

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 81 – MAY 2018

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WORLD AUTISM AWARENESS WEEK

Mantell Gwynedd was pleased to host a number of events to raise awareness about autism during this year's Autism Awareness Week.

In collaboration with North Wales Integrated Autism Services a series of events took place across the county to raise awareness about autism and how we can take some really easy steps to support those living with this condition.

The week kicked off with specialist training for some Mantell Gwynedd staff and Board members from Sioned Thomas, the Regional Autism Development Officer for North Wales. Sioned Thomas also took part in the Third Sector Wellbeing and Volunteering Network event which was held at Porthmadog – a great opportunity to raise awareness amongst a number of third sector organisations. Also, during the week the Mantell Gwynedd Mobile Unit was on the Maes in Caernarfon to raise awareness amongst shoppers and other members of the public.



Sioned Thomas, North Wales Development Officer and Mantell Gwynedd Mobile Unit on the Maes in Caernarfon during the week.



ARIENNIR
GAN Y
LOTERI
LOTTERY
FUNDED



FUNDRAISING
REGULATOR



MANTELL GWYNEDD

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Tel: 01341 422575

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www.mantellgwynedd.com



Facebook: **Mantellg**



Twitter: **@mantellgwynedd**



Some members of Mantell Gwynedd staff/Management Board receiving training from Sioned Thomas.

MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM**Senior Development and Service Officer:**

Delyth Vaughan Rowlands

Social Value Manager:

Eleri Lloyd

Social Value Development Officer:

Elaine Thomas

Social Accountant:

Dr Adam Richards

HEALTH TEAM**Heath and Wellbeing Facilitator:**

Sioned Llwyd Larsen

Social Prescription Project,**Community Link Officer:**

Rhian Griffiths

FINANCE & ADMINISTRATION TEAM**Deputy Chief Officer and Head of Finance****and Operations Team:**

Ceren Williams

Administration Officer:

Tracy Lynne Rotheram

Finance Assistant and Development Officer:

Carys Williams

Administration Assistant:

Ellen ap Dafydd

Receptionist:

Mair Davies

VOLUNTEER CENTRE TEAM**Volunteer Centre Co-ordinator:**

Carwyn Humphreys

Volunteering Officer:

Alan Thomas

Volunteer Support Officer:

Jen Rowlands

A Note from the Chief Officer

It's been well over two years now since Mantell Gwynedd began supporting refugees. Despite the fact that the UN now say that the numbers of refugees are gradually decreasing we must remember that over a million refugees arrived in Europe in 2015 alone, most of whom came from Syria but also from places such as Afghanistan, Iraq, Kosovo and numerous other countries.

To those of you who follow our social media feeds you will have seen that every month, sometimes more than once a month, the Mantell Gwynedd lorry is parked on the street outside our Caernarfon office and loaded with refugee donations. Today was one of those days. The staff spent some time loading up the lorry and tonight it will make its way over to Blaenau Ffestiniog where the industrious CEFN volunteers will unload, un-pack and re-pack. Every item will be carefully removed, checked for suitability and then sorted into specific bags for babies, children, men and women. The bags will then be loaded onto other vans and will make their way to Warrington. From there they will be loaded on to a container and the journey will commence across Europe to one of the many refugee camps which have now become home to so many displaced people. These donations are literally a lifeline to many, and not only do they provide a lifeline but also show hope and demonstrate support and peace in what is a tumultuous world.

What is so very special about all of this is the chain of volunteers which enable the aid to reach its destination. The chain begins with the wonderful donations from the generous people of Gwynedd. Many individuals now get together to knit the most beautiful items of clothing for children and babies as well as wonderful crochet blankets and covers. Donations arrive at our office on a daily basis and are stored until we have a lorry load ready to move. A volunteer driver takes the lorry down to Blaenau Ffestiniog where the army of CEFN volunteers then unload and unpack before re-packing and re-loading. More volunteers then drive the vans to Warrington where an even bigger army of volunteers from many different charities load everything on to a container for shipping. The cost of the shipping is raised by even more volunteers who organise fundraising events. On April 7th we saw the 36th container heading off to Moria Refugee Camp in Lesvos, Greece, all thanks to the collaboration of several other local and national charities. Over 20,000 refugees are expected in this camp over the next few weeks, most of whom are fleeing war torn Syria.

National and International charities such as the Refugee Council, The Red Cross, Care International etc all work tirelessly for the benefit of refugees but we must also always remember the vital role played by individual grass roots volunteers within our communities which is so pivotal to success. Without them this journey to support refugees would not even begin.

So a heartfelt thanks to the chain of priceless volunteers who enable this huge humanitarian effort to succeed. Mantell Gwynedd is enormously proud to play a very small part in this effort.

Until next time, Bethan

Info and Articles for the next issue of Mantell

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

21 June, 2018

Send or e-mail any information to

Ellen ap Dafydd

at Mantell Dolgellau

e-mail:

ellenapdafydd@mantellgwynedd.com

Tel: 01341 422 575

Welcoming new Staff to Mantell Gwynedd

A big congratulations and a warm welcome to two new members of staff, Jen Rowlands and Elaine Thomas, and a warm welcome back to Carys Williams.

Jen Rowlands has commenced her role as **Volunteer Support Officer** and has joined Carwyn and Alan at the Volunteer Centre. Originally from Pen Llŷn, Jen has vast third sector experience having worked for a number of organisations including Cymdeithas Tai Eryri (Grŵp Cynefin) for a number of years as well as NWREN, Sylfaen Cymunedol and Antur Waunfawr. Jen will be based at our Caernarfon Office and will be working three days a week supporting volunteers with additional needs.

Elaine Thomas, also originally from Pen Llŷn, will commence in her role as **Social Value Development Officer** in May. Elaine has a wide knowledge of the third

sector having worked for numerous organisations including Groundwork, Coleg Harlech WEA and Cartrefi Cymunedol Gwynedd. Elaine's full time role will be based mainly at the Caernarfon office and she joins Eleri Lloyd and Dr Adam Richards as part of the Social Value Cymru team.

A warm welcome back to Carys Williams. Carys worked at Mantell Gwynedd for fourteen years before "retiring" temporarily in 2017. Our readers will know Carys as the Ffrindia' Project Manager but after a brief "retirement" she has now returned to Mantell on a part time three days a week basis. She provides assistance to the Finance Team and undertakes Community Development work. We are really delighted to welcome Carys back.

A warm welcome to them all.

New Volunteering Wales Website

Significant and exciting changes are afoot to the 'Volunteering Wales' website. This is the "one stop shop" for volunteering opportunities across Wales.

The Gwynedd Volunteer Centre is now encouraging organisations to re-register and add their volunteering opportunities on the new website before going live to the public. This will facilitate the process so that there is enough information to attract volunteers.

If you're already registered and have opportunities on the current website and would like support or training, or if you would like to register as a new organisation on the website, please contact

volunteer@mantellgwynedd.com

01286 672 626 for more information.



ARIENNIR GAN Y LOTERI LOTTERY FUNDED

Recently the Big Lottery Fund has awarded grants to two organisations in Gwynedd.

Gisda will use the grant to run weekly workshops in order to help, educate and inspire members of the LGBT community in the area.

Gŵyl Fwyd Caernarfon hold an annual food festival to celebrate locally produced food and educate the community about healthy eating. This grant will fund advertising, a marquee, entertainment and translation services.

MILLENNIUM VOLUNTEERS

Latest Millennium Volunteers' successes



TANWEN MEADOWS, 50 hours Pay as You Feel Café, Bethesda

- Questions to help you choose a volunteering role.**
- Why volunteer? Time to spare, make friends, learn skills & gain experience, or to share your skills & experiences?
 - How much time can you spare? A few hours a week, or over a short period?
 - Would you prefer volunteering with groups, one person, or alone?
 - What kind of people would you like to volunteer with - the elderly, children, young people or the disabled? Some roles may need a DBS check.
 - What skills can you bring to volunteering?
 - Are you motivated to volunteer for a good cause?
 - Willing to undergo training?



ELAI MAI PRITCHARD, 100 hours Tregarth Centre



SHANNON WILLIAMS, 200 hours Bethesda Youth Club



KEELEY COTTERILL-BALL, 200 hours Gisda



JOSHUA HEATON, 200 hours Bethesda Youth Club





Yes, it's that time of year again with Volunteers' Week! The aim of the week is to celebrate the contribution that volunteers and volunteering make to our society. As part of this year's celebrations, Gwynedd Volunteer Centre will organise the following events:

WYTHNOS GWIRFODDOLWYR VOLUNTEERS' WEEK

Celebration and Thank you Event – Wednesday 6th of June, Portmeirion

This is the main celebration and thank you event for volunteers where we will be presenting awards certificates. If you would like to nominate a worthy individual for a certificate, please contact us for a nomination form.

Promotional events

Gwynedd Volunteer Centre will be arranging promotional events during the week including a tour in our Mobile Unit. More information to follow.

If you're planning any sort of event during Volunteers' Week, let the Gwynedd Volunteer Centre know on **01286 672 626** or **volunteer@mantellgwynedd.com**



Volunteers who received their certificates in 2017



Dafydd Roberts receiving his Millennium Volunteers certificate



Gwerfyl Gregory receiving her special recognition certificate



Some of the attendees at the Network Event

There was a good turnout of organisations at the above Network Event held at the Porthmadog Football Club on March 16th, 2018.

Presentations were given on topics such as funding opportunities and priorities of the Betsi Cadwaladr University Health Board.

A presentation was given on the Well-being of Future Generations (Wales) Act 2015 with emphasis on how the

Third Sector contributes towards achieving the 7 well-being goals of the Act. An update on the Gwynedd & Ynys Môn Well-being Scheme was shared and a very interesting presentation was given on autism which included information on services to support individuals and their families who are living with autism.

The next Network event will be held in July – more information will be available soon.

Education Programmes for Patients (EPP Cymru Courses)

EPP Cymru courses are held to maintain and improve quality of life through self-management. The emphasis of the courses is about learning important skills including managing symptoms, dealing with stress, depression and low self-image, developing coping skills, learning ways to relax and eat healthily and planning for the future. Please see below a brief description of some of the main programmes:

- ◆The **Healthy Hearts** course is a British Heart Foundation designed course. It provides information for any individual who is at risk of cardiovascular disease and covering subjects such as how to increase physical activity, smoking cessation, safe alcohol consumption and healthy diet information etc.
- ◆**Connecting with People - Emotional Resilience Training** aims to increase the ability of individuals to deal with difficult feelings, how to cope with stressful life events and informs participants where to access information for further support if needed
- ◆**X-PERT Diabetes Education** is run by health professionals for patients newly diagnosed with type 2 diabetes. It provides information on self managing type 2 diabetes and the latest treatments available.
- ◆**Foodwise for Life** provides information to support and encourage people to manage their weight in a healthy way.

All these courses are free and are available at various locations across north Wales.

For more information please contact **01286 674236** or email **elois.davis@wales.nhs.uk**

CAFÉ COFIO

(New Service)

FREE SERVICE FOR CARERS AND THOSE THEY CARE FOR

Join the group at the Bangor Cricket Club for a drink and lunch in a relaxed and welcoming atmosphere and to:

- ◆Learn more about services for people with memory problems and where to get help
- ◆Meet and talk to people in a similar situation
- ◆Receive practical and emotional support
- ◆Take part in various activities

SESSIONS WILL TAKE PLACE
EVERY WEDNESDAY

1:00-3:00 pm

If you need more information, please ring **01492 542212** or email:

northwales@nwcrossroads.org.uk
www.nwcrossroads.org.uk



SOCIAL PRESCRIPTION PROJECT

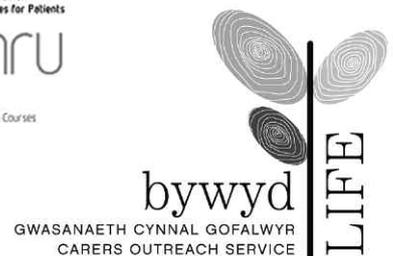
These are examples of organisations and agencies that are essential to the success of the Social Prescription Scheme



O blaid gwell iechyd meddwl
For better mental health



Rhif Elusen/Charity No: 701163



CYSYLLTWCŊ A NI:
CONTACT US:
01286 672626
07940375467
LINC@MANTELLGWYNEDD.COM

CYSWLLT
CYMUNEDOL
ARFON
COMMUNITY
LINK



Yn cefnogi grwpiau gwirfoddol a chymunedol
Supporting voluntary and community groups

Measuring and Managing your Social Value, North Wales Project

This is an exciting project for organisations to measure the impact of their work and is funded by the Big Lottery Fund for a period of three years. The Social Value Cymru team will be working closely with staff and trustees from 30 third sector organisations across North Wales to measure the social value of their work, and then use this information for planning and decision making.

Following an application process at the beginning of the year the 30 organisations have now been selected. These organisations will represent important services across

North Wales that are being recognised as key areas within the Population Needs Assessment and the Well-being assessment. These include mental health services, carers' services, children and young people, victims of abuse, loneliness within communities, services for veterans and much more.

This will be an opportunity to look at case studies and to demonstrate the importance of the preventative work of the third sector.

An update will be given in the next issue!

North Wales Social Value Network



The last meeting was held at DVSC office in Ruthin on Thursday, 19th April. Graham Kendall from Citizens Advice Denbighshire spoke about their experience of embedding social value measurement into the organisation with

support from Social Value Cymru. A presentation was made by Dan Ebanks of Firesouls who spoke about how social value has been applied at various organisations in Britain.

Case study – Change Step and Veterans NHS Wales

The Social Value Cymru team has been working closely with Cais Ltd to evaluate their project in partnership with Veterans NHS Wales. This project saw peer mentors working alongside therapists to increase the social well-being for clients and see outcomes such as reduced loneliness and improved family relationships as well as psychological benefits.

This report demonstrated the positive results of a collaboration between the third sector and the Health Board to increase the outcomes for the client and prevent

further problems that could be fatal.

This report will be available on our website soon.



BBC Children in Need Main Grants Programme

BBC Children in Need Main Grants programme will consider applications requesting grants of over £10,000 to support projects for up to three years.

Registered charities and not-for-profit organisations in the UK can apply if they are supporting children and young people of 18 years and under who are experiencing disadvantage through:

- ◆ Illness, distress, abuse or neglect.
- ◆ Any kind of disability.
- ◆ Behavioural or psychological difficulties.
- ◆ Living in poverty or situations of deprivation.

Organisations must be working to combat this disadvantage and make a real difference to children and young people's lives.

The closing date is 13 September 2018 (midnight).

For further information you can contact BBC Children in Need on **0345 609 0015** or email: **pudseygrants@bbc.co.uk**
You can also visit the WCVA website for more information:

<https://www.wcva.org.uk/funding/funding-latest/2017/12/children-in-need>



Gregg's Foundation's Local Community Fund 2018

The Greggs Foundation's Local Community Projects Fund provides grants of up to £2,000 to not-for-profit organisations in Great Britain for projects or for equipment for people in need at the heart of local communities.

Eligible projects should also be able to demonstrate that they have achieved at least one of the following Key Performance Targets for their beneficiaries:

- ◆ Decreased social isolation.
- ◆ Improved health and wellbeing.
- ◆ Improved resilience/coping mechanisms.
- ◆ Improved life skills.
- ◆ Improved opportunities.

Any not for profit organisation can apply.

The deadline for applications is 22 June 2018 (midnight) with decisions being announced by 17 August 2018.

For further details ring **0191 212 7626** or email:

greggsfoundation@greggs.co.uk

You can also visit the WCVA website:

<https://www.wcva.org.uk/funding/funding-latest/2018/03/environment-grants>



Women and Girls funding via Comic Relief

COMIC RELIEF is very pleased to announce the launch of a £4 million grant initiative to support organisations that are working to end violence and abuse experienced by women and girls across the UK.

The application phase will run from 17 April to midday, 2 July 2018.

Applications are invited for grants of £60,000 - £120,000 across 1 to 3 years and are also open to current grantees.

The fund aims to:

- ◆ Enable organisations to better support women within the target group.
- ◆ Showcase how women's lived experience can inform the design and delivery of services, practice and policy.
- ◆ Provide opportunities for projects to try out new ways and models of working, for example by acting earlier, building community assets or using digital approaches.
- ◆ Enable cross sector partnerships to work together to provide high quality support.

- ◆ Support approaches that can provide learning for other organisations and stakeholders across the sector.
- ◆ Improve access to support for women with complex needs in less well-served communities, such as BAMER, older women, LGBTI and disabled women.

To apply or find out more about the fund criteria and process, including detailed guidelines for applying, please visit the page on the website

<https://www.comicrelief.com/apply-for-grants/open-grants-initiatives/tackling-violence-against-women-and-girls>

More information is also available on the WCVA website

<https://www.wcva.org.uk/funding/funding-latest/2018/04/women-and-girls-funding-via-comic-relief>



2018 Mobile Unit Summer Visits

May 7th – Nefyn Show

July 21st – Snowdon Race

Call by to say hello and to collect information



REMEMBER YOU CAN ALSO HIRE THE MANTELL GWYNEDD MOBILE UNIT FOR A VERY REASONABLE PRICE

COST OF HIRING THE UNIT

Mantell Gwynedd Members: £130 per day (50% reduction for each consecutive day thereafter).

Non Members: £150 per day (50% reduction for each consecutive day thereafter).

You are welcome to contact us to discuss special rates e.g. hiring the Vehicle on a regular basis for a period of time (we could come to a very reasonable arrangement).

Contact us by:

e-mailing: enquiries@mantellgwynedd.com

phone: 01286 672 626

Or visit our website: www.mantellgwynedd.com

TRAINING

Do you have any specific training needs? We are keen to ensure that our Training Programme is suitable for your requirements.

Let us know if you would like us to provide training in any particular subject area and we will do our best to help you.

Contact:

Ellen ap Dafydd, Dolgellau Office on

01341 422 575

ellen@mantellgwynedd.com

The essentials of Data Protection and GDPR

Is your organisation ready for GDPR (General Data Protection Regulation) which comes into force on the 25th of May 2018?

Will your organisation comply with these changes?

The main changes coming into force are:

- ★ The new data protection principles
- ★ Updated definitions of personal data and special category data
- ★ Privacy notices
- ★ Obtaining and relying upon consent, and
- ★ Data security and how to avoid breaches that can lead to fines.

In order to find more information please visit the GDPR information area on the WCVA website – <https://www.wcva.org.uk>

ROOMS TO LET

23-25 Y Bont Bridd,
Caernarfon
Gwynedd
LL55 1AB

The Old Police
Station, Lombard St.,
Dolgellau LL40 1SB



For more information contact:
Ceren Williams, Mantell Gwynedd 01286 672 626
enquiries@mantellgwynedd.com
www.mantellgwynedd.com



WCVA Training

Bilingualism at Work

24-05-2018 – WCVA Rhyl, LL18 3EB

Marketing your Services

20-06-2018 – CAIS Bae Colwyn, LL29 8BP

Introduction to Influencing

04-07-2018 – Wrexham, LL11 1RB

To book your place go to www.wcva.org.uk