

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 77 – May 2017

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ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

MANTELL GWYNEDD

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23-25 Y Bont Bridd, Caernarfon
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Tel: 01286 672626

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enquiries@mantellgwynedd.com

Registered Office:

The Old Police Station, Lombard St.,
Dolgellau, Gwynedd LL40 1SB
Tel: 01341 422575

website:
www.mantellgwynedd.com

 Facebook: **Mantellg**

 Twitter: **@mantellgwynedd**

It's always great to share some good news!



Mantell Gwynedd have been successful with an application to the Third Sector Skills Lottery Fund to the tune of £468,000.

This funding will enable us to continue to employ Dr Adam Richards and Eleri Lloyd to proceed with the work on measuring the social value of the third sector. The funding will also allow us to add another new member of staff to the social value team.

We will be working with the wider third sector across North Wales to spread the skill of how to measure social value and we

will be doing this by working with our County Voluntary Council colleagues in North Wales.

At a time when commissioners are asking more and more about the value generated by third sector services this news about funding is absolutely fantastic.

Keep an eye out for more news about this and how the work is likely to develop in the future.

MANTELL GWYNEDD STAFF

Chief Officer:

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM

Senior Development and Service Officer:

Delyth Vaughan Rowlands

Social Value Development Officer:

Eleri Lloyd

Social Accountant:

Dr Adam Richards

HEALTH TEAM

Heath and Wellbeing Facilitator:

Sioned Llwyd Larsen

Social Prescription Project,

Community Link Officer:

Rhian Griffiths

ED Social Prescription Project Officer

Mair Richards

FINANCE & ADMINISTRATOR TEAM

Deputy Chief Officer and Head of Finance and Operations Team:

Ceren Williams

Administration Officer:

Bronwen Rowlands

Finance Assistant:

Tracy Williams

Administration Assistant:

Tracy Lynne Rotheram

Administration Assistant:

Ellen ap Dafydd

VOLUNTEER CENTRE TEAM

Vollunteer Centre Co-ordinator:

Carwyn Humphreys

Volunteer Officer:

Gwenllian Glyn Dafydd

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:

22 JUNE, 2017

Send or e-mail any information to

Ellen ap Dafydd

at Mantell Dolgellau

e-mail:

ellenapdafydd@mantellgwynedd.com

Tel: 01341 422 575

Remember to Vote – but also remember there is more than one way to change the world!

As yet another election campaign kicks off, this time most unexpected, many of you will be asking yourselves if voting really makes any difference or is there another way, a better way, of making changes.

Many of us will remember Russell Brand telling Jeremy Paxman he had never voted in the past and will probably never vote in the future. Statistics show that the numbers voting have really dropped over many decades – in Wales 85% of the electorate voted in 1950 but by 2015 this was just 65.7%. Statistics also show that fewer young people vote, in 2010 only 44% of young people between the ages of 18 and 24 voted but in the same elction 76% of over 65s voted.

My opinion, for what it's worth, is that voting is a hard fought right, particularly for women. We should all vote. This is our opportunity to express our views on who should run our country. But like many other people, I also believe that there are other ways to change the world ...

In the UK we have some of the largest and most powerful voluntary organisations in the world. They command huge support and are able to mobilise tens of thousands of members and supporters. Some of these organisations protest and work diligently for change and are able to make a very real difference. There are plenty of such organisations to choose from, whatever your particular hobby or interest. Whatever you feel strongly about there is sure to be a charity which champions your cause.

You can volunteer, donate financially, join protests and make a real change. There are about 580,000 members of main political parties in the UK. However just consider the fact that the RSPB, for example, has over a million members! It appears that more people volunteer or are actively involved in charitable social action than actually voted in the last election.

Charities will be around when the next Government has come and gone. Charities make things happen and get things done. They are not a replacement for public services but they do provide services and priceless support to communities and individuals. Our local hospice movement which depends largely on donations and an army of volunteers, our hospitals League of Friends who fundraise to buy additional medical equipment – there is an endless list of such examples.

So over the next few weeks when you feel like having a real old moan about our political system – remember there is another way to change the world – Charities are here to change the world!

Until next time

Bethan

Loteri Cymru launch

Hanfod Cymru is a new national charitable fund exclusively for Wales, distributing the money raised for good causes by Loteri Cymru to strengthen community life in Wales.



The aim is to support local projects, the length and breadth of Wales. As a generalist grant maker they will seek to reflect the needs and demands of those who apply, but initial emphasis will be on general social needs, on the arts and creativity and on educational projects.

The small grants scheme is open for applications for sums from a few hundred pounds up to £10,000.

Application are made via an online form, and you may be asked for certain supporting documents depending upon the nature of your request. Please read the application guidance notes before filling in your application form. Further details are available from: www.hanfodcymru.wales

Introduction to PQASSO – free workshop

Do you want to strengthen governance, better manage risk, deliver better services for users, improve operating practices and better demonstrate outcomes in your third sector organisation?

Then join us at one of our workshops to find out more about PQASSO.

Colwyn Bay: 6 June 2017, 10:00 am -12:00 noon, Colwyn Bay Cricket Club

The workshops will also introduce **PQASSO Essentials**. PQASSO Essentials is a new, simple and straightforward self-assessment tool intended for small third sector groups and organisations.



Who should attend?

Anyone interested in developing and supporting strong third sector organisations including trustees, staff, volunteers, funders, commissioners and contract managers.

Find out more about PQASSO on **NCVO's website**.

For any questions or to reserve your place please contact Heledd Kirkbride, PQASSO Wales Officer: heledd.kirkbride@ncvo.org.uk or 07376 602320.

Mantell Gwynedd's translation equipment is available to hire at a very reasonable cost.

For more information please contact enquiries@mantellgwynedd.com or call 01286 672 626



VOLUNTEERS' WEEK

Yes, it's that time of year once again with Volunteers' Week. The aim of the week is to celebrate the contribution that volunteers and volunteering creates to our society. As part of the celebrations the Gwynedd Volunteer Centre has organised the following events:

Celebration and Thank you Event -

Wednesday 7th June, Portmeirion (by invitation only)

This is our main celebration and thank you event for volunteers where we will be presenting certificates to volunteers. This year, our guest speaker will be Elin Fflur.

Volunteer Open Days

Gwynedd Volunteer Centre will be hosting two open day events to raise awareness of volunteering, recruit new volunteers and share information about volunteering. A warm welcome for anyone to pop by for a chat and a cuppa.

Thursday 1st June, 10am-2pm

– Mantell Gwynedd Office, Dolgellau LL40 1SB

Tuesday 6th June, 10am-2pm

– Mantell Gwynedd Office, Caernarfon LL55 1AB

If you would like more information about Volunteers' Week, please contact the Gwynedd Volunteer Centre on **01286 672 626** or volunteer@mantellgwynedd.com



Ian Pritchard (North Wales Society for the Blind) receiving his outstanding contribution certificate



Heidi Bakewell receiving her highly commended Volunteer (Adult category) of the Year Awards 2016



Volunteers who received their certificates in 2016

Millennium Volunteers – Successes

Certificate for 50 hours of volunteering:

Dafydd Roberts - Moelyci
 Tim Carrol - Royal Voluntary Service
 Elin Evans - Gisda and Tenovus

Certificate for 100 hours of volunteering:

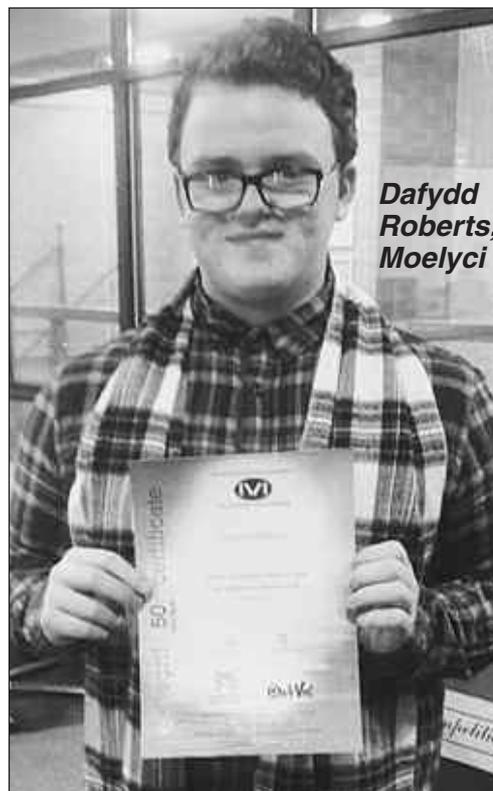
Ioan Vaughan - Dyffryn Nantlle School

Certificate for 200 hours - award of excellence:

Craig Roberts - Gisda
 Owain Rhys - Penrhos Polish Care Home
 Poppy Field - 1557 (Friars School) Squadron Air Training Corps
 Elwen Evans - 1557 (Friars School) Squadron Air Training Corps
 Callum Abbott - 1557 (Friars School) Squadron Air Training Corps



**Tim Carrol,
 Royal Voluntary Service**



**Dafydd Roberts,
 Moelyci**

Melissa Jones - 1557 (Friars School) Squadron Air Training Corps
 Oliver McNeill - 1557 (Friars School) Squadron Air Training Corps
 Natasha Preston-Jones - 1557 (Friars School) Squadron Air Training Corps
 Trinity Rowlands - 1557 (Friars School) Squadron Air Training Corps
 Harry Taylor - 1557 (Friars School) Squadron Air Training Corps
 Amy Topsana - 1557 (Friars School) Squadron Air Training Corps
 Tyler Williams - 1557 (Friars School) Squadron Air Training Corps

Toolkit and supporting handbook to involve Young Trustees

During January and February we researched the current numbers of young trustees involved with voluntary organisations' management boards in Gwynedd. As a result, it emerged that there was not enough information available to young people or organisations. Youth Volunteering Officers in North Wales have worked together to create a toolkit to encourage organisations to involve young people on their management boards. The toolkit contains information on how to promote, facilitate and recognise young trustees. Mirain who is a member of Youth Volunteering Fund Panel in Gwynedd has also created a handbook to help young people understand their responsibilities as trustees. The toolkits are available on the Mantell Gwynedd website or by contacting Gwenllian Dafydd, gwenllian@mantellgwynedd.com 01286 672626.

Gwynedd Youth Volunteering Fund 2017 - 2018

The grant will continue again this financial year. There is up to £500 available for your organisation. For more information contact Gwenllian Dafydd, gwenllian@mantellgwynedd.com 01286 672626

GWIRFODDOLWYR Y MILENIWM



MILLENNIUM VOLUNTEERS

TAITH NI - Carers Trust North Wales Crossroads Care Services

The North Wales Crossroads Care Dementia Support Service is holding monthly local support groups for people with Dementia and their family and friends in all areas of North Wales. You are welcome to join the group for training, information, advice and support. The groups are held from **11.00 a.m. to 3.00 p.m.** and you can stay for the whole time, or just drop in for a shorter period, lunch is available (cost involved) Gwynedd are:

Porthmadog - 1st Wednesday of every month - Porthmadog Golf Club, Morfa Bychan

Caernarfon - 2nd Wednesday of every month - The Celtic Royal Hotel, Caernarfon

Bangor - 4th Wednesday of every month - Bangor Cricket Club Tea Rooms, Bangor

For more information please contact Lucy Jones on **07887 367220 / 01492 542212** or Lucy.Jones@nwcrossroads.org.uk

Macmillan Cancer Care - Health & Wellbeing Events

Events will offer information and support from experts on:

- Diet, physical activity and lifestyle
- The possible long-term effects of treatment
- Fatigue management and emotional support
- Benefits and financial advice
- Access to local support in your area

There will be an opportunity to speak to professionals and meet others who have had a similar experience.

Refreshments will be provided.

Events in Gwynedd for 2017:

Venue: Plas Menai, Caernarfon - Wednesday 21st June & Wednesday 15th November

Time: 10.00 a.m. – 1.00 p.m.

To book, phone **01745 445214** or e-mail: BCU.healthandwellbeing@wales.nhs.uk



Third Sector Wellbeing Network Event



The Third Sector Wellbeing Network event was held on March 28th at the Porthmadog Football Club. The turnout was excellent and organisations received and shared information on the latest developments within health and social care.

The next Network event will be held in July and will be a *speed-dating* session where organisations will have an opportunity to learn more about each other's services and activities.

Date and venue to be confirmed.

Social Prescription Arfon Area

The Social Prescription project has just produced a DVD promoting the benefits of the Social Prescription scheme to individuals, referrers and third sector organisations in the Arfon area of Gwynedd. Since October, the scheme has worked and helped over 70 individuals ranging from 21 to 95 years old, all with specific needs. Each individual is referred, signposted or given information regarding organisations, services, projects, events and groups in their local area.

Feedback has been positive and referrals are steady. If you have information regarding new groups,

organisations or up and coming events then please contact with the details.

My contact details are as follows:

Rhian Wyn Griffiths

Community Link Officer - Social Prescription

23-25 Bridge Street, Caernarfon Gwynedd, LL55 1AB

01286 672626/ 07940 375467

linc@mantellgwynedd.com

Here is a youtube link for you to visit to have a preview of the DVD:

<https://www.youtube.com/watch?v=XMTe3jZfRbg&t=17s>



Dr Nia Hughes GP and Dr Adam Richards Social Accounting Consultant discussing the value and impact of the Social Prescription project on the DVD

Pilot project - Social Prescription ED

This pilot project is funded by the Betsi Cadwaladr University Health Board for a period of ten weeks and is being carried out by the Voluntary Councils across North Wales to perceive whether non-clinical intervention can reduce the pressure on Hospitals' Emergency Departments. In Gwynedd the patients have visited the Emergency Departments at Ysbyty Gwynedd, Ysbyty Bryn Beryl, Ysbyty Alltwen, Ysbyty Dolgellau and Ysbyty Tywyn.

Fifty five referrals were received, of which twenty six were in Arfon, twenty four in Dwyfor and five in Meirionnydd. The number of times they have

attended the Emergency Department in twelve months varies from ten to twenty nine times. To date, nineteen have been in touch with the project and information regarding local services have been given to them, such as Telecare, Carers Outreach Service, British Red Cross, Age Cymru, Care and Repair etc.

A piece of work to ascertain the Social Value of the project will commence at the end of the project in order to identify if a similar project in the future will help to reduce the pressure on Hospital Emergency Departments in North Wales.

North Wales Social Value Network

The network meetings is an opportunity to hear about resources available to measure social value, to learn and share good practice. Our third meeting was held in Conwy on the 9th of March.

This network brings together members from County Voluntary Councils, Local Authorities, third sector organisations and Universities. We were fortunate to have Ben Carpenter, Social Value UK with us in March to

discuss free resources available by the organisation and to discuss ways of putting a financial value on our outcomes.

We also have representation from the network on the North Wales Social Value Forum which is set up as part of the North Wales Leadership and Partnership Board that has been established in response to the new legislation in Wales.

Measuring the impact of Rape and Sexual Abuse Support Centre, North Wales

We've recently been working with RASASC North Wales to measure the social impact of the counselling service they provide to victims of sexual abuse. Outcomes experienced by clients included **improved mental and physical health, increased self-esteem and being better able to form or maintain relationships**. For many, counselling provided them with the reassurance and the tools to be better able to cope with what had happened to them and to deal with on-going challenges

that they will be faced with when reminded about what happened.

The result demonstrated for each £1 of value invested, £3.73 of value is created.

By working closely with the staff and the trustees of this organisation we were able to **measure** their impact but also identify ways they could increase their value and allow them to **manage** and **maximise** their impact.



TRAINING

We've been extremely busy in this last quarter providing half day and full day sessions across North Wales to introduce social value and to show how we can measure our impact. It was a pleasure for us also to learn about different projects and to see the enthusiasm to learn

about how to measure their impact and create even more positive changes for people.

If you'd like to learn more about how you could **measure, manage and maximise** your social value or on any other matter discussed above then please get in touch with Eleri Lloyd.

elery@mantellgwynedd.com
01286 672 626



Tesco 'Bags of Help' Grant Programme

Bags of Help uses money raised by the 5p carrier bag charge in Tesco stores in the UK. It is open to a range of projects that support community participation in the development and use of open spaces.

Projects can apply for funding towards costs such as volunteer training, physical improvements of open spaces, equipment purchases, community events and sports and leisure activities.

Following a public vote, three projects in each of the Tesco regions



TESCO Bags of Help

will receive a grant every other month, with first place receiving up to **£4K**, second place up to **£2K** and third place up to **£1K**.

Organisations will need to apply by following this link: <http://www.groundwork.org.uk/Sites/tescocommunityscheme>

For more details or help with the programme please contact **Geraint Hughes** on **01978 757 524** or geraint.hughes@groundworknorthwales.org.uk

Millennium Stadium Charitable Trust

Grants of up to £7,500 are available for not-for-profit organisations in Wales that have a remit to serve a region or local authority-wide area. Funding is available for projects in the following four areas:

Sport - The Trust is keen to support volunteer-based projects, particularly from ethnic minorities and people with disabilities. In addition, the Trust recognises the difference that coaching can make to the development of a sport and is keen to fund equipment and coaching costs if the need has been clearly identified.

The Arts - The Trust aims to give more people the opportunity to enjoy the diversity of performing and visual arts in Wales. The Trust particularly favours proposals which expand and improve arts provision in parts of the country less well served than others and will give priority to organisations which strive to work together to share experiences, practices and ideas.



THE MILLENNIUM STADIUM
CHARITABLE TRUST
YMDDIRIEDOLAETH ELUSENNOL
STADIWM Y MILENIWM

The Environment - The Trust encourages applications relating to recycling, developing green spaces, the development and promotion of green practices and the promotion of public transport schemes. Projects that improve the quality of Wales' environment, protect and create a vibrant countryside, and develop and promote sustainable land use planning will be a priority for support.

The Community - The Trust will give priority to organisations that are looking to tackle social, personal, economic or cultural barriers within

their own communities. The Trust is keen to help disabled people to challenge barriers and to be active and visible in their local communities.

The deadline for applications is 1 July 2017 (12 noon).

Further details are available from:

<http://www.millenniumstadiumtrust.org.uk/regional-grant-scheme/> or contact Sarah Fox, tel: 029 2002 2143
email: info@millenniumstadiumtrust.org.uk

Mantell Gwynedd Training / Events

Emergency First Aid

Date: 21-06-17

Venue: Memorial Hall, Penygroes

All Wales Basic Safeguarding Awareness Training

Date: 29-06-2017

Venue: Mantell Gwynedd Office,
Caernarfon

To register your wish to attend please contact

Ellen on 01341 422575

or ellen@mantellgwynedd.com

Or to discuss the training needs of your
organisation contact **Delyth Rowlands**

on **01286 672626** or

delyth@mantellgwynedd.com

ROOMS / OFFICES TO LET

23-25 Y Bont Bridd, Caernarfon
Gwynedd LL55 1AB

Yr Hen Swyddfa Heddlu, Y Lawnt
Dolgellau LL40 1SB

For more information contact:

Ceren Williams, Mantell Gwynedd
01286 672 626

enquiries@mantellgwynedd.com

www.mantellgwynedd.com



**Mantell
Gwynedd
Mobile Unit
will be
visiting the
following
events
during the 2017
summer months**



10 June	Dyffryn Ogwen Show – Bethesda
1 June	North Wales Agricultural Show – Caernarfon
15 July	Snowdon Race – Llanberis
23 August	Meirioneth County Show – Tywyn
9 September	Trawsfynydd Agricultural Show - Trawsfynydd

**Remember, you can hire the
Mantell Gwynedd Mobile Unit
for a very reasonable price**

COST OF HIRING THE UNIT

Mantell Gwynedd Members: £130 per day
(50% reduction for each consecutive day thereafter).

Non Members: £150 per day
(50% reduction for each consecutive day thereafter).

You are welcome to contact us to discuss special rates
e.g. hiring the Vehicle on a regular basis for a period of
time (we could come to a very reasonable
arrangement). Contact us by:

e-mailing: enquiries@mantellgwynedd.com

phone: **01286 672 626**

or visit our website: www.mantellgwynedd.com



WCVA Training

Please visit www.wcva.org.uk for
information about training courses.



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