



Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 45
May 2009

GwirVol Launch

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GwirVol Youth Workers with Mirain Roberts the Gwynedd Officer, second from the right.

On Monday, 6th of April at the All Nations Centre, Cardiff, Dr Brian Gibbons, The Wales Assembly Government Minister for Social Justice and Local Government, officially launched GwirVol.

GwirVol is a unique partnership in Wales that is involved with young people and organisations to increase the number of volunteering opportunities for young people in Wales.

There was a number of young people and organisations present together with the 22 Youth Volunteering Advisors that are based across all counties in Wales.

Leading and organising the event were Gwirforce - a panel of young people that are responsible in giving guidance on matter that effect GwirVol.

Hopefully GwirVol will be another boost to the popularity of volunteering with young people.

If you would like to know more about GwirVol, click onto the special website:

www.gwirvol.org
or contact your local Youth Volunteer Adviser – Mirain Roberts – 01286 672626.



Dr. Brian Gibbons.



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

A word from the Chief Officer

At long last, spring has arrived and some warm sunny weather has reached us as this newsletter goes to press. It's been scorching over the Easter weekend and we can only hope that it's indicative of the weather ahead of us for the next few months!

Our Gateway Engagement Officer has now started in her role at Mantell Gwynedd. She is a familiar face amongst us in Mantell Gwynedd - Carys Williams. She was our former Communities First Officer and prior to that our Key Fund Officer so Carys is familiar with all of our work here in Mantell and particularly with the Third Sector in the county. She hails from Penygroes in Dyffryn Nantlle and will now be based at our Volunteer Centre in Mantell Gwynedd as well as working from our Dolgellau Office on a regular basis.

As I have previously mentioned in this newsletter the Gateway Project is a £29m convergence project which is nationally administered by the WCVA. It aims to tackle economic inactivity with an emphasis on volunteering. Groups will be able to tender for particular projects within the Gateway initiative and it is indicative of the gradual move away from grants towards tendering. We are seeing the traditional grants system diminish with more and more emphasis on tendering. It is vitally important that those of you who wish to become part of the Gateway project and so have an opportunity to tender for work make contact with Carys at Mantell Gwynedd. She will assist you with the process of completing a Pre Qualification Questionnaire and so ensure that you

are on a preferred deliverers list. We have already co-ordinated some workshops for this purpose but for those of you who did not manage to attend those workshops I would urge you to contact Carys to ensure you take all necessary steps to enable you to participate in this exciting convergence project.

During the last month I had the great pleasure of being part of a panel of individuals who interviewed potential candidates for the role of Chief Officer of Carers Outreach in Gwynedd/Môn. Many of you will know that Mari Boyle the former CEO has now retired. I take this opportunity to thank Mari on behalf of the Third Sector for her immense work in setting up and running this organisation locally for many years and for her overall input to the Third Sector in Gwynedd. She was a first class ambassador for the organisation and I know she will be greatly missed both by individuals within the organisation and within the sector as a whole. I am sure we all wish her happiness in her well earned retirement. We welcome Manon Williams to the role as Chief Officer of Carers Outreach. Manon is a former employee of Mantell Gwynedd (Volunteer Bureau) a post which she left to pursue a career with the WCVA in Cardiff and then moved to Johannesburg and later to Korea. I am certain Manon will be a great asset to Carers Outreach and to the Third Sector in Gwynedd and beyond, as Mari was before her. I wish her well in her new role.

Finally, with the great reorganisation of the NHS in Wales taking place, it would



be impossible for me to close without a mention of the latest developments as far as the Third Sector are concerned. This reorganisation will have an effect on every one of us and I know that our Health and Well Being Facilitator (Sioned Larsen) has worked immensely hard to ensure that the voice of the Third Sector is clearly heard in this reorganisation and that we have a secure voice in the new arrangements. I am pleased to report that 13 individuals from the Third Sector in Gwynedd have been selected onto the stakeholder Expert Group. I am most grateful for these nominations and for those who have agreed to give their time to this expert group. Both Sioned Larsen and myself are on the main Stakeholder Group. All of this is good news for the Third Sector involved in the health agenda in the county. We are trying to seize every possible opportunity for the Third Sector to take part in this new health structure in Wales. It is vital for the future.

I hope you enjoy this latest newsletter and find something of use to you within its covers.

Until next time,

Bethan

AGE
Concern

HELPTHEAGED
WE WILL

AGE CONCERN CYMRU / HELP THE AGED WALES

Age Concern Cymru and Help the Aged in Wales are joining together to form a single new charity dedicated to improving the lives of older people. Please note that this does not affect local Age Concern organisations which are not part of this merger. Services provided by local Age Concerns will continue as usual.

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

Bilingualism, language plans, Welsh medium provision and marketing?

Does your organisation need support with any of these topics? If you do, help is at hand! Estyn Llaw (which is Welsh for 'helping hand') has just reached North Wales, with Mari Wiliam being appointed as its first North Wales Officer, based in St Asaph.

A little bit of history: Estyn Llaw has been operational mainly in South Wales since 2000, and it is funded primarily by the Welsh Assembly

Government, by means of the Welsh Language Board. Estyn Llaw can offer your organisation free advice with developing bilingual material and language plans, it can help you find Welsh medium volunteers, and arrange language awareness training.

A more bilingual image can often assist you in fundraising and help you give better service to Welsh speakers, especially in the care and health sectors.

Any organisation is welcome to e-mail Mari on mari.wiliam@iaith.eu (the 'wiliam' has one 'l' in case your e-mail is returned!), or phone 01745 585120/07966 936263. Please also visit our website:

www.estynllaw.org.

We look forward to co-operating with the third sector in North Wales!

COME AND JOIN US at the Meironeth County Agricultural Show

CORWEN – Wednesday, 26th August.

A warm welcome is extended to all voluntary organisations to join the Mantell Gwynedd stand at the Meironeth County Agriculture Show which is to be held in Corwen, on Wednesday, 26th August this year. In the past, Mantell's stall has been a hive of activity with a good cross-section of organisations joining in. A small contribution towards the cost will be required, but the rest of the arrangements will be made by Mantell's staff.

Therefore don't miss this opportunity! We can assure you of a busy day in the company of other organisations, allowing the chance for sharing information with the public, and for networking.

Pick up the phone today (01341 422575) to secure your place – we look forward to hearing from you.



The deadline for information or articles to be included in the next edition of Mantell is **19th June, 2009**. Please send or email any information to Beryl Norgrove in Dolgellau: beryl@mantellgwynedd.com • Tel: 01341 422575

Millennium Volunteers - Achievements

Congratulations to Cerys Hudson on becoming the latest young person from Gwynedd to receive a 100hours certificate for volunteering under the Millennium Volunteer programme. Cerys is studying History at Bangor University, but she still finds time to volunteer with the 'Guides club' in Porthmadog. "I enjoy taking part, and I've been volunteering with the Guides now for about 4 and half years. It's wonderful to see the girls enjoy and succeed in the activities, as well as seeing them making new friends"

It was obvious from my visit to one of the Guides' weekly meetings in Porthmadog that Cerys is very happy with the group, and the young members are very fond of her. Well done Cerys.



Cerys receiving her Certificate from Mirain Roberts

Second Year – Youth Led Grant

Following the success of the Russell Commission Youth Led Grant in '08/09, the Gwynedd Volunteer Centre has received grant money for the second year. For this year ('09/10) there will be £5000 of grant money to share out to groups to develop volunteering opportunities to young people. We also see a change to the name of the grant - from now it will be known as – **Gwirvol – Youth Led Grant**.

The aim of the grant is to support a range of small volunteering projects and activities, led and carried out by young people.

The first round of the grant opened on the 1st of April 2009. Closing date to receive application forms is 1st of May 2009. The successful applicants will be informed on 11th of May 2009.

A second round will be held during August /September 2009, with a closing date to submit applications towards the end of September 2009.

For an application pack or for more information regarding the fund contact Mirain Roberts at Mantell Gwynedd on 01286 672626 or : mirainroberts@mantellgwynedd.com



CHILDREN AND YOUNG PEOPLE

Hire/Loan of Mobile Computer and Digital Equipment

In 2008, Mantell Gwynedd secured a sum of money via the Gwynedd Youth Service Capital grant funding in order to purchase a variety of mobile equipment that can be used by voluntary organisations to offer better outcomes for young people by improving access to services and enhance youth service delivery; enhance

development and learning opportunities as well as contributing in other ways to

the National Youth Service Strategy within Gwynedd. The equipment includes: laptops (12), multipurpose wi-fi printers (3), camcorders (2), digital cameras (2) and one PC projector.



The laptops have been split into three sets of four with one printer added to complete the package. One set will also be available for long term hire i.e. (on a monthly basis) and will include software such as 'Adobe Photoshop Elements' and 'Microsoft Publisher'. Any organisation interested in making use of this service will be asked to sign a hire agreement and will be expected to conform to the agreed conditions of hire.

A deposit of £10 will be due for each item hired/loaned as part of an inventory up to a maximum of £80. The money will be refunded if the items are returned undamaged.

For further information on any of the items listed or to enquire about the lone service please contact me, Ann Vaughan Jones : annvaughan@mantellgwynedd.com or Bronwen Rowlands: bronwen@mantellgwynedd.com at Mantell Gwynedd's office in Caernarfon.

Tidy Towns Project

The aim of the Tidy Towns Project is to support the people of Wales to take responsibility for the quality of their local environment.

Volunteers 'adopt' their local area and focus on its ongoing care. Communities will be encouraged to adopt waste black-spots and restore them to their

former glory. Projects undertaken by groups include; litter picks, path maintenance, dune management, installing benches and picnic sites, invasive species clearance, improving disabled access, developing community gardens, running waste amnesties and habitat management. Keep Wales Tidy Project Officers are assigned to each group to provide

advice and practical assistance.

A small grant is available to cover costs of insurance, tools and equipment, materials, refreshments etc.

You can get involved by setting up your own group, or join an existing one. For more information please contact your local officer in Gwynedd Lee Oliver on 029 2072 6995/ 07824 504 799 or lee.oliver@keepwalestidy.org

THE MORGAN FOUNDATION

The Morgan Foundation supports charities across North Wales, Merseyside, West Cheshire and North Shropshire. With a grant programme of over £1 million per year, funds are targeted where they can be most effective in making a real difference to the lives of the people in this region.

The Morgan Foundation specialises in supporting small to medium sized locally based organisations whose work focuses on children, families, disadvantage and disability. Any work which has a positive effect on the welfare and quality of life, or which enhances the opportunities and life choices for people in this region will be considered.

Grants may be considered for a range of purposes and areas of support to date have included physical and learning disability, physical and mental health, plus social challenge and deprivation.

If you are interested in applying for a grant, firstly, ensure that you are eligible under their policy: The website, www.morganfoundation.co.uk

For any further enquiries please contact: Jane Harris (Administrator), The Morgan Foundation, PO Box 3517, Chester, CH1 9ET
Tel: 01829 782800, e-mail: contact@morganfoundation.co.uk

Wolfson Foundation

The Wolfson foundation awards grants to back excellence in the fields of science and medicine, health, education, the arts and humanities. Applicants must be registered charities, or organisations with charitable status. Awards are generally given for capital expenditure. For more information please visit the website:

www.wolfson.org.uk/flash/home.htm

The Foundation prefers to receive initial enquiries by letter. Contact details are: The Executive Secretary, The Wolfson Foundation, 8 Queen Anne Street, London, W1G 9LG
Tel: 020 7323 5730

Galluogi Gwynedd

Voluntary and community groups across Gwynedd are invited to submit an application for capital funding only up to a maximum of £10,000.00 towards creating, renovating or refurbishing community buildings/facilities/assets. The next closing date will be 30th, June, 2009 and then Tuesday 30th, September, 2009. All applications must arrive by hand or post before 5.00 pm.

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

Welsh Church Scheme Gwynedd

The purpose of the Fund is to promote the activities of charitable organisations benefiting the residents of Gwynedd and enriching the area's communities. Local eisteddfodau who have registered as a charity are entitled to receive a sum of £256.50 annually towards the costs of any eisteddfod held within the County. Another £20,000, or thereabouts, is available for distribution to other registered charities in Gwynedd annually through the Welsh Church Fund. Individual grants tend to be between £100 and £3,000 in exceptional circumstances. The Charities Committee meets on a quarterly basis. The next closing date for applications is 12th, May 2009. The closing dates for the year are as follows – 25th, August, 2009, 17th November 2009 and 9th of February 2010. For more information regarding the Welsh Church Fund, contact Eirian Roberts at Gwynedd Council on (01286) 679 018 or e-mail maireirianroberts@gwynedd.gov.uk.



Tai Chi classes held at Fairbourne Village Hall following their successful bid to the Go for It Fund, Mantell Gwynedd.

Volunteers' Week

1st – 7th June 2009



Snowdon Mountain Railway

The aim of the week is to celebrate the contribution that volunteers and volunteering makes to our society. The week plays an important part in raising the profile of volunteering as well as encouraging more people to take part. The Gwynedd Volunteer Centre has organised

Travelling Information Stall

The travelling information stall will be visiting:

Caernarfon – 1st June
Pwllheli – 3rd June
Bangor - 2nd June
Dolgellau – 5th June

Celebration Tea

On Thursday, 4th June at the Electric Mountain, Llanberis a Celebration Tea will be held.

Trip to Snowdon Summit

As Volunteers' Week is celebrating its 25th birthday this year, to mark this special milestone, the Gwynedd Volunteer Centre is offering an opportunity for volunteers and representatives of voluntary organisations to visit the new Snowdon Summit Visitor Centre 'Hafod Eryri'. The party will be travelling on the Snowdon Mountain Railway, departing from the Llanberis station on the 12.00pm train, on Thursday, 4th June. The return journey takes two and a half hours (including 30 minutes on the summit). A warm welcome is extended to all to join in this national event to celebrate volunteering – invitations will be sent out in May. For more information please contact The Gwynedd Volunteer Centre on 01286 672626 or e-mail volunteering@mantellgwynedd.com

GWYNEDD VOLUNTEER ORGANISERS' NETWORK MEETING

A meeting of the Gwynedd Network was held in Caernarfon on the 19th March where a number of organisations met to discuss matters relating to volunteering. Presentations were given by:

Iola, Volunteer Officer for the Gwynedd Volunteer Centre who talked about how the Centre recruits and places volunteers;

Frances Parry, Volunteer Co-ordinator with Barnardo's Cymru who trains and places volunteers to befriend and support families who have disabled children.

Catrin Slade, Composting Officer for the Moelyci Environment Centre in Tregarth. We were given an insight into the work of the Centre along with how many local people enjoy volunteering.

Criminal Records Unit checks

There are changes afoot regarding disclosure checks for staff and volunteers working with vulnerable groups, therefore the next Network meeting will focus on these changes and the new regulations.

A presentation will be given by the Criminal Records Unit, (a part of the Wales Council for Voluntary Action), St Mary's Old Church in Tremadog on the Tuesday, 19th May 2009. The session is free with a warm welcome extended to all and an opportunity to network over a cuppa.

See you there!

For further information, or advice about any aspect of volunteering, contact the Gwynedd Volunteer Centre on:

Tel: 01286 672626 / 01341 422575 or e-mail: gwirfoddoli@mantellgwynedd.com

THE ENGAGEMENT GATEWAY

The aim of The Engagement Project is to make a substantial contribution towards raising the levels of employment and lessen economic inactivity in Wales.

The project is funded through the Convergence fund (European funding) and is managed by WCVA. The objective of the scheme is to invest in organisations that help disadvantaged groups find a path to paid employment. The Gateway is an acquisition scheme which will offer contracts to organisations (up to a value of £150,000) through the process of tendering. Therefore if your organisation works with one or more of the following groups:-

- People who are economically inactive
- Young people who are unemployed

- People with a medical condition and/or with a disability which limits their capacity to work
 - Older people (over 50)
 - Women or single parents
 - People from an ethnic minority background
- then The Engagement Project could be relevant to you.

The WCVA is in the process of drawing up a list of approved suppliers and organisations who wish to be on the list should complete and present a Pre Qualification Questionnaire (PQQ) by the 15th May 2009. The invitation to tender under the provision of The Engagement Gateway will be forwarded to appropriate organisation that are on the list of approved suppliers only, and it is hoped that the first invites to tender will be in August.

All the suppliers will need to show that they have contact with those furthest from the labour market, to impart new skills and increase the confidence of participants to enable them to become economically active which will lead to improving the community cohesion and sustainable development in the most deprived areas in Wales.

Since the 1st April 2009 Mantell Gwynedd has appointed Carys Williams as 'The Engagement Gateway' officer. She works 4 days a week and is available to support organisations in the third sector to complete the PQQ and to tender for contracts which will be posted on www.see2wales.co.uk. For more information regarding any aspect of the scheme, contact Carys Williams on 01286 672626 or e-mail carys@mantellgwynedd.com

Health, Social Care and Well-being

SOUTH GWYNEDD LONG TERM CONDITION ALLIANCE

The South Gwynedd Long-Term and Chronic Health Conditions Alliance has received a grant of £5,000 from the lottery-funded grants programme 'Awards for All Wales'. The Alliance includes both small and large voluntary sector organisations concerned with the welfare, and the provision of services to all people in South Gwynedd with, or affected by, health conditions that are long-term or constant. The lottery-funded grant will enable the Alliance to obtain display units and to hire venues for its awareness events, and cover printing and translation costs for both awareness and campaigning work. For more information please contact Richard Paramor at r.paramor@btopenworld.com or Sioned Larsen at Mantell Gwynedd on 01286 672626 or Sioned@mantellgwynedd.com

Fibromyalgia/ME Môn & Gwynedd Group

The Fibromyalgia/ME Môn & Gwynedd group has been established for more than 2 years. At present they meet on the first Wednesday evening of every month between 7:00 and 8:30pm at the Community First Centre, Hen Ysgol British, Llangefni. The group provides an information library, access to the internet for the latest world wide information, guest speakers from health, social care and holistic; it is also an opportunity to socialise with others who understands the condition; the group offers support and is also an opportunity to share problems and concerns. As Gwynedd &

Môn have only joined together quite recently (beginning of 2009) the group would like to find out if there is a need for the group to meet in Caernarfon. The group is keen to offer sessions that would make it easier for members from Caernarfon and the Dwyfor area to attend. If you are interested or if you would like more information please contact Rhian Medi on 01248 722184.

New Breatheasy Group formed in Bangor

Breatheasy Bangor, a support group for people with any type of breathing problem, and their families and carers, was successfully re-launched by the

Betsi Cadwaladr University Local Health Board

This is the title for the new North Wales Local Health Board which is currently being formed and will be set up in shadow form from 1 June and become fully operational from 1 October 2009. Work is progressing to establish the Local Health Boards as are the transitional arrangements.

If you would like more information or discuss any aspects in more detail you are welcome to contact Sioned Larsen at Mantell Gwynedd on sioned@mantellgwynedd.com or if you have any other queries please contact Hannah Orriss on hannah.orriss@wales.gsi.gov.uk

British Lung Foundation Wales in March 2009. The friendly group now meets between 11am and 1pm on the 4th Thursday of every month at the Diocesan Centre, Bangor City Centre. For further information please contact the British Lung Foundation Wales on 01792 455764.

£10 WORTH OF TRAINING VOUCHERS FOR 3 GROUPS IN GWYNEDD

The three winners of the Mantell Gwynedd's free training (worth £10) are Gisda, Welsh Women's Aid Bangor and the North Wales Wildlife Trust. Earlier this year a Training questionnaire was sent out to voluntary groups in Gwynedd, with the first 3 out of the hat receiving an award. Congratulations and thank you all, for returning your Questionnaire This will allow us to develop a training package tailored more closely to your requests. First Aid is always popular, as well as Food Hygiene, but also a few of you have asked for training in Marketing, IT, Employment, as well as running your organisation and managing volunteers. Please let us know what kind of training, where and when would suit you. And if you missed your opportunity to fill in the questionnaire this time, you can download it from the News page on our website, www.mantellgwynedd.com.

MANTELL GWYNEDD TRAINING DAYS

Employment Law

21 May 2009
Lifelong Learning Centre (Library), Blaenau Ffestiniog

Basic Accounting

9th June 2009
Mantell Gwynedd, Caernarfon

Preparing a Fundraising strategy

9th July 2009
Tremadog Church Centre

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: Mantell Gwynedd, The Old Police Station, Lombard Street, Dolgellau, Gwynedd LL40 1SB.
Tel: 01341 422575 neu
dolgellau@mantellgwynedd.com

'Courses for Communities' (CCC)

OTHER COURSES ACROSS NORTH WALES

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

Date	Location	Contact CVC	Duration
Monitoring and evaluating your organisation's work			
20 May 09	Wrexham	AVOW	1 day
Giving and public fundraising			
21 May 09	Colwyn Bay	CVSC	1 day
Handling conflict			
28 May 09	Colwyn Bay	CVSC	1 day
Effective communication skills			
2 June 09	Rhyl	CVSC	1 day
Creating a website - making the most of your website and the internet			
2 June 09	Llandudno	CVSC	½ day
Networks, consortia and alliances			
11 June 09	Ruthin	DVSV	½ day
Accounting basics			
18 June 09	Colwyn Bay	CVSC	½ day
Grants - fit for funding			
19 June 09	Colwyn Bay	CVSC	1 day
23 June 09	Wrexham	AVOW	1 day
Writing effective press releases			
7 July 09	Rhyl	DVSC	½ day
Effective communication skills			
9 July 09	Colwyn Bay	CVSC	1 day
Networks, consortia and alliances			
9 July 09	Colwyn Bay	CVSC	½ day
Roles of Officers			
13 July 09	Rhyl	DVSC	1 day
Earning			
16 July 09	Colwyn Bay	CVSC	1 day

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

