OCTOBER 2026

MANTELL GWYNEDD

BULLETIN



IECHYD DA 2026 Dolgellau health and well-being event gets us into Autumn with a Bang!

This year's Mantell Gwynedd annual Iechyd Da Dolgellau event took place on October 1, coinciding with the International Day of Older Persons, Breast Cancer awareness month and ADHD month.

Mantell Gwynedd's Chief Officer, Bethan Russell Williams was privileged to invite Councillor Linda Morgan to open IECHYD DA 26. Coun. Morgan emphasised the key contribution the third sector makes to improving health, well-being and care outcomes for the local population. She shared with us her lived experience of battling cancer and surviving, and she referred to the special contribution of volunteers and carers. Engagement events such as Iechyd Da are so valuable to give the public the opportunity to continue learning of hollistic methods of enriching health and well-being, and become aware of the support available by the third sector and partners. Creating opportunities such as these for organisations to work together for the good of the local population is essential.



Valuable feedback was given by the public and stall-holders - cost of living challenges and fuel poverty are a huge concern at the beginning of winter this year;inadequate public transport in rural areas causes difficulties; long waiting lists for health treatment, medical or dental appointments are a challenge; social benefit changes worry people as does local employment and appropriate housing. The third sector is continuously anxious about funding for projects, recruiting and retaining volunteers, as the demand for community support and intervention steadily increases.

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HEALTH AND WELLBEING

We had 35 stalls in the Sports Hall and upstairs: Mantell Gwynedd, Arthritis UK, Tenovus, Gig Buddies, Ysgol Bro Idris, Action For Children, ACGM, Hwb Tan-Y-Maen , Epilepsy Wales, Merched Y Wawr, Dementia Actif, Wales Ambulance, MS Cymru, Amgueddfa Cymru, Macmillan, Memory Pathway Support, Barnardo's, Snowdonia Society, Carers' Outreach Service, COS, CAB, Dal Dwylo, Stroke Society, NW Police, Care & Repair, Cyngor Gwynedd Services, BCUHB Stroke Prevention and Lymphoedema services, Llais (Welsh Government) and Older People's Commissioner Wales. People of all ages popped in, from 0 – 90+ and from a broad area. Two taster sessions upstairs were offered this year and proved popular - Arthritis Uk Cymru held a chat and Chi Me session in the morning, and Dementia Actif offered an exercise session in the afternoon. Hundreds of free cups of tea and coffee were consumed. Everybody enjoyed chatting and discussing and vibrant engagement filled the air. Over 200 people attended the event.

Thank you for supporting IECHYD DA 26, ensuring that the people of South Gwynedd feel more knowledgable about health and well-being services and support available to them in the community and empowered to voice their opinions about local needs.

Quotes from attendees:

"It's important to come out to the community"

" Better than ever!"

"I learn new things every year"







HEALTH AND WELLBEING



























9fed Tachwedd 2026 11 y.b
9th November 2026 11am

Canolfan Henblas,
Stryd Fawr, Y Bala. LL23 7AG

Contact / Cyswllt: Sally Head
07712853574
Sally.head@stroke.org.uk

Caffi cefnogol ar gyfer goroeswyr strôc, eu gofalwyr, teuluoedd a ffrindiau.

Dewch draw am gefnogaeth gyfeillgar, gwybodaeth, a chyfle i gwrdd ag eraill sydd â phrofiadau tebyg.

DIM ANGEN ARCHEBU – DIM OND TROI FYNY

A supportive café for stroke survivors, their carers, families and friends.

Come along for friendly support, information, and the opportunity to meet others with shared experiences.

NO NEED TO BOOK – JUST DROP IN

Cefnogaeth
Support

Gwybodaeth
Information

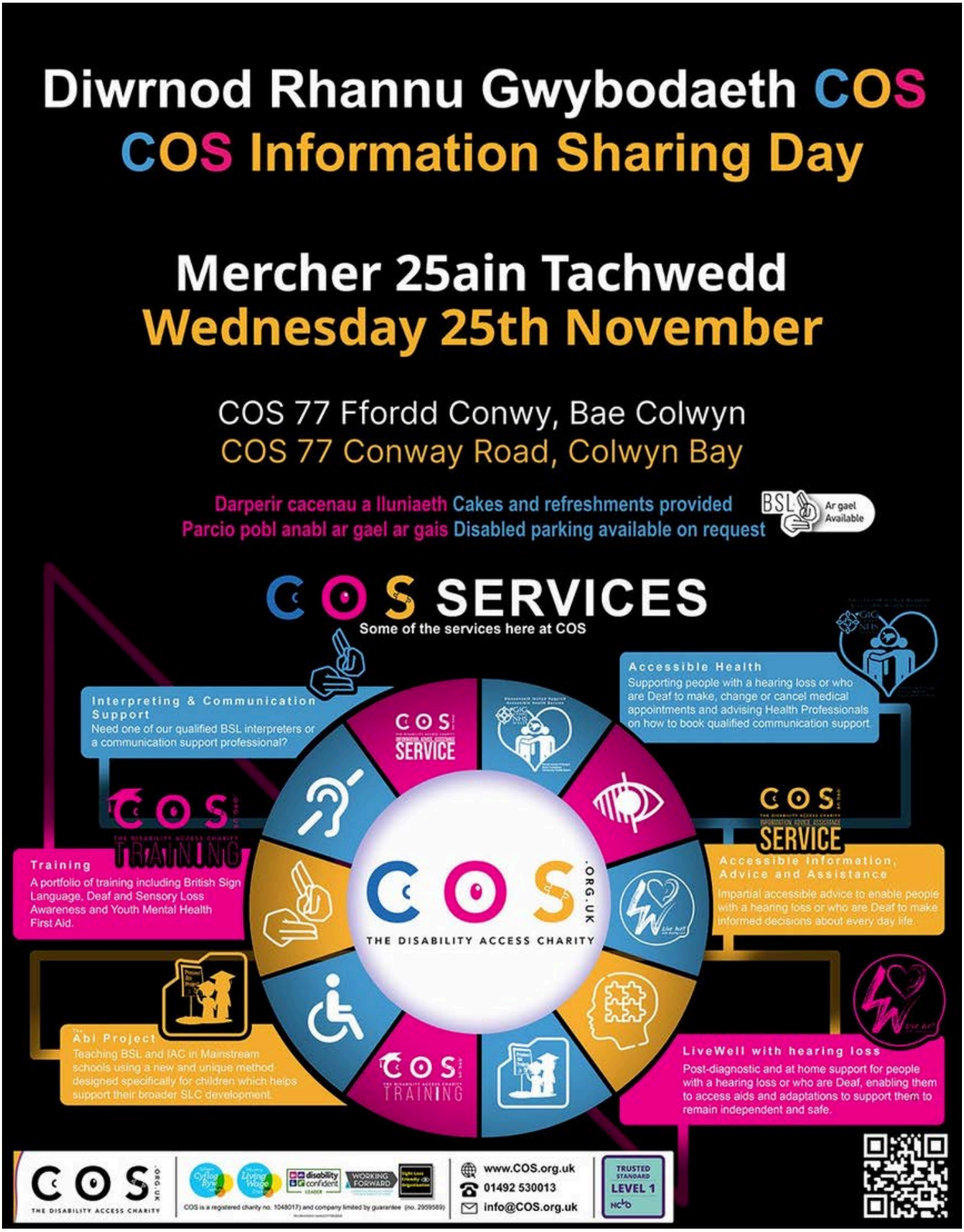
Cypan a sgwrs
A cuppa and a chat

Cwrdd ag eraill
Meet others

Am ofal cymunedol cysylltwch â
Canolfan Henblas 01678 521796
For a community car please contact
Canolfan Henblas 01678 521796

Stronger together

Life after stroke can be brighter


Diwrnod Rhannu Gwybodaeth COS
COS Information Sharing Day
Mercher 25ain Tachwedd
Wednesday 25th November
COS 77 Ffordd Conwy, Bae Colwyn
COS 77 Conway Road, Colwyn Bay
Darperir cacenau a lluniaeth Cakes and refreshments provided
Parcio pobl anabl ar gael ar gais Disabled parking available on request
BSL Ar gael Available
COS SERVICES
Some of the services here at COS
Interpreting & Communication Support
Need one of our qualified BSL interpreters or a communication support professional?
Accessible Health
Supporting people with a hearing loss or who are Deaf to make, change or cancel medical appointments and advising Health Professionals on how to book qualified communication support.
COS SERVICE
COS TRAINING
Training
A portfolio of training including British Sign Language, Deaf and Sensory Loss Awareness and Youth Mental Health First Aid.
COS .ORG.UK
THE DISABILITY ACCESS CHARITY
COS SERVICE
Accessible Information, Advice and Assistance
Impartial accessible advice to enable people with a hearing loss or who are Deaf to make informed decisions about every day life.
Abl Project
Teaching BSL and IAC in Mainstream schools using a new and unique method designed specifically for children which helps support their broader SLC development.
COS TRAINING
LiveWell with hearing loss
Post-diagnostic and at home support for people with a hearing loss or who are Deaf, enabling them to access aids and adaptations to support them to remain independent and safe.
COS .ORG.UK
THE DISABILITY ACCESS CHARITY
COS is a registered charity no. 1048017) and company limited by guarantee (no. 2999589)
www.COS.org.uk
01492 530013
info@COS.org.uk
TRUSTED STANDARD LEVEL 1

How might family circumstances affect experiences of neonatal care?

Bliss
for babies born premature or sick

Bliss, the national charity for babies born premature or sick, is writing a report about inequalities in neonatal care in Wales. **We want to speak to parents or carers living in Wales who had a baby admitted to a neonatal unit anytime between 2021 and 2026.**

Bliss knows families can face many challenges when their baby is born early or is sick. Our report will explore how things like money worries, minoritised ethnicity experiences or difficult living situations can impact a parent's experience of being involved in their baby's care.

By listening to families' experiences, we can learn how neonatal services can better support every baby. What parents tell us will directly inform our report and our work to improve neonatal care. The report be shared with the Welsh Government.

Why are we having these discussions?

We know that being involved in a baby's care makes a positive difference, so we would like to hear about anything that helped or made it difficult for parents and carers to be involved in their baby's care and treatment. We aim for parents who share their story to feel listened to, respected and valued.

How can parents get involved?

Bliss is seeking to hear from parents, through face to face or phone interviews, or other formats if preferred.

- Bliss will compensate parents for their time
- All information will be confidential and anonymous.

If you have met a parent on your neonatal unit who you think might be interested in this work, please put them in touch. Parents can message +44 7350236179 or email campaignsandpolicy@bliss.org.uk

One of our team will reply with information on how parents can take part.

Complete a 10-minute survey

Bliss is also carrying out a survey on the financial cost of having a baby born premature or sick in Wales. To complete the survey, scan the QR code or follow this link: https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=XE2LpovCqE-GZY0__8kJUatv7m6SK3VJtuzFRJ_2euRUQkc3V00zOVZUNERLSEISN0hUWUxOMDhGMi4u

VOLUNTEER CENTRE

Vision for Volunteering in Wales: Have you heard about it? What does it mean?



Volunteering has been a key part of our communities life in Wales for generations. However, the way people volunteer is changing. More people are looking for flexible opportunities that fit around busy lives, while organisations face challenges in recruiting and retaining volunteers. In response to this, the Welsh Government, WCVA and partners across Wales have developed a **Vision for Volunteering in Wales.**

The vision sets out that volunteering should be safe, well-supported, inclusive, and sustainable, playing a central role in the life of communities across Wales. The aim is to make volunteering a natural part of everyday life, encouraging more people, especially young people, to get involved in ways that benefit themselves, the organisations they support, and their communities.

Key priorities include:

- Increasing the number of people who volunteer.
- Ensuring volunteers feel valued and supported.
- Promoting more flexible and accessible volunteering opportunities.
- Strengthening the relationship between citizens, communities, and public services.
- Ensuring volunteering is inclusive and open to everyone.





VOLUNTEER CENTRE

As part of our key role to supporting and developing volunteering in Gwynedd, Mantell Gwynedd's Annual General Meeting in November will include a workshop on the Vision for Volunteering. This will provide an opportunity to hear the latest updates on work taking place at a national level and to consider what the Vision means for organisations, volunteers, and local communities.

In addition, Mantell Gwynedd will be hosting network meetings in the new year to share information, raise awareness of the Vision, and discuss how we can strengthen volunteering in the years ahead.

We encourage anyone with an interest in volunteering, or in developing community services, to take part in these discussions.

For further information or an informal chat, please contact the Gwynedd Volunteer Centre: 01286 672 626 / gwirfoddoli@mantellgwynedd.com.



VOLUNTEER CENTRE

Join us for our upcoming events!







Booking details coming soon!

VOLUNTEER CENTRE

CYSWLLT CYMUNEDOL MANTELL GWYNEDD COMMUNITY LINK

ANGEN HELP NEU WYBODAETH AM GEFNOGAETH SYDD AR GAEL YN EICH ARDAL?

NEED HELP OR INFORMATION REGARDING THE SUPPORT THAT IS AVAILABLE IN YOUR AREA?



Canolfan Congl
Meinciau, Botwnnog

Dydd Mawrth cyntaf bob mis
First Tuesday of every month

Cysylltwch am fwy o wybodaeth neu i greu apwyntiad:
Contact for more information or to create an appointment:

MANTELL GWYNEDD

01286 672 626

linc@mantellgwynedd.com

Safeguarding Training for the Voluntary Sector in 2027

Safeguarding is everybody's business, but it's also a key governance issue for organisations. It's also a requirement for all organisations and groups who work with, provide services to, or come into contact with, individuals.
Join our upcoming safeguarding training sessions to ensure your organisation has the knowledge and skills needed to respond appropriately to safeguarding concerns. Whether you are a volunteer, trustee, staff member or manager, this training will provide practical guidance and valuable insights.

The programme includes both Group B and Group C training:

- **Group B** – For frontline staff and volunteers who have direct contact with people, helping them to recognise, respond to and report safeguarding concerns.
- **Group C** – For Safeguarding Leads or Designated Safeguarding Persons, managers, and anyone responsible for providing safeguarding advice or making safeguarding decisions on behalf of their organisation *.

Don't miss this opportunity to develop your safeguarding knowledge and confidence. Registration will open soon, so save the dates below and keep an eye out for the booking details!

practitioners must complete Group B training before Group C





AWARDS FOR ALL

COMMUNITY FUND
The National Lottery

Small grants. A bigger, brighter community.



Is your group looking for funding to run a project? The National Lottery Awards for All could help your project succeed.

Real people. Real change. Thanks to National Lottery players.

We can fund:

- **Equipment**
- **One-off events**
  We'll fund a one-off event if it's part of a wider project that helps people build stronger relationships over time.
- **Staff and training costs**
- **Transport and utilities**
- **Volunteer expenses**
- **Translation and other costs for delivering your project in Welsh and English**
- **Small land or refurbishment projects**

Supporting communities to thrive

APPLY NOW
and help your community thrive.

It starts with a brighter tomorrow.

tnlcommunityfund.org.uk/awards-for-all

COMMUNITY FUND
The National Lottery

PEOPLE | PLACES | STRONGER COMMUNITIES