

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 74 • October 2016

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ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED

## MANTELL GWYNEDD

Registered Office:  
23-25 Y Bont Bridd, Caernarfon,  
Gwynedd, LL55 1AB.  
Tel: 01286 672626 • Fax: 01286 678430

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)



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



Twitter: [@mantellgwynedd](https://twitter.com/mantellgwynedd)

## The North Wales Social Value Practitioners Network

The inaugural meeting was held in the Galeri, Caernarfon on the 14th September.

As part of our mission to develop the practice of embedding social value and measuring impact across the sectors, we decided to set up this network in North Wales. This is an opportunity for everyone who works around measuring social value to come together and discuss their work and share information to assist this development in North Wales.

The feedback from the meeting was very positive, and clearly there is an appetite for developing social value across all sectors in North Wales. We were fortunate to have a presentation from Trystan Pritchard, St David's Hospice, who showed how they are embedding impact measurement into their organisation and see's the importance of this moving forwards in terms of internal decisions but also for tendering and funding applications.



## MANTELL GWYNEDD STAFF

### Chief Officer:

Bethan Russell Williams

## DEVELOPMENT & SERVICES TEAM

### Senior Development & Services Officer:

Delyth Vaughan

### SROI Officer:

Eleri Lloyd

### Social Accountant:

Dr Adam Richards

## HEALTH TEAM

### Health and Wellbeing Facilitator:

Sioned Llwyd Larsen

### Social Prescription Project, Community

Link Officer:

Rhian Griffiths

### Ffrindia' Project Manager:

Carys Williams

### Arfon Volunteer Co-ordinator:

Alan Thomas

### Dwyfor Volunteer Co-ordinator:

Dawn Thomas

### Meirionnydd Volunteer Co-ordinator:

Mirain Fflur Breese

## 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

## A note from the Chief Officer

During a recent event at Venue Cymru the Health Board launched its Volunteering Strategy entitled "Supporting Communities Changing Lives".

This strategy is the result of several months' work between the Health Board, volunteers and third sector organisation across North Wales. The process started last January when over 60 individuals came together at the Optic Centre in St Asaph to begin a discussion on the format of the strategy. Following that initial meeting other meetings took place in the West, Central and East areas. More than 200 individuals attended and it was great to see the Health Board engaging in a conversation with the people of North Wales about volunteering. A final meeting was held at the end of March and the process began to pull together all of the comments, wishes and desires which had been expressed.

The Supporting Communities Changing Lives strategy is closely aligned to Welsh Government's Volunteering Policy which was launched in 2015. That policy emphasised the need to increase the number of volunteers in the health and care sector in order to assist the increasing demand for services. Four strategic objectives have been identified in the Supporting Communities Changing Lives strategy:

1. Recognising the value of volunteers;
2. The importance of working in partnership;
3. Providing training and support of a high standard;
4. Providing clear guidelines and accountability.

The events which took place across North Wales were an opportunity to recognise the exceptional contribution volunteers make to patients and their families. Particular attention was drawn to the Robins, the Royal Voluntary Service and also the Leagues of Friends across our general and community hospitals. Several months ago I had the pleasure of joining the Glan Clwyd League of Friends who have raised over £1 million over a period of three years. This money has been used to purchase specialist equipment at the hospital which means a better service for patients. Without these dedicated volunteer fundraisers this equipment would not have been purchased – real evidence of how volunteers add value.

Volunteers enrich every part of our society. It is easy to forget that our Mountain Rescue Teams are volunteers as are our RNLI lifesavers – two really crucial organisations to a county like Gwynedd which is located between the mountains and the sea. I know we may not all trek the mountains or sail the seas but we will all use the health service at some point in our lives. It is great to see the Health Board recognising the crucial role of volunteers in our health service and recognising that volunteers need to be valued. It will be interesting to see over the next few months how the action plan develops to turn this document into reality.

Our health service as well as our communities in general would be very poor without volunteers, and as I said many times during these events "Volunteers are not paid, not because they are worthless but because they are priceless".

**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

**24 November 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**

## Welcome

We extend a warm welcome to our new member of staff here at Mantell Gwynedd. **Rhian Griffiths** has been appointed the Community Link Officer as part of the Social Prescription initiative. Rhian has extensive experience of working in the Third Sector. You can read more about the project in the Health and Wellbeing page.



## MANTELL GWYNEDD ANNUAL GENERAL MEETING

This year our meeting will be held at Hercules Hall, Portmeirion on the 16th November at 11.00 am.

Guest Speaker:  
Comedian Tudur Owen

Further information will be available soon.

## WCVA Active Inclusion Fund Drop-in sessions

WCVA's Active Inclusion Fund builds on the successes of their previous ESF initiatives, notably the ILM (Intermediate Labour Market) and Engagement Gateway programmes, which together funded almost 35,000 people involved in activities ranging from first step community engagement through to supported employment placements.

Opportunities to deliver the fund's projects are available to private, public and third sector organisations wanting to make a difference to the level of poverty and unemployment in Wales.

The first strand of the fund focuses on engaging those participants furthest from the labour market and will act as a 'first step' in the participants' journey to employment.

It will include a vast range of activities such as basic skills training, volunteering, money management and social skills.

The second strand offers paid supported employment opportunities for up to 26 weeks and 35 hours per week. Participants will be paid at least the National Minimum Wage. Activities will include essential skills training, actual work experience, financial management training, and job search.

Funding is allocated through an ongoing competitive grants process and all applications must be made through the online application platform eTenderWales.

An Active Inclusion Fund staff member will be hosting a drop in session at the following time/venue:

### **5th, October, 2016**

Mantell Gwynedd Offices,  
Caernarfon, LL55 1AB  
between 9.00 a.m. - 1.00 p.m.

### **9th, November, 2016**

Mantell Gwynedd Offices,  
Caernarfon, LL55 1AB  
between 9.00 a.m. - 1.00 p.m.

## Social Prescribing – Community Link Officer, Arfon

This Community Link Officer post is part of a wider Social Prescription agenda. It supports the Health Board's vision of improving the health and wellbeing of the population and the development of an integrated health service which provides excellent health care in partnership with other public agencies including the Third Sector. It also supports the Welsh Government's direction set out in the Health and Wellbeing Act (Wales) 2014.

The main aim of the post is to support individuals to recognise their own needs, and then, where appropriate, signpost to third sector organisations who provide community and other activities. The aim of the post is not to create a culture of dependency but facilitate individuals to engage in activities with the aim of improving their wellbeing. "It is about holding an individual's hand in the beginning and then letting go when appropriate to do so".

We are pleased to announce that Rhian Griffiths has started in post as the Community Link Officer for the Arfon area. Rhian will work closely with GPs, health professionals and other third sector organisations ... *I'm excited to be given an opportunity to be a part of the Social Prescription project in Arfon and I'm looking forward to work with individuals and other partners. The potential to improve the wellbeing of individuals is massive and with your help and support we can make a difference to people's lives.*

If you would like further information or have information about your organisation/support groups in the area, please contact Rhian on: [linc@mantellgwynedd.com](mailto:linc@mantellgwynedd.com) or **01286 672626 / 07940 375467**.

## NORTH WALES ARMA NETWORK GROUP

ARMA is the umbrella body providing collective voice for the arthritis and musculoskeletal community. Arthritis and musculoskeletal disorders can affect the joints, bones and muscles, including back pain as well as rarer autoimmune diseases.

ARMA has around 40 member organisations, ranging from specialised support groups for rare diseases to major research charities and national professional bodies.

For more information about the remit of the North Wales ARMA group please contact [nwarma2007@gmail.com](mailto:nwarma2007@gmail.com)

Or for more information about the conditions and resources please log on to [www.arma.uk.net/](http://www.arma.uk.net/)

## THIRD SECTOR WELL-BEING NETWORK EVENT – 08/07/2016

More than 40 representatives attended the Third Sector Wellbeing Network Event (Adults, Children & Young People) held on the 8th of July 2016 at the Porthmadog Football Club. It was a fantastic opportunity for organisations to share information with each other through interactive "Speed-dating".



## JACKIE'S STORY

In 2003 my husband Malcolm and I retired to the Lleyn Peninsula, and in 2008 my mother had a stroke, and came to live with us permanently when I became her full time carer.

In 2012 I lost my mother and then 18 months later due to cancer I also lost my husband. I was devastated and felt lonely and isolated with no friends after spending every waking moment of the past 5 years as a full time carer. The emptiness was unbearable and I was desperate and needed a way to start again and feel valued and useful.

I was interested in volunteering and hoped that it would be an opportunity to do something useful with my spare time. During a visit to my local library I saw information about Ffrindia' and sent for an information pack.

Dawn, the Dwyfor Coordinator, got in touch and came to see me, did all the necessary form filling and skilfully chose a lady called Joan for me to befriend. I have never looked back, Joan is a person with whom I have so much in common and I get at least as much out of it as I hope she does. The act of volunteering is a huge reward. They say you get out of life what you put in and I believe this is very true.

At one of the Ffrindia' meetings I met another volunteer called Sian who lives in Pwllheli. Sian soon became a close and valued friend, we share similar interests in Music and the Arts and spend a lot of time together. Also, through volunteering I have made numerous other friends whom I now see frequently.

So, from the emptiness of bereavement and loss to what I believe is now a rich, full and rewarding life it is in no small part down to the day I started volunteering with Ffrindia'.

For me, Ffrindia' has undoubtedly been instrumental in opening the next chapter in my life, for which I will always be deeply grateful.

### The Future

We are pleased to announce that the Ffrindia' Project has received further funding that will allow it to continue in its current form until March 31, 2017.



*Jaqueline Fish – Dwyfor area volunteer*



## Gwynedd Volunteer Scheme

Gwynedd Volunteer Centre is delighted to announce that the Gwynedd Volunteer Scheme was officially launched at the Volunteers' Celebration and Thank You event at Portmeirion in June.

The aim of the scheme is to recognise the time and effort made by volunteers who assist and support their local community. The scheme is free and available to any volunteer over 25 years old in Gwynedd. Volunteers can be awarded 50, 100, 200 and 500 hours' certificates in recognition of their efforts.

We also accept nominations from organisations for a special 'Long-Term Service' certificate.

All you need to do is to register for the scheme, record the volunteering hours, submit the evidence to us and then we will process applications for certificates.

It's as simple as that!

If you're interested and would like to take part in the scheme, please contact Carwyn at the Volunteer Centre to receive an information pack.

**[carwynhumphreys@mantellgwynedd.com](mailto:carwynhumphreys@mantellgwynedd.com)**

or

**01286 672 626**

*Aaron Fleming receiving his 100-hour certificate*



**CYNLLUN GWIRFODDOLI GWYNEDD VOLUNTEER SCHEME**

Cynllun gwobrwyo a chydabod ymdrechion a gweithgaredd gan wirfoddolwyr yng Ngwynedd

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

[www.mantellgwynedd.com](http://www.mantellgwynedd.com)  
01286 672626 / 01341 428575



## Betsi Cadwaladr University Health Board's Volunteering Strategy



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

Betsi Cadwaladr University Health Board launched their new volunteering strategy at Venue Cymru on Tuesday, 6th September. Over the last few months, consultation events were held across North Wales and delegates from the voluntary sector and volunteers attended to help shape the strategy.

A Volunteering Forum has since been set up to deliver the work of supporting and recognising the efforts of volunteers within the health and well-being sector. For more information or for a copy of the document, please contact Susan Marriott (Volunteer Manager) **[susan.marriott@wales.nhs.uk](mailto:susan.marriott@wales.nhs.uk)**

## Millennium Volunteers – Successes



### Certificate for 50 hours of volunteering

Dafydd Williams – Glynllifon College  
 Samantha Bowden – Glynllifon College  
 Owen Williams – Glynllifon College  
 Jamie Vowles – Glynllifon College  
 Luke Tommis – Glynllifon College  
 Siobhaun Roberts – Glynllifon College  
 Kevin Roberts – Glynllifon College  
 Robert Owen – Glynllifon College  
 Mari Owen – Glynllifon College  
 Rebecca Jones – Glynllifon College  
 Priscilla Jones – Glynllifon College  
 Gruffudd Jones – Glynllifon College  
 Aaron Jones – Glynllifon College  
 Owain Jones – Glynllifon College  
 Sam Gibbs – Glynllifon College  
 Michael Evans – Glynllifon College  
 Keeley Cotterill-Ball – Glynllifon College  
 Joseff Williams – Glynllifon College  
 Natalie Usher – Gisda

### Certificate for 100 hours of volunteering

Danielle Davies – Glynllifon College  
 Angharad Hughes – Glynllifon College  
 Aled Roberts – Glynllifon College  
 Hannah Slater – Glynllifon College  
 Lauren Williams – Glynllifon College  
 Lowri Wyn Jones – Ffrindia'  
 Stephen Pierce – Royal Welsh Fusiliers Museum  
 Charlie Owen – Barmouth Leisure Centre  
 Mari Roberts – Morfa Nefyn School  
 Sophie Evans – Manod School  
 Caitlyn Holmes – Bro Llew School

### Certificate for 200 hours, Excellence Award

Steven Roberts – Glynllifon College and Gisda  
 Kelvin Humphreys – Pontio, Wild Elements and  
 Race for Life  
 Sarah Thornton – Menter Fachwen  
 Amy Evans – Snowdonia Society, National Deaf  
 Childrens Society and SNAP Cymru  
 Mirain Llwyd Roberts – Bangor University,  
 Mantell Gwynedd and Ffrindia'

**Well done!**

*Right: Glynllifon College volunteers*



## Gwynedd Youth Volunteering Fund

GRANT GWIRFODDOLWYR IFANC

GWYNEDD

£500 ar gael i grwpiau ar gyfer creu  
 rhagor o gyfleoedd gwirfoddol i bob  
 ifanc

Dyddiad cau rownd 4  
 25 Tachwedd 2016

Mwy o wybodaeth / More information  
[Gwenllian@mantelligwynedd.com](mailto:Gwenllian@mantelligwynedd.com)  
 01286 672626

£500 available for groups to help  
 develop youth volunteering activities

4th round closing  
 date  
 25th  
 of November 2016

GWYNEDD YOUTH VOLUNTEERING FUND



## How to Unlock the Potential of the Well-being of Future Generations (Wales) Act 2015:

### Understanding the Social Value of Well-being to Transform Public Delivery

Dr Adam Richards @ Social Value Cymru has recently written a report about how social value can help us respond to the new Well-being of Future Generations (Wales) Act 2015 to transform public delivery.

Here's a small extract from the report ...

*The Act's fundamental purpose requires public, private and third sector organisations to work differently, and to do so we need to think about what are the important things that need to be measured and managed. It is by understanding the social value of activities that we can truly work towards effectively managing the creation of well-being, and is essential to making the intentions of the Act a reality.*

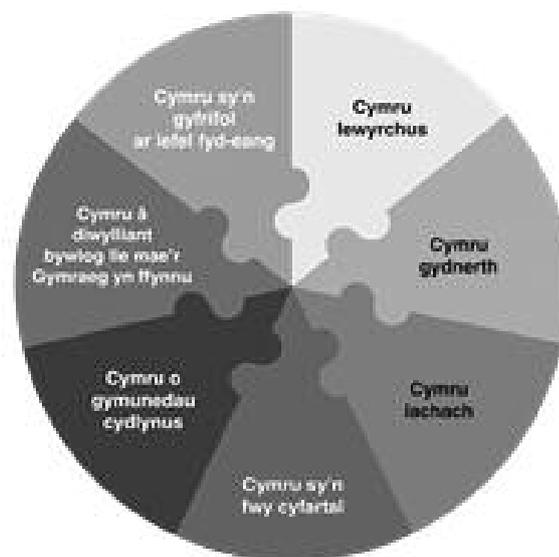
*So, how do those making decisions think more about the long-term, work more effectively with people, and collaborate to prevent issues arising? One of the key things to be considered is what now needs to be measured in order to understand how much we are contributing to the well-being goals. This may not be the most exciting of ideas, but without first measuring how we are doing, we are severely restricted to make changes that can create improvements in the lives of the people that matter.*

*This means that as well as measuring things that have always been measured, such as financial costs and the number of people receiving services or support, we also need to measure other things, such as how our work has reduced an older person's loneliness, strengthened a parent's confidence, or improved the mental health of a victim of abuse.*

*If we do not measure the things that matter, and only focus on the things that are easier to measure, we can never truly hope to improve things significantly, and the ambition of the Well-being of Future Generations Act will remain just that, an ambition.*

To read about how social value can help us create this a reality and for the full report will be available soon via our website ...

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



### Training Workshops

We can offer introduction sessions or more detailed workshops for managers, trustees, staff and 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.

## Launch of Volunteering Wales Grants



Volunteering Wales Grants is funded by Welsh Government to promote volunteering in Wales. The scheme will be administered by third sector umbrella body Wales Council for Voluntary Action (WCVA).

The aim of the scheme is to support formal volunteering projects that recruit, support, train and place new volunteers; and support volunteering projects working towards meeting the Volunteering Wales Grants themes based around the Welsh Government's volunteering policy that support young people, the Welsh language, tackling poverty, under-represented groups, social exclusion, and people who need a bit of extra support for reasons of health, confidence, ability or culture.

There is a maximum of £20,000 available per grant.

There is an online application process via the e-tender Wales website <https://etenderwales.bravosolution.co.uk/cym/login.shtml>

and WCVA will be holding briefing events across Wales, along with a webinar available on [www.wcva.org.uk](http://www.wcva.org.uk)

Volunteering in Wales Grants application window runs from 1 September to 10 November 2016, with activity funded from April 2017 until March 2018.

### Looking for funding to support your volunteering project?

Will you need to recruit and train new volunteers?

If so you may be eligible to apply for a maximum of £20,000.

An information Roadshow will take place on Tuesday, 11th October 2016 at Capel Berea Newydd, Bangor, LL57 2AX at 10.00 a.m.

To book a place contact:

Bethan at Medrwn Môn

or

Carwyn at Mantell Gwynedd

**01248 724944 / 01286 672626**

## WALES DEVELOPMENT PROGRAMME

**Supporting charities and community groups in Wales to develop their digital fundraising skills**



### What is Localgiving?

Localgiving is a charity that helps grassroots organisations fundraise online, develop their digital skills and connect with local people. Since 2009, we've helped charitable organisations to raise over £13 million online!

### About The Programme

Thanks to generous funding and support from Big Lottery Wales, Localgiving has launched an exciting two year programme in Wales.

With two dedicated members of staff based in Rhyl and Cardiff, the programme offers bespoke and intensive support that will empower local voluntary groups to connect with supporters, raise funds online and take control of their financial future.

### How it works

Charities who take part in the development programme will receive a range of benefits, including:

- Free membership for 12 months with Localgiving (usual cost £72);
- One-to-one support, training and mentoring in online fundraising;
- A named contact who can be reached Monday-Friday, 9:30 am - 5:30 pm, to discuss all matters relating to online fundraising;
- £200 of match funding for donations received online;
- Automated Gift Aid, for registered and unregistered charities.

### Getting involved

If this sounds like something your charity or community group could benefit from, please register your interest at [join.localgiving.org/cymru](http://join.localgiving.org/cymru) today!

To get involved or for more information, please contact Emma Jones (North Wales Development Manager):

[emma@localgiving.org](mailto:emma@localgiving.org)

or **07808 889671**

## ROOMS / OFFICES TO LET

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

Am fwy o wybodaeth cysylltwch â:

**Ceren Williams, Mantell Gwynedd: 01286 672606**



**THE MANTELL  
GWYNEDD  
MOBILE UNIT  
IS  
AVAILABLE  
FOR  
HIRE**

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:

**[ymholiadau@mantellgwynedd.com](mailto:yholiadau@mantellgwynedd.com)**

Phone: **01286 672 626**

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

## MANTELL GWYNEDD TRAINING / EVENTS

### Emergency First Aid

Trainer: Andy Thompson

20th October, 2016

Penygroes Memorial Hall

### Level 2 in Food Safety in Catering

Trainer: Iolo Povey

3rd November, 2016

Mantell Gwynedd Office, Caernarfon

### Mantell Gwynedd

#### Annual General Meeting

16th November, 2016

Hercules Hall, Portmeirion

### All Wales Basic Safeguarding Awareness Training

Trainer: Y Bont

30th November 2016

9.30 – 4.00

Mantell Gwynedd Office, Caernarfon

To register your wish to attend,  
please contact

**Ellen ap Dafydd**

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

**01286 672 626**

Or to discuss the training needs of your organisation  
contact

**Delyth Vaughan**

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

**01286 672 626**

## WCVA TRAINING

### Training Skills

2nd November, 2016 – WCVA, Rhyl (LL18 3EB)

### Managing Projects

22nd November, 2016 – WCVA, Rhyl (LL18 3EB)

### Workshop:

#### Setting Up and Refreshing Networks

1st December 2016 – Glyndŵr University (LL11 2AW)

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)**



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