

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 84 – FEBRUARY 2019

CONTENTS

From Mantell	2
News	3
Volunteer Centre	4
Young Volunteers	5
Health and Well-being	6
Social Prescription Project / Raising Awareness of Autism Project	7
Measuring Social Value	8
Funding Opportunities	9
Events and Training	10



ARIENNIR GAN Y LOTERI GENEDLAETHOL
NATIONAL LOTTERY FUNDED



MANTELL GWYNEDD

Registered Office:

23-25 Y Bont Bridd, Caernarfon
Gwynedd LL55 1AB
Tel: 01286 672626

E-mail:

enquiries@mantellgwynedd.com

Also:

The Old Police Station, Lomabrd St,
Dolgellau, Gwynedd LL40 1SB
Tel: 01341 422575

Webiste:

www.mantellgwynedd.com

Facebook: [Mantellg](https://www.facebook.com/Mantellg)

Twitter: [@mantellgwynedd](https://twitter.com/mantellgwynedd)



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

I CAN

*a new support and
listening service!*

The **I CAN** centre project is a four month pilot supporting vulnerable and distressed individuals who come to the A&E Departments at the three District General Hospitals. These individuals require emotional support and a listening ear rather than medical intervention.

The **I CAN** centre project is a partnership between the Health Board and the Third Sector. The project Co-ordinator is based at Mantell Gwynedd and works in collaboration with the 5 County Voluntary Councils (CVC) across north Wales. The service is available between 7pm and 2am every day of the week.

We are inviting applications from third sector organisations and individuals who would like to become part of the **I CAN** Team.

For more details please contact Meinir Evans, Project Co-ordinator on **01286 672626** or e-mail: meinir.evans@mantellgwynedd.com



I CAN

Law yn llaw at iechyd meddwl
Together for mental health

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 and Development Officer:

Elaine Thomas

Social Accountant:

Dr Adam Richards

ICAN Centre Co-ordinator:

Meinir Evans

Community Development Officer

(Maesgeirchen):
Jess Silvester

HEALTH TEAM

Health and Well-being Facilitator:

Sioned Llwyd Larsen

Social Prescription Project (Arfon),

Community Link Officer:

Rhian Griffiths

Autism Awareness Officer:

Mair Richards

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

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:

18 April, 2019

Send or e-mail any information to

Ellen ap Dafydd
at Mantell Dolgellau

e-mail:

ellenapdafydd@mantellgwynedd.com

Tel: 01341 422 575

A Note from the Chief Officer

As you will see from this latest newsletter, even though it's only February, it has already been an extremely busy year at Mantell Gwynedd.

Amongst all the news items in this newsletter you will see that we have now become involved in supporting the Health Board's worthwhile ICAN project.

It is estimated that 93,000 individuals over 16yrs of age in North Wales live with mental health challenges. (Population Needs Assessment 2017). It is further estimated that this will increase to 99,000 by 2035. The ICAN campaign was launched by the Health Board in May 2018 to raise awareness, tackle stigma and encourage more open discussions about mental health. Part of ICANs work is to build community resilience to support people to look after their mental health.

In 2017 Mantell Gwynedd undertook a pilot project which looked at alternative pathways for frequent attenders at Emergency Departments (ED). Many of those who attended ED on a frequent basis were lonely, without family or anxious in some way. During the pilot we succeeded in signposting many patients to third sector organisations and community opportunities. This latest ICAN project builds on some of the good practice identified in that ED pilot.

Meinir Evans has joined the Mantell Gwynedd team to work as the Co-ordinator for the ICAN centres. The task in hand is to establish ICAN centres in the ED departments at all three District General Hospitals. With a high volume of individuals attending the EDs the idea is to offer more suitable support and for a longer term. All patients will have undergone a medical assessment and, if suitable, the ICAN centres are able to offer a listening ear and emotional support to individuals who do not require clinical intervention. Trained volunteers with the required skills and experience will provide support.

To date ICAN Centres have been established at Ysbyty Gwynedd, Glan Clwyd and the Maelor. A really special team of volunteers are part of the project and are supported by Meinir Evans who brings with her to the project 15 years' experience as former Manager of the Abbey Road Centre in Bangor.

This latest project demonstrates the confidence the Health Board has in the third sector and volunteers and see them as part of the solution to some of the challenges the NHS currently faces. The aim is to ensure patients will be provided with far more appropriate support which, in turn, means that scarce NHS resources are freed up for better use. I look forward to providing Mantell with an update on the progress made with this project over the coming months.

Once again, this ICAN project demonstrates how important volunteers are as we look at better ways of supporting individuals. Our thanks especially go to all those volunteers who give their time freely to make things better for others. If you feel you could contribute to this work as a volunteer, then please do not hesitate to contact Meinir Evans at Mantell Gwynedd.

Until Next Time
Bethan

Welcome

We are delighted to welcome MEINIR EVANS to Mantell Gwynedd as a new member of staff.

Meinir commenced her role on January 2nd as a Co-ordinator for the ICAN Centres.

Whilst she is located at our Caernarfon office, her role will take her right across North Wales as she sets up ICAN Centres at



the three main District General Hospitals, Ysbyty Gwynedd, Glan Clwyd and the Wrexham Maelor.

Meinir has worked for nearly two decades in the third sector and brings with her a wealth of experience to this role. She has spent the last fifteen years as Manager of the Abbey Road Centre in Bangor, a drop-in facility that supports individuals with mental health challenges. Meinir has also been Vice Chair of Mantell Gwynedd Board, Chair of Dawns I Bawb and has played an active role in third sector activities in Gwynedd.

We welcome Meinir to Mantell Gwynedd and wish her well with the new role.

Our glass cabinet needs you!



Here is a chance for your organisation to make use of the glass cabinet in front of the Caernarfon office.

Due to the prominent location of the display cabinet the Volunteer Centre receives a lot of enquiries and we still have some display space available during 2019.

For a discussion or further information, contact Carwyn: **01286 672 carwynhumphreys@mantellgwynedd.com**

Congratulations

Congratulations to GISDA for the Suspended Coffee campaign which raised the sum of £1,203.53. This was spent on meals/drinks for the less fortunate people of the area during 2018. Mantell Gwynedd is proud to have taken part in this campaign. Well done everybody!

TEACOFI GISDA
COFFI CYFALL SUSPENDED COFFEE

Mae coffi cyfall yn goffi wedi gael ei brynu gan gwsmer ar gyfer unigolyn mewn angen. Yn Caffi GISDA mae modd prynu unrhyw beth oddi ar y fwydlen

A suspended coffee is a coffee bought by a customer for an individual in need but in Caffi GISDA you can buy any item from the menu

£1203.53
gwerth £1203.53 wedi ei werthu yn 2018
£1203.53 worth was sold in 2018

CAFFI GISDA, 22/23 Y MAES, CAERNARFON, LL55 2NA
Teacofi@gisda.co.uk - 01286 671153

Payroll Preparation Service

Mantell Gwynedd provides a Payroll preparation service for voluntary organisations. In order to get further information please call Ceren Williams on **01286 672 626**.



Impact of volunteering



CANOLFAN GWIRFODDOLI GWYNEDD VOLUNTEER CENTRE

Training for organisations

"Working alongside volunteers"

Gwynedd Volunteer Centre is offering a training opportunity for staff of organisations who work with volunteers.

This is a unique training which provides details about good practices, greater understanding of involving volunteers and expectations working alongside volunteers.

We can arrange a bespoke session for your organisation or jointly with another similar organisation.

For more information or a chat, please contact Carwyn:

01286 672 626
carwynhumphreys@mantellgwynedd.com




Name of volunteer: Richard Storey

Age: 35

Tell us what you do as a volunteer

"I volunteer around 20 hours a week with the conservation team at the North Wales Wildlife Trust. Most of the volunteer tasks revolve around nature reserve management"

How did you first get involved? What were your reasons for doing so?

"I was made redundant and wanted to use the opportunity to break into the world of conservation. Although I have a master's degree in ecology, I realised that a lack of practical experience was stopping me from being able to get a job in the field".

What difference has volunteering made to you?

"Getting out of the house and working outside has had a massive positive impact on my life. I feel fitter and much happier. Volunteering has allowed me to meet people of all ages who share the same interests as me. I get to network with people who work at different conservation organisations and get advice on how to get a job in this incredibly competitive field. The Wildlife Trust has already sent me on one training course with the possibility of more in the future."

How did Gwynedd Volunteer Centre help you?

"Carwyn put me in touch with the volunteer manager at the

Wildlife Trust after discussing what opportunities were available and of interest to me"

Has volunteering lead to any significant development of changes in your life?

"Volunteering has really helped me to focus on what it is I want to do. Before starting I had a vague idea that I wanted a job in conservation but no real idea about what that actually involved. Some of the roles that I previously thought I wanted to do aren't for me and I wouldn't have known that unless I had volunteered. Only through volunteering have I been able to learn about the many different areas that make up conservation organisations and focus on those that I want to turn into a career"

Can you describe volunteering in one sentence?

"Volunteering is a two-way street: you get to help an organisation that you feel passionate about but they also get to help you, often in ways you haven't thought of."

How Llangybi Young Farmers Club turned a small grant of £550 from Mantell Gwynedd to a sum of £3,500 overnight!

Meinir Owen, of the Llangybi Young Farmers Club tells the story

“Llangybi Young Farmers Club collects money for Charities annually and as so many good causes are close to our hearts as a Club at the moment, it was decided that it would be a good idea to arrange one big activity to raise money.

After a discussion, it was decided that a Fun Night with various artists, games and food would bring an audience of all ages and thus help to fill the coffers.

As we started to organise, we heard that there was a grant from Mantell Gwynedd available to volunteers who were holding such events. The application form was completed, and we were successfully awarded a grant of £550. With this grant we were able to book artists such as Gwilym Rhys Bowen and Phil Gas and the Band. It also helped us purchase goods for the barbecue.

Everybody got busy organising, advertising, selling tickets, preparing the shed, buying food, buying drinks for the bar, and arranging the raffle and games for the “Fun Night” which was to be held on Friday, October 12th.



When everything was ready, the weather went against us! We know that many people failed to attend because of the bad weather, but everyone who ventured really enjoyed themselves. Members were busy on the night, collecting tickets and collecting money on the door, selling raffle, overseeing the games, giving a musical item, preparing and cooking food and selling drinks in the bar and of course clearing up at the end.

It was a very successful night and the total profits together with gifts received, amounted to an incredible £3,500.

We are very grateful for the grant received from Mantell Gwynedd and for all donations and support. The entire experience was very valuable, and a good number of members gained experience of taking part in a host of different duties and practical skills. It was a pleasure to share the money between the Alys Non Fund, the Caio Fund and the Walton Home from Home.

Thanks for every help”.

Well done Llangybi Young Farmers Club!



Welsh Government Warm Homes NEST Scheme

The Welsh Government Warm Homes NEST scheme is here to help people keep warm and save money on their energy bills. NEST provides advice on saving energy, energy tariffs and benefit entitlement and is open to all householders in Wales.

If your home is hard to heat, please contact NEST on Freephone **0808 808 2244** for free advice and to see if you are eligible for free home energy efficiency improvements, or visit www.nest.gov.wales for more information.

Carers Outreach Service

“Calling Gwynedd Carers - need a break from caring?”

Carers Outreach Service has a new carers' break fund for Gwynedd carers. Any carer can apply for this fund regardless of what services they get. There are no strict criteria to qualify.

If you are not sure what type of break would benefit you - you are welcome to contact Helen Evans to discuss it further on **01248 370797** or email

help@carersoutreach.org.uk

Carers Outreach Service can also provide a stay at their caravan at a special rate for unpaid carers which is situated just outside Pwllheli. Carers can stay with their dependants, family or friends anytime between 1 March and 31 October.

For more information please contact

caravan@carersoutreach.org.uk

or by phoning **01248 370797**



New Service – Dementia Connect

Alzheimer's Society Cymru have launched a new support service, with a simplified method of referring people affected by dementia and/or their carers to connect them with the right support and services to help them live well.

The new service is called **Dementia Connect** and is a simple, single point of referral. The service will connect people affected by dementia with vital practical support that will empower them to independently manage the condition and remain active within their community for as long as possible.

People affected by dementia and/or their carers should be referred direct using their online referral porta which will speed up the process to getting the right help. It's also possible for people affected by dementia to self-refer over the phone or via email. If the service is accepted, a specially-trained Dementia Adviser will carry out a comprehensive assessment of the person's needs.

To find out more about

Dementia Connect

and other Society services, please call

0333 150 3456 or

0330 094 7400 for a

Welsh language

phone line, or email

Dementia.Connect@alzheimers.org.uk



Next Third Sector Well-being and Volunteering Network Event

The above Network event will take place at **10:00 am on Tuesday March 26th 2019** at the Porthmadog Football Club. This event offers a great opportunity for networking with other organisations.

For more information please contact

Sioned Larsen or Carwyn Humphreys on

01286 672626

Measuring the Social Value of the Arfon Social Prescribing Project

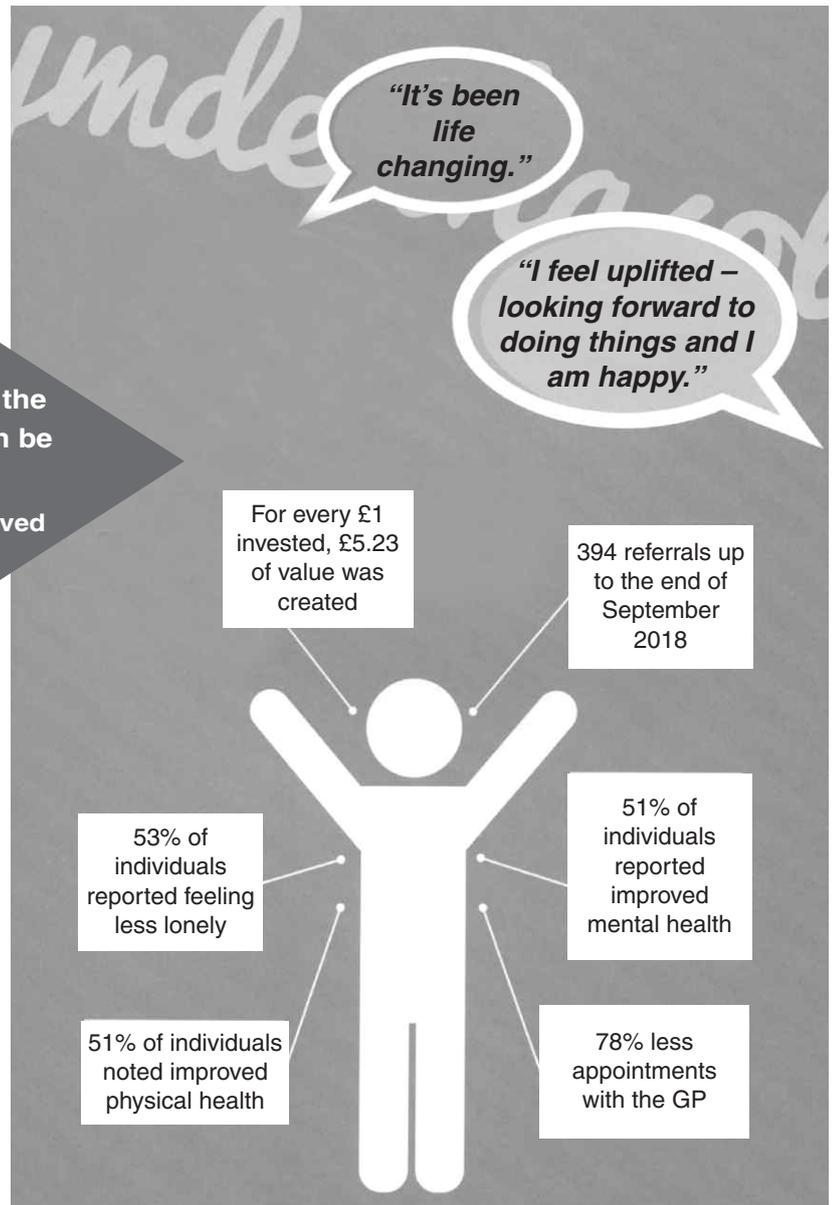
A piece of work was commissioned to measure the social value of the project and the results up to the end of September 2018 can be seen in the diagram.

At the end of January 2019 the project has received over 500 referrals

Raising Awareness of Autism Project

Fifteen Third Sector organisations have recently received free Autism Awareness training. The project works closely with the Integrated Autistic Services to provide the training and the officer has attended two of their multi-agency events at Pwllheli and Dolgellau as well as some of their Drop-In Sessions.

Some supermarket chains have become autism aware by arranging a Quiet Hour, where the shops have dimmed their lights and switched off the music at a specific day and time. There is also an opportunity for small local shops to receive support in becoming more autistic friendly.



Up to now three grant applications have been approved to assist in making services more autistic friendly (Third Sector only). If you would like further information on any aspect of the project please contact Mair Richards on **01286 672626** or mair.richards@mantellgwynedd.com



Social Value Cymru

Trustee Information Day in Liverpool

On the 23rd of November, a trip was organised to visit Liverpool with staff and Trustees from the organisations who are part of the Social Value Cymru project.

The day started with presentations from the Furniture Resource Centre (FRC) and Person Shared Support (PSS) explaining how they have embedded social value into their everyday work, and what are the advantages and the challenges of doing this. The FRC Group supports people who have been long term unemployed into sustainable employment and also does a lot of work to end furniture poverty. The PSS run a number of different projects including supporting people to live independently, family

support projects and support individuals experiencing domestic abuse. We then heard from Racheal Jones, Knowsley Volunteering Community and Voluntary Services, about her experience of working with the Local Authority to ensure social value is central to their commissioning. To end the day, Ben Carpenter Chief Executive of Social Value UK explained the importance of using social value information for decision making and creating even greater positive impact for the individuals who are receiving our services.



Measure and Manage your Social Value

INTRODUCTION TO SOCIAL VALUE



Social Value Cymru is part of Mantell Gwynedd and is working in partnership with the Country Voluntary Councils in North Wales. As part of this project, we are offering a workshop for public or third sector organisations who might benefit from this.

THIS WORKSHOP WILL:

- Introduce what social value is and why it's important
- Show how to take the first steps to measuring your social impact by looking at the ten impact questions
- Share free resources available and discuss opportunities for organisations to demonstrate their impact

Workshops will take place on:

- 21 March (Welsh) Bangor Rugby Club (9.30–12.30)**
- 21 March – Bangor Rugby Club (1.30–4.30)**
- 28 March – AVOW Offices, Wrexham (9.30–12.30)**
- 29 March – Blaenau Ffestiniog Library (9.30–12.30)**
- 9 April – Cartrefi Conwy, Abergelge (9.30–12.30)**

For further information, contact Elaine on **01286 672626**
or elaine.thomas@mantellgwynedd.com

To book your place, email ellen@mantellgwynedd.com



AWARDS FOR ALL

(Grants between £300 and £10,000)

National Lottery Funding can help you to make a difference in your community. National Lottery Awards for All offers funding from £300 to £10,000 to support what matters to people and communities. We will fund organisations with great project ideas that:

- ◆ Shape the places and spaces that matter to communities
- ◆ Bring more people together and build strong relationships in and across communities
- ◆ Enable more people to fulfil their potential by working to address issues at the earliest possible stage

For more information:
www.biglotteryfund.org.uk



Would your organisation benefit from a fundraising health check?

The Institute of Fundraising Cymru can help!

In the Fundraising Health Check, charities are matched with fundraising coaches who support them to develop new fundraising strategies. Registered charities with voluntary income (not including grant income) under £100,000 and at least two members of part- or full-time staff are eligible to apply.

For application packs or for further information, please contact Alison Pritchard, Project Coordinator on **02920 340062** or email alisonp@institute-of-fundraising.org.uk



'The Rayne Foundation' Grants

Building bridges that connect people and communities

Applications are welcomed from:

- ▶ Young people's improved mental health
- ▶ Arts as a tool to achieve social change
- ▶ Improved quality of life for carers and for older people

For more information visit
www.raynefoundation.org.uk



The Rural Programme

The National Lottery Community Fund

The Rural Programme (round two) funds projects that create positive change for those living in poverty in rural Wales.

Area: Wales

Suitable for: Voluntary or community organisations, Social enterprises, Statutory organisations

Funding size: Up to £500,000 (revenue & capital)

Total available: £4 million

Application deadline: 12:00pm noon on 1 October 2019*

(*round one has closed)

For more information:

<https://www.tnlcommunityfund.org.uk/funding/programmes/rural-programme>

**Remember
you can
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

Are you interested in driving the Mantell Gwynedd Mobile Unit

We have training sessions available for those who passed their driving test before 1st January 1997.

Contact Ellen on 01341 422 575 or ellen@mantellgwynedd.com for more information.

MANTELL GWYNEDD TRAINING EVENTS

Big Lottery Funding Surgery

Date: 25-02-2019

Venue: Mantell Gwynedd Office, Dolgellau

Social Return on Investment Workshop

Date: 21-03-2019

Venue: Bangor Rygbi Club, Bangor

Social Return on Investment Workshop

Date: 29-03-2019

Venue: Blaean Ffestiniog Library

To book your place on any of the above events please contact

Ellen on 01341 422575 or ellen@mantellgwynedd.com

Or to discuss any training needs for your organisation contact

Carys Williams on 01286 672626 or carys@mantellgwynedd.com



ROOMS TO LET

23-25 Y Bont Bridd **CAERNARFON**
Gwynedd LL55 1AB

The Old Police Station
Lombard Street, **DOLGELLAU** LL40 1SB



For more information contact:

Ceren Williams, Mantell Gwynedd 01286 672 626

enquiries@mantellgwynedd.com www.mantellgwynedd.com



WCVA Training

Making your funding applications stand out

Date: 07-03-2019 – Venue: CAIS Colwyn Bay LL29 8BP

For more information or to book your place go to www.wcva.org.uk

