

Welcome to the second issue of the newsletter! In this edition, you will find a volunteer's story, focus on a local organisation needing more volunteers, a list of new volunteering opportunities that have been received in the office recently as well as other bits which, hopefully, you will find of interest! The **Gwynedd Volunteer Centre** welcomes calls from anyone interested in any aspect of volunteering — please contact:- 01286 672626 / 01341 422575 or e-mail:- volunteering@mantellgwynedd.com

THIS EDITION'S VOLUNTEER

In this issue we hear about the experiences of **Brenda Mary Roberts** - a volunteer from Bala.

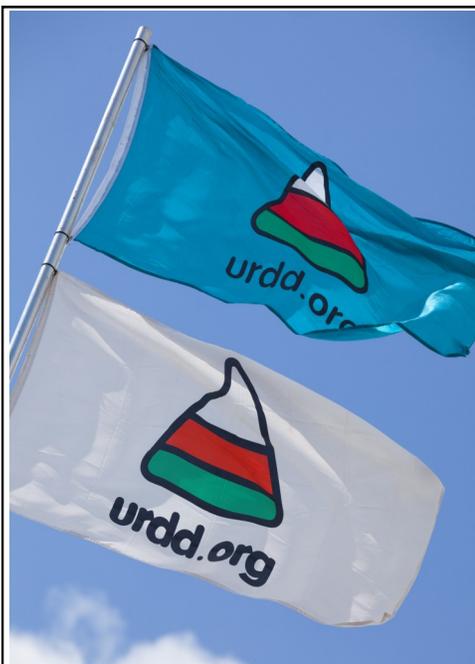
<i>How did you come into contact with the Gwynedd Volunteer Centre?</i>	Through the Job Centre.
<i>What happened next?</i>	They contacted me and arranged a meeting.
<i>Did you have to travel to the Volunteer Centre?</i>	No there was no need. Arrangements were made for us to meet locally, and this meant a lot to me as I do not drive.
<i>Why do you volunteer?</i>	Because I became unemployed, and felt the need to regain my confidence, together with wanting to contribute and help in my community.
<i>What led you to volunteering in the charity shop?</i>	Having discussed the various volunteering options, helping in the charity shop really appealed to me.
<i>Which charity do you help?</i>	Gwynedd Hospice at Home.
<i>When volunteering, what gives you the greatest pleasure?</i>	Helping others and raising money to enable the worthwhile service to continue. It takes me out of the house, and offers me the chance to chat to customers and volunteers. We also have a laugh - that's important!
<i>How much time do you give to volunteer?</i>	½ a day per week but I hope to do more.
<i>From your experiences would you encourage others to volunteer?</i>	Definitely as I feel everybody who finds themselves in a period where they are not working should have a taste of what volunteering is.
<i>When looking back, how has volunteering helped you?</i>	It has helped me to regain my confidence and has made me feel useful. My health has improved, and I feel the experience which I've had volunteering in a charity shop has prepared me for working in a shop because of the skills that I have learnt such as operating the till.
<i>And to the Future?</i>	If possible I would like to continue volunteering even when I find a job, subject to the hours that I will work.

Felin Uchaf's volunteers' SOUP!

2 onions - chopped
2 carrots—sliced
1 red pepper - chopped
1 yellow pepper - chopped
2 tins of chopped tomatoes
1 pint of vegetable stock
1 pint of water
Little butter / oil for frying
1 clove of garlic chopped (optional)
Black pepper, and herbs—rosemary, basil, thyme—
fresh from the garden if possible!



1. Melt the butter / heat the oil .
2. Fry the onions and add the peppers and carrots to the pan — stirring continuously for a few minutes
3. Add the tomatoes, stock, water, pepper and herbs.
4. Bring to the boil, and simmer gently for about 20 minutes—until all the vegetables are cooked.
5. If using fresh herbs, remove before serving the soup. Using a food processor, liquidate the soup to your taste
6. ENJOY!



Focus on a local organisation – **The Urdd.**

At the start of 2012, we look forward to hosting one of Wales' biggest events of the year because Eryri will be welcoming the Urdd National Eisteddfod. Between the 4th and the 9th of June, Coleg Llandrillo Cymru, Glynllifon, near Caernarfon will be the Eisteddfod's home for the week. The Urdd National Eisteddfod is one of Europe's largest cultural youth festivals, attracting thousands of competitors and visitors every year – and is a great event for everyone.

We spoke to Guto Williams, Development Officer for Eryri, to learn more about the volunteering opportunities available at the Eisteddfod when it comes to Gwynedd.

“There are many volunteering opportunities during, and in the months leading up to the Urdd National Eisteddfod. We are already grateful to the thousands of volunteers who have been busy fundraising to ensure that the 2012 Eisteddfod will be one to remember. Volunteer stewards are essential for the smooth-

running of the Eisteddfod. We would be pleased to hear from anyone interested in giving a couple of hours of their time to ensure that the Eisteddfod will be a success. If you volunteer as a steward, you will receive a free ticket to the Maes, and if you are able to volunteer for two sessions - you will also be given a meal. It's an excellent way to be in the centre of the activity as well as ensuring the events' success. If interested in stewarding, phone 01678 541012 or e-mail ruth@urdd.org”

There are many other volunteering opportunities with the Urdd – including helping with activities with local Adrannau and Aelwydydd, as well as with sports development.

For more information, click on to

- www.urdd.org



urdd.org



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SMILE!!!

A volunteer and a lawyer died and went up to the heavenly gates. The volunteer is told to wait a little while the lawyer is admitted first. As the gates close on the volunteer, he sees the lawyer greeted with fanfare!

Music erupts, cheers are had, and a choir descends from above, and sing for the lawyer.

Things begin to die down, and finally the volunteer is granted entrance. There is no music, no choir, the last of the crowd are leaving now. Confused, the volunteer looks for an explanation: -

“Oh, we get volunteers in here all the time. This was our first lawyer!”

For your information :-

Tuesday morning, 6th March 2012, in the Institute Building, Caernarfon

A training session lead by
Bethan Jones Parry
will be held on

'How to go about raising the profile of your organisation and get good publicity'

A warm welcome to ALL!

If you're interested in attending, it is **essential** that you let us know.

Further details will be sent out only to those who have contacted the office.

THANK YOU!

1. The 'Rhwyd Project' - a new scheme to signpost and refer people with financial problems to appropriate services.

The 'Rhwyd' project will establish a support network for individuals facing financial issues and enable them to make the most of their money through running support sessions in local libraries across Gwynedd. Full training will be provided.



2. Help to prepare and serve lunch.

Maesgeirchen and Tanybryn Residents Association (MATRA) provide lunches for people in the community in Tŷ Cegin on Thursdays. Volunteers are required to help with serving food, welcoming people and to clear up afterwards. Food is served from 12pm.

3. Collection Box coordinator (including Daffodil Boxes) Marie Curie.

Marie Curie Cancer Care aim to provide nursing care totally free of charge to terminally ill cancer patients. Volunteers are needed to take responsibility for collection boxes in their community - to help co-ordinate the delivery and collection of the charity boxes.



4. Robin Ward Volunteer.



Betsi Cadwaladr University Health Board are expanding the Robin Ward volunteer programme to Ysbyty Gwynedd. Volunteers are required to befriend and chat with patients, serve drinks and run errands for patients and staff.

5. The Stroke Association.

Do you have time to escort individuals who have suffered from a stroke to shop or to medical appointments and to stay with them as needed? Out of pocket expenses are reimbursed and training provided.

6. Penisarwaun Ti & Fi Group.

A local group that enables babies, very small children and their carers to come together and socialise. They need help with all the activities – set up and keep the toys, take part in activities with the children, craft work, prepare fruit, a drink/cup of tea and wash the dishes.



7. Alzheimer's Society.

The Alzheimer's Society champion the rights of everyone with dementia and those who care for them. They need help in their Memory Cafe held in Caernarfon on a Tuesday afternoon once a month. Volunteers would welcome people, help to serve refreshments and generally socialise so that all are able to participate. Good listening skills and the ability to speak Welsh are desirable.



8. Befrienders to people over 50.

The 'Gofal' project, run by the British Red Cross, aims to enhance the wellbeing and welfare of people over 50 in North Wales. Volunteer befrienders (of any age) are needed to support individuals (over 50) on a 1:1 basis for a period of up to 12 weeks. Volunteers will offer companionship, emotional support and encouragement to join in and to take part in local social activities. Full training will be provided. Volunteers need to be good listeners and be able to communicate effectively.

9. SOVA Cymru.

Help someone make a fresh start. Be a SOVA Volunteer mentor on the Newday project. Newday provides support for ex-offenders and those in the community at risk of offending to help them get their lives back on track. SOVA mentors receive free training to provide support and general advice and guidance.

10. Dolgellau Primary School.

Dolgellau Primary school is looking for volunteers to provide more opportunities for pupils to read on a one to one basis. Ideally, volunteers should be able to make reading fun! Also they would like to hear from volunteers who would enjoy keeping paperwork in order and help with filing.

For further details of any of the above opportunities please contact :-