

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 48  
February 2010

## Mantell Gwynedd's New Office

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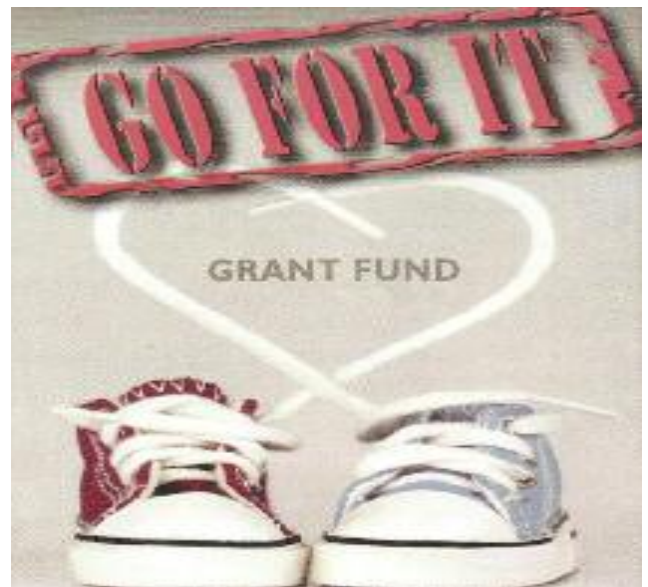
Mantell Gwynedd's Office in Caernarfon has moved to 23-25 Y Bont Bridd, Caernarfon, LL55 1AB. It's in a convenient position opposite the bus stop and the multi-storey car park in the centre of the town. Call to see us any time. The phone and e-mails are unchanged.



## 'Go For It' Fund



Have you done a new year's resolution to get fitter? Do you want to be a community sporting champion? If yes, then 'Go For It'. There's funding available until July 2010 and it is aimed only towards the non-sporting voluntary sector groups across Gwynedd who do not have direct involvement with sports and keeping fit. The main aim of the fund is to promote, improve fitness and better health within communities by encouraging voluntary groups to undertake additional and/or new physical activities within their community. The funding could also be used to fund volunteers to become qualified community sports champions. For more information or for an application pack please contact Delyth Vaughan on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)



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

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## A note from the Chief Officer

A very Happy New Year to all Mantell readers. I hope that 2010 will be a prosperous new year for you and your organisations.

It gives me immense pleasure to write this note from our new offices in Y Bont Bridd, Caernarfon. It's a great old building loaded with interesting history. Locals in Caernarfon will know the place as "Rochelles" or "Harpers". Having undergone major renovation the building is now a great home for Mantell Gwynedd with the added bonus of being opposite the bus station and the multi storey car park. It's an ideal location and a great place for staff to work from.

As you will see from the Health page in this newsletter a new member of staff has started working with us. Llinos Alun is based at our Dolgellau office and is working on a volunteering health project. I extend a very warm welcome to Llinos and I am extremely pleased that this project is located in Dolgellau and based around South Meirionnydd. This area of the county needs innovative projects and investment like this. All too often these days everything seems to be focussed on the North of the County. So, good news all around.

A grave concern of ours at the moment is the news that the Village Halls Revenue Fund is in jeopardy due to the savings which need to be made by the Local Authority in Gwynedd. This fund has been crucial over a number of years in keeping village halls open. As we hear of the proposed closing of a number of village schools it is even more important to invest in village halls to retain some form of community hub. After all, community events often happen because there is a village hall in existence and not vice versa. There is a real danger that many community activities will disappear if village halls face closure and our communities will decay without such activity. Mantell Gwynedd will be pursuing the matter of village hall revenue grants closely over the forthcoming weeks.

Finally, as the Local Authority cuts are underway, we are keeping a vigilant watch on the effects these cuts might have on the Third Sector in the County. We have already worked closely with some of the organisations which faced massive Service Level Agreement cuts. It is vital that the Third Sector has a strong voice in this process and that discussions are open and transparent



from start to finish. It is crucial that those who are faced with tough decisions on cuts are armed with the full picture and the correct set of facts from the Third Sector itself, not second hand information from officers. The Third Sector does not expect to be shielded against any cuts but we do expect a fair crack at the whip and be fully included in open and truthful discussions which lead to any recommendations for cuts. Mantell Gwynedd will remain a strong voice on behalf of the Third Sector in this challenging process.

Until Next Time

**Bethan**

## MANTELL GWYNEDD STAFF

### CAERNARFON

**Chief Officer:** Bethan Russell Williams

#### Services Team

**Support Services' Senior Officer:** Meinir Jones

**Health and Soc. Care Facilitator:** Sioned Llwyd Larsen

**Children and Young People Facilitator:** Ann Vaughan Jones

**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:** Beryl Norgrove

#### Gwynedd Volunteer Centre Team

**Volunteering Officer:** Ann Angharad Fleming

#### Services Team

**Health Volunteer Co-ordinator:** Llinos Alun

The deadline for information or articles to be included in the next edition of Mantell is **16th April 2010**. Please send or email any information to Meinir Jones at Caernarfon. Email: [meinir@mantellgwynedd.com](mailto:meinir@mantellgwynedd.com) Tel: **01286 672626**

## COMMUNITY VOLUNTARY HEALTH GUARDIANS PROJECT

This Voluntary Health Guardians Project is part of the North Wales Chronic Conditions Demonstrator Site. The main aim of the project is to recruit volunteers to befriend individuals who have a long term health condition. Some of these people might need additional support to that which can be offered by the statutory services.

We hope to train teams of volunteers within specific areas of south Gwynedd who will be able to offer support to these vulnerable individuals. That can mean weekly visits to their home, going for walks, going with them to a club or society, help with shopping or just being there to listen on the phone – the kind of low level social support that a good neighbour might offer.

The volunteers will also be able to refer them on to other organisations which may be able to help improve their situation, all this hopefully improving the quality of life for individuals in our communities and avoiding a deterioration in their condition. If you are interested in volunteering or know of anyone who might like to use the service, please contact Llinos Alun, at Mantell Gwynedd in Dolgellau on 01341 422575 or [llinos.alun@mantellgwynedd.com](mailto:llinos.alun@mantellgwynedd.com)

### LLINOS ALUN - THE NEW PROJECT CO-ORDINATOR

Llinos joined Mantell at the end of November 2009 as Health Volunteer Co-ordinator. Born and still living in the

Ffestiniog area, she has experience of working with volunteers on different projects. She worked with Deudraeath Cyf on community websites and then with De Gwynedd Women's Aid as volunteer co-ordinator. More recently she has been working with Cymdeithas Tai Hafan as Schools Liaison Officer, visiting secondary schools to deliver the Spectrum project. She looks forward to developing the Community Voluntary Health Guardians project and meeting the new volunteers as well as those being befriended.



Llinos Alun

### Consultation on Putting Things Right – a better way of dealing with concerns about health services

This consultation seeks views on the way that health organisations deal with people's concerns about the health service.

For a copy of the full document and a response form, log-on to the Welsh Assembly's website [www.wales.gov.uk/consultations/healthsocialcare/puttingthingsright](http://www.wales.gov.uk/consultations/healthsocialcare/puttingthingsright) or you may contact Sioned at Mantell Gwynedd on 01286 672626. Could you please send your comments to the following email address before 02/04/2010 [puttingthingsrightconsultation@wales.gov.uk](mailto:puttingthingsrightconsultation@wales.gov.uk) or in the post to:

Ann-Marie Carpanini-Lock  
Improving Patient Safety Team,  
Quality Standards and Safety  
Improvement Division, Welsh  
Assembly Government, FREEPOST  
NAT 8910, Cathays Park, Cardiff  
CF10 3NQ

### CREU IECHYD – ARTS IN HEALTH AND WELLBEING

Local artists who are interested in utilising their creative ability to assist in improving people's health and wellbeing are invited to join a new and innovative programme in Gwynedd and Anglesey.

'Creu Iechyd' in partnership with Gwynedd Council's Community Arts Unit is in the process of creating a Database of artists who have experience of working in the arts in health and wellbeing field. Artists from all arts forms are welcome to register e.g. areas such as dance, music, art, drama and literature.

For more information, contact Gwawr Wyn Roberts by e-mailing [GwawrR@gwynedd.gov.uk](mailto:GwawrR@gwynedd.gov.uk) or phoning on 01286 679721

### HEALTH DIRECTORY

Medwyn is still collating information to include in the new Health Directory. If you haven't contacted him, please do so today

**01286 672626**

E-mail:

[medwyn@mantellgwynedd.com](mailto:medwyn@mantellgwynedd.com)

# Safe Communities Toolkit (NSPCC)

A toolkit to safeguard children and communities



This pack will help to ensure that your organisation is set up to keep children safe. A number of contributors have been part of producing the guidelines, and it should be a very useful pack for community groups such as after schools clubs or youth clubs who put on activities for children in interest groups such as hobbies, drama, music, religious and pre school care.

It has 3 sections:

Section A: Why it's important to safeguard children

Section B: Action to be taken

Section C: List of resources and publications including sample policies etc.

It gives advice on how to run a safe organisation. It also includes the policies and procedures necessary for your organisations, as well as practical suggestions on how to put things into practice.

The project has already been successfully piloted in Denbighshire. Since we only have 10 copies here at Mantell Gwynedd we will offer the packs on loan for specified periods.

If you would like to loan a pack please contact Ann Vaughan Jones in Caernarfon.

E-mail: [annvaughan@mantellgwynedd.com](mailto:annvaughan@mantellgwynedd.com) or please phone **01286 672626**

## GWYNEDD YOUNG PEOPLE VOLUNTEERING QUESTIONNAIRE

At the end of 2009 a Gwynedd Young People Volunteering Questionnaire was sent out to clubs, schools and organisations across Gwynedd to target young people to get their opinion on volunteering.

As an incentive for the young people to fill and return the questionnaire, their name was put in to a prize draw, for a chance to win £50. The lucky winner of the £50 was Non Roberts from Trefor. Our Youth Volunteering Officer, Mirain Roberts went over to Clwb Chware Teg in Trefor to present the prize to Non. 509 of the questionnaires came back, with 129 noting that they were eager to receive more information on volunteering.

### Certificates awarded under the Millennium Volunteers Scheme

CONGRATULATIONS!!!! To two young volunteers who have been successful on the Millennium Volunteers Scheme.



Mari Fflur has achieved 50,100 and 200 hours of volunteering. Volunteering at - Bryn Llifon Care Home, Bangor; Ysgol Dyffryn Nantlle; Galeri Caernarfon and the British Heart Foundation Charity Shop in Caernarfon.



Lowri Pritchard has reached her 50 and 100 hours volunteering, by helping out with - WRVS in Ysbyty Gwynedd; St. Johns Ambulance; Hafan Menai – Day Hospice and in Ysgol Tryfan.

The questionnaire featured sections for the young people to note the reasons for and against volunteering. This information will be useful for our Youth Volunteering Officer to try and overcome the barriers young people have towards volunteering.



Non Roberts the winner

## Communities First Advice and Support Service

Since January 2009 WCVA has been delivering an Advice and Support Service for all Communities First Partnerships and staff on behalf of the Welsh Assembly Government (WAG).

The Advice and Support Service is providing flexible, responsive assistance to Partnerships in areas such as:

- Project planning and funding
- Working with service providers
- Legal advice
- Publicising activities
- Conflict resolution
- Running meetings effectively
- Making use of the Outcomes Fund

Already a number of Partnerships have received support on matters such as: Merging Partnerships, Refresher, Legal advice related to working with children and young people, Community development practice in areas new to the programme, conducting a community consultation.

Both Russell and Megan from the Advice Team are available on the CF Helpline **0800 587 8898** or by email [help@wcva.org.uk](mailto:help@wcva.org.uk) and are able to liaise bilingually.



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



communities first cymunedau yn gytref



## WCVA launch 3rd Recession survey

WCVA has conducted two surveys in the last 12 months to monitor the effects of the recession on organisations in Wales. The reports from these surveys are available on WCVA's website on the publications page. As cuts in public expenditure are expected in 2010, it is important to keep a close eye on how third sector organisations, both large and small, are being affected. To complete the present questionnaire on-line go to the Research page of the WCVA website:

[www.wcva.org.uk](http://www.wcva.org.uk)

## CHARITIES TO SHOW HOW THEY BENEFIT THE PUBLIC

Every charity now has to give a written report on its public benefit every year.

Bigger charities are expected to give more detail than smaller charities. You will be asked for the information as part of your Annual Return to the Charity

Commission. To help you, there are fictional examples of annual reports that show how to report on public benefit for different sorts of charities to get you started, but reporting on your public benefit is a great opportunity for you to publicly explain the unique ways in which your charity makes a difference to those it serves. More information on public benefit is available on the Charity Commission website: [www.charitycommission.gov.uk](http://www.charitycommission.gov.uk)

## New website to help Wales' third sector recruit staff

**recruit3** is the new jobs website for the third sector in Wales, developed jointly by WCVA and Big Issue Cymru, replacing the Goodmoves service.

So if you are someone searching for an employee or searching for employment, click on:

[www.recruit3.org.uk](http://www.recruit3.org.uk)

## GET YOUR GROUP SIGNED UP TO GIFT AID

Third sector organisations in Wales not already registered for Gift Aid are being invited to Gift Aid Registration Surgeries to help them get up and running with it. Gift Aid enables charities and Community Amateur Sports Clubs to reclaim the tax paid on donations from individuals – for every pound given to charity an additional 28p can be claimed from HM Revenue and Customs (HMRC).

Help is available, Eileen Kinsman Giving Wales at the WCVA on 0800 2888 329.

## MONEY TO SCREEN THE FILM 'AGE OF STUPID'

The Welsh Assembly Government in partnership with WCVA is offering community and third sector organisations an opportunity to screen the film – Age of Stupid.

This film has been developed by a small group of film-makers who believe that everybody needs to hear about what will happen to our climate if we do not urgently respond to the climate change crisis.

We are offering £250 per group to arrange a screening. More information about the film can be found at [www.ageofstupid.com](http://www.ageofstupid.com) or contact [policy@wcva.org.uk](mailto:policy@wcva.org.uk) WCVA Helpdesk on 0800 2888 329

**All events must be held before end of March 2010**

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](http://www.mantellgwynedd.com)

# CIST GWYNEDD

## Voluntary Development Fund

Gwynedd Council administer a grant for community and voluntary groups in Gwynedd.

The purpose is to enable the third sector to play a full role in the Gwynedd communities by reflecting one or more of the aims below:

- (i) improving social, linguistic, cultural and recreational opportunities
- (ii) enhancing employment prospects, enterprise and skills of the local people, particularly young people and those at a disadvantage, and promote equality of opportunity for all
- (iii) safeguarding and improving the local environment and infrastructure, and bring land and buildings into effective use;
- (iv) improving community safety and prevent, or reducing the fear of crime;
- (v) promote, conserve, enrich and improve the environment/reduce pollution;
- (vi) promote and support voluntary action and volunteering and working together to reach common goals;
- (vii) encourage joint working and increase pride and confidence
- (viii) contribute towards reducing deprivation in the most deprived areas

It is expected that applications are based on new projects or services that achieve specific and clear objectives. A grant will

not be given to maintain usual or permanent activities /services. Please remember that there's revenue funding available from this fund.

The Voluntary Development Grant reflects the aims and targets of the Gwynedd Community Plan.

**The closing date for applications is 31st March, 2010 and 30th June 2010.**

If resources remain available within the fund, there can be a further call for applications.

For an application pack or further information, please contact your Local Regeneration Officer or Cist Gwynedd on 01286 679153 or e-mail [heatherwilliams@gwynedd.gov.uk](mailto:heatherwilliams@gwynedd.gov.uk)

## New Climate Change Fund WCVA

Climate change affects us all, and more and more third sector groups are fighting against it.

The Climate Change Fund scheme can offer grants, ranging from £200 to £2000, to third sector groups yet to engage with climate change. You can use this to raise awareness of global warming, explore the impact of climate change on your activities, set up recycling facilities; link up with groups that already have an environmental remit... it's your call.

For more information call WCVA's helpdesk on 0800 2888 329 or email [climatechange@environment-wales.org](mailto:climatechange@environment-wales.org)

## Austin and Hope Pilkington Trust

The Austin and Hope Pilkington Trust awards grants to charitable organisations in the United Kingdom and overseas. Grants of between £1,000 and £10,000 are available for projects in the following areas for 2010: children, youth, the elderly and medical research projects dealing with the ageing population. Applications are welcomed from charitable organisations in the UK. The deadlines for applications are 1st June and 1st November each year. For more information please go to [www.austin-hope-pilkington.org.uk](http://www.austin-hope-pilkington.org.uk)

## 'Galluogi Gwynedd' Fund

There's only a little amount of money left in the pot so get your skates on to submit an application. Voluntary and community groups across Gwynedd are invited to submit an application for capital funding only up to a maximum of £10,000 towards creating, renovating or refurbishing community buildings/facilities/assets. The next closing date will be 31st, March 2010. All applications must arrive by hand or post before 5.00pm on the closing date. To discuss any project ideas or for more information or an application pack please contact Delyth Vaughan at Mantell Gwynedd on 01286 672 626 or e-mail [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)

Children in Need has launched a new Small Grants programme with the aim of seeking



applications from organisations that have not applied to Children in Need before. Grants of up to £10,000 a year for up to three years will be available to organisations across the UK working with young people and children. Any not for profit organisation working with young people and children aged under 18 can apply. The next closing dates are 15 April, 15 July and 15 October 2010. For more information:

[www.bbc.co.uk/pudsey/grants/funding\\_smallgrant.shtml](http://www.bbc.co.uk/pudsey/grants/funding_smallgrant.shtml)

Children in Need surgeries will be held at Mantell Gwynedd's office, Caernarfon on April 29th where you can get support to develop a successful project, see details on page 8

## COMMUNITY FACILITIES AND ACTIVITIES PROGRAMME

Voluntary and community groups and private not-for-profit companies in Wales are targeted through this capital grant programme. The objective is to fill gaps in finances after all other avenues of assistance have been explored. Grants will enable the provision of facilities within communities and support activities that help promote local area regeneration. Up to £100,000 per project may be awarded in any one financial year, or £300,000 in total over a three-year period. The next closing date for submission of applications is 9 April 2010. Further details are available from:

<http://wales.gov.uk/topics/housingandcommunity/grants/cfap/?lang=en>

## 'Wales Volunteer of the Year Award 2010' – call to reward Wales' outstanding volunteers

If you know someone special who inspires you by what they do as a volunteer, or maybe a group or organisation which is a shining example of how volunteers can make a positive difference, this is your chance to nominate them for the 'Wales Volunteer of the Year Award 2010'. This provides an opportunity for loyal volunteers within your organisation to get some recognition for their hard work, as well as drawing publicity to your organisation or group.

There are five different categories:-  
young person under 25

- adult
- trustee
- green volunteer
- groups (consisting of two or more)

The new sponsor for the 2010 awards is CCLA Investment Management Ltd. CCLA exists to help charities make the best of their investments. See [www.ccla.co.uk](http://www.ccla.co.uk) for more information.

Last year, throughout Wales, 215 nominations were received, nine of them from Gwynedd. Throughout Wales, there will be up to three winners in each category, with 15 national winners presented with their awards at a ceremony in Cardiff in June.

In 2009, the judging panel selected Mrs Bettina Harden, from Nefyn, who volunteers as a trustee with the Gateway Garden Trust, to be among the national winners in the 'trustee category'. All nominees from Gwynedd awarded commendation certificates will be invited to attend a 'Celebration Tea' in Gwynedd during 'Volunteers' Week' in June where their certificates will be presented to them.

It would be good to have success stories from Gwynedd again this year. So put your thinking caps on but don't forget that nominations have to be received at WCVA, Cardiff by 9th April 2010.

For further details and a nomination form please contact the Gwynedd Volunteer Centre 01286 672626 [volunteering@mantellgwynedd.com](mailto:volunteering@mantellgwynedd.com) or [www.wcva.org.uk](http://www.wcva.org.uk)

## VOLUNTEERING TEAM WINS TOP AWARD

Congratulations to a team of volunteers based at the Caernarfon Criminal Justice Centre on winning a national award. Witness Service provides help and support to witnesses facing the ordeal of giving evidence in court. Towards the end of 2009, the team was selected as winners of the Volunteer & Justice Awards. These awards acknowledge the exceptional work and commitment of people working in North Wales to reduce crime and improve the quality of life for local communities.



*Ionwen Ewing, Witness Service Manager with 2 loyal volunteers – Robert and Angela.*

## OBSERVATION ON AN ORGANISATION

During 2010, the Gwynedd Volunteer Centre hope to give a snapshot of organisations in Gwynedd who include volunteers. In this issue, we look at the Witness Service:-

### NAME OF ORGANISATION

### WITNESS SERVICE

**What are your main aims?**

Ensure victims and witnesses get fair play before attending court, during the case, and after appearing in court.

**List some tasks volunteers perform to help your organisation.**

Explain what happens in a court hearing. Give support to witnesses and victims. Provide support to families following court cases.

**At present, about how many volunteers do you have?**

21 (through Gwynedd and Anglesey)

**How do you attract new volunteers?**

Through Mantell Gwynedd, and also 'word of mouth'

**What are the benefits for volunteers?**

Volunteers carry out tasks which can be intense and serious, but being a member of a close team of people is very rewarding.

**Any highlight?**

Winners of 'Volunteer and Community Justice Awards' in November 2009.

## 'Courses for Communities' (CCC)

A new affordable training programme for community and voluntary groups delivered through a partnership between nearby County Voluntary Councils (CVC's)

Date	Location	Contact CVC	Duration
Formalising your organisation			
25 February	Colwyn Bay	CVSC	1/2 day
Recruiting and developing trustees			
25 February	Wrexham	AVOW	1 day
Budgeting			
1 March	Colwyn Bay	CVSC	1/2 day
Creating publicity and marketing materials			
19 March	Llangefni	Medrwn Môn	1/2 day
Writing effective press releases			
9 March	Llangefni	Medrwn Môn	1/2 day

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

## COMMUNITY WORKSHOPS

### Living Sustainably – doing the right thing

Workshops from the World Education Centre and Business Sense, Bangor University, in partnership with Gwynedd Gynladwy and Moelyci

**Thursday, 4 March**  
**Porthmadog**  
**12.30 - 5pm**  
**Canolfan Porthmadog**

**Friday, 12 March**  
**Tregarth**  
**12.30 - 5pm**  
**Canolfan Tregarth**

These free events will look at some of the major local and global issues that shape our lives. All are welcome. Light buffet lunch included. Contact Viv Ellis at the World Education Centre 01248 383728 or email [eds80c@bangor.ac.uk](mailto:eds80c@bangor.ac.uk). The workshop is funded by a grant from the Department for International Development, Development Awareness Fund

## HAVE YOU VISITED THE MANAGEMENT CENTRE, BANGOR BUSINESS SCHOOL?

Located on Bangor University Campus, overlooking the picturesque Menai Strait and a stone's throw away from Bangor City Centre. The facility is an established premier, residential Management Development training centre offering a variety of Management courses across all disciplines.

[www.themanagementcentre.co.uk](http://www.themanagementcentre.co.uk) for further details.

## Training in Gwynedd

### Safeguarding Children

Venue: Caernarfon Leisure Centre

**24/25 February 2010**

**6.00 - 9.00pm**

For people working with children in their organisations especially play schemes. Basic Safeguarding Children certificate. Free for those who work/volunteer with children in Gwynedd

### Equality and Language Workshop

Venue: St. Mary's Old Church, Tremadog

**9fed March 2010**

**9.30am - 4.00pm**

This workshop will discuss ways to ensure inclusion within your organisation. The workshop will enable you to draft, two important policy documents - an Equality and Language Policy.

### Independent Safeguarding Authority Briefing

Venue: St Mary's Church Tremadog

**16th March 2010**

**9.30am - 12.30pm**

This session will enable you to find out more about the new Vetting and Barring Scheme. The new ISA will have an impact on all groups working with Children and Vulnerable Adults, and this workshop will explain how it will operate and what you should do. Cost: £45.00 (Free for Voluntary Sector)

### Tendering

Venue: Porthmadog

**16th April 2010**

**9.30am - 4.00pm**

A practical workshop which will take you through the steps needed to prepare a tendering document.

## 'Funding Surgery'

Mantell Gwynedd Office, Caernarfon

**Thursday, April 29, 2010**



A day of pre-booked appointments has been organised in collaboration with BBC Children in Need. The opportunity to access this very popular funding programme is open to voluntary and community groups that work with children and young people. Groups will be able to apply for a half-hour appointment with Andrea Powell, BBC Children in Need grant officer to discuss the eligibility and potential of an application proposal. To apply for an appointment please forward an outline of your application proposal (no more than two sides of A4), preferably by e-mail, to: [annvaughan@mantellgwynedd.com](mailto:annvaughan@mantellgwynedd.com) or alternatively it can be posted to **Mantell Gwynedd, 23-25 Y Bont Bridd, Caernarfon, Gwynedd LL55 1AB by 19 April 2010.**

If you would like to discuss the training needs of your organisation or wish to find out more about the training that Mantell Gwynedd offer, please contact Meir Jones, **Mantell Gwynedd, 23-25 Y Bont Bridd, Caernarfon LL55 1AB** neu [meir@mantellgwynedd.com](mailto:meir@mantellgwynedd.com)