

MANTELL GWYNEDD

THIRD SECTOR BULLETIN



This is Evan's story showing us how Mantell Gwynedd's Gafael Llaw project is making a real difference to individuals. This project is funded by the U.K Government's Shared Prosperity Fund.

Evan Langford from Cwm-y-glo came to the Volunteering Centre in Mantell Gwynedd with his mum and dad to look for volunteering opportunities. Evan attended Ysgol Pendalar in Caernarfon prior to attending Coleg Menai. Unfortunately, he was having a difficult time at college, so his parents made the decision to remove him from the course.



Evan came to Mantell Gwynedd to meet Carwyn (Gwynedd Volunteer Centre Coordinator) and Jordan (Helping Hand to Volunteer Officer) for an initial conversation. Evan's mother, Eira, mentioned that he wanted something new to focus on in the week and to make new friends. Evan has autism and can be shy at times. However, when music is the topic of conversation, Evan comes out of his shell and his awareness of the music world is incredible. During the meeting Evan mentioned that he had over 500 different albums at home.

Eira mentioned that Evan likes to go to charity shops looking for different music albums. So, Jordan decided to contact charity shops in Caernarfon and found the shop that was more suitable and had a lot of music album. Sense is a charity that believes that everyone should be able to take part in the day to day activities of life, regardless of their disability. The money raised in the shops goes towards individuals who are deaf, blind and have complex disabilities to ensure that they are able to fulfil their potential in life.



Llywodraeth y DU Cymru
UK Government Wales



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Jordan accompanied Evan to Sense, Caernarfon to meet Claire Silverwood (Shop Manager). Evan and Jordan completed the application form and within a week, Evan started volunteering at the shop. Claire has given Evan the important task of keeping the CD shelves tidy and he has been busy organising the albums into the right genres.



Evan's incredible knowledge of music is a great help. Evan started his volunteering journey by helping out between 10-12pm every Monday, but now as he enjoys it so much, he goes every Monday, Wednesday and Friday. Evan has also registered for the Gwynedd Volunteering Scheme, where he will receive certificates after reaching 10, 50, 100, 200, 500 and 1,000 hours of volunteering.

Well done Evan and everyone from Mantell Gwynedd is proud of you!

"I have seen a big difference in Evan, he is much happier in himself. Jordan at Mantell Gwynedd and Claire at Sense, Caernarfon have been Evan's lifeline. We are so thankful for both of their support. I appreciate everything that Jordan has done for Evan, he has made Evan's life a happy one."

Eira Langford (Evan's mum)



For more information about volunteering and how you can make a difference, please contact us:
01286 672 626 / gwirfoddoli@mantellgwynedd.com



Calling for volunteers

A SMALL AMOUNT OF YOUR TIME CAN MEAN THE WORLD

FIND OUT WHAT YOU CAN DO



01286 672 626
volunteer@mantellgwynedd.com

NEW OPPORTUNITY

MENTAL HEALTH PEER MENTOR 'ICAN HUB'

Purpose of the role is to assist with ICAN's work in the hub – which is a space available for young people to call in for advice, support or information about mental health.

LOCATION:
CAERNARFON / BLAENAU FFESTINIOG / PWLLHELI/ THE COMMUNITY/MAESGEIRCHEN

GISDA

CEFNOGAETH A CHYFLEOEDD I BONEIFANC
SUPPORT AND OPPORTUNITIES FOR YOUNG PEOPLE

More information:

01286 672 626
gwirfoddoli@mantellgwynedd.com



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Volunteering Wales

NEW OPPORTUNITY

"CAFFI CREU" ENVIRONMENTAL PEER MENTOR

Purpose of the role: To support with the circular economy project "caffi creu" which is work trying to raise awareness of recycling, reusing and remaking.

LOCATION:
CAERNARFON / BLAENAU FFESTINIOG / PWLLHELI/ THE COMMUNITY/MAESGEIRCHEN

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Gwirfoddoli Cymru
Volunteering Wales



Gwynedd

Become a Companion Volunteer

Providing emotional and practical support for people at the end of life, and those close to them. We're looking for volunteers, aged 18 or over. We need people with good listening skills and some knowledge of IT. Full training will be provided.

walescompanion@mariecurie.org.uk

mariecurie.org.uk/volunteering



ERYRI
CYDWEITHREDOL



ERYRI
CO-OPERATIVE

CEFNOCI CHI - SUPPORTING YOU



Bore Panad Melyn

Yellow Cuppa Morning

Cae Garnedd

**Penrhosgarnedd
Bangor**

Mawrth 22 March

10.00-12.00

AM DDIM - FREE



Panad a chacen - Cuppa and cake

Raffl - Raffle

Codi arian - Fundraising



Cyswllt - Contact:

GWENDA - 07999 453676



Mental Health and Suicide Awareness Training 2024

**Free
Accredited Training**



SIGNS & SYMPTOMS

Signs and symptoms of various mental health conditions. Spot signs of self harm or an individual who may be at risk of suicide.



RESPONSE

How would you respond to someone who discloses that they are having suicidal thoughts / planning suicide.



YOU

How to look after your own emotional health and wellbeing. How to contribute to develop community resilience.



HELP

Where to find further information and assistance.

ABOUT US

Endorsed by Betsi Cadwaladr University Health Board, the course can be delivered virtually or in your workplace or at a community resource.

I think learning about the different types of psychological conditions people can have, has been of great value. It will definitely change the way I look at a concern for safety in the future, and the signs I need to be looking for, to help people get the help they need.

North Wales Police Officer

Anyone can book onto the virtual training by clicking onto the preferred date, which will take you to the Eventbrite website.

All sessions are from 9.30am - 12.30pm on Teams.

20 March
17 July

17 April
18 September

22 May
23 October

19 June
20 November



meinir@felin-fach.co.uk



01758 701611



iCAN Mental Health Support



EASTER LUNCH

THREE COURSE MEAL WITH BINGO TO FOLLOW

Y CARTREF, BONTNEWYDD

12.30PM THURSDAY, 28 MARCH 2024

PRICE: £20

MELON OR GARLIC MUSHROOMS

*

ROAST TURKEY

*

EASTER CHEESECAKE

*

TEA OR COFFEE

**WE ASK YOU TO BOOK IN ADVANCE BY CALLING: 01286 685735 OR
BY EMAIL AT: Llio@acgm.co.uk**

Mantell Gwynedd provides payroll services for many third sector organisations

With the knowledge that many organisations do their own payroll here's some important information regarding rises in minimum wage rates which might affect your organisations.

These changes come into force on April 1st this year.



Change to Minimum Wage

From 1 April 2024, the rates will rise to:

- National Living Wage for over-23s: £11.44 an hour from £10.42
- National Living Wage for those aged 21-22: £11.44 an hour from £10.18
- National Minimum Wage for 18 to 20-year-olds: £8.60 an hour from £7.49
- National Minimum Wage for under-18s: £6.40 an hour from £5.28
- The apprentice rate: £6.40 an hour from £5.28

The apprentice rate applies to people aged under 19, or people over 19 in the first year of their apprenticeship.

Cysylltu...Connecting - Community Arts Projects

Community Arts Projects received a Voluntary Sector Grant of £7,125 from Mantell Gwynedd funded via the #UKSPF Shared Prosperity Fund.

Artists, non-artists and health professionals from North Wales, Pembrokeshire, Turkey and Stoke participated in an innovative immersive and interactive experience including a 3 week Exhibition part funded by the grant.

6 multi arts workshops led to creation of an artistic expression of the Cysylltu concept and then to a public sharing and Exhibition at Pontio using paint, clay, music, film and dance to describe a journey anyone can take from isolation to connection via the creative arts to benefit mental health.

Project Director Ellen says: “Composing music again after several years of poor mental health has given me the opportunity to sound my own voice and gain confidence. I now look forward to taking Cysylltu to an even wider audience. We hope to do this via “play shops” where artists and non artists collaborate creatively to Sound Your Voice -Be Heard - Re-Connect - RECOVER!



Solar Panels – Neuadd Goffa Llanllyfni

Neuadd Goffa Llanllyfni received a Voluntary Sector Grant of £6,200 from Mantell Gwynedd for the installation of Solar Panels. The work was funded from the #UKSPF Shared Prosperity Fund. Neuadd Goffa was supported by Cyd Ynni (Rural Energy Developments company - DEG) on the project.

The Hall is a community hub for the village of Llanllyfni and the surrounding area and hosts cultural events along with various classes and is also home to Cylch Meithrin Llanllyfni.

Heulwen Jones said on behalf of Neuadd Goffa Llanllyfni Committee:

'The welfare of the children in the Cylch Meithrin and providing them with a warm and cozy environment is a priority for us as a committee. But raising money to maintain the Hall and pay the bills is always a challenge. So these Solar Panels will make a world of difference to us and to everyone who uses the Hall, including Y Cylch! Thank you Mantell Gwynedd for the support'



Maximise your funding opportunities

Grants Online

Welcome to the Online e-Newsletter - March 2024

This is our free Newsletter - listing a small selection of new funding opportunities added to the Grants Online website over the last month.

Visit the Grants Online website for a wealth of information about various available grant schemes
<https://www.grantsonline.org.uk/>



**Cyflido Cymru
Funding Wales**



Darganfod cyllid i'ch mudiad
gwirfoddol heddiw

Find funding for your
voluntary organisation
today

funding.cymru