

MANTELL GWYNEDD

Newsletter for voluntary
organisations in Gwynedd



VOLUNTEERS' WEEK 2023



Volunteering celebration at Portmeirion

The annual Celebration and Thank you Event was held on the 6th June in Portmeirion, as part of national Volunteers' Week – an annual campaign to celebrate the contribution made by volunteers across the UK.

Bethan Russell Williams, Mantell Gwynedd's Chief Officer, opened the event with over 50 people in attendance at Hercules Hall, which boasts a stunning Jacobean ceiling, dark wood panelling features and mullioned windows. "We are delighted to be in Portmeirion this year to celebrate all your achievements", said Bethan in her opening statement, "All of you here today represent just a fraction of many of the fantastic volunteers who work hard to support their communities in Gwynedd".

We were joined by our guest speaker, Emyr Williams, Chief Executive of Eryri National Park Authority. He spoke of the important contributions made by volunteers who help within the national park. He added that since the pandemic, the number of people who have signed up to join the Caru Eryri campaign (clearing rubbish and maintaining the main footpaths of our mountain ranges), has been exceptional.

Over 20 awards were presented to volunteers and groups during the ceremony which included outstanding achievement awards for individuals, groups and trustees. Ending the ceremony was the Chief Officer's special recognition certificate awarded to Snowdonia Donkeys for their remarkable work since their inception a decade ago.





VOLUNTEERS' WEEK 2023



JOBS



Cynorthwy-ydd Gweinyddol

Swyddfa Mantell Gwynedd, Dolgellau

Cyfle i ymuno gyda thîm hwyliog, cynnes a llwyddiannus Mantell Gwynedd

Cyflog: £21,189 (Pwynt 4 Graddfa NJC)

Swydd Barhaol

35 awr yr wythnos

Gallwn gysidro gweithio o swyddfa/gweithio hybrid.

Cynigwn pob cefnogaeth a hyfforddiant ar gyfer y swydd.

Dyddiad cau: hanner dydd, dydd Llun, 24ain Gorffennaf 2023

Dyddiad cyfweiliadau: Wythnos yn cychwyn 31ain Gorffennaf 2023

Am fanylion pellach: 01286 672626 neu tracy@mantellgwynedd.com

This is an advertisement for the role of Administrative Assistant for which the need to be fluent in Welsh and English is essential

HEALTH & WELLBEING



Do you know how much energy you are using?

A smart meter could help you track your energy usage.

The in-home display shows you the amount of energy you use in pounds and pence, allowing you to keep a closer eye on your energy spending habits.

Both the in-home display and the smart meter operate without the need to be connected to the internet.

Call our Information and Advice team on 01286 677711 or email benefits@acgm.co.uk to find out more*

*Eligibility may vary, consumer action required



Registered Charity Number 1143587



HEALTH & WELLBEING

Easy Read



Have your say

Help us to make health and social care services in Wales better



This document was written by Llais. It is an easy read version of 'Have your say on how Llais can work with the people of Wales'.

June 2023



Eich llais mewn iechyd a gofal cymdeithasol | Your voice in health and social care

Introduction



We are Llais, an independent body set up by the Welsh Government.



We are here to help people have more say in how health and social care services are planned and delivered.



[You can find out more about what we do on our website here.](#)



We want to talk to people across Wales to help us decide what our plans and goals should be.

We want to know how you think we should carry out our work.

HEALTH & WELLBEING



We want to hear what matters most to you about health and social care services.



This will help us make sure our work makes a big difference.



We will make sure decision makers use your views to make health and social care services better.

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Talk to us:

Email us on enquiries@llaiscymru.org.

We will reply to arrange a time and date which suits you.



We can also join an online meeting of your team or community.



We will be collecting your views until **31 July 2023**.



Your ideas will help us plan for the future.



Thank you for helping us.

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How to give us your views



We want you to tell us how you think we should carry out our work and what matters most to you about health and social care services.



To give us your views, you can join our online event, fill out our survey, or talk to us. Your friends and family can join in too.



1. Join our online event:

[Book your place here.](#)



2. Fill out our survey:

Answer our questions on your own or in a group.

[Find the survey here.](#)

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Contact

If you have any questions please get in touch.



Email: enquiries@llaiscymru.org



Phone: 02920 235 558



Website: www.llaiswales.org/contact-us



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HEALTH & WELLBEING



Gorffennaf : July

Ardal Penrhyn Area
07534 551948
hwb@drefwerdd.cymru

Bro Ffestiniog
07385 783340



Dyddiad / Date	Amser / Time	Be' sydd 'mlaen? What's on?	Lleoliad / Where
Mawrth / Tuesday 4.7.23	11:00 - 13:00	Creu Gemwaith Jewellery Making	Penrhyn
Iau / Thursday 6.7.23	11:00 - 13:00	Symudiadau Tai Chi i Lesiant Tai Chi Movements for Wellbeing	Penrhyn
Mawrth / Tuesday 11.7.23	11:00 - 13:00	Ymweliad Canolfan Gweilch Glaslyn Glaslyn Ospreys Centre Visit	Llanfrothen
Iau / Thursday 13.7.23	10:00 - 16:00	Gweithdy Gwehyddu Helyg (Rhan 1) Willow Weaving Workshop (Part 1)	Blaenau
Mawrth / Tuesday 18.7.23	10:00 - 12:00	Canu yn y Coed Singing in the Woods	Blaenau
Iau / Thursday 20.7.23	10:00 - 16:00	Gweithdy Gwehyddu Helyg (Rhan 2) Willow Weaving Workshop (Part 2)	Blaenau
Mawrth / Tuesday 25.7.23	10:00 - 12:00	Cerdded a Chreu Creative Walk	Maentwrog



CAFFI COLLED

Bereavment Support Group

Llun 1af o'r mis/ 1st Mon of the month

Llun/Mon

3 Orffennaf/July

7 Awst/Aug

1-3pm

Canolfan Gorffwysfan

Bethesda LL57 3AR

cysylltwch/contact:

Caplan Bro/Community Chaplain

Parch/Rev'd Sara Roberts:

sararoberts@churchinwales.org.uk

mob: 07967652981

FB: Caffi Colled



Gweithdy
Gwehyddu Helyg
Dau Ddiwrnod

Two Day
Willow Weaving
Workshop

13 & 20.7.2023



Mae archebu lle yn hanfodol - 8 lle ar gael
Booking essential - 8 places available

hwb@drefwerdd.cymru



Ariennir gan / Funded by
Skyline Blaenau Ffestiniog



HEALTH & WELLBEING

MeTime

Online support sessions for carers

July



Monday 3 July: 11-12pm: Digital Tools to Support People Living with Dementia

Digital Communities Wales will deliver this session. Within this session we will overview how digital tools can support people living with dementia in a safe and secure way.



Tuesday 11 July: 2-3.30pm: Red Cross Adult First Aid

Are you interested in learning essential, lifesaving first aid skills to help in an emergency? If so, our first-aid workshop might be for you. These interactive workshops, run by experienced British Red Cross educators, build your confidence to help someone in a first aid emergency, using everyday objects around you.



Monday 17 July: 11-11.45am: Fun dance class: 'Disco through the decades'

An inclusive fun dance class 'Disco through the decades'. The class is open to all abilities and fitness levels so all you need is your own body and a small space. The class will last for 45 minutes.



Tuesday 18th July: 11am - 12pm: Eat Smart Save Better

Eat Smart Save Better is a one-hour session exploring ways to eat healthily, use store cupboard ingredients and provide tips for saving money when food shopping. Shopping bag activity, looking at simple key ingredients, the nutrients they provide and how to incorporate them into everyday meals without breaking the bank.



Tuesday 18 July: 1.30-3pm: Carer Representation Training

Do you feel that unpaid carers need to be heard wherever decisions are being made about health and care services? Are you interested in speaking up for carers in your community, your region or even Wales-wide? We're offering free online training to unpaid carers on carer voice and influencing.



Wednesday 19 July: 11-12pm: Stop Loan Sharks - Wales Information Session

The Stop Loan Sharks Team welcome all to an information session that will help you recognise loan shark activity and explain how you can help us to tackle the (often hidden) problem in our communities.



Thursday 20 July: 1-2pm: In-person and hybrid tour of Insole Court

Come and join us either in person or via Zoom for a whistle stop heritage guided tour of Insole Court. Nestled in the leafy Cardiff suburb of Llandaff, Insole Court is a Grade II* listed mansion house with a rich history.



Thursday 27 July, 10 -11am: Policy Forum

Come and join other carers to discuss policy developments and topical issues related to carers in Wales with the Carers Wales Policy Team. You will get receive policy updates from Carers Wales staff and hear from guest speakers. If you have any questions or queries before the session please contact our Policy Officer Jake Smith by email: jake.smith@carerswales.org

To Register:

<https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/july-sessions/>

SOCIAL VALUE CYMRU

SOCIAL
VALUE
CYMRU



*Yn cefnogi grwpiau gwirfoddol a chymunedol
Supporting voluntary and community groups*

WHO ARE WE?

Social Value Cymru is part of Mantell Gwynedd County Voluntary Council, with experience of delivering training, support and evaluation services to voluntary and public sector organisations in Gwynedd. We can provide a range of flexible options and are happy to tailor any package to suit your needs.

WHAT IS SOCIAL VALUE?

If you were to ask those people that are the focus of your work, what would they say is most important to them? Is it the financial performance of your organisation, or the things that have changed in their lives as a result of your work?

- Do you need support to measure the social value of your work?
- Could measuring social value help tell the story of your work more effectively?
- Would measuring social value help you to create even more impact on people's lives?
- Could measuring social value help your funding requirements?

If you answered **yes** to any of these questions Social Value Cymru can help you.

WHAT WE CAN OFFER?

Social Value Cymru offers a variety of different services to help you understand, measure and manage the social impact you create.

STAKEHOLDER ENGAGEMENT & MAPPING

TRAINING & CAPACITY BUILDING

MENTORING

IMPACT MEASUREMENT & MANAGEMENT

- FULL SROI & SOCIAL VALUE EVALUATION SERVICE USING THE PRINCIPLES OF SOCIAL VALUE

SOCIAL VALUE POLICIES AND STRATEGY

SOCIAL VALUE
INTERNATIONAL
ADVANCED PRACTITIONER

SOCIAL VALUE
INTERNATIONAL
ACCREDITED PRACTITIONER

SOCIAL VALUE UK
Partner



CONTACT US

Social Value Cymru
25 Y Bont Bridd, Caernarfon,
Gwynedd, LL55 1AB
Phone: 01286 672626
Email: svc@mantellgwynedd.com

www.mantellgwynedd.com



@ValueCymru

FUNDING



Heritage can be anything from the past that you value and want to pass on to future generations. We provide funding for heritage projects from £3,000 up to millions of pounds. Take a look at our various funding programmes and decide which one might be right for you.

Please visit www.heritagefund.org.uk/funding for more information



Species Survival Fund

A short-term programme to create and restore habitats and reverse the decline of species across England, delivered on behalf of Defra.



Coetiroedd Bach: Tiny Forests in Wales

A grant scheme to create small patches of native woodland across Wales as part of the Welsh Government's National Forest initiative. Grants of up to £40,000 per woodland site are available.



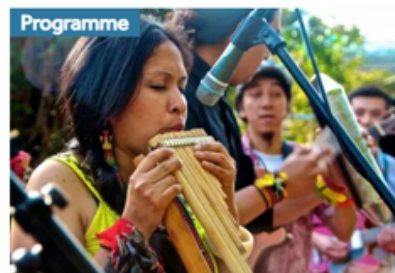
Heritage resilience and recovery funding

We are committed to supporting the UK's heritage to adapt and thrive, and making heritage organisations more resilient through our National Lottery Grants for Heritage.



The Woodland Investment Grant

A grant scheme intended to create, restore and enhance woodlands in Wales, as part of the Welsh Government's National Forest programme.



National Lottery Grants for Heritage – £3,000 to £10,000

A funding programme for projects that connect people and communities to the national, regional and local heritage of the UK. Made possible thanks to National Lottery players. Grants available from £3,000 to £10,000.



National Lottery Grants for Heritage – £10,000 to £250,000

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