

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 85 – MAY 2019

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ARIENNIR GAN Y LOTERI GENEDLAETHOL
NATIONAL LOTTERY FUNDED



MANTELL GWYNEDD

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Celebrating Social Value success at Mantell Gwynedd



The first quarter of 2019 has been an exciting time for our Social Value Team at Mantell Gwynedd. Firstly, Eleri Lloyd our Social Value Manager, has received Accredited Practitioner status as an assured expert in social value. To obtain this accreditation, she needed to demonstrate her understanding and experience of social value, but the main requirement was to submit one of her social value reports through the assurance process with Social Value UK. Eleri is the first person in Wales to receive this status.

The team and Mantell Gwynedd were also successful in gaining a Level 1 Certificate in Social Value demonstrating 'Commitment' through Social Value International. This means that Mantell Gwynedd demonstrated sufficient commitment in embedding social value principles across the organisation. Again, Mantell Gwynedd is the first organisation in Wales to gain the certificate, but also the first umbrella organisation throughout the UK to achieve Level 1.

MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

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

Eleri Lloyd

Social Value and Development Officer:

Elaine Thomas

Social Accountant:

Dr Adam Richards

ICAN Centre Co-ordinator:

Meinir Evans

**Community Development Officer
(Maesgeirchen):**

Jess Silvester

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

Sioned Llwyd Larsen

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

Rhian Griffiths

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

Ceren Williams

Administration Officer:

Tracy Lynne Rotheram

Finance Assistant and Development Officer:

Carys Williams

Administration Assistant:

Ellen ap Dafydd

Receptionist:

Mair Davies

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

Carwyn Humphreys

Volunteering Officer:

Alan Thomas

**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:

20 June, 2019

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

Our readers and followers will be very familiar by now with the term “measuring social value”. The work of measuring social value is an integral part of our work in Mantell Gwynedd and of our offer to the sector. The Social Value Cymru project at Mantell Gwynedd is being successfully extended across North Wales through the County Voluntary Council network.

During 2018, as part of our Social Value Cymru project, we produced the Measuring Value Handbook for use within County Voluntary Councils. We are now in the process of producing a Trustee Handbook to measure social value because ultimately of course, managing impact is the responsibility of trustees within organisations. Through our Social Value Cymru work we are trying to ensure that there is a skills base within County Voluntary Councils to help the sector within their respective counties to measure social value effectively and by using recognised frameworks to do so.

As you will see from the cover of this newsletter, as far as the measuring social value agenda goes, we have managed to reach two significantly important goals. Firstly, Eleri Lloyd, our Social Value Manager has achieved Accredited Practitioner status. This unique qualification, through Social Value UK, means that Eleri is the only bilingual (Welsh-English) Accredited Practitioner in the UK. Well done Eleri! Secondly, Mantell Gwynedd itself has achieved special status from Social Value UK which recognises our commitment to social value. Mantell Gwynedd is the first umbrella body in the UK to achieve this status.

When the Well-being of Future Generations (Wales) Act 2015 came into being it was referred to as “unique” and “ground breaking”. The legislation places the well-being of individuals at the heart of planning with the aim of making better decisions for the future. The United Nations said of the legislation “what Wales is doing today, the world will do tomorrow”. The challenge for us as an umbrella body was to find ways of responding to the legislation so that the sector is also making decisions based on tomorrow. Promoting the measuring of social value within the sector, and skilling up the sector achieve this, was one way in which we responded.

This example shows how the sector, and umbrella organisations like Mantell Gwynedd, can be innovative and lead the way when new legislation allows this. We need to be confident and innovative in our approach to new legislative opportunities. To me, the next challenge we face, in the context of governments declaring a climate emergency, is how we reach out to the sector to promote that opportunity and help them become environmentally friendly. My mind is already working overtime...

Until Next Time, Bethan

MaesNi

Mantell Gwynedd continues to support MaesNi (previously Invest Local), which is located within one of 13 regions across Wales to receive £1m funding from the Big Lottery's Building Communities Trust.

Residents of Maesgeirchen and Tan-y-Bryn can spend this money over the next ten years on local priorities. Now into the third year, residents have prioritised the following: building a community hub; supporting volunteers and community groups; putting on events and activities for all with an emphasis on engaging with the environment; getting people together and generally making it an even better place to live! In November, Jess joined Mantell Gwynedd as a Community Development Officer, based in Maesgeirchen to facilitate the MaesNi steering group. The focus now is the

community hub and fortunately, two potential sites have been identified and talks are underway with residents about what they would like to see in the hub, and with organisations to see who might be interested in partnership working.

Residents will then decide on the scale and scope of the project.



Environmental improvements and planting facilitated by MaesNi in Maesgeirchen and Tan-y-Bryn. A daffodil bulb was planted for every resident in Marchog ward, and they are now in bloom.

Y Dref Werdd – Protecting Habitat by Supporting the Community

Y Dref Werdd has been successful in getting £499,220 over the next four years from the Big Lottery's Community Fund once again with the exciting 'Gwarchod Cynefin drwy Gynnal Cymuned' project.

This proposed scheme will go about establishing a centre in Blaenau Ffestiniog where members of the community will be able to call in to receive support and advice on wellbeing matters. The centre will also offer support to individuals on their path back into work.

Also, the project will jointly offer social prescribing activities with our partners.

The environmental work will also continue. The work of controlling invasive species in Bro Ffestiniog will go ahead and community woodlands and orchards will be created. There will be several environmental awareness sessions organised with all ages within the community, too.

The project will employ three new project workers to carry out the work alongside the existing project manager.



VOLUNTEERS' WEEK



Volunteers who received certificates in 2018



Kyle Howard (Sport for Life Gwynedd) receiving his certificate



Aaron Pleming receiving his special recognition award



Porthmadog Tea Group

Volunteers' Week – 1st–7th June

It's that time of year again and preparations are underway for the annual Volunteers' Week. The annual celebration takes place in the first week of June, and its aim is to celebrate the contribution that volunteers and volunteering are making to our society. As part of this year's celebrations, Gwynedd Volunteer Centre will organise the following events:

Celebration and Thank You Event – Friday 7th June, Portmeirion (by invitation only)

This is the main celebration and thank you event for volunteers and we will be presenting award certificates. If you would like to nominate a worthy individual for a certificate,

please contact the Gwynedd Volunteer Centre for a nomination form.

Promotional events

Gwynedd Volunteer Centre will be arranging promotional events during the week including a tour in our Mobile Unit. More information will be available soon.

If you're planning any sort of event to celebrate the contribution of your volunteers during Volunteers' Week, let the Gwynedd Volunteer Centre know on **01286 672 626** or **volunteer@mantellgwynedd.com**

Volunteering impact



Name of Volunteer: Gwen Morris

How did you start volunteering? What were your reasons for doing so?

"I started volunteering with Caernarfon Hockey Club when we needed coaches to help with the club's youngest members. This gave me the opportunity to shadow experienced coaches and gain confidence to lead my own session.

I continue to volunteer giving time back to the community. I firmly believe in giving time back to the community that has supported me as I would not be where I am today without volunteers giving me the opportunity to enjoy sport."

What difference has volunteering made?

"Volunteering has enabled me to develop personally. My self-confidence has been given a huge boost. I have been able to

develop my communication and team working skills, not to mention meeting lots of new people and attending several different venues, whether for a meeting or a social activity."

How did your volunteer centre help?

"The Gwynedd Young Volunteer Scheme centre has helped me to record my volunteer hours to ensure that I have received recognition by receiving the 50, 100 and 200-hour Millennium Volunteer certificates.

They have worked alongside the Sport for Life Officer to ensure that I have enough support and experience to do my job.

I have also received awards for my voluntary work which has shocked me to say the least, as I didn't expect to receive the Volunteer of the Year certificate at the awards ceremony in 2018. It's good to be reassured that I am on track and that my voluntary work is valued. This has enabled me to develop further and give me the confidence to apply for more experiences."

Has volunteering led to any significant development that you would like to mention (e.g. a new job, or a big decision in your life)?

"Volunteering has led me to go on work experience in the field of sports with the Gwynedd Young Ambassador co-ordinator. I realise the importance of work-life balance and see volunteering as something that helps when I feel the pressure of schoolwork, as something that helps through difficult times. I feel delighted to be able to support and inspire others and to encourage more school pupils to become ambassadors."

Can you describe volunteering in one sentence?

"Giving your time so that others have more opportunities."

Please contact Mantell Gwynedd if you would like to join this scheme by calling **01286 672626** or emailing **alan@mantellgwynedd.com**



Ysgol Brynrefail students displaying their Gwynedd Young Volunteers Scheme certificates

AGE WELL CENTRES

AGE CYMRU
GWYNEDD A MÔN

Age Well Centres have been established across Gwynedd and Ynys Môn to promote wellbeing and create social gathering opportunities for people aged over 50 in an accessible local community venue.

Examples of activities include:

Tai Chi, indoor bowls, bingo, yoga, crafts, cooking, local history, computer training, open days, lunch clubs, walking groups and much more.

Activities are developed within the centres and tailored to the needs of the local community it serves.

For a full list of activities and venues please visit:

<https://www.ageuk.org.uk/cymru/gwyneddamon>
or 01286 677711

“Looking after myself” Booklet

This booklet has been put together by several agencies and includes information on keeping well and healthy by incorporating the five ways to well-being.

For more information or to receive a copy please get in touch with the Well-being Unit, Gwynedd Council at UnedLlesiant@gwynedd.llyw.cymru or 01286 682806



Edrych ar ôl fy hun
Looking after myself

NEXT THIRD SECTOR WELL-BEING & VOLUNTEERING NETWORK EVENT

The next Network event will take place at **10:00am on Tuesday July 9th 2019**, at Porthmadog Football Club. This event will offer a great opportunity for networking with other organisations as it will be a speed dating session. For more information please contact **Sioned Larsen** or **Carwyn Humphreys** at Mantell Gwynedd on **01286 672626**

WITH Therapeutic Horsemanship

The ALPHA MARE Project for Girls
& Women Aged 13+

What do the sessions involve?

Attend two-hour sessions on a drop-in basis once a week which means participants can access the help when they need it. Participants will spend part of their time helping to train and care for rescued horses. Each session will have a theme and an activity designed to spark discussion. Themes will include self-care, setting safe boundaries, relaxation or problem-solving and the equine activity will underline and consolidate the theme.

Eligibility Criteria – Girls and women aged 13 and over currently experiencing mental health difficulties. Formal diagnosis is unnecessary.

Referral Procedure – self-referrals & referrals from any organisation involved in a person’s care.

Location – Noah’s Ark Centre Treflys,
Porthmadog, Gwynedd LL49 9YL

Transport – a free weekly shuttle service from Porthmadog + any travel expenses

Cost: FREE

Email info@with.wales • 01766 515109
For more information <https://www.with.wales/>

Case Study

Awen was a carer for her husband for many years and said that he was her entire world. After his death she felt lost, lonely and low in mood. She had reached a point where she could not see a way forward and explained that she had lost her identity, her role in life and mainly the person she had shared everything with. A family member persuaded her to see the doctor who advised her to contact the Community Link Officer at Mantell Gwynedd.

Initially, she was unsure how this would help her but knew something had to be done, as life was getting bleaker. Awen self-referred by phone. This was a big step for Awen as she and her late husband had always been quite independent.

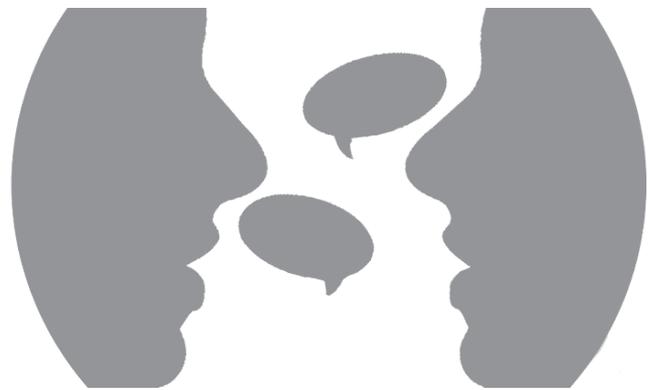
She explained that when she received an appointment she nearly cancelled and is now glad she didn't. The officer explained that the initial meeting would be an informal chat. Awen expressed that she felt at ease and her thoughts and feelings came flooding out. The officer listened and explained what support and opportunities were available.

Awen received an information pack which included information about activities and organisations which could support her with her specific needs. Awen was encouraged to try one thing at a time and did not feel pressurised to take part until she was ready.

Awen now regularly attends a walking group and this has helped her to integrate back into society. She has met new people and feels that this activity is benefiting her well-being both physically and emotionally.

She has joined a yoga class and regularly attends the gym and has also started going to the library and is reading novels again. Her next step is to learn IT skills.

Awen explained that she now has a purpose in life again. She still struggles with losing her husband but by keeping fit and busy, life does not feel as empty. The information, listening ear and the encouragement from The Community Link Officer has given her a life-line to continue to make the most of life and to experience new things.



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GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



CYSWLLT
CYMUNEDOL
ARFON
COMMUNITY
LINK



Raising Awareness of Autism Project

In collaboration with Sioned Thomas, Regional Autism Development Officer – North Wales and Cerys Thomas IAS Gwynedd Support Worker, 146 staff/volunteers from fifteen 3rd Sector Organisations (in Gwynedd) received training during the project's term. This will assist them in planning and providing services in the future. All attendees have achieved ASD Aware Certification.

In addition, two organisations have applied for an ASD Aware Organisation Status as all their staff have attended and achieved ASD Aware Certification.

Four 3rd Sector Organisations received a grant to assist them to achieve Autistic Friendly Community Locations. The grants applied for ranged from buying blinds for improving a sensory room to signage and interpretation resources which will provide children and adults who are autistic with information as they enter the farm.

Another element of the project, as part of the Can you See Me campaign, was to raise awareness amongst local shopkeepers in order that they are better able to support



customers who are Autistic. The project member of staff was assisted in this with services users from Menter Fachwen, Cwm y Glo and Canolfan Dolfeurig, Dolgellau. In all, ten establishments in Arfon and five in Dolgellau achieved the status.

Measuring Social Value (continued from cover)

Success for Social Value Cymru

The evaluation that Eleri used to achieve her award was based upon her work with the Change Step programme, which was run in partnership with Veterans NHS Wales to look at the value of having peer mentors in the community that also working alongside clinical therapists within Health Boards across Wales. This was also a great opportunity to look at the impact of a third sector organisation working in partnership with a statutory service to look at the greatest social value for the veterans and their families, but also looked at how preventative work can create possible savings for the NHS in Wales. If you'd like to view the report, then it's available on our website under 'Social Value Cymru' and 'Examples of our work'.

Social Value workshops across North Wales

During March and April 2019, as part of our three-year Lottery funded project and in partnership with all six County Voluntary Councils, a number of introductory workshops on Measuring and Managing your Social Value were held across North Wales. These were held in Bangor, Wrexham and Abergele and there was significant interest in all locations.

It was great to have a mixture of third sector and statutory organisations, housing associations and also local Councillors, all demonstrating great interest in social value and enthusiastic to embed the principles into their work.



National Lottery Community Fund Rural Programme

The Rural Programme (round two) funds projects that create positive change for those living in poverty in rural Wales. This programme will fund partnerships that understand the connection between the causes and effects of poverty, and will propose solutions and services which use a joined-up approach to tackle the problem at its core.

Projects will focus on helping people who struggle to meet their basic needs or access services, who don't have reasonable living conditions or might be isolated from others.

Up to £500,000 is available per project from a total pot of £4 million - **deadline for applications 1 October 2019.**

For more information go to
www.tnlcommunityfund.org.uk



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

Nature Save

Funding is available for groups working on projects working to protect wildlife and the environment, support vulnerable groups and renewable energy projects.

An application form is available at
www.naturesave.co.uk/naturesave-trust

NATIONAL LOTTERY FUNDING SURGERY

By appointment only

20th June

Mantell Gwynedd Office, Caernarfon

18th July

Mantell Gwynedd Office, Dolgellau

An opportunity for voluntary and community organisations in Gwynedd to discuss potential project ideas / applications to current programmes of the **NATIONAL LOTTERY COMMUNITY FUND.**

One-to-one appointments are available with a representative of the Fund to discuss your ideas and to receive honest feedback about the next stages. The idea needs to have been recognised through community consultation, and the need for the project coming directly from the community.

To apply for an appointment or for further information please contact **Ellen** at Mantell Gwynedd –
ellen@mantellgwynedd.com

*Everyone who
receives an
appointment will
need to submit a
brief outline of the
project in advance.*



Get ready to grow

Funding to help enterprising community organisations across Wales that benefit local people and the environment grow their sustainable income.

Funding is split into two strands – grants of up to £10,000 for organisations looking to explore enterprising ideas that could increase their income, and interest-free loans of up to £50,000 to grow more established business ideas.

The funding has been donated by the Co-op from the sale of 5p single-use carrier bags in Welsh Co-op stores. This means that for every bag bought in Wales, we're working together with the Co-op to benefit the environment and strengthen communities.

For more information go to:
<https://blog.coopfoundation.org.uk>



WCVA Training

Staff Supervision, Support and Development

22, 23-05 + 06-06 2019 – WCVA Rhyl, LL18 3EB

Developing a Funding Strategy

13-06-2019 – WCVA Rhyl, LL18 3EB

Working in Partnership for Better Outcomes

18-06-2019 – WCVA Rhyl, LL18 3EB

Getting on Board (Trustee Recruitment Training)

20-06-2019 – WCVA Rhyl, LL18 3EB

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

Come and visit us

at the Meirioneth County Agricultural Show on the 28th of August in Harlech (LL47 6TR)

A warm welcome is extended to you all to call in and collect information from Mantell Gwynedd about the variety of projects Mantell Gwynedd are involved in.

Mobile Unit and Information Stalls during Summer 2019

- July 6 – Caernarfon Agricultural Show
- July 20 – Snowdon Race, Llanberis

Remember to call in to see us and to collect new information

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



COST OF HIRING THE UNIT

You're welcome to contact us to find out more and to discuss special rates e.g. hiring the vehicle on a regular basis for a period of time (we could come to a very reasonable arrangement).

Contact us by:

E-mailing: enquiries@mantellgwynedd.com

Phoning: 01286 672 626

Or by visiting our website: www.mantellgwynedd.com

MANTELL GWYNEDD TRAINING

Big Lottery Funding Surgery

Date: 20-06-2019

Venue: Mantell Gwynedd Office, Caernarfon

Big Lottery Funding Surgery

Date: 18-07-2019

Venue: Mantell Gwynedd Office, Dolgellau

To register your wish to attend please contact Ellen on 01341 422575 or

ellen@mantellgwynedd.com

To discuss any training needs for your organisation contact Carys Williams on 01286 672626 or

carys@mantellgwynedd.com

Payroll Preparation Service

Mantell Gwynedd provides a Payroll Preparation service for voluntary organisations.

For more information, please call Ceren Williams on 01286 672 626

ROOMS TO LET



23-25 Y Bont Bridd CAERNARFON
Gwynedd LL55 1AB

The Old Police Station
Lombard Street, DOLGELLAU LL40 1SB

For more information please contact:

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