



MANTPELL

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 51
December 2010

Welcome to Global Xchange

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At the beginning of October a group of young people came to Gwynedd through

Global Xchange. The group is made up of 8 volunteers from across the UK and 10 volunteers from Namibia. They are staying and volunteering in Gwynedd until the end of December, before going over to Namibia in the New Year.

The programme gives young people (18-25) from different countries a unique opportunity to work together, to develop and share valuable skills and to make a practical contribution where it is needed in local communities. We hope that they enjoy their time in Gwynedd.

Association for Spina Bifida & Hydrocephalus

The Association for Spina Bifida & Hydrocephalus believes everyone with spina bifida or hydrocephalus has the ability to get the most out of life. By campaigning, supporting, informing and researching the Association is continuing to help promote individual choice, improve quality of life and drive ability beyond disability.

ASBAH CYMRU has secured funding to enable us to develop an exciting and unique volunteering project throughout North Wales and North

Powys (although we are also keen to hear from you if you live in other parts of Wales and want to get involved).

If you would like to help, there are many opportunities for you to get involved to make a difference! Here are some things we need help to develop:

setting up local groups for peer support and social activities, disseminating information, representing ASBAH on partnership and network groups, fundraising, and organising or helping at profile raising or fundraising events. If you are interested and can spare a few hours a week, then in the first instance please email: carolynb@asbah.org or phone: 01492 518653 / mobile 07738915349.

Diverse training will be provided free of charge.

The project is supported by the Volunteering in Wales Fund. For further details on this scheme please visit:

<http://tinyurl.com/33fjtp7>

Please also visit our National Website www.asbah.org for further information about the work of ASBAH.

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

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

Services Team

Health Volunteer Co-ordinator:

Llinos Alun

Finance and Administration Team

Administrative Assistant:

Ellen ap Dafydd

Gwynedd Volunteer Centre Team

Volunteering Officer:

Ann Angharad Fleming

A note from the Chief Officer



The end of another year is upon us. During the last few months of this year we have just started to feel the effects of the recession, but

the general consensus is that we have the really challenging times ahead of us in Gwynedd. It is very apparent in Gwynedd that the private sector is now struggling but the major cuts in the public sector are yet to come. People just don't seem to realise that public sector cuts also mean third sector cuts and I have no doubt that as a sector we are facing some really tough times.

Given the current climate it was perhaps appropriate that the theme for our Annual General Meeting and Conference this year was VENTURE. Everybody is talking about commissioning and de-commissioning services. A major talking point is the outsourcing of the delivery of public services and the opportunities which will be created for the sector. We need to embrace these opportunities.

We welcomed John Bennett to our event as a keynote speaker. He is the Chief Executive of the Welsh Social Enterprise Coalition and has vast experience of identifying, establishing a running social enterprises. John's presentation clearly showed that the spirit and principles of venturing are the same wherever we are in the world. He showed examples of successful enterprises in Wales, Asia and Melbourne. The message was that there are some serious opportunities for the third sector in the current climate and given the sector's track record in efficiency and creativity we need to be professional, organised and positive in our approach to these new opportunities. We need to VENTURE!

Since the last edition of Mantell we welcomed the Annual Volunteering Conference to the Galeri in

Caernarfon and I was privileged to chair the day. Its always great of course to see these national events coming up to North Wales and this was a particularly successful conference. Dafydd Wigley was welcomed as keynote speaker and emphasised the key role of volunteers over the coming years. There were some excellent presentations throughout the day, but for me, the highlight of the day was a presentation from the Blaengarw Community Venture who gave an overview of how Time Banking works in Blaen Garw. They have devised their very own "currency" to recognise volunteering. It's an incredible scheme. This is an area which suffered greatly after the second world war and subsequently saw the end of heavy industry with the closing of the coal mines. The spirit of these people saw them through recession and very dark times and they now have a vibrant sense of belonging, community assets bursting with activity and a great sense of enterprise. No challenge could kill the spirit of these folks and what they have is a truly incredible sense of community. They are an example of what can be achieved by every community and against all the odds, it is this kind of spirit which is needed by the sector to encourage us to venture and grow over the coming years.

At the end of the year it gives me an opportunity to convey my heartfelt thanks to all, members and partners, who support the work of Mantell Gwynedd and the third sector. I am particularly grateful to the Board members for their continued support and for remaining true to the principles of the third sector, likewise to all of my colleagues in Mantell Gwynedd who contribute to the work and success of the company.

With very best wishes for the forthcoming year and hoping it will be a successful and peaceful year for each and every one of you.

Bethan

The deadline for information or articles to be included in the next edition of Mantell is
21st January 2010.

Send or e-mail any information to
Ellen ap Dafydd
at Mantell Gwynedd, Dolgellau.
E-mail:
EllenapDafydd@mantellgwynedd.com
Tel **01341 422575**

BETSI CADWALADR COMMUNITY HEALTH COUNCIL



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Your independent health service watchdog for North Wales is known as the Betsi Cadwaladr Community Health Council (CHC).

Community Health Councils are organisations that represent the interests of patients, their carers and relatives as well as the interests of the public in the National Health Service (NHS). Betsi Cadwaladr Community Health Council (BCCHC) believes that the public and users of the health service are the true experts in their own health and wellbeing.

Community Health Councils can offer you:

- free independent ADVICE about local health services;
- free advice and personal SUPPORT if you have to make a COMPLAINT about health services

The NHS must consult the CHC about changes in local and national services and the CHC make sure your experiences of services – whether that's in hospital, at the GP surgery, the dentist, pharmacy, care home or elsewhere.

For more information please contact: Betsi Cadwaladr CHC on

01341 422236 or pat@nwwaleschc.org.uk

Or visit their website at

www.communityhealthcouncils.org.uk/betsicadwaladr

Crossroads Care North Wales

Crossroads Care North Wales is very keen to joint work and joint bid for funds on suitable projects. For more information please contact

Yveline Hands on

0845 606011 (ext 105) or

Yveline.Hands@NWCrossroads.org.uk

NEXT HEALTH, SOCIAL CARE & WELLBEING

NETWORK EVENT

The Next Health, Social Care & Wellbeing Network event will be held at 10am on Thursday January 20th at the Glaslyn Leisure Centre, Porthmadog. The next Health, Social Care & Wellbeing Strategy (2011-2014) will be the main focus of this event.

For more information please contact

Sioned Larsen on **01286 672626**

or sioned@mantellgwynedd.com

THE INVOLVE PROJECT

““Calling service users and carers across Gwynedd and Ynys Môn”. Do you use or have contact with the adult mental health services?”

The Involve project includes service users and carers in the design, planning, delivery and evaluation of adult mental health services. Involve is independent and all client information is confidential. Lucy (Project Coordinator) and Paul (Project Worker) provide service users and carers with:

- Induction and training for involvement activities
- Information and support
- Expenses reimbursed where applicable
- Newsletters and network meetings

Involve is currently developing awareness and contacts in South Gwynedd. For more information or to express your interest please call **Lucy** or **Paul** on **01248 363451**.

THE 2011 WELSH LANGUAGE IN HEALTHCARE AWARDS

The aim of the Awards is to share good practice and improve bilingual provision in healthcare. The emphasis of the Awards is on the experience of users. These Awards can raise awareness of some of the NHS' successes in providing bilingual services, encourage innovative ideas, raise the profile of the importance of Welsh language services through sharing best practice. For more information and to nominate log on to www.wales.nhs.uk/welsh



South Gwynedd Long Term Conditions Alliance

The next meeting will take place on **Monday February 14th** at **10:00am** at the **Glan Wnion Leisure Centre, Dolgellau** and this meeting will focus mainly on the future and the way forward for the Alliance. For more information please contact **Sioned** on **01286 672626**.

Gwynedd Youth Led Grant



On the 19th of October the Young People Grant Allocation Panel came together to look at the applications received for the second round of the Gwirvol Youth Led Grant 2010-11. There were 4 successful applicants.

The main aim of the grant is to support small projects that are organised and lead by young people (16-25) in Gwynedd, and applications are invited for the two remaining rounds:-

- 3rd round – 30th of November 2010
- 4th round – 31st of January 2011

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

Millenium Volunteers – Achievements

Well done to all the young volunteers who have gained recognition for volunteering through the Millennium Volunteers Scheme. It was wonderful to celebrate the achievement of some of the young volunteers in an Awards Prom that was held, for the first time this year, at the Haven, Pwllheli on 12th November as part of Wythnos Ni celebrations.

Certificate for 50 hours of volunteering.

Robyn Clement, Lisa Jones, Sian Jones, Sophie Owen, Saran Henderson.

Certificate for 100 hours of volunteering.

Lieam Williams, Non Lloyd Jones, Ryan Nannes, Hanna Povey, Neil Jones, Kirsty Hodkinson, Gethin Pritchard, Christopher Roberts, Nia Medi Jones, David Wyn Williams, Kate Ann Jones, Ryan Alexander Semmens.

Award of Excellence for 200hours of volunteering.

Gwenno Edwards, Ruth Shephard. More information on the achievement of young volunteers on our web site www.mantellgwynedd.com.



Sarah, Hanna, Nia and Saran - accreditation prom



Kirsty Hodkinson and Mirain Roberts - accreditation prom



Miran Roberts and Ryan Nannes - accreditation prom

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

Training for Volunteers

Over 100 volunteers took advantage of the four free training courses held over the past weeks. Two of these were very popular Emergency First Aid courses, a Level 2 in Food Hygiene course and a light hearted but informative course on personal development by 'Looking outside the box'. Congratulations to all who succeeded in receiving a certificate and a big thank you to all who made the days a success. If you have any suggestions for courses you would like us to organise in the future - please let us know!

OBSERVATION ON AN ORGANISATION

CIL De Gwynedd

Aims: Improving the lives of disabled people, to reduce dependency and isolation, to enable them to live safely as active participants in the community.

How many volunteers do you have helping the organisation at the moment? 12 – 15

List some tasks volunteers perform to help your organisation:

- 1) Classroom assistant
- 2) Help with Administrative/reception duties
- 3) Driving
- 4) Cleaning
- 5) Carers for disabled people.

How do you recruit volunteers? Individuals are referred by the Gwynedd Volunteer Centre and also agencies such as Job Centre Plus and Agoriad. Individuals also come from the local community.

Highlights: Seeing disabled individuals improving their lives by increasing their confidence and happiness, volunteering and working, attending training and community events is a joy to everyone concerned.

Future projects:

- Equipment exchange – a social enterprise that enables people to exchange equipment. There is also a facility to recycle, sell and also to buy new equipment from the CIL office or from the new website. This creates more volunteering opportunities.
- Tŷ Gelliwig, Porthmadog – a homely house for families to spend holidays and respite. There is plenty of room for 6 disabled people and 6 carers

A shortage of Volunteering Opportunities!

Do you know of an organisation, large or small, in your community who would benefit from the help of an extra pair of hands to run the service or to arrange events etc – please let us know. We would be pleased to help you through the process of recruiting and supporting volunteers.

Make a Difference Day – The Volunteering Shop in Deiniol Centre, Bangor

Every year, thousands of people take part in different volunteering activities throughout the UK during this special day at the end of October. This year, the Gwynedd Volunteer Centre rented a shop in Bangor to recruit volunteers and share information about volunteering. Thank you to all the organisations that joined us during the week to make the event a success.



Simon from the National Trust exhibiting how to build a dry stone wall in the shop.

Wythnos Ni – Celebrating Gwynedd’s Children and Young People



The second ever Gwynedd Children and Young People’s Week-Wythnos Ni took place between the 8th and 14th November this year and was marked with activities across the county. The week had been arranged by the Children and Young People’s Partnership in Gwynedd and was launched officially on Friday the 8th October with the main message that Gwynedd is a good place for children and young people to celebrate, succeed and enjoy. Iwan Trefor Jones, Chairman of the Gwynedd Children and Young People’s Partnership said “Last year’s inaugural event was a great success. Wythnos Ni will be an opportunity to highlight the innovative work being undertaken in response to the needs of Gwynedd’s children and young people.” Specific themes were chosen for each day throughout Wythnos Ni with a variety of activities and events which celebrated the contribution and potential the area’s children and young people, as well as showcasing and raising awareness about the services and opportunities

available to them. The Director for Communications Directorate, Eleanor Marks, attended the Tackling Child Poverty in Gwynedd Conference held at Trawsfynydd on Monday 8th of November on behalf of Huw Lewis the Deputy Minister for Children in Wales. On Tuesday, pupils were invited to a Careers Conference in Bangor. On Wednesday, year 9 pupils from Gwynedd secondary schools and young people from organisations came to Glynllifon for the very successful Fun Day. They had the opportunity to receive information from numerous local and national organisations at the Information Marquee and have taster sessions from the craftsmen of Glynllifon as well as trying out archery and orienteering. The week ended on Friday in Hafan y Môr, Pwllheli, with an evening of celebrating the success of young people who have received accreditation awards.

Children and Young People’s Network

Over 30 members attended the Network meeting in the Community Centre in Talysarn on 5th November. This was an important meeting emphasising on the Child Poverty Strategy and discussions in the proposed changes with the Cymorth fund. Cymorth fund update. There are changes in the way that organisations and services are funded through the current Cymorth fund in light of the Child Poverty Strategy. The Cymorth fund is going to be replaced with the ‘Families First’ fund incorporating new principles to ensure that services and organisations are more family focused. We invited Darren Griffiths, Strategic Manager of the Gwynedd Children and Young People’s Partnership, to update members of the changes and discuss the significant effects on third sector organisations. An independent

task group has been formed to review Cymorth applications for the future and to decommission current services. Mantell Gwynedd will be working closely with the Strategic Partnership and will keep a close eye on the proposed changes.

Welcome

Over the summer we said goodbye to Ann Vaughan Jones as Children and Young People’s Facilitator in Mantell Gwynedd. In July, we appointed Carwyn Humphreys as the successor to the post. Both Ann and Carwyn had the opportunity to spend three days together co-working and induction before Ann left us in early August and he has since settled well in his new role. Congratulations to Carwyn on his appointment and we hope that he will be very happy with us here at Mantell Gwynedd.

Carwyn Humphreys

News

HAFAN BIRTHDAY

On Thursday evening October 21 some of Gisda’s young people and staff celebrated a special birthday at Hafan, their hostel in Caernarfon. Hafan has offered accommodation and support to vulnerable young people in Gwynedd for 21 years. Lynda Roberts, a member of staff, wrote a poem for the occasion which incorporates everything that we all feel about the hostel.



The Brook Trust

The trust makes grants to individuals and organisations seeking funds for activities, projects and equipment, with priority given to those who find it hard to obtain funding. Applications are welcomed for arts projects and social projects. Further details are available from www.brooktrust.org.

Gwynedd Chest

Remember about the Gwynedd Volunteering Development Fund by Gwynedd Council. There is capital and revenue funding available to support local projects. For more information please contact **Heather Williams** on **01286 679 153** or HeatherWilliams@gwynedd.gov.uk

HILDEN CHARITABLE FUND

The Hilden Charitable Fund awards grants to projects, both in the UK and in developing countries, with the aim of addressing disadvantage, particularly in support of causes less likely to attract public funding.

The Fund's current funding priorities in the UK are: homelessness; asylum seekers and refugees; community-based initiatives for young people aged 16-25; penal affairs. Preference is given to charities with an income of less than £200,000 per year.

The Overseas Countries funding programme is designed to help small and medium-sized community development, education and health initiatives. For more information please visit <http://hildencharitablefund.org.uk/uk>



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Ewrop & Chymru: Buddsoddi yn eich Dyfodol

Cronfa Gymdeithasol Ewrop

Europe & Wales: Investing in your Future

European Social Fund

The Rayne Foundation

The foundation offers financial assistance within the sectors of art, education, health and medicine, and social welfare and development. Special areas of interest for the foundation include: achieving learning outcomes via the work of artists and arts organisations; developing numeracy skills; and improving the quality of life for older people. Applications for grants outside these areas are also welcomed by the foundation. An application form is available to download from the foundation's website and may be submitted by email or post at any time. Further details are available from www.raynefoundation.org.uk.

Gwynedd Community Chest

There is up to a £1,000 available for clubs and voluntary organisations to develop new physical activities and sports in the community.

For more information please contact the **Sports Development Unit** on **01758 704 010**

Engagement Gateway

An opportunity to present a Pre Qualification Questionnaire for The Engagement Gateway has reopened. You can download the relevant documents from the Wales Council for Voluntary Action web page. The closing date is the 24th January 2011. If you are interested in presenting a Pre Qualification Questionnaire contact **Carys Williams** at **Mantell Gwynedd** office in Caernarfon on **01286 672626** or email carys@mantellgwynedd.com

It is a pleasure to announce that there are three contracts awarded to organisations who are based or are working in Gwynedd:

Menter y Felin Uchaf are running a project in Pen Llyn offering training in environmental skills. For more information contact **Dafydd Davies Hughes, Menter Y Felin Uchaf** **01758 780280** or email felinuchaf@tiscali.co.uk

Also The North West Wales Outdoor Partnership has received a contract to work with young people offering short courses in outdoor pursuit skills. For more information contact **Owain Williams** at **Plas y Brenin** on **01690 720106** or email

owain.williams@partneriaeth-awyr-agored.co.uk
And thirdly the Princes Trust are running taster sessions in construction skills, for information regarding this contact **Helen Stoker** on **01745 350051** or email helen.stoker@princes-trust.org.uk

Tendering Training on the way

Carwyn Humphreys, Mantell Gwynedd Children and Young People Facilitator is arranging a training session with Menter and Busnes early on in the new year on How to Tender?

Date for the session to be announced soon.

'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

Dyddiad	Lleoliad	Hyd
LEAN and Quality Assurance		
23 Nov. 2010	Morfa Hall, Rhyl	½ day
How to Tender		
24/25 Nov. 2010	MYM, Aberystwyth	2 days
Administering an Event		
25 Nov 2010	Morfa Hall, Rhyl	1 day
Time 4 Young People		
7 Dec. 2010	Morfa Hall, Rhyl	1 day
Advanced Facilitation		
19 Jan 2011	WCVA, Aberystwyth	1 day
Managing Risk Across your Organisation		
29 March 2011	Plas Pentwyn, Wrexham	½ day
Introduction to Storytelling in Organisations		
03 March 2011	AVOW, Wrexham	1 day
Cyllidebu Cyfranogol		
30 March 2011	Cartrefi Cymru, Bangor	1 day

For general enquiries on the Courses for Communities Cymru programme, please contact the WCVA Helpdesk on **088 288329** or help@wcva.org.uk

Note!!

A RALLY against proposed Public Sector cuts will be held at Caernarfon on Saturday 4th December. 50% of Third Sector funding in Wales comes via the Public Sector. Any proposed Public Sector cuts can therefore affect Third Sector funding. BETHAN RUSSELL WILLIAMS, Mantell Gwynedd's Chief Officer will be highlighting Third Sector funding threats in the rally on Saturday. Come and show your support to the sector AT 11AM on the CAERNARFON Maes – Saturday 4th December.

Get a taste for learning – for free

Third sector organisations supporting out-of-work people on skills and employment programmes can now link their work to educational opportunities offered free-of-charge by the Open University.

The Open University in Wales is looking to develop community partnerships with voluntary organisations and social enterprises to support people on benefits and low incomes into education.

Development Officer for the Open University, Gayle Hudson, told WCVA: 'Through our Openings Programme there are a range of courses available that have been developed especially for those new to studying, returning to education or people who may not have achieved any formal qualifications at school.

'They are aimed at helping people get a taste of subject areas, develop learning skills and to build confidence. They are ideal progression routes from community learning to more formal education and could offer ideal progressions from projects like the Engagement Gateway and Intermediate Labour Market.

'We are keen to work with local communities and third sector organisations to help raise skills and aspirations. We also may be able to offer free taster and information sessions.'

The Open University's Openings Programme courses run for 20 weeks and start four times a year in September, November, March and June.

For more information contact **Gayle Hudson** (North and Mid Wales) on **01691 671648** and g.hudson@open.ac.uk or alternatively visit www.open.ac.uk/openings

NEXT HEALTH, SOCIAL CARE & WELL-BEING NETWORK EVENT

The next Health, Social Care & Wellbeing Network event will be held at 10am on Thursday January 20th at the Glaslyn Leisure Centre, Porthmadog. For more information please contact **Sioned Larsen** on **01286 672626** or sioned@mantellgwynedd.com

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