

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD



Issue 35
December 2006

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Volunteering Fair

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The Task Group: From Left - Iola Till, Ann Flemming, Ann Vaughan Jones, Sioned Larsen, Rhianon Jones and Eleri Davies. Absent from the photo, Carys Williams, Gwynfor Ellis, Andrew Wilson and Jean Hughes.

**‘OUR GWYNEDD’
launched at
MANTELL
GWYNEDD’S
Annual General
Meeting at Nant
Gwrtheyrn
31 October, 2006**

Turn to page 3 for the summary.



A Merry Christmas and a Happy New Year to all our readers!

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VOLUNTEERING OFFICER: **Ann Angharad Fleming**

A Note from the Chief Officer



We are nearing the end of another very busy and interesting year here at Mantell. It's time to thank everyone for their commitment and hard work. We are now looking forward to another prosperous year.

As we look back over the year, we have seen some changes in our staff - Delyth Vaughan joined us as a Grants and Support Officer and many of you by now may have been in contact with her. Lindsey Ellis joined our Dolgellau team as Support and Training Officer. Of course Margaret Tüzüner has left (but still joins us socially!) and Ann Jones has left from our Dolgellau office. It's been a very happy year for all at Mantell Gwynedd and I'm aware of how fortunate I am to be working with such an excellent team of staff who offer so much support and are always full of enthusiasm. Thank you all for your hard work. I would also like to thank the Board especially Jane Evans our Chair for her continuous support.

There have been many positive achievements – we succeeded in our application to fund two Community First posts, we were successful with our application to the Assembly's CFAP programme and we managed to complete a project to map the voluntary sector in Gwynedd, a project that will be of key importance to our future. These are all positive messages, and the findings from the mapping exercise will be invaluable as we plan to secure the best for the third sector in Gwynedd over the years to come. (Read more about the mapping exercise on page 3).

On a political and strategic level the Welsh Assembly have taken steps, e.g. 'Making the Connections', which offers the sector many positive opportunities. The political climate is positive.

There are also positive steps being taken between the Sector and Gwynedd Council – we are reviewing the Compact, and there is an opportunity for the Sector to input the Council's Scrutiny committees. They have also supported our mapping project financially and personally. This relationship is vital and this year has seen some productive steps that should ensure a healthy co-operation in the future.

So, at the end of another year there are many positive messages. Important steps have been taken that can be built on in the future. Thank you all, staff, Management Board and all of you who have worked to support us throughout the year. Best wishes to you all over the Festive Season and I hope we'll have a successful new 2007.

Until the next time,

Bethan Russell Owen



Online tax-effective giving advice for Welsh charities

From this month, web pages of the WCVA's 'Giving Wales' project will go live. It will enable Welsh Charities to download information pages as a guide to tax-effective giving.

It will explain how Welsh charities can maximize their income through tax-effective fundraising methods such as Gift Aid, payroll giving, legacy fundraising and share giving.

Charities can read about how to promote and claim Gift Aid on their income from donors, increasing the value of these gifts by nearly 30 per cent.

Also, information about Payroll Giving Wales, WCVA's free scheme which allows employees to donate tax effectively to any UK charity through the monthly payroll. Employees can complete the online sign-up form to support up to three charities through payroll giving.

The tax-effective giving section offers advice and information regarding the tax benefits of gifts from various sources.

Visit the 'Giving Wales' pages on the information section of the WCVA's website - www.wcva.org.uk.

Voluntary Sector and Gwynedd Council Liaison Group

Early in the new year we will be electing new representatives to represent the voluntary sector on the Voluntary Sector and Gwynedd Council Liaison Group. Following the recent review of the Compact there will be a new opportunity to influence the policy affecting the work of the sector. Representatives will possibly, have the opportunity to become involved in the Council's scrutiny committees and to advice on specific areas. Contact Mantell Gwynedd to express your interest.

OUR GWYNEDD

MAPPING THE THIRD SECTOR IN GWYNEDD

The long awaited Mapping Work has arrived! It has been a huge project and to those of you who attended our Annual General Meeting at Nant Gwytheyrn and had the opportunity to hear a summary of the work by Llyr Huws Gruffudd from Menter a Busnes, you will know that it is an extensive piece of work with a number of very important messages for the Third Sector.

Being a substantial piece of work, not only in size but also of importance, and it is impossible to go into detail about the work, but here are a few interesting points from the Executive Summary:

1. **Employment in the Third Sector amounts to at least 2.2% of the workforce in Gwynedd.**
2. **The economic contribution of the Third Sector in Gwynedd in terms of direct employment is £20,462,000 a year.**
3. **There are at least 23,000 volunteers in Gwynedd, volunteering for 2.41 hours per week - which corresponds to 1,481 full time jobs.**
4. **The Third Sector spends over £20m yearly in the county on buying goods and services by local suppliers.**
5. **The Third Sector has aided 6% of the unemployed population to move into employment**
6. **The annual income of the Third Sector in Gwynedd is equivalent to over £38m**
7. **The Third Sector in Gwynedd has assets worth over £80m**

The findings from this work sets a good base to plan for improved support for the Third Sector in Gwynedd and at a time when the financial climate (with change in European funding) is a challenge for us. The Mapping Work is an important opportunity for us to recognise the possible openings for us, plan carefully for long term sustainability and place ourselves in a good position to respond to opportunities such as 'Make the Connections'.

Mantell Gwynedd will be working hard over the next few months to respond to some of these findings and working on structures and projects which will offer support and input for the sector.

To obtain hard copies or to receive an electronic version, contact our offices at Caernarfon or Dolgellau.

CYSWLLT - Deaf Children's Society

This time 12 months ago, Cyswllt was on the verge of closing. The Charity started life as Gwynedd Deaf Children's Society in 1978, a small support group for parents of deaf children. In the intervening years Cyswllt flourished but by the summer of 2005 support from parents and children was at an all time low and inadequate funding was concerning. The Trustees were faced with a difficult decision - to either continue or close!

The two part-time staff were made redundant and a better paid part time job was created in order to visit as many families as possible over a six month period, to assess the need for Cyswllt. Thankfully the Charity's funders, Cyngor Gwynedd & Ynys Môn, and the Local Health Boards agreed to the temporary 'change in direction' whilst the review was undertaken.

2006 brought big changes! The collated evidence strengthened and enhanced recent funding applications and bids to

Gwynedd & Ynys Môn Children and Young People's Partnership for Cymorth funding secured a full time post. The Specialist Family Support Worker started work in April.

Having struggled for years with poor accommodation, it was time, in conjunction with Cyswllt's 'revival', to find new premises and the staff moved into InTec in Parc Menai, a modern, newly built office in April, 2006.

Cyswllt is a locally based organisation providing specialist support, advice and information for children with hearing loss and their families, throughout Gwynedd and Ynys Môn.

If your child has a hearing loss or you know a family who would like support, please contact Cyswllt for more information on **01248 672624**

VOLUNTEERING FAIR

To mark 'Make a Difference Day' (which is celebrated on the last Saturday of October annually), the Gwynedd Volunteer Bureau this year elected to form a steering group to organise a 'Volunteering Fair'. It was held at the Bangor Students' Union Building, Deiniol Road, Bangor on Wednesday October 25th between 11-00am - 5.00pm. The Mayor of Bangor Councillor Douglas Madge welcomed everyone and the Fair was officially opened by Mr Dafydd Wigley.

50 voluntary organisations attended the Fair, each one eager to benefit from this opportunity to share information about their work, and to recruit more volunteers.



Russell Grant and his mother at the Volunteering Fair

Russell Grant kindly agreed to make an appearance at 2pm and during the course of the day raffle tickets were drawn. It proved to be a very successful day, and the Gwynedd Volunteer Bureau would like to say a big thank you to everyone who supported the Fair in different ways.



Busyness of the Fair...



Mr Dafydd Wigley, Mr and Mrs Douglas Madge and Bethan Russell Owen at the official opening.

Millennium Volunteers

The staff of the Gwynedd Volunteer Bureau have been giving presentations on volunteering in some of the secondary schools in Gwynedd during September and October. There is an increasing interest in volunteering amongst young people especially in The Millennium Volunteer project which is set out to promote and recognise volunteering amongst young people between the ages of 16 and 24. One such person is Catrin Carrington Rees who has volunteered in the British Red Cross' office in Caernarfon for over 100 hours and it was a pleasure to see her being presented with a Millennium Volunteer Certificate by Jane Evans - Chairman of the Management Board of Mantell Gwynedd - during the Annual General Meeting held at Nant Gwrtheyrn on the 31st of October.



CARERS

Coleg Menai is offering a Certificate in 'Personal Development and Learning for Unpaid Carers'.

This course is aimed at adults who have been or are currently, unpaid carers.

The course puts emphasis on helping to find realistic opportunities in education, training, employment, leisure and on improving social contact with other carers in a similar situation.

For more information contact brenda.roberts@mail.menai.ac.uk or phone: **01248 370125**

CURRENT CONSULTATION DOCUMENTS:

Service Development and Commissioning Directives: Policy and Action Plan for Respiratory Conditions.

This consultation document is part of a series of publications to support the redesign of care for chronic conditions in Wales as outlined in 'Designed for Life'.

For a copy of the document contact: rick.thomas@wales.gsi.gov.uk or tel: **02920821756**

Any comments should be sent **before January 12, 2007** to Rick Thomas, Strategy Unit, Department of Health & Social Services, Welsh Assembly Government, Cathays Park, Cardiff CF10 3NQ.

The North West Wales Outdoor Partnership goes live on line!

Do you fancy trading in your office job for one in the great outdoors but aren't sure what qualifications you need, or maybe you would like information about volunteering and training opportunities and jobs in either the Conwy, Anglesey or Gwynedd areas? Or want to join a local walking, sailing or any other outdoor club but don't know if there's one near you?

For information on various outdoor activities in your area click on to: www.outdoorpartnership.co.uk

Autism Cymru

Elusen genedlaethol Cymru ar gyfer Awtistiaeth Wales' National Charity for Autism

TRAINING SEMINAR Understanding and working with ASD 23 January 2007

Speakers:

Bryan Craig and Erica Gould

Venue:

North Wales Theatre, Llandudno

For More Information, contact: Autism Cymru Conference Office, 64 Newport Road, Cardiff, CF24 0DF

Tel: 02920 463263

Fax: 02920 463263

**Web: www.autismcymru.org
neu www.awares.org**



Substance Misuse Treatment Framework for Wales

Good Practice Framework for the Provision of Substance Misuse to Homeless People and those with accommodation problems module.

For a copy of the document, contact: **01685 729098** or philip.guy@wales.gsi.gov.uk

All comments should be submitted **before Friday January 27, 2007** and sent to Mr Phil Guy, Policy Development Manager, Substance Misuse Policy Development Team, Welsh Assembly Government, Merthyr Tydfil Office, Rhydycar, Merthyr Tydfil CF48 1UZ

COUNSELLING FOR FAMILIES

Relate's New Expanding Service In North Wales

A new counselling service has been launched recently by Relate which is aimed especially for families who are having difficulty in managing their relationships with each other. Family Counselling may be able to help in the following situations (examples):

- Parents/Carers and children/teenagers who are finding it difficult to talk to each other
- Parents/Carers who can not agree on the best way to parent.
- Children/young people struggling with sibling relations, friendships, problems at school etc.

This counselling service is free of charge and is available at locations throughout North Wales. For more information contact: 01978 314763

For more information on any of the above items please contact Sioned Larsen at Mantell Gwynedd on: **01286 672626** or sioned@mantellgwynedd.com

Training and Events

Mantell forthcoming events:

JANUARY 2007

17 January **Health and Safety**
9.30am - 4.00pm
Celtic Royal Hotel, Caernarfon

24 January **Age Discrimination Act -
Are you ready?**
9.00am - 1.00pm
Oakeley Arms, Maentwrog

FEBRUARY 2007

7 February **Presentation Skills**
10.00am - 4.00pm
Mantell Gwynedd Offices,
Caernarfon

13 February **Holding Bilingual
Meetings**
6.00PM - 8.00PM
Queens Hotel, Blaenau Ffestiniog

20 February **Data Protection and
Confidentiality**
9.30am - 4.30pm
Royal Victoria, Llanberis

MARCH 2007

8 March **Writing Funding Bids**
10.00am - 4.30pm
Ship Hotel, Dolgellau

22 March **Time Management and
Prioritising Effectively**
10.00am - 4.30pm
Porthmadog Leisure Centre

If you'd like more details about any of the training/events above or if you'd like to discuss your organisation's training needs, contact:

**Lindsey Ellis, Support and Training Officer,
Mantell Gwynedd, Yr Hen Orsaf Heddlu, Y
Lawnt, Dolgellau LL40 1SB
Phone: 01341 422575
or e-mail: lindsey@mantellgwynedd.co.uk**

Training and Events WCVA

FEBRUARY 2007

8 February **Engaging hard to reach
groups**
Bangor

This course is for anybody who is working in community and youth work settings, and anybody involved in outreach work with hard to reach groups. The course will use participative and inclusive methods to engage with the issues around exclusion and being hard to reach.

SIMULTANEOUS TRANSLATION

6 week course

Every Thursday evening
From 1st February, 2007
Plas Tan-y-bwlch

An opportunity to be taught by experienced translators with possible future opportunities in this line of work.

Contact:

anwen@cyfieithwycymru.org.uk
01248 371839

We acknowledge financial support by the Welsh Language Board and Gwynedd Council

CRUSE Bereavement Care

CRUSE Bereavement Care are running their 48 hour course, a foundation in bereavement counselling, at Ysbyty Gwynedd starting January 9th 2007.

The training is free to those who volunteer with Cruse.

We are holding an Information Evening between 6.30pm - 8.30pm at the Education Centre and you are welcome to come and discuss the above course or the work of Cruse in general. For further information and an application form please phone Trish, our Administrator on **08702 402758**.

Expert Patients Programme Wales

The next EPP course will be held in the Guide and Scout Hut (behind the library), Tywyn.

Every Thursday between 10.30am and 1.00pm (for 6 consecutive weeks) on the following dates:

**11/01/2007 • 18/01/2007 • 25/01/2007,
01/02/2007 • 08/02/2007 • 15/02/2007**

The course is about learning important skills to:

- Manage your Symptoms
- Deal with stress, depression and low self-image
- Develop coping skills
- Plan for the future
- Manage Pain
- Eat healthily and more...

Galluogi Gwynedd 2007/08

Eligible groups/projects are invited to submit an application to the Galluogi Gwynedd Fund of up to **£5,000.00** by **5.00 pm on Friday, 29th December, 2006**. The panel will meet in February 2007 to award successful applicants with the funds allocated from the 2007/08 budget.

For and application form or to discuss potential projects which could be eligible please contact Delyth Vaughan on **01286 672 626** or delyth@mantellgwynedd.com

Barchester Healthcare Foundation

The Foundation provides grants for the following beneficiaries:

- Older People
- Adults with a physical disability
- Adults with a mental disability

The focus of the Foundation is aimed at people over 18 living in England, Wales and Scotland.

For further information please visit their website : www.bhcfoundation.org.uk

O₂ Community Fund

Earlier this year O2 launched a new community fund to enable people to make real improvements to where they live. Awards of up to £1,000 are available to support local environmental, urban renewal and conservation projects which will benefit the community at large. The funding is intended for groups and individuals to hire tools and equipment, or to purchase plants, paint, signs and materials.

Examples of projects that could receive funding includes: turning derelict land into a wildlife area or planting flowers in the High Street; protecting local wildlife and increasing bio-diversity; tree planting; creating a wildlife pond; renovating neglected rivers and canal footpaths; improving the environmental footprint of village halls by installing solar panels, rain water collection points and recycling facilities; renovating a building for community use.

To find out more and to obtain and application form go to: www.O2.com/cr/community_fund.asp

'CHILD'S PLAY' BIG LOTTERY FUND

This new fund - 'Child's Play' was launched in October as a part of the Healthy Families initiative by the Big Lottery Fund. Under the Healthy Families initiative, their aim is to promote healthy and active lifestyles among children and families by supporting the development of new and stimulating play spaces and activities for children throughout Wales. Voluntary, community and public sector organisations can apply for up to £1 million over a three year period to deliver projects that will potentially operate over broad geographical areas. £13 million has been allocated for this programme.

'Play Wales' has been given the contract by the Lottery to assist groups to develop applications for this programme. The closing date for receiving applications for the first round is **4th May 2007**.

For further details see website: www.biglotteryfund.org.uk or www.playwales.org.uk.

'YOU CAN DO IT AWARDS' B&Q

The B&Q 'You Can Do It' Awards form one element of the company's long established community programme. The awards aim to play a key part in helping local communities create inclusive and sustainable projects to be proud of; for example giving new life to a community centre, local sports club facilities or after school club. The awards are launched every January, and 20 awards worth

£5,000.00 of B&Q products are donated to community and charitable organisations across the UK and Ireland.

THE PROJECT MUST BE WITHIN A 20 MILE RADIUS TO A LOCAL STORE.

For more information on how to apply visit: www.diy.com

Introducing Opportunities Day South Pwllheli

In partnership between Mantell Gwynedd, South Pwllheli Communities First and Careers Wales, an 'Introducing Opportunities' day was held at Neuadd Dwyfor, Pwllheli on Friday 17th November 2006 with information regarding careers, training and work. The event was supported by agencies who work in this area, they were:

Menter a Busnes, Business Eye, Meirion Dwyfor College, Harlech College, Careers Wales and the Local Health Board and we appreciate their support.

Communities First Support Network Annual Conference

On the 11th and 12th of October the Communities First Support Network Conference was held at Galeri Caernarfon. Representatives from all corners of Wales came to the meeting and a number of workshops relating to the work of Communities First were held. Mr Paul Dear of the Communities First Directorate gave a presentation about the Communities First Programme and outlined future development.



Bonfire Evening

For the first time in years a Bonfire Evening was held in South Pwllheli. The arrangements were made by a new group, Grŵp Heli supported by Communities First South Pwllheli staff. The group had received a grant through Galluogi Gwynedd to enable some members to attend a specific course aimed at people arranging such events. The evening was a rousing success and everyone is now looking forward to start planning for the next event.



Gwraidd

Are you or do you know of a group that could benefit from the funding and support that the Gwraidd grant scheme offers? Funding under Gwraidd is still available to support people to develop their skills and confidence so that they can take an active part in their communities

The Communities First Support Network's Gwraidd scheme also offers direct and practical support to groups to develop their ideas, application and activity, especially to those groups who are new and developing and perhaps not yet experienced in applying for grant funding. A maximum of **£3,000** is available to applicants.

The next deadline date for applications is **30 December 2006.**



The deadline for information or articles to be included in the next edition of Mantell is **8th February, 2007.**

Please send or email any information to Beryl Norgrove in Dolgellau:

beryl@mantellgwynedd.co.uk

Tel: 01341 422575