair Richards

### FAMILY BUDDIES

#### Arfon

Dawn Jones, Janet Jones

#### Dwyfor

Llinos Owen Jones

#### Meirionnydd

Iona Williams

### HEALTH TEAM

#### Health & Social Care Facilitator:

Sioned Llwyd Larsen

#### Ffrindia' Project Manager:

Carys Williams

#### Arfon Volunteer Co-ordinator:

Alan Thomas

#### Dwyfor Volunteer Co-ordinator:

Dawn Thomas

#### Meirionnydd Volunteer Co-ordinator:

Mirain Roberts

### FINANCE & ADMINISTRATION TEAM

#### Deputy Chief Officer & Head of Finance & Operations Team:

Ceren Williams

#### Administration Officer:

Bronwen Rowlands

#### Finance Assistant:

Tracy Williams

#### Administration Assistant:

Tracy Lynne Rotheram

#### Administration Assistant:

Ellen ap Dafydd

#### Receptionist:

Hilary Jones

### VOLUNTEER CENTRE TEAM

#### Volunteer Centre Co-ordinator

Carwyn Humphreys

#### Volunteer Officer:

Ann Angharad Fleming

#### Volunteer Officer:

Gwenllian Glyn Dafydd

## A note from the Chief Officer

Last November we were battling to have third sector funding removed from the Sell2Wales website. It is good to report that twelve months later the majority of the organisations affected have been given rollover funding until March 2016. We are still working with two organisations who did not benefit from the rollover arrangement. The two organisations in question provide services for some of the most vulnerable individuals in Gwynedd and we have a moral responsibility to support the organisations in question as well as the individuals who receive services from these organisations. Mantell Gwynedd remains absolutely committed as a strong voice to support these organisations and their services.

Once again we enjoyed a great Annual General Meeting day at the Galeri. The annual third sector trading fair was a huge success and the goods on display and for sale by organisations like Menter Fachwen, Canolfan Felin Fach, Gardd Gymunedol Deudraeth Cyf and many others was just amazing. It's great to see organisations getting focussed on raising funds themselves through trading opportunities. The way their goods are packaged and displayed is second to none and would sit comfortably with goods in any high class shop. Seeing produce so professionally displayed gives other groups new ideas and the confidence to try out new ways of raising money. We had a great day at the Galeri and the Annual General Meeting was again a success with a lively audience asking questions and raising issues of concern. It fills me with hope when I see a confident sector demanding explanations and answers to questions. My thanks to everybody who attended and contributed to the success of the day and to all those who support the third sector in these challenging times.

As you will see from the content of the newsletter our staff at Mantell Gwynedd have also been busy fundraising for good causes themselves. The majority of the staff took part in the ice bucket challenge and raised £100 for the local children's charity Gafael Llaw. The Macmillan Coffee Morning held at the office in Caernarfon raised almost £300. Another Coffee Morning takes place on December 15th at the Caernarfon Office and all funds raised will go towards the Team Irfon (Awyr Las) charity which supports the Alaw Ward at Ysbyty Gwynedd. At a time when our staff are continually telling organisations to raise some of their own funds it is good to see that we as staff also fundraise for local charities. At the end of another busy year here at Mantell Gwynedd, and as Christmas approaches, I would like to thank all of the staff here as well as our committed Board Members for their tireless support and hard work. A big thank you also to every organisation and particularly every volunteer who give their time to make Gwynedd a better place to live. Gwynedd would be a very poor county indeed without the third sector. With very best wishes to all of you and wishing you good health and peace in 2015.

**Until next time, Bethan**

### INFO & ARTICLES FOR THE NEXT ISSUE OF MANTELL

The deadline for information or articles to be included in the next edition of Mantell is **Friday 30th January, 2015**

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

## DISCRIMINATION



North Wales Regional Equality Network (NWREN) is a charity with the objectives of working towards the elimination of discrimination, and in particular, for those with one, or more of, the nine protected characteristics which are laid down in the Equality Act 2010.

NWREN is currently establishing a new Project, funded by the Big Lottery, People and Places programme. The Project has a number of strands. One of the main aims of the project is to establish a North Wales third sector Equality and Human Rights Forum to share information, encourage good practice and strengthen the contribution of the third sector to public policy by sharing expertise and advancing shared views.

Susan Jones is the Partnership Development Coordinator and will, in due course, be contacting many individual organisations across the third sector. It would be greatly appreciated if you could express your interest in the development of a Forum by contacting Susan Jones by e-mail: [susan@nwren.org](mailto:susan@nwren.org) or by telephone 01492 621 468.

It is envisaged that this Project will give strength to the voices of, not only the organisations in the third sector in North Wales, but importantly to the actual people whose 'voices' are marginalised and who do not have an input into public policy in North Wales.



**Are you a community or charitable group?**

**Do Welsh speakers and non-Welsh speakers attend your meetings?**

**Would you like to give everyone the opportunity to speak in their language of choice?**

Mentrau Iaith across North Wales have a new project which is part of the Welsh Government Rural Development Fund.

The intention is to offer a professional translating service, both written and simultaneous for a price within reach of community groups and third sector organisations.

If interested in the service and for more details contact:

**Glyn Jones** on  
**01492 642357**  
[www.cyfieithucymunedol.org](http://www.cyfieithucymunedol.org)

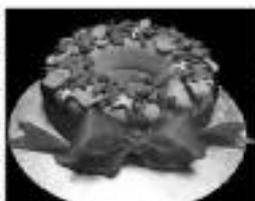




**YOU ARE CORDIALLY INVITED TO ATTEND  
MANTELL GWYNEDD'S CHRISTMAS THEMED  
COFFEE MORNING**

**15<sup>th</sup> DECEMBER 2014**  
**10 until 12 o'clock**

**MANTELL GWYNEDD OFFICE**  
**23-25 BRIDGE STREET, CAERNARFON**



**PROCEEDS TOWARDS  
IRFON'S TEAM  
AWYR LAS CHARITY**



**(ALAW WARD, YSBYTY GWYNEDD)**





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# 2014 TRADING FAIR



**Once again this year the Trading Fair was arranged along side our Annual General Meeting. This year it was held in the Galeri, Caernarfon, and it was a pleasure to have the fair within a successful Social Enterprise.**

The stalls again were well worth seeing and full of locally produced goods. The event was opened by Gwyn Roberts, Chief Executive of Galeri, Caernarfon. In the morning, we had a presentation by Mantell Gwynedd,

Gwynedd Council and the Galeri on the development of Social Enterprises in Gwynedd. In the afternoon, it was an honour to have Dr Martin Price, Chair of the Institute of Fundraising, Wales, to give us a workshop on 'fundraising v funding'. In the current challenging economic climate it is important that we reduce the reliance on grants and start to look at other innovative ways to sustain services. Thanks to all the stall holders, the speakers and everybody that supported the event.

## CANOLFAN HENBLAS OPENS IN BALA



**On the 12th of September, Canolfan Henblas in Bala opened its doors. This was the old Bala Town Council and Gwynedd Council Building which has been transformed over the last few months.**

Cwmni Pum Plwy Penllyn is responsible for the project, a limited company set up to tackle some of Penllyn's social and economic issues. The main aim was to bring services to Bala, and wide use is already being made of the Centre. There are some organisations permanently based here, but there's also a facility for organisations to hold drop in events. The Enterprising Communities Officer gave practical support to the Centre staff, as well as supporting another group to locate there. Bala First Responders are now based at the centre following a successful grant application to the Community Investment Fund. This is an extremely important organisation for the area and it's a great advantage to have a central base and a safe place for all their essential equipment as well as a location for training purposes

# ADVERTISE YOUR OPPORTUNITIES!



Here's your opportunity as organisations in Gwynedd to make use of our glass cabinet at the front of our offices in Caernarfon!

We're 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. We are very fortunate with the location to have a lot of pedestrians passing our offices.

It is true to say that the shop window does attract attention and we receive numerous enquiries regarding opportunities that are displayed.

For a discussion or further information, contact **Carwyn**:

**01286 672 626 / [carwynhumphreys@mantellgwynedd.com](mailto:carwynhumphreys@mantellgwynedd.com)**

## Overcoming the Barriers



The second session of 'Overcoming the Barriers' was held on 22nd of October at the Gwynedd Volunteer Centre in Dolgellau. The main purpose of these sessions is to act as a resource to strengthen the element of working together between the Gwynedd Volunteer Centre and the Job Centre. The aim is to assist individuals who are out of work to recognise the value of volunteering in their pathway looking for work. Firstly, the job centre encourages the people to attend these sessions and the Volunteer Centre then arranges sessions in different locations, in a relaxed atmosphere. The Gwynedd Volunteer Centre Staff, guide the individuals through the

necessary process required before volunteering. This is an opportunity to enable clients to learn from each other about the array of volunteering opportunities available and that there is a suitable opportunity for each individual. This also opens doors to individuals by encouraging them to try and look and think outside their familiar circle when looking for work. It was a pleasure to welcome two officers from the Dolgellau Job Centre to the recent session. Our aim is to expand and continue these sessions in other areas of Gwynedd in the new year! More details coming soon!

## YOUNG VOLUNTEERS' SUCCESSES

### Achievement of young volunteers on the Millennium Volunteers Scheme.

#### Certificate for 50 hours of volunteering:

Duncan Langston – Dysynni Hockey Club

#### 50 and 100 hours of volunteering:

Manon Fflur Thomas – Urdd Gobaith Cymru

Daniel William Roberts – Cancer Research

Mared Jones – Ysgol Syr Hugh Owen

#### Certificate for 100 hours of volunteering:

Rebecca Roberts – Cancer Research

Beca Tomos – Waunfawr Youth Club

#### Certificate for 200 hours - award of excellence:

Simeone Ross – Cancer Research

Ryan Nannes – Cancer Research

Kate Lloyd Pritchard – Eco'r Wyddfa, Ras yr Wyddfa.

Trystan Jones – Penrhyn Castle.

Well done!

GWIRFODDOLWYR Y MILENIWM



## Children and Young People organisations training

Following a recent analysis to identify training needs within children and young people organisations, two successful Safeguarding Children (Universal and target level) training days were delivered by Y Bont in the autumn.

In January 2015 a Train the Trainer event is planned on the United Nations Convention on the Rights of the Child (UNCRC). The course will be delivered by Children in Wales and it is intended to give key staff the confidence to transfer and cascade the knowledge and skills they develop to others within their organisation. (Date to be confirmed) For more details about the above events or for any other matters relevant to third sector organisations that support children and young people contact

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

## Gwynedd's Youth Led Grant Panel

Gwynedd's Youth Led Grant Panel has awarded three grant applications worth £2,467 to local organisations since April 2014.



Emyr Jones, Aaron Plemming, Mirain Llwyd and Miriam Jones.

## Good Health Event Dolgellau – continues to grow!

This was a lively and informative event with more than 50 organisations on hand on the day giving information and advice on health, care & well-being issues. The number of attendees increased again this year and we would like to thank everybody who participated to ensure that the event was a great success



*(Left to right) – Councillor Selwyn Giffith, Gwynedd Older People Champion; Elizabeth Brown (South Gwynedd Long Term Health Conditions Alliance) Delwyn Evans, (Mayor of Dolgellau); Llewelyn Evans (Chair of the South Gwynedd Long Term Health Conditions Alliance) Clare Lane (Older Peoples Commissioner for Wales); Professor Trevor Purt – Chief Executive of the Betsi Cadwaladr University Health Board.*

## Age Cymru Gwynedd a Môn – Living Well Centres

This is a new and innovative scheme to enable older people to develop skills, confidence, and self-esteem and to stay healthy and active in body and mind as well as helping them to be independent.

Locations:

- Blaenau Ffestiniog - Y Ganolfan
- Penrhyndeudraeth – Memorial Hall
- Porthmadog – Ebeneser Chapel

For more information contact:

[angharad@acgm.co.uk](mailto:angharad@acgm.co.uk) (07950195723)

[rhys@acgm.co.uk](mailto:rhys@acgm.co.uk) (07950195722) or

[mici@acgm.co.uk](mailto:mici@acgm.co.uk) (07709065410)

## Carers Trust North Wales Crossroads Care Service

– new service in Dolgellau

A Social Group for people with memory problems meets every Wednesday between 10am and 3pm, in an open home setting in Dolgellau. For more information please contact 01492 516435 or contact Carers Trust North Wales, Llys Eirias, Colwyn Bay, LL29 8BW

## North Wales Deaf Association Lip Reading Classes

North Wales Deaf Association has Lip Reading Classes at different locations across North Wales.

For more information contact :

**01492 563470** Sms - **07719 410355**

[info@deafassociation.co.uk](mailto:info@deafassociation.co.uk)

[www.deafassociation.co.uk](http://www.deafassociation.co.uk)



# Teulu Ni



Mae prosiect Teulu Ni wedi cael ei ddewis yn un o bedwar allan o 26 o brosiectau drwy'r DU i fod yn The Teulu Ni project has been selected as one of four out of the 26 UK projects for two important pieces of work as part of the Big Lottery's Fund monitoring process. They will be highlighting the Teulu Ni project as a case study for their Year 2 Report and also working out the Cost Benefit Analysis of the projects in terms of value to families and the Public Sector.

To date 97 families have been referred to the project and the waiting list has been reduced from 14 to 4 families. One of the Summer activities arranged by the Family Buddy was taking a family out to Ten Pin Bowling. The mother has now passed her driving test (with the project's financial assistance) and will be able to take the family herself in the future.



**Busnesau yn Cefnogi Cymunedau**  
**Business Supporting Communities**



**ARIENNIR GAN Y LOTERI**

**Business Supporting Communities is about creating and maintaining sustainable links between voluntary organisations and local businesses, bringing a wealth of expertise and experience together to benefit local communities.**

### **Professionals Supporting Communities**

Would your group like to benefit from the support of a professional e.g. solicitor, accountant, surveyor then contact B2C for further information.

Following the success of the last master-class I am now looking for input on future subjects. Please share with me the type of support you would like to see in the future.

## Employee Supported Volunteering

We are currently gathering a list of businesses who are willing to allow their staff time to volunteer with local community groups. Types of ideas might be painting a village hall or improving ground outside a building. Do you have a project in your local community that would benefit from this type of extra help?

For more details on B2C and how your community organisation can benefit from working together, visit [www.b2cwales.co.uk](http://www.b2cwales.co.uk), or contact **Sarah Thomas**, B2C Project Officer [sarah.thomas@b2cwales.co.uk](mailto:sarah.thomas@b2cwales.co.uk)

# Ffrindia' Fair

The second Ffair Ffrindia' was held at Porthmadog on the 4th July. We welcomed a number of volunteers and individuals to the event.

Band Arall entertained during the day and a presentation was given by Clare Horton a Physiotherapist from Tywyn Hospital regarding safety in the home. In the afternoon Mair Rees from Dolgellau gave a flower arranging demonstration. Thanks to all of them for their



contribution. After lunch certificates were presented to the volunteers for their support to the project during 2014. A number of organisations offering useful information and support to older people in Gwynedd also attended the event. From the feedback received all the organisations felt that they had benefited from attending. Thank you to all those who attended and made the day so successful. Everyone is now looking forward to the event in 2015.

## Befriending in Meirionnydd



**Keen to volunteer and to give of her time Wendy Davies from Trawsfynydd heard about Ffrindia'.**

Even though she is on a training course and has a family to keep her busy, she still gives some of her time to volunteer. She said about the befriending "Every week I give an hour to call to see Mrs Macateer for a cuppa and a chat. When I arrive home I feel that I have made a difference".

Mrs Macateer said: "The scheme is great and Wendy is lovely".

Ffrindia' is always looking for new volunteers, if you have some time to spare please contact

**Mirain Roberts**

**Meirionnydd Coordinator**

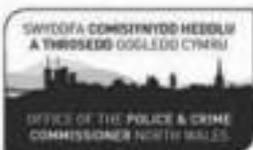
**01341 422575 / 07786513038**

**mirain@mantellgwynedd.com**

Further news, articles and information can be found on our website!  
[www.mantellgwynedd.com](http://www.mantellgwynedd.com)

## Compact Agreement between Police and Crime Commissioner and Third Sector

This year, a Compact Agreement between the North Wales Police and Crime Commissioner and Third Sector Organisations was formally signed. This Compact Agreement is intended to formalise the relationship between the Police and Crime Commissioner and the Third Sector and to establish minimum standards for contact and engagement between the two. Its success will have been determined through this year's engagement activities.



## “Facing the Future – Building Skills and Knowledge” - 26th September 2014

This event was organised as a follow up to the first event - Facing the Future - held on 30th April which aimed to address the problems placed on public services in the current economic climate and with budgets being cut dramatically across North Wales.

The event focussed on adult services in the health and social care field. It looked at solutions of how to deliver 'more with less' with a strong emphasis on using social value as the vehicle to provide better outcomes and impact by collaborative working, joint commissioning and embracing innovation.



Participants 'speed dating' at the event

This second event brought together experts in the field to provide taster sessions based on the training needs analysis carried out at the first event.

To reflect this, nine sessions were held and delegates had the opportunity to attend three from the following:

- Consortia Development – 'Building Partnerships that Work'
- Governance – 'Board Room Blitz'
- Service Delivery- 'A new Agenda'
- What is social investment?
- Public Sector Contracting 'Tender Readiness'
- Social Enterprise Explained – 'Bursting the Bubble'
- National Principles for Public Engagement
- Shared Power, Citizen Control – an approach to co-production
- Asset Based Community Development



### The Cross Cutting Theme throughout the day was – SOCIAL VALUE

The importance of organisations demonstrating their social value was emphasised and was embedded into all workshops to create a greater awareness and understanding.

The event was attended by a broad scope of third sector organisations, social enterprises and public sector organisations who work within the delivery of public services.

The feedback was very positive with the workshops providing an increase in knowledge, a greater depth of understanding of each other's issues. The event was also an opportunity to network and discuss individual ideas and situations.

## COMMUNITY INVESTMENT FUND



The Community Investment Fund aims to strengthen and develop groups and enterprises within the third sector.

The purpose is to enable the third sector to play a full role in the Gwynedd communities. Groups or enterprises can apply for a capital and/or revenue grant up to a maximum of £10,000.

The next closing dates are as follows

**05 January 2015**

**31 March 2015**

For more information or to discuss a project idea please contact Mantell Gwynedd on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com) or visit [www.mantellgwynedd.com](http://www.mantellgwynedd.com)

You can also apply for up to £1,000.00 directly to **Dylan Thomas**, Cartrefi Cymunedol Gwynedd. For more information please contact Elin on [dylan.thomas@ccgwynedd.org.uk](mailto:dylan.thomas@ccgwynedd.org.uk) or **0300 123 8084**



## Gwynedd Youth Led Grant- GWIRVOL.

You can apply for a grant of up to £1000 for youth led volunteering projects in Gwynedd.

The next closing date is : **30th January, 2015**

For an application pack or to discuss your project idea please contact Gwenllian Dafydd - [Gwenllian@mantellgwynedd.com](mailto:Gwenllian@mantellgwynedd.com) or phone (01286) 672626.



## Gwynedd Community Chest

**Gwynedd Community Chest supports new or extra sports and physical activity development plans in the community.**

You can apply for a grant of up to £1,500.00 with additional funding available to tackle inequalities within sports participation in the following areas : disability (inclusion), women and girls and children and young people experiencing poverty.

For more information please contact the Sports Development Unit on **01758 704 010** or e-mail [datblyguchwaraeon@gwynedd.gov.uk](mailto:datblyguchwaraeon@gwynedd.gov.uk)



Funding is available to not-for-profit organisations in the UK that are supporting children and young people of 18 years and under who are experiencing disadvantage through: illness, distress, abuse or neglect; any kind of disability; behavioural or psychological difficulties; living in poverty or situations of deprivation. Grants of over £10,000 are available to support projects for up to three years. The next deadline for submitting an application is **15th January 2015**

The small grants programme provides grants up to £10,000 and are available for one year. The next deadlines for submitting an application is **1st March, 2015.**

[www.bbc.co.uk/programmes/b008dk4b](http://www.bbc.co.uk/programmes/b008dk4b)

## WCVA EVENTS/TRAINING CALENDAR



09 December 2014

**Getting Fit for Funding**  
WCVA, Aberystwyth (SY23 3AH)

18 June 2014

**Writing Your Safeguarding Policy**  
North Wales Fire and Rescue Service (LL18 3PL)

13 January 2015

**Evaluating and Monitoring Outcomes**  
Canolfan Fusnes Conwy (LL31 9X)

31 January 2014

**Engaging Through Pictures (Seminar)**  
Flintshire Local Voluntary Council (CH7 1XP)

28 January 2014

**Writing an Evaluation Specification**  
WCVA, Rhyl (LL18 3EB)

12 February 2014

**Trust Fundraising – Intermediate**  
WCVA, Rhyl (LL18 3EB)

25 February 2014

**Choosing Toolkits to Demonstrate Impact –  
Masterclass**  
WCVA, Rhyl (LL18 3EB)

To book a place go to

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

or to get more information,

phone **0800 2888329**

or e-mail [help@wcva.org.uk](mailto:help@wcva.org.uk)

## ICE BUCKET CHALLENGE



Recently a number of Mantell Gwynedd staff took on the 'Ice Bucket Challenge' and raised £100 towards a local children's cancer charity Gafael Llaw.

## Macmillan Coffee Morning

On Friday, 26th of September Mantell Gwynedd host a coffee morning at our Caernarfon offices in aid of Macmillan charity. Winston Roddick, North



Wales Police and Crime Commissioner formally opened the coffee morning and joined the staff and members of the public for a cuppa and cake. We raised £321.24 towards Macmillan. Thank you all for supporting the event.

Why not follow us on  
Facebook and Twitter:



[www.facebook.com/mantellg](http://www.facebook.com/mantellg)



@MantellGwynedd