

MANTELL GWYNEDD



Newsletter for voluntary organisations in Gwynedd

MANTELL GWYNEDD'S LONELINESS GRANT HELPS PROVIDE A WARM WELCOME TO UKRANIAN REFUGEES IN GWYNEDD.

Pobl i Bobl was established to support refugees by collecting essential goods to be sent in co-operation to areas of need overseas.

When the war broke out in Ukraine exporting donations ceased and Pobl i Bobl had to change the focus of its work.

Instead of exporting donations overseas the group applied to the Mantell Gwynedd's Loneliness and Isolation Fund for funding to support the refugees who had moved to the Bangor area to help them to settle in and feel at home.

The funding was used to introduce refugees in the Bangor area by holding a number of events which would not only help them settle but also raise their confidence, lessen anxieties because of what they had faced in their own country and make them feel a part of their new community in Wales.

Over a period of months contact was made with local organisations such as Dyma Ni, Pontio, National Trust at Penrhyn Castle, RSPB who were all able to offer opportunities and activities.

These networking opportunities helped raise awareness and an understanding of the difficulties people endure when they suddenly become a refugee. They also provided refugees with an opportunity to make new contacts, engage with some local culture and feel welcome and included.

It is so good to be able to report that Mantell Gwynedd's Loneliness Grant has helped provide a warm Welsh welcome to Ukranian refugees in the Bangor area.

Welcome to Gwynedd !





Loneliness and Social Isolation Fund 2023/2024

**REVENUE Grants between £500 - £2,500 available!!
Round 1 Closing date - 09/06/2023**

Your activity must contribute to one or more of the following:

- Improve opportunities for people to connect with each other
- Community based activities which support community connections
- Coordinated and supported communities
- Improve awareness and promote a positive attitude

Easy application form. Quick decision. Fast payment.

Contact us today

carys@mantellgwynedd.com

arwen.evans@mantellgwynedd.com

or call 01286 672626



EISTEDDFOD
Llyn ac Eifionydd
8-12 Awst 2023



Mantell Gwynedd intend to book an exhibition space for Third Sector organisations and Social Enterprises during the Pen Llyn and Eifionydd National Eisteddfod. If you would like to partake in a stall with Mantell Gwynedd then this is an opportunity to declare your interest! A great opportunity to promote your organization and share information.

Return this form to:

Carys Williams, Mantell Gwynedd, _____

carys@mantellgwynedd.com

(or post to 23-25 Y Bont Bridd, Caernarfon, Gwynedd,
LL551AB)

Contact name Organisation

Name.

Address

..... Phone

E-mail



Ymddiriedolaeth
Genedlaethol
National Trust

Diwrnod Agored Gwirfoddoli

Dydd Sadwrn, 29 Ebrill

11yb -2yp
Castell Penrhyn a'r Ardd LL57 4HT

Volunteering Open Day

Saturday, 29 April

11am – 2pm
Penrhyn Castle and Garden, LL57 4HT

Mynegwch eich
diddordeb: Register your
interest:

penrhyncastle@nationaltrust.org.uk
01248 353084



GWYNEDD VOLUNTEER CENTRE

NEW OPPORTUNITY

YOUTH HOMELESS HELPLINE VOLUNTEER

Our Freephone helpline provides information and advocacy to young people across Wales who are homeless or at risk of homelessness. Our aim is to ensure young people understand their rights and feel empowered to access the support they need when they need it. This role is home based and costs are reimbursed

Llamau

Imagine a World Without
Homelessness

More information:

01286 672 626
gwirfoddoli@mantellgwynedd.com



NEW OPPORTUNITY

MEMBER OF THE LIFEBOAT CREW - CRICIETH

The RNLI Lifeboat Station in Cricieth is looking for volunteers to join the current team as a member of the Coastal Lifeboat Crew.

This role will help us save lives at sea by ensuring our lifeboats are always ready.



Lifeboats

More information:

01286 672 626
gwirfoddoli@mantellgwynedd.com



GWYNEDD VOLUNTEERING CENTRE

SAFER RECRUITMENT AND SAFEGUARDING ROADSHOW

DBS, WCVA AND
NORTH WALES SAFEGUARDING BOARD
ARE BRINGING YOU A JOINT EVENT TO
INTRODUCE THE NATIONAL SAFEGUARDING
TRAINING STANDARDS

Thursday 20th April

10.00am-3.00pm

Thursday 27th April

10.00am - 3.00 pm

Porthmadog FC, Y Traeth

Porthmadog **LL49 9PP**

Ty Siamas, Eldon Square,

Dolgellau LL40 1PY

SESSIONS:

National Safeguarding Standards

The workshop aims to:

- Develop knowledge and understanding of the National Safeguarding Training, Learning & Development Standards
- Identify where own organisation fits into this multi-agency work
- Provide assistance in mapping organisational work roles with relevant groups within the standards
- Identify current practices in relation to accessing Safeguarding training, learning & development.
- Identify ways forward for accessing multi-agency National Safeguarding training

DBS

Covered during this session:

- Introduction to DBS and Regional Adviser for Wales
- DBS and your organisation working together for Safer Recruitment
- How DBS can support the multi-agency training in line with National Safeguarding Training Standards
- Overview of Eligibility Criteria and when you may have a Legal Duty to refer to DBS

Safeguarding

An opportunity to consider your safeguarding activity (small group/individual discussion) in the current context

- Safeguarding policy amends and updates – current resources
- Organisational process around your DBS responsibilities
- Refresh your approach to safeguarding training

SOCIAL VALUE CYMRU



North Wales Social Value Network Meeting



1. Our Social Value Journey

Emily Ready, Regional Cohesion Coordinator;
Community Cohesion North East Wales

2. Social Value UK - Overview and Update

Nicola Lynch, Civil Society Lead, SVUK

Date: Wednesday 19 April 2023

Time: 10:30 - 12:30

Location: Zoom



HEALTH AND WELLBEING

Cyfleoedd Gwirfoddoli gyda'r RSPB Volunteering Opportunities :

**RSPB Team Member (Education,
Families and Youth Volunteer) |
RSPB Volunteering**

**Intern (Intern Ysgolion ar
Warchodfeydd RSPB Conwy) | RSPB
Volunteering**

**Schools on Reserves Leader (RSPB
Conwy Schools on Reserves
Assistant) | RSPB Volunteering**

HEALTHY START VOUCHERS



**Are you pregnant o'r have a child under 4 years old?
You could be eligible for the Healthy Start Vouchers.**

What is it?

Healthy Start Food Vouchers are vouchers that can be used to buy healthy foods.



- With Healthy Start, you get free vouchers every week to spend on milk, fresh, frozen, and tinned fruit and vegetables, and infant formula milk.
- You can also get free vitamins. Free vitamin supplements are usually available from NHS clinics and health centres but your midwife or health visitor will be able to help you with what is available locally.

Who's eligible?

If you get Universal Credit, you can apply online if:

- you're at least 10 weeks pregnant or have at least one child under 4 years old.
- your family's monthly 'take-home pay for this period' is £408 or less from employment.

If you get Child Tax Credit, you can apply online if:

- you have at least one child under 4 years old.
- your family's annual income is £16,190 or less.
- you do not get Working Tax Credit.

To apply, you'll need your:

- Name, Address, Date of birth, National Insurance number, Baby's due date (if you're pregnant), benefit award letter if you're over 18 - make sure you enter the exact details shown on your benefit award letter.

Click here: **How to apply - Get help to buy food and milk (Healthy Start)**

How do I claim Healthy Start Food Vouchers?



If you are eligible, a Healthy Start card will be sent to you with money on it. You can use it in most shops in the UK and funds will be added onto your Healthy Start card every 4 weeks. You'll receive your card by post and it should arrive within 5 to 10 working days. If the NHS are getting a high volume of applications, it may take longer than this.

You can also make a claim by email: **healthy.start@nhs.uk** or call **0300 330 7010**.

More information here: **What you'll get and how to shop - Get help to buy food and milk (Healthy Start)**

For more information: **Get help to buy food and milk (Healthy Start)** or contact Chloe Roberts - 07721 110915 / croesocynnes@gwynedd.llyw.cymru.

HEALTH AND WELLBEING



ASIST

Hyfforddiant ymyrraeth hunanladdiad sy'n arwain y byd
Worlds leading suicide intervention training

Hyfforddiant Sgiliau Ymyrraeth Hunanladdiad
Cymhwysol
Applied Suicide Intervention Skills Training
Ebrill 27 & 28 April 2023
9am- 5pm @ Galeri, Caernarfon
£190.00pp
Cysylltwch / Contact:



Ebost /Email: info@amserisiarad.org
Ffôn /Phone: 01286 685279

HEALTH AND WELLBEING

Tech support for unpaid carers to keep on top of their caring responsibilities

Carers Wales, with support from Welsh Government, has recently launched a promotional campaign to encourage carers to access the Jointly App, available in English and Welsh.

Providing unpaid care is rarely a solo activity and requires multiple people, often in different households, to co-ordinate care needs. The Jointly App is a single point of contact that can store medical records, appointments, medication needs and schedules and facilitate communication in one shared place. The app is available on phone, tablet and personal computer with real time updating and unlimited group sizing.

The launch of this promotional campaign underpins Welsh Government's commitment within the Carers Strategy 2021, to explore how the use of technology can support carers and those they care for.

On launching the promotional campaign, Julie Morgan MS, Deputy Minister for Social Services said:

"It is fantastic that Carers UK have produced the Jointly App. We live in an online world and the pandemic highlighted the importance of online access to information, support and services across health and social care. Unpaid carers often have to juggle multiple tasks at the same time and this single online tool will contain all the important caring information they need in one place. I encourage all unpaid carers in Wales to use the app so they can benefit from the support available."

Claire Morgan, Carers Wales Director said:

"The pandemic followed by the cost-of-living crisis is putting huge pressure on unpaid carers to sustain their caring responsibilities. We are pleased to be working with Welsh Government on various ways to ensure carers receive the support they need, including utilizing technology. Our Jointly App enables carers to share their responsibilities with others. It helps carers more easily communicate critical information with others in the care circle about the person being cared for".

The Jointly App is available to download on Apple and Android devices through their respective App stores or can be purchased onto PC from [Jointlyapp.com](https://jointlyapp.com) Jointly App is a one-off purchase of £2.99 connected to the nominated person in need of care. There is no requirement for additional payment for multiple people to use the App after the initial payment.

See more here in English: [Jointly video English](#) or Welsh: [Jointly video Welsh](#)

