

AUGUST 2026

MANTELL GWYNEDD

BULLETIN



Summer Good Health Event 2026



On a warm Wednesday at the end of June, our annual Summer Good Health event was held at the Market Hall in Caernarfon. This is an engagement event on issues relating to health, well-being and care, and is an excellent opportunity for third sector organizations and our partners to update the public about the services and resources available to them in the area. Very timely, the event takes place during World Wellness Week. We are very grateful to Cllr. Olaf Cai Larsen for opening this year's event again with a speech.

122 people of all ages came through the door to receive information about services, chat and share their experiences with the staff of the organisations and voluntary groups, the Health Board and Gwynedd Council who were present on 11 stands. The Market Hall was full of buzz and people were glad to enter the shade of the ancient building from the heat of the sun.

The next Good Health Event this Winter will be held in October in Dolgellau. More details further on in the newsletter.

HEALTH AND WELLBEING



HEALTH AND WELLBEING



23 – 29/06 Wythnos Lles Y Byd
World Well-being Week



IECHYD DA'R HA'

25.06.25 11-3

Neuadd y Farchnad



**Diolch yn fawr
iawn!
Thank you!**

"Mor ddefnyddiol dysgu
am be sy ar gael..."



"Cael cyfle i siarad
mor bwysig"

17



"It was so useful to
learn about services out
there ..."

177



"Digwyddiad ardderchog!"

"Excellent event"



"Wedi cael
aelodau newydd
i Dementia Actif!"



sioned.roberts@mantellgwynedd.com
01286 672626

"New members joined
the Dementia Actif group!"

A Fond Farewell to Eleri and Jordan



This summer, we are sadly saying goodbye to two valued members of staff as Eleri and Jordan move on to new chapters in their careers.

Eleri joined Mantell Gwynedd in 2013 as Social Enterprise Development Officer, before going on to lead and develop our **Social Value Cymru** team and service. Since 2015, she has led Mantell Gwynedd's work on measuring social value and, between 2017 and 2020, she managed the Measuring and Managing Social Value in North Wales project.

For over more than a decade, Eleri has made a significant contribution providing training and support to help organisations measure, report and manage the value and impact of their work. We would like to thank Eleri sincerely for her dedication, expertise and support given to colleagues and organisations across Gwynedd over the years.

We also said goodbye to Jordan at the end of July after two and a half years with the Volunteer Centre. Jordan led our newly established **Helping Hand to Volunteer** project supporting individuals to overcome barriers and take their first steps into volunteering. Jordan played a key part in getting the project off the ground and, during his time with us, supported almost 200 people and made a real difference to their lives.

A heartfelt thank you to Eleri and Jordan for their commitment and hard work over the years. They will both be greatly missed and we wish them every success for the future.

We would also like to congratulate Jordan and Shiree on their wedding day at the end of July and wish them both a lifetime of happiness together.

Changes to regulated activity for DBS checks



Organisations working with children should be aware of an important change taking effect on **1 September 2026**.

The **Crime and Policing Act 2026 removes the supervision exemption**. This means that volunteers who regularly teach, train, instruct, care for or supervise children may now be undertaking regulated activity, even when supervised by a member of staff.

The change applies where the activity takes place:

- on more than three days in a 30-day period; or
- overnight, involving contact with children between 2am and 6am.

Volunteers undertaking regulated activity will require an Enhanced DBS check with Children's Barred List information. Eligible volunteer DBS checks remain free of charge.

Although the Department for Education guidance is marked as applying to England, the Crime and Policing Act is UK Government legislation led by the Home Office and extends to both England and Wales. Organisations in Wales should therefore review relevant volunteer roles and update their DBS and safer-recruitment arrangements before September.

Please contact us for any further information or guidance
volunteering@mantellgwyned.com / 01286 672 626

New mileage rate for volunteers



HMRC's approved mileage rate for cars and vans has increased from 45p to 55p per mile for the first 10,000 miles travelled during a tax year. The change has been backdated to 6 April 2026. The rate remains 25p per mile for mileage above 10,000 miles.

The approved rates for motorcycles and bicycles remain unchanged at 24p and 20p per mile. Organisations may also pay an additional 5p per mile for each passenger carried as part of voluntary driving.

Organisations are not required to pay the maximum rate, but volunteers can generally be reimbursed up to these limits without creating a tax liability.

Organisations should review their expenses policies and claim forms and consider topping up eligible mileage claims paid since 6 April 2026 by an additional 10p per mile.



Social Prescription Project



Beca has recently stepped into the role of **Community Link Officer**.

After a rewarding year as the Ffrindia' Newydd Project Officer, Beca is excited to take on this new challenge and build on the knowledge, experience and skills she has developed while supporting vulnerable people and local communities.

As a Community Link Officer, Beca supports individuals to identify what matters most to them and connect with the services, support and activities available within their local communities. This can include health and wellbeing programmes, social groups, physical activity, practical support with benefits, housing, debt or cost of living, as well as peer support groups and specialist services.

The aim is to empower people to take control of their own wellbeing, reconnect with their communities, build confidence and improve their overall quality of life.

Beca welcomes referrals from GP practices, healthcare professionals, third sector organisations, other public services, or directly from individuals themselves.

For more information or for a chat, please contact Beca on beca@mantellgwynedd.com
01286 672 626



September



RHWYDWAITH TRYDYDD SECTOR GWYNEDD THIRD SECTOR NETWORK

Diweddariad ar Ddiogelu
Safeguarding Update



10.30am-1pm
23/9/2026



Y Galeri, Caernarfon
LL55 1SQ



01286 672 626

ymholiadau@mantellgwynedd.com

October



RHWYDWAITH TRYDYDD SECTOR GWYNEDD THIRD SECTOR NETWORK

Gwirfoddoli a'r gyfraith
Volunteering and the law



10.00am-12pm
21/10/2026



Ar-lein / Online



01286 672 626

ymholiadau@mantellgwynedd.com



Helping Hand to Volunteer Project

The Helping Hand to Volunteer project supports individuals across Gwynedd who have additional needs to take part in volunteering by:

- Providing practical 1-to-1 during the initial meetings, matching with volunteering placements, attending the first sessions, and offering ongoing guidance.
- Supporting individuals with disabilities, mental health challenges, learning difficulties and people who are unemployed by developing their mental wellbeing, personal confidence and reducing loneliness.
- Placing emphasis on personal development through volunteering by -
 - Building confidence
 - Developing new skills
 - Meeting new people
 - Feeling valued and included
 - Making a positive difference in your community

For more information, contact:

Huw Bebb

Huw.bebb@mantellgwynedd.com

01286 672626





Diwrnod Rhyngwladol Pobl Hŷn,
mis ymwybyddiaeth Cancr y Fron ac
ADHD



IECHYD DA 2026



DYDD IAU 1 HYDREF 2026
10:00am – 3:00pm



Y GANOLFAN GLAN WNION
DOLGELLAU, LL40 1LH

Hoffech gyflwyno sesiwn flasu ddwyieithog?

Megis gweithgaredd corfforol, celfyddydau, llesiant,
therapi neu weithgaredd holistig?

Cysylltwch â ni.

Would you like to deliver a bilingual taster session?

Such as physical activity, arts, wellbeing,
therapy or holistic activities?

Contact us.



GWEITHGAREDD
CORFFOROL
MOVEMENT &
EXERCISE



CELFYDDYDAU
ARTS &
CREATIVITY



LLESIANT
WELLBEING



THERAPI
THERAPY



GWEITHGAREDDAU
HOLISTIG
HOLISTIC
ACTIVITIES



DIDDOM I GYFLWYNO SESIWN?
Interested in delivering a session?

CYSYLLTWCH / CONTACT

sioned.roberts@mantellgwynedd.com



INTERNATIONAL
DAY OF
OLDER PERSONS



BREAST CANCER
AWARENESS
MONTH



ADHD
AWARENESS
MONTH



HEALTH AND WELLBEING



Cadwch y dyddiad!
Save the date!

IECHYD DA 2026

01.10.26 10 - 3

Byw'n iach Glan Wnion Dolgellau LL40 1LH

International Day of Older People,
Breast Cancer & ADHD Awareness month

Daw manylion yn fuan

Details coming soon



Rhaglen CAMAU CREADIGOL Programme

Awst/August'26

Marged@drefwerdd.cymru

01766 830082 / 07436247418

Lauren@drefwerdd.cymru

Dyddiad/Date	Amser/Time	Be' sydd ymlacen?/ What's on?	Be?Where?
Mawrth/Tues 04/08/26	10.00-12.00	Ffelfio Gwilyb/Wet Felting	Swyddfa Dref Werdd Office
Mawrth/Tues 04/08/26	13.30-15.30	Grŵp 60+ Group	Canolfan Gymdeithasol
Iau/Thurs 06/08/26	11.00-13.00	Argraffu mewn Natur/ Printing in Nature	Ardal Blaenau Ffestiniog Area
Gwener/Friday 07/08/26	10.00-12.00	Casglu Sgwriel Misoel/Monthly Litter Pick	Cyfarfod Swyddfa Dref Werdd Office Meet-up
Mercher/Weds 11/08/26	16.30-18.30	Criw Cwiltio/Quilting Crew	Swyddfa Dref Werdd
Iau/Thurs 13/08/26	10.00-14.00	Dathlu Dechrau'n Deg	Parc y Sgwâr Blaenau
Mawrth/Tues 18/08/26	10.00-12.00	Ffelfio Gwilyb/ Wet Felting	Swyddfa Dref Werdd
Mawrth/Tues 18/08/26	13.30-15.30	Grŵp 60+ Group	Canolfan Gymdeithasol
Iau/Thurs 20/08/26	11.00-13.00	Pilates gyda Lauren	Penrhyneddudraeth
Mercher/Weds 26/08/26	16.30-18.30	Criw Cwiltio/Quilting Crew	Swyddfa Dref Werdd
Iau/Thurs 27/08/26	11.00-13.00	Taith Gendded/Guided Walk	Ardal Traawfynydd Area
Gwener/Friday 28/08/26	10.00-12.00	Tha! Awyr sesiwn i ddynion/session for men	Club Rygbi Club

Gwynedd a Môn
age Cymru

Awst

LLUN MON	MAW TUES	MERCH WED	IAU THURS	GWE FRI
3 Whist & Dominoes 1.30	4 CLWB CELF ART CLUB 10 & 2	5	6 CLWB GWAU KNITTING CLUB 10YB/AM BRODWAITH EMBROIDERY GROUP	7 PRYNHAWN GDYA ARFON WYN 2YF/PM
10 Whist & Dominoes 1.30	11 CLWB CELF ART CLUB 10 & 2	12 SGILIAU DIGIDOL DIGITAL SKILLS GDYA / WITH ABILITY NET 10-12YB/AM	13 CLWB GWAU KNITTING CLUB 10YB/AM	14
17 Whist & Dominoes 1.30	18 CLWB CELF ART CLUB 10 & 2	19	20 CLWB GWAU KNITTING CLUB 10YB/AM BREAST CANCER FUNDRAISING AFTERNOON TEA	21
24 Whist & Dominoes 1.30	25 CLWB CELF ART CLUB 10 & 2	26	27 CLWB GWAU KNITTING CLUB 10YB/AM	28
31 CLOSED GWYL Y BANC BANK HOLIDAY	FFAIR HAF INIGO JONES AWST 29!			

BOOK NOW BY CONTACTING DELYTH:
01286 685926
DELYTH@ACGM.CO.UK

August

Sesiynau galw heibio

Costau byw / Cost of living

Drop-in sessions

Awst / August 2026

03 / 08	Llyfrgell Porthmadog	10:00 - 13:00
07 / 08	Llyfrgell Dolgellau	10:00 - 13:00
07 / 08	Llyfrgell Blaenau Ffestiniog	10:00 - 13:00
13 / 08	Llyfrgell Cricieth	10:00 - 12:00
13 / 08	Llyfrgell Bala	14:00 - 16:00
17 / 08	Llyfrgell Porthmadog	10:00 - 13:00
20 / 08	Llyfrgell Caernarfon	10:00 - 13:00
20 / 08	Llyfrgell Bethesda	10:00 - 12:00
20 / 08	Llyfrgell Bangor	13:00 - 15:00
20 / 08	Llyfrgell Nefyn	14:00 - 16:00
21 / 08	Llyfrgell Pwllheli	10:00 - 13:00
25 / 08	Llyfrgell Abermaw	10:00 - 12:30
28 / 08	Llyfrgell Tywyn	10:00 - 13:00
28 / 08	Llyfrgell Penygroes	10:00 - 12:00

Cael sgwrs a gwirandio
Gwirio budd-daliadau -
ydych chi'n hawlio be sydd fod?
Helpu efo biliau - Uchafu incwm
Cyfeirio at asiantaethau priodol
Rhannu gwybodaeth am be sydd i'w gael

Have a chat and listen
Benefit check-are you claiming what's yours?
Help with bills
Income maximisation
Refer to appropriate agencies
Sharing information about what is available



www.gwynedd.llyw.cymru/HelpCostauByw
Croesocymys@gwynedd.llyw.cymru



WE ARE A LITTER PICKING HUB



Join the tidy side

Borrow free
equipment and
litter pick today.



Find out more

Contact : Mantell Gwynedd

Opening hours: Monday- Friday / 9am-5pm

enquiries@mantellgwynedd.com

01286 672 626

www.mantellgwynedd.com



Arfordir gan
Llywodraeth Cymru
funded by
Welsh Government