

NOVEMBER 2025

MANTELL GWYNEDD

BULLETIN



Welcoming Huw to Mantell Gwynedd



We are very proud to welcome Huw to the team as the Helping Hand to Volunteer Officer. Earlier this year, we were successful in our application for a grant to extend the project through the Lottery Community Fund which will fund the role for four years. In his role, Huw will provide one-to-one support to individuals who have additional support needs, and who could benefit from help to volunteer.

Originally from Caernarfon, Huw gained a degree in Welsh and History at Bangor University in 2019, before going on to work for Golwg360 and Golwg as a general reporter and later, as a parliamentary reporter in Cardiff. He took the opportunity to return to Caernarfon, and refocus his career on more local and community work in 2023 accepting a position as Community Leader with Cymunedoli Cyf.

In his spare time he is one of the directors of a company that organizes musical gigs in the Caernarfon and Bangor area. "I am really looking forward to being part of a team that promotes and facilitates volunteering across the county and helps to build communities where everyone has the opportunity to make a positive difference. I have admired the work of the Volunteering Center for a long time, and I feel very excited to start my new job with Mantell Gwynedd, an organization that is so highly respected.

"I am a firm believer that when volunteers receive high quality support, it has a significant positive impact – not only on the people they help, but also on their confidence and personal experience. It will be a privilege to contribute my energy and enthusiasm to the role."



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Good Health Event 2025 Dolgellau was a hive of engagement



This year's annual Iechyd Da Dolgellau event, organised by Mantell Gwynedd on behalf of the third sector and partners, took place on October 1, to coincide with the International Day of Older Persons. Established by the United Nations in 1990, this day recognizes the contributions of elderly people to society and raises awareness about issues affecting older adults. Although the Wednesday morning was wet and miserable outside, there was a warm welcome to all in the Sports Hall at Byw'n Iach Glan Wnion.

We are grateful to Councillor Linda Morgan for opening the event at ten o'clock with a heart-felt address. She emphasised the valuable contribution the third sector makes to improving Health, Well-being and Care outcomes for the local population. The sector's ability to respond quickly to needs that arise locally is invaluable. She also referred to the special contribution of volunteers of all ages, who freely give of their time to serve their community.

Engagement events such as Iechyd Da are key to giving the public the opportunity to become more aware of the support available through third sector organisations said Coun. Morgan, and to continue learning of new methods of enriching health and well-being.

28 organizations / groups were present on 32 colorful stands in the Sports Hall, and people came from a wide area to Dolgellau, including from Aberdyfi, Tywyn, Bala, Harlech, Llanelltyd, Abersoch and Blaenau Ffestiniog. The flow of visitors picked up in the afternoon as the weather improved. Interesting conversations were held, queries were answered, information was shared and lots of drinks were drunk – engagement is fun and thirst-quenching work! Everyone enjoyed handling and discussing and enthusiastic parables filled the place.

Good Health Event Dolgellau 2025

Valuable feedback was received from the public and the stallholders and among the concerns raised most were the challenges of living costs and fuel poverty, loneliness, long waiting lists for medical or dental treatment, support in grief and distress, difficulties in ageing, being informed about benefit changes, lack of local employment and homes for young people, and the third sector being continually concerned about the future of sponsorship and the grant off-season period, and attracting and retaining volunteers. The event was a huge success again this year. Thank you to everyone who ensured that the people of South Gwynedd feel more informed about Health and Well-being provision following Dolgellau's Good Health 2025.

" The best thing for me was meeting people and organisations "

"Good range of organisations and information for the public"

"Thank you to Mantell Gwynedd for organising this annual event"



HEALTH AND WELLBEING

Good Health Event Dolgellau 2025



Latest volunteering opportunities!

VOLUNTEERING OPPORTUNITY

RACE MARSHALS SLATE TRAIL ULTRA 2025

📍 Bangor and Eryri area

🕒 15th-16th November 2025



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VOLUNTEERING OPPORTUNITY

VOLUNTEER CASE WORKER

📍 In the community - Gwynedd

🕒 Flexible role



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ssafa
— the —
Armed Forces
charity

VOLUNTEERING OPPORTUNITY

RADIO VOLUNTEERS

📍 Ysbyty Gwynedd /
Llangefni

🕒 To be discussed



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Cofrestrwch gyda
Gwirfoddoli Cymru i
gychwyn chwilio am
gyfleoedd gwirfoddoli
lleol

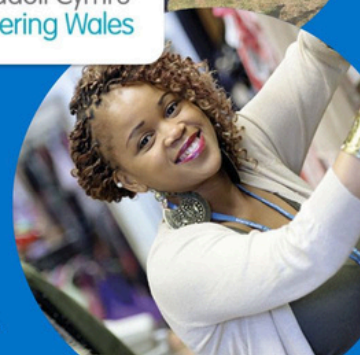


 Gwirfoddoli Cymru
Volunteering Wales

Register with Volunteering
Wales today to start
searching for local
volunteering opportunities



gwirfoddolicymru.net
volunteering-wales.net



**We're
supporting!**

Befriending

Week

**1 - 7
November**

Befriending
Week

1-7
November

Ffrindia'  Newydd

Ffrindia' Newydd Befriending Scheme

Are you looking for a
meaningful volunteering
opportunity?
Join us!

What?
Befriend an individual
over 50 who feels lonely

Why
Only an hour or two each
week but it makes a real
difference to someone's
life

How?
Contact the Project
Officer!



Ffrindia'  Newydd



Ffrindia'  Newydd



Ffrindia'  Newydd



Ffrindia'  Newydd

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Wedi ei ariannu gan
Llywodraeth y DU  Funded by
UK Government

Third Sector and Cyngor Gwynedd Partnership Agreement Survey



The public consultation by Gwynedd Council on the "Compact" will close on 28/11/25.

The "Compact" is a collaboration agreement between Gwynedd Council and the Third Sector (namely charities, community organisations, and voluntary groups).

Its aim is to strengthen the relationship between the Council and the sector, ensuring that collaboration, communication and trust form the basis of the way we work together for the benefit of the people of Gwynedd.

Mantell Gwynedd wishes to gather your opinion on the agreement, therefore, would you please take a few minutes of your time to complete the survey and ensure that your voice is heard. We encourage everyone who is interested in the input and work of the essential community services of the third sector in Gwynedd, and Gwynedd Council's commissioning and procurement processes to complete the survey available here :

<https://www.gwynedd.llyw.cymru/cy/Trigolion/Dweud-eich-Dweud/Ymgynghoriadau-Byw/Ymgynghoriadau-Byw.aspx>

You are also welcome to submit your comments by email to us: ymholiadau@mantellgwynedd.com

New laptops available to hire!

Mantell Gwynedd is proud to announce that we have brand new laptops available for hire by third sector organizations and volunteers.

The aim of the scheme is to improve digital skills and promote digital inclusion within the community.

If your group or volunteers could benefit from better access to technology, we'd love to hear from you.

Contact us for more information!



**LLOGI
GLINIADURON
LAPTOP HIRE**

Am ddim! Free!

Gwella sgiliau
digidol y Trydydd
Sector yng
Ngwynedd

Improving digital
skills for the Third
Sector in Gwynedd

 ymholiadau@mantellgwynedd.com
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GWYBODAETH



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



Llywodraeth Cymru
Welsh Government

Cydweithio: Dathlu Dull Systemau Cyfan Cymru ar gyfer Pwysau Iach

Ymunwch â ni am ddiwrnod o fewnwelediad a
chysylltiad wrth i ni rannu profiadau amrywiol o
weithio trwy systemau

Darganfyddwch y gwaith systemau arloesol sy'n
digwydd ledled Cymru



Prif Siaradwyr Ysbrydoledig



Trafodaethau Panel Dynamig



Clywed straeon go iawn am
weithio trwy systemau sy'n
gweithio'n ymarferol



Mae'r digwyddiad cyffrous hwn yn
dod ag arweinwyr, arloeswyr ac
ymarferwyr ynghyd i rannu syniadau,
archwilio heriau ac adeiladu atebion
gyda'i gilydd.



Lleoliadau Cysylltiedig ar y cyd:
Capital Quarter 2 Caerdydd CF10 4BZ
Prifysgol Bangor LL57 2DG



Cofrestru

<https://forms.office.com/e/HUyZgxEqnh>



17^{eg} Tachwedd 2025
10yb - 4yp



Cyflwyniad astudiaeth
achos

<https://forms.office.com/e/c0L8ZtjDnd>

Epilepsy Wales Drop In Sessions

Sesiynau Galw Heibio
Epilepsi Cymru



HWB Dinas Bangor

Every first Tuesday
of the month

Pob Dydd Mawrth cyntaf
o'r mis

11.00 - 1.00



Felin Fach, Pwllheli

Every first Thursday
of the month

Pob Dydd Iau cyntaf
o'r mis

10.30 - 12.30



Call in for support, advice and
information

Galwch i mewn am gefnogaeth,
cymorth a gwybodaeth

Am fwy o wybodaeth cysylltwch a/

For more information contact Lynne Pearce, 07525806511,
lynnepearce@epilepsy.wales

Rhif Elusen Gofrestredig/Registered Charity Number 1059067



10/11/2025

Session 1: 13:00 - 15:00

Session 2: 15:15 - 17:15

Neuadd Penrhyn Hall

LL57 1DT

Actif Bangor Hackathon

Explore how we can make being active
fun, accessible, and inclusive for everyone
—especially for those facing the greatest
barriers. Using the principles of Doorstep
Sport creating opportunities that is at the
right time, right place and for the right
people—designed around the needs of
local communities.
Use the QR code or the link below to
register for the Hack!

Archwiliwch sut y gallwn wneud bod yn
actif yn hwyl, yn hygyrch ac yn gynhwysol i
bawb—yn enwedig i'r rhai sy'n wynebu'r
rhwystrau mwyaf. Defnyddio egwyddorion
'Doorstep Sport' creu cyfleoedd sydd ar yr
adeig iawn, yn y lle iawn ac ar gyfer y bobl
iawn - wedi'u cynllunio o amgylch
anghenion cymunedau lleol.
Defnyddiwch yr cod QR neu yr linc isod i
cofrestru ar gyfer y Hack!

<https://www.eventbrite.co.uk/e/1851534823499?aff=oddidcreator>



Anrhydeddu Pawb a Wasanaethodd
Honouring All Who Served

CINIO COFIO

REMEMBRANCE DAY LUNCH

TACHWEDD 11 NOVEMBER

HANNER DYDD - NOON

Dewch i fwynhau bwffe am ddim i'r Gyn-filwyr!
Come and enjoy a free buffet for veterans!



FREE Workshops for the Voluntary and Community Sector



Disclosure & Barring Service

Join us for a series of free workshops delivered by the Disclosure and Barring Service (DBS), designed specifically for the Voluntary and Community Sector in Wales

DBS Overview Workshop

 17 Tue 8 July | ⌚ 12:00–13:00

 17 Fri 31 Oct | ⌚ 09:30–10:30

Understand DBS checks, regulated activity, barring processes & referral duties.

DBS Barring Workshop

 17 Tue 14 Oct | ⌚ 10:00–11:30

 17 Tue 20 Jan | ⌚ 12:00–13:30

Learn when and how to refer, three referral routes, and consequences of inaction

DBS Update Service Workshop

 17 Wed 17 Dec | ⌚ 12:00–13:30

 17 Tue 24 Feb | ⌚ 10:00–11:30

Learn how to use the Update Service to streamline recruitment.

DBS Harmful Behaviour Workshop

 17 Tue 11 Nov | ⌚ 10:00–11:30

 17 Wed 4 Feb | ⌚ 11:00–12:30

Explore harmful behaviour, safeguarding risks, and making barring referrals.

DBS Disclosure Workshop

 17 Wed 13 Aug | ⌚ 10:00–11:30

 17 Wed 10 Dec | ⌚ 12:00–13:30

Deep dive into DBS check levels, eligibility, safe recruitment, and Update Service

DBS Information Gathering Workshop

 17 Tue 25 Nov | ⌚ 13:00–14:30

 17 Tue 10 Feb | ⌚ 11:00–12:30

Understand your legal duty to share information and the legislation behind it.


DBS Barring Referral Service Workshop

 17 Fri 12 Dec | ⌚ 10:00–11:00

 17 Tue 17 Feb | ⌚ 13:00–14:00

A focused session on legal duty to refer and making effective referrals.

Why Attend?

- Sector-specific guidance
 - Improve safeguarding practices
 - Free to attend
 - Network and share best practice
-  Limited spaces available – book now!

 [Register Here](#)