

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 73 • July 2016

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ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED

## MANTELL GWYNEDD

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## Volunteers' Week 1st - 12th June, 2016

The three 'Rs' summarises the aims of Volunteers' Week: Recognise, Recruit and Reward volunteers.

A number of volunteer recruitment events were during the week at Mantell Gwynedd's offices in Caernarfon and Dolgellau. In addition, outreach events were held with local Job Centres and the Volunteer Centre participated in a programme on BBC Radio Cymru to discuss the importance of volunteering. The highlight was the Celebration and Thank You Event held at Portmeirion on the 28th June. It was another successful event in the company of our guest speaker Cllr Eric Jones, Chair of Gwynedd Council.

We had a very powerful speech from Eric as he discussed and emphasised the importance of the voluntary sector. In his speech he drew on their recent experience as a family and their gratitude to the difference volunteering has made to save his son's life.

There were three volunteers from Gwynedd nominated in the Wales Volunteer of the Year Awards 2016. They all attended the ceremony to receive their highly commended certificates: two in the adult category – Heidi Bakewell (North Wales Netball) and Roger Richards (Radio Ysbyty Gwynedd), and Tansy Swerdlow (Wild Elements) in the Young People's category.



Ian Pritchard, North Wales Society for the Blind, receiving his certificate



All of the volunteers with their certificates

## MANTELL GWYNEDD STAFF

### Chief Officer:

Bethan Russell Williams

### DEVELOPMENT & SERVICES TEAM

#### Senior Development & Services Officer:

Delyth Vaughan

#### Projects Development Officer:

Eleri Lloyd

### 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

### VOLUNTEER CENTRE TEAM

#### Volunteer Centre Co-ordinator

Carwyn Humphreys

#### Volunteer Officer:

Gwenllian Glyn Dafydd

## INFO & ARTICLES FOR THE NEXT ISSUE OF MANTELL

The deadline for information or articles to be included in the next edition of Mantell is

**8 September 2016**

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**

## A Note from the Chief Officer

It's a miserable wintery morning in June. The world seems in turmoil for so many reasons. I have just read a heart-breaking account of racism against a Polish community. So many individuals and groups are worried about their future because of all the possible changes which might come about as a result of a change in our status within Europe. It would be very easy to feel like throwing in the towel and calling it a day. But NO! My mind quickly goes back to yesterday afternoon and our wonderful annual event at Portmeirion celebrating the contribution of Volunteers.

Many volunteers, ranging in age from 20s to 80s, were recognised for their amazing efforts. I take pride in knowing that the ones we recognise are a drop in the ocean as there are thousands of others in the county who also volunteer and make a real difference to their communities and to the lives of other individuals. They give their time and expect nothing in return. This is what gives me hope of a better future and it is these acts of selfless kindness which we need to remember on a miserable morning like today when it seems like the whole world is at war with itself.

And yes, yesterday's event was very special indeed. It is vital we give proper recognition to volunteers and acknowledge the real difference they make. But yesterday there was one particular story which encapsulated so much for me about humanity. Whilst listening to Cllr. Eric Jones, the Chair of Cyngor Gwynedd, many were moved to tears. He gave a moving account of the story of his 46 year old son Gareth Fon Jones, Headteacher at Ysgol Dolbadarn, Llanberis, who last year was diagnosed with cancer of the blood and bone marrow. Without treatment he was given just 18 months to live. Through the Anthony Nolan Trust a perfect bone marrow "match" was found from a young man in Dusseldorf, Germany. A German volunteer offering the hope of life to a young Welsh man whom he had never met. It was Eric Jones words which did it for me "**it doesn't matter what the colour of your skin, which country you live in or where in the world, it makes no difference what your religion is or where you worship, none of it matters, love thy neighbour that's what's important**" Wise words from a father who came so close to losing his son.

The Anthony Nolan Trust is a charity which relies on volunteers. Regardless of how far we have developed technology they still need the volunteer donation. In this case a volunteer from Dusseldorf saving a life in North Wales. There is a greater legacy of course – the young children from Dolbadarn School who have raised over £3000 towards a charity as a result of this, as well as Gareth's young daughter who is currently on her way up Kilimanjaro to raise funds for the Anthony Nolan Trust. What happened to the son, the father and headteacher has raised awareness among a newer and younger generation of the value of fundraising and volunteering.

In the coming days, weeks and months as we face a period of huge uncertainty, remember Gareth's story. Yes, love thy neighbour regardless of their colour and creed. Wise words from a father in a period of crisis.

**Until next time,  
Bethan**



## CCG - COMMUNITY INVESTMENT FUND (2011-2016)

Mantell Gwynedd administrated this Fund, on behalf of Cartrefi Cymunedol Gwynedd between 2012-2016 to support community projects and enterprises in Gwynedd.

This Fund (which is now closed), proved to be a huge success with more than £1 million capital and/or revenue funding invested in projects across Gwynedd since 2011. The fund has invested in exciting and innovative projects within our communities over this period. These projects have attracted over £5 million of additional funding from other sources which has demonstrated substantial economic value which in turn, has supported our communities.

These are some of the projects that received funding from the Community Investment Fund.



### FARWELL TO A VOLUNTEER CENTRE MEMBER OF STAFF

We have recently bid farewell to Ann Fleming who has worked at the Volunteer Centre in Dolgellau for over thirteen years. We would like to thank her for her years of service and wish her well in the future.

### CRIMINAL RECORDS UNIT WCVA

Following sector representation and hard lobbying the Minister for Communities and Tackling Poverty (at the time) has agreed to extend the funding for the provision of WCVA Criminal Records Unit services until 30 September 2016.

CRU can now take application requests and handle your application enquiries. Please contact us for your DBS checks via the usual channels – 0800 0197 391

**Paper Application** Last day of processing: Week beginning 18 July 2016.

No application will be received after 4.00pm Friday 22 July

**Online Application** Last day of processing: Week beginning 26 July 2016.

No application will be received after 12.00pm Friday 29 July

## WALES VOLUNTEER OF THE YEAR AWARDS 2016

There were several nominations throughout Wales for this award this year. Here are some who received their Highly Commended certificates in our annual celebration and thanks event this year at Portmeirion:

**Roger Richards** – Highly Commended: Category Adult (Radio Ysbyty Gwynedd)

**Heidi Bakewell** – Highly Commended: Category Adult (North Wales Netball)

**Tansy Swerdlow** – Highly Commended: Youth Category (Wild Elements)

**Additionally, a special recognition certificates were presented to acknowledge the contribution of volunteers.** Here are some who received their certificates in our annual celebration and thanks event this year at Portmeirion:

**Christopher Amihere** – GISDA

**Clare Mack** – Victim Support

**Des Mullander** – Eglwys Noddfa Caernarfon

**Mr Gerald Williams** – Yr Ysgwrn

**Kevin Roberts** - Eglwys Noddfa Caernarfon

**Deudraeth Cyf Volunteers**

**Rhian Lloyd Ellis** – 500 hours of volunteering

**Bethan Lewis** - 100 hours of volunteering

**Councillor Eric Jones a Gwen Griffith**

## HIGHLY COMMENDED



Roger Richards



Heidi Bakewell



Tansy Swerdlow

## SPECIAL CONTRIBUTION



Christopher Amihere



Clare Mack



Des Mullander



Mr Gerald Williams



Kevin Roberts



Bethan Lewis



Deudraeth Cyf Volunteers



Rhian Lloyd Ellis



Cyng Eric Jones & Gwen Griffith

GWIRFODOLUNYR Y MILENIWM



## Millennium Volunteers – Successes

### Certificate for 50 hours of volunteering

Lisa Parry – Gisda  
 Yasmin Hughes - Gisda  
 Rachel Jones – Rock Solid Bala  
 Mari Roberts – Morfa Nefyn School  
 Jasmin Webster – Seren  
 Charlie Owen –Barmouth Leisure Centre  
 James Rose –Welsh Highland Railway  
 Amy Evans - National Deaf Children's Society

### Certificate for 100 hours of volunteering

Jordan Jones – Glynllifon College  
 Steven Roberts – Glynllifon College  
 Owain Rhys – Royal Voluntary Service  
 Nathan Edwards – Gisda  
 Alex Alexander – Gisda

### Certificate for 200 hours - award of excellence

Luis Roberts – Gisda  
 Aron Roberts – Oxfam Porthmadog and Dolgellau College

Well done, everyone.

## VOLUNTEER OF THE MONTH



Nicola Pengelly receiving her certificates for 200 hours of volunteering with the Caernarfon Foodbank and Scouts. Nicola has also started volunteering with Gisda in their café in Caernarfon, which she is enjoying very much. Well done Nicola.



## Youth Led Grant 2016 – 2017

Grant to be distributed to groups to help develop youth volunteering activities.

Are you :-



- looking for money to develop a volunteering idea for young people?
- know of a group of young people who could volunteer, but need a grant to get started?
- working with young people, and looking for money to develop volunteering?

The aim of the ‘Youth Led Grant’ – GwirVol scheme is to support a range of small volunteering projects and activities, led and carried out by young people.

Even the successful applications are selected and recommended by a panel of young people aged 14-25.

You will be able to apply for a maximum grant of £500 to support volunteering or set up a volunteering activity for young people.

These are the closing dates for 2016-2017 (subject to funding available)

30 September 2016

25 November 2016

27 January 2017

More information contact:

[Gwenllian@mantellgwynedd.com](mailto:Gwenllian@mantellgwynedd.com) / 01286 672626

All the latest news are available on our website!  
[www.mantellgwynedd.com](http://www.mantellgwynedd.com)

## Good Health Event – October 14 2016



The 'Good Health' event this year will be held at the **Glan Wnion Leisure Centre Dolgellau** on Friday the 14th of October 2016

If you would like a table at this event, could you please contact Mantell Gwynedd on either 01286 672626/01341 422575 or e-mail [sioned@mantellgwynedd.com](mailto:sioned@mantellgwynedd.com)

### Do you care for a family member or friend?

In recognition of the knowledge and experience unpaid Carers can offer in helping improve and shape the way health services are delivered, Betsi Cadwaladr University Health Board (BCUHB) is seeking carers to become involved in a North Wales Carers Reference Group. The aim of the group will be to offer advice and feedback to the Health Board on the impact of services on Carers and to help create a culture of carer involvement at all levels within the Health Board.

The group will meet at least twice a year at locations across North Wales. The Health Board will reimburse travel costs, respite, child care or other expenses incurred by Carers through attending the meetings.

If you would like to learn more about this exciting opportunity, or to request an application form to be part of the reference group, please contact: Carers Measure Team on 01745 448740 Ext 2492 or email: [BCU.Carers@wales.nhs.uk](mailto:BCU.Carers@wales.nhs.uk)

### Shelter Cymru - 'Take Notice' Project

The project will use the experience of people who have used housing and homelessness services in Wales to directly influence policy, service providers etc. Do you know of a community group or service who have experienced homelessness and would like to increase their understanding of it? Have you experienced homelessness or a housing crisis yourself?

The project would love to hear from you and get you involved!

For more information, please contact Manu on [manuelab@sheltercymru.org.uk](mailto:manuelab@sheltercymru.org.uk) - 01978 317917 neu 07866536973.

## CANIAD

The aim of this project is to improve equality in services for service users and carers with either substance misuse or mental health problems across North Wales. The service will be delivered in partnership between CAIS and Hafal to ensure the voices of service users and carers are heard.

For more information log on to [www.caniad.org.uk](http://www.caniad.org.uk)

## Agoriad Cyf - Into work through support project

This project can offer paid employment opportunities for adults aged 25+ who have a work limiting health condition. The project will find a placement that suits the individuals, pay the living wage, cover travel expenses and offer support for them to succeed in the job.

For more information, call **01248 361392.**

## CAIS Training

**Drug and Alcohol Awareness**  
**23rd & 24th August Caernarfon Gwynedd 9.30am – 4.30pm**

Course Aims: to increase awareness of the fundamental principles associated with the recognition and management of drug and alcohol misuse. This training will be especially helpful for workers who are indirectly involved with substance misuse issues (i.e. teachers, police, housing workers, community support groups, receptionists etc.).

This course is free of charge; for more details contact:

Tel: **01492 523827**

Fax: **01492 523829**

e-mail [bookings@cais.org.uk](mailto:bookings@cais.org.uk)



## LAUNCH OF DIGITAL STORIES

**On Friday 11th of March 2016 at Castell Deudraeth, Minffordd the Ffrindia' Digital Stories were launched.**

The six films show through the words of the individuals and volunteers the true value of a befriending service for people who are lonely or isolated. Everyone who had taken part were thanked for their contribution in creating such a powerful resource, thanks also to CREAD Cyf for their production work. The occasion was filmed by Tinopolis to be used for their S4C programmes and interviews were held with some of the volunteers and individuals for the item.

Should you wish to watch the films you can do so by going on You Tube and put the following in the 'search' box':

- Ffrindia' Aberdyfi a Dolgellau
- Ffrindia' Blaenau Ffestiniog
- Ffrindia' Caernarfon
- Ffrindia' Pen Llŷn
- Ffrindia' Rhostryfan a Thalysarn

They can also be seen on the Mantell Gwynedd website [www.mantellgwynedd.com](http://www.mantellgwynedd.com)



*Mrs Margaret Rees Owen Cricieth with Gwen Owen*



*Mrs Gwyneth Macateer being interviewed by Elin Fflur (picture Richard Jones)*

## BOTH 'WIN' SINCE BEFRIENDING WITH FFRINDIA'

Nora Jones is one of the most enthusiastic volunteers in her area. She volunteers with the Talysarn Community Centre, Datod Tafod with the Welsh Learners and her local community newspaper. After meeting Dawn Thomas, the Ffrindia' Dwyfor Coordinator, Nora decided that she also would like to volunteer with the project.

According to Nora this 'simple' project has made a huge difference to her as a volunteer and to the person she supports.

Nora's 'friend' is Mary Owen who lives in Rhostryfan and according to Nora 'Mary is always welcoming with a smile on her face, it's a pleasure to go and see her every week'.

Mary said 'after meeting Nora I feel better, we get on so well together. We put the world to rights, we are both interested in the same things'.





## Mantell Gwynedd is glad to celebrate the launch of Social Value Cymru

As you might have seen in our previous newsletters, a Social Return on Investment report for the Teulu Ni and Ffrindia' projects were produced by Dr Adam Richards, which demonstrates the total value of those projects and the potential savings to statutory services as a result of early intervention.

Organisations in the third/voluntary sector undoubtedly create social value – but we are often the worst at measuring and celebrating this. We need to be better at this – it can help strengthen the accountability to our key stakeholders, improve relationships with our internal members, help us to create even more positive impacts, and emphasise our value to funders and commissioners. Recent changes to legislation in Wales, such as the Social Services & Well-being (Wales) Act 2014 also creates opportunities for the third sector, and measuring social value can help make our voice heard.

We can provide a range of flexible options for training and evaluations, and are happy to tailor any package to suit your needs.

To discuss how we can support you contact [Eleri@mantellgwynedd.com](mailto:Eleri@mantellgwynedd.com)  
**01286 672 626.**

## Training Workshops

We can offer introduction sections or more detailed workshops for managers, trustees, staff & volunteers. We have delivered training sessions for various organisations which allowed them to identify their key stakeholders and what changes for them, and other people or organisations as a result of their good work.

## Evaluation Services

We can support your funding applications by helping you consider the future social impacts of your work during the tendering stage. We can also work with you to establish necessary systems and processes to measure your impacts, and provide complete evaluations of the social value created by your activities.

## The team

**Dr Adam Richards**  
Social Accounting Consultant  
**Eleri Lloyd**  
Social Value Development Officer



## COMIC RELIEF

Comic Relief's 'Core Strength' funding programme is available to support organisation's core running costs and capacity building. Grants of up to £40,000 over two years are available.

Organisations who wants to apply needs to ensure that their core focus (as stated in their constitution) is for delivering services to one of the theme areas:

- Investing in children and young people to be ready for the future
- Empowering women and girls to be free to lead the lives they choose
- Improving the health and wellbeing of vulnerable and disadvantaged people
- Building stronger communities in areas of disadvantage, deprivation and poverty

There are other eligibility criteria that organisations needs to address before submitting an application. For further details and guidance please go to:

**[www.comicrelief.com/grants/initiatives/core-strength](http://www.comicrelief.com/grants/initiatives/core-strength) or email: [grantsinfo@comicrelief.com](mailto:grantsinfo@comicrelief.com)**

The deadline for applications is **27 July 2016** (midday).

## COMMUNITY CHEST

### Grants of up to £1,500

#### Who?

Sports Clubs, Village Halls, Fitness/Exercise Groups, Community Groups

#### What?

Funding for coaching courses, start-up costs for new/additional activities

#### When?

The panel meet 6 times per year

**Additional Funding** available to tackle inequalities within sports participation including the following areas: Disability (Inclusion), Women and Girls, Children/Young People experiencing poverty

#### How?

Go to the [www.sport.wales](http://www.sport.wales) website (Funding-Grants-Community Chest) and click on 'Apply online'.

You'll need to register on the system and follow the guidelines in order to complete and submit an application. For any advice or enquiries regarding the process contact us on 01766 771 000 or [LAGO@gwynedd.gov.uk](mailto:LAGO@gwynedd.gov.uk)

## GWYNEDD CHEST



Cyst Gwynedd offers financial support for voluntary and community groups in the county and the chest has opened since April 2016.

Cyst Gwynedd administers the Voluntary Development Fund which offers up to £10,000 of capital or revenue grants to develop projects

that will improve the quality of life of residents and communities in Gwynedd.

Cyst Gwynedd also administers the Welsh Church Act Fund which offers grants up to £3,000 to registered charities only and to local Eisteddfodau in the county.

For more information or for an application pack please go to [www.gwynedd.gov.uk/communitygrants](http://www.gwynedd.gov.uk/communitygrants) or contact the **Cyst Gwynedd Senior Officer** on **01286 679 153** or email [cistgwynedd@gwynedd.gov.uk](mailto:cistgwynedd@gwynedd.gov.uk)

sportwales  
chwaraeoncymsu



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

## ROOMS / OFFICES TO LET

23-25 Y Bont Bridd, Caernarfon, Gwynedd, LL55 1AB  
The Old Police Station, Lombard Street, Dolgellau LL40 1SB  
For more information contact:

**Ceren Williams, Mantell Gwynedd: 01286 672626**



## North Wales Agricultural Show

As part of its summer programme by Mantell Gwynedd the Mobile Unit will visit a number of events in Gwynedd. On Saturday 2nd of July 2016 we were at the North Wales Agricultural Show (Caernarfon). These events such as agricultural shows give Mantell Gwynedd the opportunity to connect with the public and share information.



## MANTELL GWYNEDD TRAINING

To discuss the training needs of your organisation contact:  
Delyth Vaughan on **01286 672626** or  
[delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)



## MANTELL GWYNEDD MOBILE UNIT 2016 JOURNEY

**24-08-2016 Meirioneth County Agricultural Show,**  
Rhug, Corwen, LL21 0EH – Where there's an opportunity to talk to a member of the Mantell Gwynedd Staff as well as a wide variety of information produced by organisations in Gwynedd.

REMEMBER YOU CAN ALSO 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)

## FORTHCOMING COURSES

### Emergency First Aid

Trainer: Andy Thompson, Anglesey Training

**20th October 2016**

9.30 – 4.30 p.m.

Venue – to be confirm

### Food Safety Level 2

Trainer : Iolo Povey

**2nd November, 2016**

9.30 – 4.30

Mantell Gwynedd Offices, Caernarfon

### Safeguarding Course

Trainer: Y Bont

**30th November, 2016**

9.30 – 4.00

Mantell Gwynedd Offices, Caernarfon

To book a place or for more info, contact **Ellen ap Dafydd**  
[ellen@mantellgwynedd.com](mailto:ellen@mantellgwynedd.com) / **01286 672 626**

## WCVA TRAINING



Visit our website for more information about current training events:  
[www.wcva.org.uk](http://www.wcva.org.uk)

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

 [@MantellGwynedd](https://twitter.com/MantellGwynedd)