



Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 53
May 2011

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Further news articles and information can be found on our website!

RAISING AWARENESS

During the last few months a number of events were organised to raise awareness of services provided by third sector organisations within the areas of health, wellbeing and social care. A shop at the Deiniol Shopping Centre Bangor, was hired for a week in March and during the same week the new Mobile Unit was launched by Mrs Mary Burrows, Chief Executive of Betsi Cadwaladr University Health Board. *Here are some photographs collected from various events.*



GISDA YOUTHS' HARD WORK



Young people from GISDA recently presented to the first minister, Carwyn Jones, a research to their social enterprise business which includes a climbing wall at Blaenau Ffestiniog. The minister said he was pleased with their hard work and shows an example of what can be achieved when given the opportunity.



**MANTELL
GWYNEDD STAFF**

CAERNARFON

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Carys Williams

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Gwynedd Volunteer Centre Team

Volunteering Officer:

Ann Angharad Fleming

**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
24 June 2011.

Send or e-mail any information to
Ellen ap Dafydd
at Mantell Gwynedd, Dolgellau.
E-mail:
EllenapDafydd@mantellgwynedd.com
Tel **01341 422575**

A note from the **Chief Officer**



Last Sunday ,
April 17th I
achieved

something which,
personally, I never
dreamed
achievable – I
took part in the
London

Marathon. This is the largest single
annual fundraising event in the world.
I actually managed to finish the
gruelling 26.2 miles still on my feet
and smiling through tears! Running at
my side was my husband John. I
would have been very unlikely to
have finished without his support.

The mad idea came to me about this
time last year when I threw my name
in the hat for a running place. I
thought it very unlikely I would
succeed in even getting a place to
run as over 120,000 applications are
made for the 40,000 places. On
October 1st last year I received
confirmation that my attempt as
securing a place through the ballot
system had been successful. Last
Sunday I was one of the 35,000
people who succeeded in completing
the gruelling 26.2 miles out of the
36,500 who pounded the colourful
streets of London in the scorching
heat.

I have never before experienced
such an incredible atmosphere. It is
estimated that 100,000 people
supported the event during the day.
10,000 volunteers marshalled the
streets and helped with the overall
running of the day. Last year £50
million was raised towards good
causes and this year it is estimated
that the sum will be even greater.
The statistics are absolutely beyond
imagination.

Founded by Welshman John Disley
from Corris and journalist John
Brasher, the London Marathon was
founded in 1981 (31 years ago) and
has raised an amazing £500 million
towards good causes. Over 80% of

participants raise for local, national
and international charities.

My chosen charity was Gwynedd
Guide Dogs. I have, for some time
now, been a volunteer reader of the
popular Papur Dre, ensuring the local
paper is recorded on tape for the
visually impaired. It means I have
become great friends with this group
of individuals, many of whom rely on
guide dogs to get around. These
Guide Dogs are really amazing
creatures and there is no doubt that
guide dogs change the lives of the
visually impaired promoting
independence and enabling them to
get around on a day to day basis.
There are currently 19 working
Guide Dogs in Gwynedd and the
charity celebrates its 80th birthday
this year. My efforts, alongside
husband John, managed to raise a few
thousand pounds for this worthy
charity.

I share this wonderful experience
with you in my column in this
newsletter because, to me, it
epitomises all that is great about
humanity. I experienced the
phenomenal support and kindness of
total strangers, I witnesses thousands
of eager volunteers working in the
sweltering London heat, and saw tens
of thousands of participants of every
race under the sun making such an
incredible effort to reach the finish
line – all of these people together
contributing to the £50+ million
which will be raised for good causes
this year. This is volunteering at its
best and tens of thousands of groups
and individuals will benefit from
these efforts.

I experienced a lot of things on
Sunday, including incredible pain, but,
above all, I experienced humanity. A
truly unforgettable experience and
overwhelming in every sense of the
word.

Until next time,

Bethan

YOUTH LED GRANT IN GWYNEDD



The Gwirvol grant is running for a fourth year. There will be £7,000 available during 2011/12.

The main aim of the grant is to support small projects that are organized and lead by young people (16-25 old).

Examples of some of the projects that received grants last year -

- Group of young volunteers design a logo for their organisation.
- Young people designed and published a magazine for young people.
- Group of young people from the Maesywaen area arranged the first local agricultural show.
- Young volunteers learning new skills and volunteering in the outdoor field.
- Friends coming together to arrange a gig for local young people.
- A group interested in organising, promote and put on an event involving Welsh bands to attract a new audience.
- Group of Young people applied for the grant to be able to hand out gifts to the children's ward in Ysbyty Gwynedd.
- Young people for a local community arranging a Christmas party for the elderly residents.
- Two volunteers applied for a grant to fund art and craft materials to be able to hold a play scheme during the holidays for young people.
- A young volunteer wanting to develop here idea of supplying bags for parents and children who stay overnight in Ysbyty Gwynedd, or have to be transferred in a rush to another hospital.

For an application pack or for more information regarding the fund please contact **Mirain** on **(01286) 672626** or **mirain@mantellgwynedd.com**



Lowri Grug presenting the Rush Bags to the children's ward.

'Families First' pioneer area for Gwynedd

'Families First' is the Welsh Assembly Government's new strategy for tackling child poverty in Wales.

Following the announcement of the first pioneer two areas last July, local authorities were invited in February 2011 to work together to develop and submit an application to establish three new pioneer areas in Wales. A joint application between Anglesey, Gwynedd and Conwy was submitted to form the North-West pioneer consortium.

Huw Lewis, Deputy Minister for children, announced on 28th March 2011 that the North-West, South-West and Cardiff and Newport consortia were successful in their applications to become the three new 'Families First' pioneer areas.

The aim of the pioneers is to lead the way in improving the delivery of services to families across Wales, especially those living in poverty, as set out in the Welsh Assembly Government's Child Poverty Strategy. The Assembly Government wants to rapidly identify best ways of working and share this on an all-Wales basis.



NYAS CYMRU

NYAS Cymru are very pleased to be providing the advocacy and independent visiting service to children and young people in Conwy, Gwynedd and Anglesey from 1st April 2011. Main Referral Line /Welsh Speaker (office hours): **07786 961099**

Annette Owen, Project Coordinator: **07766 511426**, Jo Swords, Service Manager: **07795 122359**,

NYAS Helpline Number: **0800 616101**

NYAS Cymru will also be providing additional Advocacy services to children, young people and families from all areas in Gwynedd within the Families First agenda. The criteria will be all children, young people and families who are receiving support via the team around the family approach. For further information please contact Nia Gwynfor on: **07876397294**

or the NYAS Helpline: **0800 616101**.

HEALTH, SOCIAL CARE & WELL-BEING NETWORK EVENT

The next Network event will be held on Monday the 11th of July at 10 am at Y Ganolfan (close to Cob) in Porthmadog. Mrs Olwen Williams OBE, Chief of Staff Primary, Community and Specialist Medicine of the Betsi Cadwaladr University Health Board will join us as well as other officers. It will be an opportunity to explore how third sector organisations can work with the North Wales clinical programme groups as well as with the integrated locality teams in Gwynedd.

For more information you are welcome to contact **Sioned Larsen** on **01286 672626** or sioned@mantellgwynedd.com

HEALTH, SOCIAL CARE & WELL-BEING COMMUNITY HEALTH GUARDIAN PILOT PROJECT



A celebration was held in Dolgellau on the 31st of March to acknowledge the success of this pilot project and to thank the volunteers and service users for their invaluable contribution.

The main aim of this project was to develop a befriending, listening and signposting scheme in South Gwynedd as well as developing appropriate protocols and procedures to support the project. Unfortunately, this pilot project which covered the South Gwynedd area has come to an end on the 31st of March 2011.

The learning and experiences gained from this project will hopefully inform

and assist organisations to develop similar projects in other areas of Wales and beyond.

The evaluation reports notes that the project has been a success, and it seems that most of the individuals involved with the project, including the volunteers have benefited in some way or another. We do hope that this work will continue in the future as the foundations have already been laid.

For more information on this project and the Chronic Conditions Management Demonstrator Site log on to www.ccmdemonstrators.com/home.aspx

SOUTH GWYNEDD LONG TERM HEALTH CONDITION ALLIANCE

The above Alliance is a forum where individuals and organisations can work in partnership to be one voice for all people with long term and chronic health conditions and strives to achieve the following:

- influencing provision, maintenance & development of local services & organisations
- enable communication sharing, networking and mutual support between members
- raise awareness of common concerns with relevant bodies
- be an Action Group.

The Alliance is currently looking for a Treasurer and we would like to hear from anyone interested to take on this role. The next meeting will be held on Monday July 25th at the Glan Wnion Lesiure Dolgellau at 10am – for more information please contact **Sioned** at Mantell Gwynedd.

THE ANGLESEY & GWYNEDD RECOVERY ORGANIZATION (A.G.R.O)

This group can offer support and activities for people recovering from drug and alcohol addiction in Gwynedd and Anglesey to help them get back their lives.

The Bangor Branch meets on a Tuesday evening at the Lôn Abaty Centre, Bangor between 6-8pm. For more information please contact **07775872254** (between 9-5 Monday-Friday) or **07549956002** (evening/weekend) or email huw.harries@btinternet.com

Consultations

Consultation on the Carers Strategies (Wales) Measure – Draft Regulations and Guidance

This Measure places a duty on the NHS and Local Authorities in Wales (the 'relevant authorities') to work jointly to prepare, publish and implement a strategy for carers.

Further information can be found on the National Assembly for Wales website.

<http://.wales.gov.uk/consultations/healthsocialcare/carers/>

End of consultation: 23/06/2011

Photography Competition

TRY TO WIN A HAMPER



The Gwynedd Volunteer Centre invites individuals and / or organisations to send a photo which portrays

VOLUNTEERING in Gwynedd. We are looking for photographs of people, of any age, doing any volunteering activity. A selection of photographs will be displayed during Volunteers' Week 2011.

Photographs may be submitted by any age group but

- the photographer must have the permission of the people photographed before sending the photo to our office.
- Each photo must be accompanied by a 'Competition form' (available from our office).

Full guidelines available from the Gwynedd Volunteer Centre **01286 672626**, volunteering@mantellgwynedd.com

Travelling Info Stall

Travelling Information Stall - raising awareness of volunteering and recruiting new people. Organisations are welcome to join the stall at the following locations in Gwynedd:

Llanberis – Wednesday, 1st June

Bangor – Thursday, 2nd June

Dolgellau – Friday, 3rd June

Nefyn – Tuesday (am), 7th June

Porthmadog – Tuesday (pm), 7th June

Pwllheli – Wednesday, 8th June

Volunteers' Week 1st – 7th June 2011

The aim of the week is to celebrate the contribution that volunteers and volunteering makes to our society. The week plays an important part in raising the profile of volunteering as well as encouraging more people to take part.

The Gwynedd Volunteer Centre has organised:

Photography Competition - a chance to win a hamper!

Travelling Information Stall

Celebration Tea

Celebration Tea for Volunteers

To be held at Plas Glyn y Weddw, Llanbedrog at **3.00pm** on **Monday, 6th June**.

A warm welcome is extended to all to join in this national event to celebrate volunteering.

For more information please contact The Gwynedd Volunteer Centre on **01286 672626** or e-mail volunteering@mantellgwynedd.com



VOLUNTEERING OPPORTUNITIES

A chance for organisations to register / update details of volunteering opportunities.

The Gwynedd Volunteer Centre provides a valuable service for organisations or groups that depend on volunteers to help run and develop their services. We give information about volunteering opportunities to the public as well as refer potential volunteers to organisations that have registered with us. We are also responsible for inputting data about local volunteering opportunities on the very successful website www.volunteeringwales.net.

It is an on-going task to keep the information as current and as correct as possible. The Gwynedd volunteer Centre welcomes any information concerning changes either in the volunteering opportunities available or in the contact details of the organisation.

If your organisation or group is looking to recruit volunteers, please contact the Caernarfon Office - **01286 672 626** or volunteering@mantellgwynedd.com.

Gwynedd Volunteers' Organisers Network

An information session by the WCVA Criminal Record Unit will be held at the Institute building in Caernarfon at **10.00am** on **Tuesday, 21st June 2011**.

Following the review of the Independent Safeguarding Authority (ISA) Vetting and Barring Scheme (VBS) by the Coalition, this is an opportunity to hear about the new proposals and recommendations included in the "Protection of Freedoms Bill", currently passing through Parliament. The Bill, subject to parliamentary approval, is expected to become law by early 2012.

To view and download news and information for Wales from:
Wales Council for Voluntary Action (WCVA) visit the **News** section on Mantell Gwynedd's website
www.mantellgwynedd.com

Calling on all community groups and projects that are interested in reducing their carbon footprint!

Severn Wye Energy Agency (SWEA) is running a Pathfinder programme to support community action on climate change, concentrating on carbon footprint reduction in transport, energy, food and water saving. This is a great opportunity to develop an existing scheme or start a brand new project to reduce your carbon footprint, and possibly save a little money as well!

Dafydd Jones is the local officer in

Conwy and he wants to hear from you! The more communities we get involved in the programme the better we can support you in the future.

If you're interested or want further information contact

Dafydd for a chat on **07875965531** or **dafyddjones@swea.co.uk**.

More details on

www.swea.co.uk/proj_pathfinder.shtml



Looking for translators

- Who take pride in their natural, professional, high quality translations
- Who can translate all kinds of documents
- Who offer reduced prices to community organisations -

£30 per thousand words and to voluntary and charitable organisations –
£45 per thousand words

We also offer a simultaneous translating service, as well as translating courses and improve your Welsh sessions. Everything you can translate yourselves is a translation you don't need to pay for!

Contact us: **www.cyfieithucymunedol.org** **post@cyfieithucymunedol.org**

Gardening for Mental Health



Felin Fach Centre, a charity that offers advice and support for people suffering from mental health, drug and alcohol problems, has started on a new gardening project in Botwnnog, on the Llyn Peninsula. The project, which is funded mainly by the Lottery, offers people opportunities to enjoy being outdoors, learn new skills, improve their confidence and develop mental and physical wellbeing. There will be an important role for volunteers in the project, and we are recruiting volunteers to do support work at the moment.

For more information about Felin Fach Centre's gardening project, contact **Seran** on **01758 701611** or **seranfelifach@gmail.com**, or call into the centre on Penlan Street in Pwllheli.

Dial 2 to talk Welsh



The Charity Commission recently launched a new telephone service for Welsh speakers.

The Charity Commission has extended the services it offers Welsh speakers with the launch of a new telephone facility.

Callers to the Commission's helpline can already ask to talk to one of the regulator's Welsh-speaking advisors. From now onwards this option will be advertised upfront with customers asked to "press 2" to speak to an advisor in Welsh.

As well as contacting us by phone, customers can also email us, apply online to register a charity and use our electronic forms in Welsh.

The contact number for the Charity Commission helpline is **0845 300 0218** or go to **www.charitycommission.gov.uk**

2011 Budget – changes for charities

Following the budget announcement in March there are few changes ahead to be introduced for charities with Gift Aid and inheritance tax over the coming years e.g.

- The introduction of a new system of online filing for Gift Aid by 2013.
- Introduction of a Gift Aid small donations scheme from April 2013. The scheme will allow charities to claim Gift Aid on up to £5,000 of small donations per year without the need for Gift Aid declarations.
- Reduction of the rate of inheritance tax, from 40% to 36%, for those leaving 10% or more to charity from April 2012.

For any further information about the above please contact Eileen Kinsman, WCVA on **0800 2888 329** or e-mail **givingwales@wcva.org.uk**

GwirVol Grants 2011-2012



Are you thinking of involving young people in your organisation?

Visit www.gwirvol.org –

information here on grants to help involve young people through various grants programmes such as 'Promotion', 'Opportunity', 'Street Games', 'International' and Millennium Volunteers Grants.

Lloyds TSB Foundation in Wales

In 2011 the Foundation in Wales is looking primarily at supporting projects in a grant range of **£15,000** to **£20,000** in total over two years. The Foundation will only fund registered charities and the work of the charities must address the Foundation's mission statement 'enable disadvantaged people to play a fuller role in community of their choice'. For more information please visit www.lloydstsbfoundations.org.uk

 Lloyds TSB | Foundation for England and Wales

Tidy Towns Wales

Tidy Towns offers grants to community-led projects improving the appearance of local communities across Wales. Grant of £1,000 to £30,000 are available to community-led projects to improve neglected wasteland and/or develop community gardens and allotments. For more information visit www.keepwalestidy.org/our-projects/tidy-towns or call **02920 726 994**

The Big Community Vote 2011

If you know a community group or organisation that is doing well in your community and you would like to see them have a chance to receive a grant of £2,000, why not encourage them to nominate themselves for The Co-operative Membership Big Community Vote 2011. Visit <http://www.co-operative.coop/bigcommunityvote> for more details.

Gwynedd Community Chest

Gwynedd Community Chest is beginning another year of supporting new or extra sports and physical activity development plans in the community. The maximum grant has increased this year to **£1500**.

The Tudor Trust

The Tudor Trust has published new guidelines covering the period April 2011 to March 2012. The Trust supports work across a wide range of needs, focusing on helping people at the margins of society and tackling the root causes of their problems. For more information please visit www.tudortrust.org.uk

The Engagement Gateway

The method of offering funding under The Engagement Gateway has changed from the 1st April from being a Competitive Tender to one offering a Competitive Grant. Those on the Approved Suppliers list will still have to go through the process of presenting documents which show the quality of service and also the costs for the project. Instead of receiving a contract with strict conditions the successful organisations will sign a Grant Terms and Conditions.

Green Dragon Programme

Social enterprises across parts of Wales are to benefit from a free programme that will establish environmental management systems and develop their businesses using the Green Dragon Environmental Standard.

Groundwork, in partnership with the Wales Co-operative Centre's Social Enterprise Support Project, has been awarded a contract to deliver Level 1 and Level 2 of the Green Dragon Environmental Standard to social enterprises across the convergence areas of Wales. The Green Dragon Environmental Standard is a stepped system comprising five Levels of achievement, which provides the framework to make cost savings, comply with legislation, improve environmental performance and increase competitiveness.

This scheme is free to qualifying social enterprises and offers the benefits of financial savings and improved environmental performance. Places on the programme are limited, so if you are a social enterprise interested in participating, please contact **Alison Fuller, Environment Project Coordinator** on **01978 757524**, alison.fuller@groundwork.org.uk. For further information about **Green Dragon** please visit www.greendragonems.com.



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Ewrop & Chymru: Buddsoddi yn eich Dyfodol
Cronfa Gymdeithasol Ewrop

Europe & Wales: Investing in your Future
European Social Fund

FREE ADVICE SURGERIES

Voluntary and community groups with and arts, crafts, heritage or culture focus can book a 40 minute one to one surgery on

7 June 2011

at Mantell Gwynedd

23-25 Y Bont Bridd, Caernarfon, Gwynedd LL55 1AB
from 10.00am – 5.00 pm

with **Gwawr Roberts**, Gwynedd County Council's
Community Arts Development officer

Delyth Vaughan, Mantell Gwynedd Grants and Support
Officer and **Ingela Mann**, Voluntary Arts Wales'

Partnership officer to discuss your development support
needs and potential funding sources.

To book contact **Ingela Mann** on **07880 857388** or
ingela@vaw.org.uk

'Courses for Communities' (CCC)

A new affordable training programme for community and voluntary groups delivered through a partnership between County Voluntary Councils (CVC's), Volunteer Centres and the WCVA across North Wales

To discover which courses are available go to

www.wcva.org.uk

Or to make a general enquiry contact the WCVA

Helpdesk on **0800 2888329** or

help@wcva.org.uk

Level 2 Award in Food Safety in Catering

25th May 2011 - 9.30am - 4.30pm

Trainer: Lindsey Rogers

Cost: £45 Mantell Gwynedd Members £55 Non Members

Voluntary sector £65 Private & Statutory sector

A certificate from the Chartered Institute of Environmental Health is awarded to the successful candidates.

Venue: Glanypwll Workshops, Blaenau Ffestiniog

Contact Mantell Gwynedd before the 18th of May 2011

Emergency First Aid

27th June 2011, 9.30am until 4.30pm

Trainer: Medi-Tec

Cost: £45 Mantell Gwynedd Members £55 Non Members

Voluntary sector £65 Private & Statutory sector

Venue: Y Ganolfan, Porthmadog

Contact Mantell Gwynedd before the 20th of June 2011

Level 2 Award in Food Safety in Catering

6th July 2011 – 9.30am – 4.30pm

Trainer: Andy Thompson

Cost: £45 Mantell Gwynedd Members £55 Non Members

Voluntary sector £65 Private & Statutory sector

A certificate from the Chartered Institute of Environmental Health is awarded to the successful candidates.

Venue: St Mary's Church, Tremadog

Contact Mantell Gwynedd before the 29th of June 2011

ASH Tobacco Control Training Programme

ASH Wales offers a Tobacco Control Training Programme for those who are interested in finding out how to work with young people on smoking related issues. A dynamic hands on training course that empowers participants with effective ways of addressing tobacco use with young people. Topics such as prevention, cessation and tobacco advocacy with young people will be covered.

The next opportunity to undertake this full days training is the 15th June 2011 at the Hotel Commodore in Llandrindod Wells, book as soon as possible to avoid disappointment. For further information about the course, other available dates, and to register you can visit our website: <http://www.ashwales.org.uk/training-for-teachers-and-youth-workers/>. Or email Laura@ashwales.org.uk.

COME AND JOIN US at the Meironeth County Agricultural Show!

BALA, Wednesday, 24th August. A warm welcome is extended to all voluntary organisations to join the Mantell Gwynedd stand at this year's Meironeth County Agriculture Show. Pick up the phone today (**01341 422575**) to secure your place – we look forward to hearing from you.



Follow the Mobile Unit

Visit the Mobile Unit at the following events:

15-05-2011 – Harlech Triathlon

04-06-2011 – Meirionnydd Young Farmers Federation Rally

11-06-2011 – Dyffryn Ogwen Agricultural Show

02-07-2011 – Caernarfon Agricultural Show

If you would like to discuss the training needs of your organisation contact **Delyth Vaughan**, **01286 672626**, delyth@mantellgwynedd.com. Or to find out more about the training offered, contact **Ellen ap Dafydd**: **01341 422575**, EllenapDafydd@mantellgwynedd.com