



Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 52
February 2011

CONTENTS

From Mantell	2
Health, Social Care and Well-being	3
Children and Young People	4
Volunteering Centre	5
News	6
Funding Opportunities Engagement Gateway	7
Events and Training	8

Further news articles and information can be found on our website!

MOBILE UNIT – RURAL HEALTH INNOVATION FUND

Mantell Gwynedd have been successful in their bid to obtain funding through the Rural Health Innovation Fund to purchase a mobile information unit. The mobile unit will be a collaboration between Mantell Gwynedd and the Betsi Cadwaladr University Health Board. Organisations will be able to hire the unit, as sole users or jointly with other organisations. Information about the hiring/use will be posted on the Mantell Gwynedd website. If you are interested in hiring the vehicle or require further



information, please contact **Medwyn** on **01286 672626** or enquiries@mantellgwynedd.com



RESOURCES AND USE OF THE UNIT

Netbook, wi-fi colour printer, mobile broadband, 32" television with inbuilt DVD player, Exhibition space, small kitchen, toilet. Small Room suitable for one to one consultations or for medical use e.g. blood tests, diabetic screening etc Ideal unit for sharing information and promoting services within rural communities

LIKE DRIVING AND MEETING PEOPLE?

Interested in Volunteering? Mantell Gwynedd would like to recruit volunteers to drive the Mobile Unit and assist with sharing information.

If you are interested please contact **Rhianon** or **Medwyn** on **01286 672 626** (Mantell Gwynedd Office).



**MANTELL
GWYNEDD STAFF**

CAERNARFON

Chief Officer: Bethan Russell Williams

Services Team

Health and Social Care Facilitator:

Sioned Llwyd Larsen

Children and Young People Facilitator:

Carwyn Humphreys

Grants and Support Officer:

Delyth Vaughan

Third Sector Co-ordinator:

Medwyn Williams

Finance and Administration Team

Deputy Chief Officer and Head of

Finance and Operations Team:

Ceren Williams

Administrative Officer:

Bronwen Rowlands

Administrative Assistant:

Tracy Lynne Rotheram

Gwynedd Volunteer Centre Team

Volunteer Co-ordinator:

Rhianon Jones

Volunteering Officer:

Iola Till

Youth Volunteering Officer:

Mirain Roberts

Gateway Engagement Officer:

Carys Williams

DOLGELLAU

Finance and Administration Team

Administrative Assistant:

Ellen ap Dafydd

Gwynedd Volunteer Centre Team

Volunteering Officer:

Ann Angharad Fleming

A note from the **Chief Officer**



As this newsletter goes to press news is breaking of Liverpool City Council withdrawing from the Big

Society pilot scheme. Liverpool was one of four councils chosen to pilot the scheme. Joe Anderson, leader of Liverpool City Council, says it is impossible to pursue the Big Society idea at the same time as having to swallow more than £100m of cuts to grants for local voluntary community organisations. Mr Anderson has said “How can the city council support the Big Society and its aim to help communities do more for themselves when we have to cut the lifeline to hundreds of these vital and worthwhile groups?”

This statement comes a day after Nat Wei, the Government’s Big Society “tsar “ said he was cutting his hours because he does not have time to carry out the unpaid role.

Last year Dame Suzi Leather, chair of the Charity Commission, warned that anticipated cuts of up to £5bn in the voluntary sector threatened to pull the rug from under the Big Society plans.

Wales First Minister Carwyn Jones addressed the WCVA ‘s Annual General Meeting last year and said that he was not going to talk about “Big Society” but that Wales Assembly Government would rather be judged on its actions. To date the Wales Government have indeed protected a number of third sector funding schemes thus acknowledging the role the sector has to play in the planning and delivery of public

services in Wales. However, we need to be cautious as a sector when 50% of our third sector funding comes from the public sector in Wales. The truth of the matter is that whilst Wales Assembly Government may well be supportive of the third sector in Wales and keen to see more third sector involvement it is, perhaps, the public sector we need to be most vigilant of as they face the biggest ever cuts in spending budgets. Priority will, perhaps, be to maintain their own establishments at the cost of third sector organisations. Our battles might well be much closer to home than with any central government.

In the face of huge spending cuts we welcome ring fencing of funding for the third sector from the Big Lottery. They have recently announced a £12m programme in Wales called People’s Voices. The idea is to enable the voices of citizens to be central in the design and delivery of services in Wales. We will be looking for ideas in Gwynedd over the coming months but the overall message is a positive one. It is a particularly welcome message for us in the third sector especially in such challenging economic times. Despite these challenging times in which we find ourselves, I am sure you will agree that this newsletter still bears good news and highlights new opportunities for us. Above all, the stories here encapsulate our resilience as a sector, a crucial quality in such challenging times.

Until next time

Bethan

The deadline for information or articles to be included in the next edition of Mantell is

15th April 2010.

Send or e-mail any information to **Ellen ap Dafydd** at Mantell Gwynedd, Dolgellau. E-mail:

EllenapDafydd@mantellgwynedd.com
Tel **01341 422575**

HAFAL**Supporting Recovery from Mental Illness**

A new self help group has been set up in Porthmadog. Go along to Arosfa, 110 High Street, Porthmadog on a Friday at 1.30 pm for a chat and a cuppa. An opportunity for you to receive information, share experiences as well as coping techniques.

For more information telephone: **01766 513800**.

**EDIT BANGOR**

EDIT Bangor is a beat-affiliated self-help group for people affected by eating disorders and their carers in Bangor. The group meets fortnightly on Mondays from 7 to 9pm and offers a safe and supportive environment in which attendees can share their feelings, experiences and concerns. EDIT Bangor welcomes sufferers of any eating disorder or eating distress and is entirely pro-recovery. The group provides resources and tools to aid sufferers in their recovery process.

For more information about the group and its meetings, please call **Emma** on **07514400213** on Mondays between 5 and 7pm or **Izzy** on **07541291289** on Thursdays between 7 and 9pm. Alternatively, you can email edit.bangor@hotmail.co.uk or search 'EDIT Bangor' on Facebook.

**Involve Project**

The Involve project includes service users and carers in the design, planning, delivery and evaluation of adult mental health services. Involve is independent and client information is confidential. Your perspective and experience is valuable; this project can provide:

- Induction and training for involvement activities
 - Information and support
 - Expenses reimbursed where applicable
 - Newsletters and network meetings
- Involve is now **developing awareness and contacts in South Gwynedd**. For more information please call **Lucy** or **Paul 01248 363451/353777**

HEALTH, SOCIAL CARE & WELLBEING NETWORK EVENT

The Health, Social Care & Wellbeing Network event was held on the 20th of January 2011 in Porthmadog with a really good turnout on the day. A number of issues and concerns were raised on the changes that are looming on the horizon and the current funding cuts and uncertainties facing the voluntary sector. A number of concerns were also raised regarding the proposed reform to the Learning Disability Allowance (DLA) and the effect this will have on individuals, families and carers. The feedback will now be presented to the appropriate officers within each organisation.

“CODI CALON” CLUB

If you have been affected in any way by cancer you are welcome to join the Codi Calon Group which is held on the last Friday of every month at 1pm at the Ebeneser Vestry, Four Crosses, Pwllheli. You will be able to participate in numerous activities and go on various trips etc.

For more information you are welcome to contact: **Mary Evans** on **01766 771062**

Awareness Raising Shop

Numerous Third Sector Organisations (Health, Social Care and Wellbeing) will share a retail unit at The Deiniol Shopping Centre, Bangor from **February 28th** until **March the 4th**. The unit will be open from 10.00 until 4.00pm, you are welcome to call by.

Mobile Unit – Official Launch

Mrs Mary Burrows, Chief Executive of the BCUHB will officially launch the Mantell Gwynedd Mobile Information Unit at 3.00pm on the 1st of March outside the Boots Store in Bangor. If you are in the area feel free to join us.

Clebran News



Clebran is a service for disabled children and young people in Gwynedd to voice their opinions run by Barnardo's. We have invited Keith Towler, Children's Commissioner for Wales, to come and meet some of the young people at Ysgol Hafod Lon on Wednesday 9th March. There will be an opportunity for pupils and other members of Clebran to talk to the commissioner about what's good in their lives and what issues disabled children and young people have. Also, members of Clebran will be attending the CCNUK (Care Coordination Network) event in Venue Cymru on March 10th. Young people from Clebran are going to be facilitating the event with help from their Gwynedd key workers. For more information, contact **Julie Mair (01286) 675847**.



Arfon Women's Aid

Arfon Women's Aid is offering a six week "Healthy Relationship" programme for young people aged 15-24. The aim of the programme is for young people to foresee and recognise violent relationships in the early days. The course is offered to groups of young people or on a one to one basis.

If you would like further information regarding the course, please contact **Sarah** or **Dawn** on **01248 679 077**.

Millennium Volunteers – Achievements

Achievement of six young volunteers on the Millennium Volunteers Scheme.

- Erin Jones** - 50 hours certificate. Volunteering at Ysgol Pendalar and Ysgol Dyffryn Nantlle.
- Erin Pollard** -50 hours certificate. Volunteering at Ysgol Hendre and Ysgol Dyffryn Nantlle.
- Hywyn Rhys Foxhall** - certificates for 50 hours, 100 hours and an award of excellence for 200 hours of volunteering. Volunteering with the Air Training Corps and the Air Ambulance Shop in Caernarfon.
- Mathonwy Llwyd** - certificates for 50 and 100 hours. Volunteering with Ysgol Pendalar and Ysgol Carmel.

- Congratulations also to:
- Mererid Williams** – 50 hours certificate. Volunteering at Ysgol Hafod Lon.
 - Ryan Alexander Simmens** – certificates for 50 and 100 hours. Giving his time to volunteer with CIP, 5x60 Sports Scheme and Coleg Meirion Dwyfor.

Well done.



Erin Jones



Erin Pollard



Mathonwy Llwyd



Hywyn Rhys Foxhall

To view and download news and information for Wales from: **Wales Council for Voluntary Action (WCVA)** visit the **News** section on Mantell Gwynedd's website www.mantellgwynedd.com

Photography Competition



photo which portrays VOLUNTEERING in Gwynedd. We are looking for photographs of people, of any age, doing any volunteering

group but

- the photographer must have the permission of the people photographed before sending the photo to our office.
- Each photo must be accompanied by a 'Competition form' (available from our office).

TRY TO WIN A HAMPER

The Gwynedd Volunteer Centre invites individuals and / or organisations to send a

activity. A selection of photographs will be displayed during Volunteers' Week 2011.

Photographs may be submitted by any age

Full guidelines available from the Gwynedd Volunteer Centre **01286 672626**,

volunteering@mantellgwynedd.com

Wales Volunteer of the Year Award 2011

Call to reward Wales' outstanding volunteers. Is there an inspirational individual in your community? Or a group that selflessly and tirelessly gives up their time to help improve the lives of others? This is your chance to nominate them for the 'Wales Volunteer of the Year Award 2011'.

There are five different categories:-

- young person under 25,
- adult (25 and above)
- trustee
- green volunteer,
- groups (consisting of two or more).

Last year, throughout Wales, nearly 200 nominations were received, five of them from Gwynedd. All nominees from Gwynedd will be presented with commendation certificates and will be invited to attend a 'Celebration Tea' during 'Volunteers' Week' in June. Put your thinking caps on but don't forget that nominations have to be received at WCVA, Cardiff by 15th April 2011.

For further details and a nomination form please contact the **Gwynedd Volunteer Centre 01286 672626**, **volunteering@mantellgwynedd.com** or **www.wcva.org.uk**

A MOMENT WITH AN ORGANISATION

On 1st January 2011 four credit unions in North Wales, including the **Llechen Credit Union** based in Gwynedd and Anglesey, joined together to form one body called the North Wales Credit Union. We spoke to Alistair James – the Assistant Office Manager, who has responsibility for volunteers in Gwynedd and Anglesey, and who, incidentally, first got involved with the organisation as a volunteer himself.

Llechen Credit Union

What are your main aims?

To provide a viable alternative to traditional financial services providers. To help establish a sense of community by empowering local people with skills in mutuality and co-operative practices. Also to promote good financial management.

List some tasks volunteers perform to help your organisation.

Dealing with enquiries, collecting people's money, maintaining members' accounts, banking takings. On a more strategic level, volunteers can be members of the Board of Directors as well as members of local fora.

At present, about how many volunteers do you have helping the organisation

About 60 volunteers in Gwynedd and Anglesey – but can accommodate more!

How do you attract new volunteers?

Volunteers are recruited mainly through Volunteer Centres and at local collection points.

Any highlight?

It is worth noting the remarkable progression made by some volunteers within the organisation. One volunteer, who started as a member service volunteer, has become a loans officer for the organisation. Another volunteer has progressed to auditing the internal mechanisms of the credit union.

EUROPEAN YEAR OF VOLUNTEERING 2011

2011 has been nominated the European Year of Volunteering. This is an exciting opportunity for voluntary organisations across the EU to join together in a celebration of volunteering, and a discussion on the importance of volunteering on a local, national and international level.



Blwyddyn Wirfoddoli Ewropeaidd 2011
European Year of Volunteering 2011

2011 Census: 27 March 2011

The next census will take place on 27 March 2011, when Office for National Statistics will be sending out questionnaires for around 25 million households to complete.

The census asks about work, health, national identity, citizenship, ethnic background, education, second homes, language, religion, marital status and so on. These statistics are then used to build a picture of today's society.

It's Simple! When the time comes, you'll just need to answer a few questions about yourself and the people who share your household with you on census day, 27 March 2011. Everything you tell the census will be in strictest confidence and will only be used to produce statistics. The Office of National Statistics will not share will not share your personal



information with any other government department or organisation.

You'll be able to do it online or by post. But you must do it.

The census needs everyone to take part in helping tomorrow take shape – and this will be your chance to make a difference.

For more information, visit www.census.gov.uk

Do you have a business idea? Are you an individual or group?

If yes, Ffatri Fenter is the service for you!

Our team can provide assistance for individuals or groups to test the value of your business idea whilst safeguarding your benefits or continuing to undertake personal commitments e.g. college studies and family support responsibilities.

To take advantage of this service, please contact:

Manon or Elen on 01407 762 012 or e-mail:
manon.llywd@menterabusnes.co.uk
elen.foulkes@menterabusnes.co.uk



Looking for translators

- Who take pride in their natural, professional, high quality translations?
 - Who can translate all kinds of documents?
- Who offer reduced prices to community organisations - **£30 per thousand words** and to voluntary and charitable organisations – **£45 per thousand words**

We also offer a simultaneous translating service, as well as translating courses and improve your Welsh sessions. Everything you can translate yourselves is a translation you don't need to pay for!

Contact us: www.cyfieithucymunedol.org post@cyfieithucymunedol.org

JOIN THE CLIMATE WEEK CAMPAIGN

Climate change is one of the biggest problems facing communities at every level in the 21st Century. Cyngor Gwynedd, as part of the Gwynedd Local Service Board, has committed itself to an ambitious target of reducing its carbon emissions by 60% by the year 2021.

Climate Week, is held on **21-27 March 2011** to show how we can combat Climate Change.

You can get involved during Climate Week in many ways. Here are some possible event ideas :-

- Run a low-carbon coffee morning.
- Fundraise for a relevant environmental project (e.g. hold a 'Wear it Bright' day or host a candlelit quiz in your local hall/pub).
- Get gardening: plant a tree or grow your own food.
- Recycle – run a swapshop event, e.g. clothes, toys, tools, books or DVDs.

For further information about Climate Week go to www.climateweek.com/ or contact Marial Gwynn Edwards, Energy Conservation Officer – Raising Awareness on marialgwynnedwards@gwynedd.gov.uk or **01286 679266**

Low Carbon Council → Low Carbon Gwynedd



Helpu Gwynedd i leihau
ei Hól Troed Carbon

Help Gwynedd reduce
its Carbon Footprint

BBC Children in Need - Small Grants



BBC

**Plant Mewn Angen
Children in Need**

© BBC 2007 Elusen cofrestredig Cymru a Lloegr Registered Charity England & Wales 802052 Alban Scotland SC039557

Grants are made to not-for-profit organisations working to make a positive difference to the lives of disadvantaged children and young people. The Small Grants Programme awards grants of £10,000 or less per year and can be made for a maximum of three years. These are the deadlines for submitting applications for this year – 15th, April, 15th July and 15th October. All applications must be submitted online via www.bbc.co.uk/pudsey For more information please contact **029 2032 2383** or e-mail pudsey@bbc.co.uk

The Co-operative Loan Fund

The Co-operative Loan Fund aims to strengthen the size and scope of the co-operative sector through the provision of ethical, accessible loan finance. It exclusively lends to co-ops. Loan applications are welcome from new and existing co-operatives that need between £5,000 - £75,000 of loan finance to: set up as a new co-operative; expand their size and scope; assist an employee buyout or company succession; purchase a property or business; purchase capital equipment or create working capital. Further details are available on:

www.co-operativeloanfund.co.uk/about.html

BIG Innovation Programme for Wales

The Big Lottery Fund (BIG) has launched its BIG Innovation Programme, which will invest up to £5 million in projects that seek to find new solutions to address emerging and existing social problems in Wales. The programme has been launched to help people turn their innovative ideas into reality. Over the next three years, BIG will make grants of between £20,000 and £1 million through the programme. BIG is interested in applications from a broad range of sectors and organisations to allow the most innovative ideas to be identified and funded. For more information please visit:

www.biglotteryfund.org.uk/prog_big_innovation

Naturesave Trust

The Co-operative Loan Fund aims to strengthen the size and scope of the co-operative sector through the provision of ethical, accessible loan finance. It exclusively lends to co-ops. Loan applications are welcome from new and existing co-operatives that need between £5,000 - £75,000 of loan finance to: set up as a new co-operative; expand their size and scope; assist an employee buyout or company succession; purchase a property or business; purchase capital equipment or create working capital. Further details are available on www.naturesave.co.uk/trust_naturesave.html

The Engagement Gateway

The current round of presenting a Pre Qualification Questionnaire for The Engagement Gateway closed on the 24th January 2011. Across all areas of Wales 300 questionnaires were received. The successful organisations will be informed if they have been included on the Approved Suppliers List by March and they will then be sent opportunities to tender straight away.

When information is received regarding the new suppliers an 'Invitation to Tender' session will be arranged as soon as possible so that new organisations (and those already eligible) can receive guidance/training on how to fill in the tender forms. Information regarding the events will be on Mantell Gwynedd web site or through email to The Engagement Gateway contact.

If any organisations have changed staff/contact since presenting the original Pre Qualification Questionnaire it is important that you either let the Local Advisor **Carys Williams 01286 672626** carys@mantellgwynedd.com know or contact Wales Council Voluntary Action.



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Ewrop & Chymru: Buddsoddi yn eich Dyfodol
Cronfa Gymdeithasol Ewrop

Europe & Wales: Investing in your Future
European Social Fund

YFC Christmas Party



Meirionnydd Young Farmers ambassadors of the year competition took place at their Christmas party in Dinas Mawddwy last year. Seven members were interviewed by judges Mrs Nia Wyn Jones, county president and Miss Bethan Wyn Roberts. Congratulations to Dewi Pugh from Dinas Mawddwy and Catrin Davies from Cwmtirmynach on their victory. Thanks to NFU Wales Meirionnydd and Famers Union of Wales for sponsoring both competitions.

The Meirionnydd Young Farmer's Rally will take place on Defaidty farm in Cwmtirmynach on June 4th. This is a very special event in the Young Farmer's calendar – please support us!



• Time Management Training

Trainer: Eileen Murphy

16th March 2011 – 9.30 until 4.00 o'clock

Cost: • £10 Mantell Gwynedd members • £15 Non members Voluntary sector • £40 Private & Statutory sector
Location: Meeting Room, C.I.L De Gwynedd, Business Park, Porthmadog

Contact Mantell Gwynedd before the 7th of March 2011

• Level 2 Award in Food Safety in Catering

Trainer: Lindsey Rogers

10th March 2011 - 9.30am - 4.30pm

Cost: £45 Mantell Gwynedd Members £55 Non Members Voluntary sector £65 Private & Statutory sector
A certificate from the Chartered Institute of Environmental Health is awarded to the successful candidates.

Venue: Peblig Room, Institute Building, Caernarfon

Contact Mantell Gwynedd before the 4th of March 2011

• Emergency First Aid

Trainer: Andy Thompson

28th March 2011, 9.30am until 4.30pm

Cost: £30 Mantell Members, £40 Non Member Voluntary Sector, £50 Private or Statutory Sector
Location: Meeting Room, C.I.L De Gwynedd, Business Park, Porthmadog

Contact Mantell Gwynedd before the 23rd of March 2011

'Courses for Communities' (CCC)

A new affordable training programme for community and voluntary groups delivered through a partnership between County Voluntary Councils (CVC's), Volunteer Centres and the WCVA across North Wales

Date	Venue & Contact	Duration
An introduction to storytelling in organisations - NEW		
3 March 2011	AVOW, Wrexham	1 day
Managing Risk across your organization – free places available check to find out		
29 March 2011	Wrexham	½ day
Participatory Budgeting		
30 March 2011	Bangor	1 day

For general enquiries on the Courses for Communities Cymru programme, please contact the WCVA Helpdesk on **088 2888329** or help@wcva.org.uk

“Big Information Day”

North Wales Deaf Association

Free entrance

Venue Cymru, Promenade, Llandudno

Wednesday March 30th 2011

10am – 4pm

Exhibitors include:

Specialist Equipment Suppliers, Information Stalls, Workshops, Deaf Organisations, Colleges and Voluntary Service Groups.

SOUTH GWYNEDD DOMESTIC ABUSE SERVICES

BOARD MEMBERSHIP

South Gwynedd Domestic Abuse Services is an organisation specialising in providing support and information for Men, Women and Children who are suffering Domestic Abuse. The organisation has reviewed its board structure and has increased the number of places available. We are eager to recruit new trustees in order to increase the board's skills and expertise. For more information and an application form telephone:

01766 830 878 or e-mail cif@degwynedd.co.uk

If you would like to discuss the training needs of your organisation contact **Delyth Vaughan**, **01286 672626**, delyth@mantellgwynedd.com. Or to find out more about the training offered, contact **Ellen ap Dafydd**: **01341 422575**, EllenapDafydd@mantellgwynedd.com