

Welcome to the very first issue of the Volunteering Newsletter!

This newsletter aims to keep in contact with people who have registered with the Gwynedd Volunteer Centre because of their interest in volunteering matters.

The newsletter will include information about :-

- individual volunteers
- organisations
- any training or events
- new volunteering opportunities

The Gwynedd Volunteer Centre welcomes any comments, ideas or contributions to the newsletter. Please contact the Centre on 01286 672626 or 01341 422575, or e-mail :- volunteering@mantellgwynedd.com

THIS EDITION'S VOLUNTEER



Smile!!

Remember that it was volunteers who built Noah's Ark



but that the **Titanic** was built by paid staff!!!

Name	Aaron Pleming
Age	21
Where do you live?	Caernarfon
How long have you been volunteering?	5 Months
Why do you volunteer?	Interested in trying something new, and it's good to get me out the house
Which organisation(s) do you help?	Mantell Gwynedd and Barnardo's
When volunteering, what do you do?	Help out in the Gwynedd Volunteer Centre by <ul style="list-style-type: none"> • Updating the database • Keeping up to date with volunteers • Organising leaflets • Laminating brochures
How many hours in a week?	3 hours
What do you enjoy most about the volunteering?	Catching up with volunteers, and getting to meet new people.
For the future?	I'm very happy volunteering in Mantell Gwynedd. I'm hoping to go back to Coleg Menai in Caernarfon in September to do my GCSEs.

For more information about different volunteering opportunities in Gwynedd, click onto



www.volunteering-wales.net

Volunteer Opportunities recently registered with the Volunteer Centre

- **"Summer Stroll along the Mawddach Estuary"**. The Nightingale House Hospital Wrexham are organising a sponsored walk to raise money on Saturday 10th September 2011. They need people to help on the day as marshalls, first aiders, walk leaders etc. Contact Samantha on 01978 314292.
- **"Walk for Laughs"** –Sunday, 11th September, 2–4pm. Join Tudur Owen in his stand-up comedy walk around Caernarfon in aid of Hospice at Home accompanied by Emrys (My Town My Walk) Jones. You will be entertained and educated in a fun filled afternoon for ALL. Contact 01286 662772 to register or for further information.
- The Red Cross has a recruiting day in Dolgellau on the 15th September and training on the 29/09/11, 6/10/11 and 13/10/11. For more details contact our Dolgellau office—01341 422575.

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More volunteering opportunities in Gwynedd

- Wales Air Ambulance is desperately seeking volunteers to help out in their Snack Bar at Caernarfon Crown Court. Training given. Flexible hours. Contact: Angela Williams 0785 1411655
- The Citizens Advice Bureau (CAB) has moved office in Caernarfon. A volunteer is needed to answer the phone and transfer the calls on. Contact Gwynfor Ellis – 01286 675376 or gwynfor@cabgwynedd.co.uk
- The Royal National Institute of the Blind (RNIB) need volunteers to give basic technical support throughout Gwynedd. Home based, flexible hours, computer literate, friendly, enthusiastic and reliable. Contact No: 01733 375450 E-mail: volunteering@rnib.org.uk
- Breast Cancer Care Cymru would like to train 'hair loss advisers' in Ysbyty Gwynedd, who would be working one to one or in a group. offering practical support and information to people who have lost or are likely to lose their hair through treatment for cancer. Contact: Bev Hampson 02920 234075 beverley.hampson@breastcancercare.org.uk
- ARC Communities provide services for the homeless and socially disadvantaged in North Wales, they have two new volunteering opportunities in Bangor – A mentor is needed to offer support in the drop-in sessions and a catering assistant is required to prepare and distribute food at lunch time. Contact: Melanie Newport on 07976598686; e-mail:- Melanie-6@live.co.uk
- My name is Ash, I'm 33 from Llanrug. I play bocchia which is a game similar to bowls for the disabled. I have played and won in various national competitions. I'm looking for someone to help me train on a regular basis. Contact me - alecras234@gmail.com
- Age Cymru are looking for volunteers to help with the luncheon club in Hafan Elan Llanrug. Time:- from 12 until 1.30pm. Use of car if possible, costs reimbursed. Contact Wendy on 01286 677711.

For your diaryFor your diary.....For your diary...For your diaryFor your

Free Training

At present, the Gwynedd Volunteer Centre has organised two quality training days for volunteers over the coming weeks

- **Thursday, 27th October**, from 10.00 until 3pm – **First Aid** training for young volunteers (25 and under) at the Institute Building, Caernarfon
- **Tuesday, 8th November**, from 10.00 until 3pm – **First Aid** training for volunteers of any age at the St Mary's Old Church, Tremadog

If you're interested—keep the dates free!!!

Further information and booking forms will be sent out in October.

An interesting fact!!

(from the Guardian)

25% of people who volunteer more than 5 times a year say volunteering has helped them to lose weight!



Focus on this edition's organisation :-

Y Not Drop In, Barmouth

In August, it was a pleasure to meet with Mr Pete Leyden who helps to run the Y Not Drop In Centre in Barmouth. The main aim of the Centre is to provide a social meeting place for people who may be feeling isolated. The Centre offers an opportunity for people to chat and discuss any problems they may have over a cuppa. Volunteers at the Centre provide support, guidance and may be able to signpost clients to other support agencies or services eg counseling. The 'Drop-in Centre has changed location since it was first established in 2006, and the meetings are now held in the book shop in Park Road, Barmouth. Pete has been involved with the Centre since 2009 and at present there are about 6 regular volunteers whose main role is to be good listeners. According to Pete—the most important asset of any volunteer is to be able to make a good cup of tea!! Volunteers are recruited by displaying posters, promoting the facility in open days and other sources such as Mantell Gwynedd. The Centre definitely fills a gap in Barmouth, and provides a welcoming meeting place. It is a very valuable service with both clients and volunteers benefiting from being part of it.

The Centre is open on Monday mornings (10—1) ; and Thursdays (10—2). For further information please contact The Barmouth Communities First office on 01341 280 979, or e-mail : martinwilliams@gwynedd.go.uk

Gwynedd Volunteer Centre ☎ 01286 672626 / 01341 422575

www.mantellgwynedd.com