

APRIL 2025

MANTELL GWYNEDD

BULLETIN



VOLUNTEERS' WEEK 2025



This year's **Volunteers' Week**, which takes place between **2nd and 5th June**, promises to be a special celebration of the individuals and groups who give their time, energy and care to make our communities better and stronger. In Gwynedd and across the country, **Volunteers' Week** is an opportunity to draw attention to the inspiring stories of people who step forward – quietly and consistently – to support everything from local charities and youth agencies, to food banks, environmental projects and community events.

Mantell Gwynedd is currently putting together events for the week, with the aim of celebrating and highlighting the incredible voluntary effort that takes place throughout the county.

And that's not all – we will also pay attention to the outstanding individuals and groups who have gone above and beyond, as nominations will soon open for the **Gwynedd Volunteer Awards 2025**. Whether it's someone who is always ready to help, or a group that makes a big difference in their community, this is your chance to say thank you and give them the recognition they deserve.

So, mark the dates in your diary – 2–5 June – to celebrating the people who make a real difference.

Keep an eye on further details and information on how to nominate your local heroes.



01286 672 626
www.mantellgwynedd.com
ymholiadau@mantellgwynedd.com

VOLUNTARY SECTOR GRANT

KEEP YOUR EYES PEELED !

Another **Voluntary Sector Grant** will soon be launched !

The Grant will be available to community and charitable groups operating in Gwynedd.

Contact Carina or Bethan at Mantell Gwynedd to express interest on behalf of your group.

Caernarfon Office 01286 672626



Wedi ei ariannu gan
Llywodraeth y DU



Funded by
UK Government

VOLUNTEER CENTRE



Cynllun Gwirfoddoli
GWYNEDD
Volunteer Scheme

Cynllun tystysgrifau oriau
gwirfoddoli yng Ngwynedd

Volunteer hours certificate
scheme in Gwynedd



25 50 100
200 500 1,000

Cofrestrwch am ddim!
Register for free!

www.mantellgwynedd.com
01286 672 626



NEW OPPORTUNITY

VOLUNTEER TREASURER

Would you like to make a difference to the
answers of people who are testing or at risk of
testing?

Didartref Cyf is seeking a new treasurer to
join their management board.

So, if you have experience in accounting,
accounting, book keeping and are looking for
a new challenge to help people move forward
with their lives, get in touch with us for more
information!

More information:

01286 672 626
gwirfoddoli@mantellgwynedd.com



ymgyrch
#byddaf **#iwill**
movement

**MAE CEISIADAU NAWR
AR AGOR**

**APPLICATIONS
NOW OPEN!**



**DOD YN LLYSGENNAD
#iWILL**

**BECOME AN #iWILL
AMBASSADOR**

Listen and Connect Volunteers Needed

An exciting opportunity to make a real difference

Listen and Connect is a telephone listening service for
older people who may be experiencing feelings of loneliness and
isolation. This service provides a safe space where people are listened
to and supported to explore the issues that are important to them.

What will I be doing as a Listen and Connect Volunteer?

You'll be offering a listening ear to callers from the comfort of your own
home.

Who are we looking for?

We're looking for volunteers who want to make a difference and connect
with older people. Volunteers must have access to a smart phone, laptop or
tablet with headphones.

**We're keen to attract volunteers who can dedicate a minimum of
three hours per week. Full training and ongoing support will be
provided by Age Cymru.**



www.agecymru.org.uk



07425 422 683



CAPlisten@agecymru.org.uk



Age Cymru is a registered Charity 1128436. Company limited by guarantee and registered in Wales and England 6837284.
Registered office address Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff CF24 5TD. © Age Cymru 2024

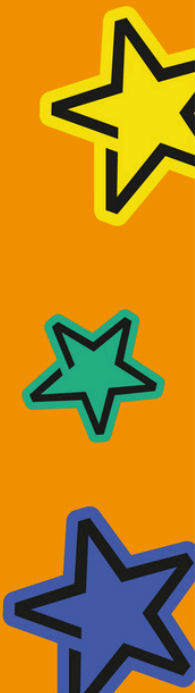
VOLUNTEER CENTRE



Get ready for
Volunteers'
Week 2025

2nd – 8th June

#VolunteersWeek



2nd – 8th June

2025

#VolunteersWeek



Join Porthi Dre as a Board Member or Trustee!

★ Are you passionate about supporting the community? We are looking for enthusiastic individuals to join our Board as Trustees or Board Members!

- ✓ No previous experience required
- ✓ An opportunity to share your skills and ideas
- ✓ Play a key role in shaping the future of Porthi Dre

If you have a desire to contribute and help grow our charity, we'd like to hear from you!

Full application pack here:

<https://www.porthidre.cymru/cy/volunteering>

VOLUNTEER CENTRE



Have
pride

**YOU'VE GOT THE
SKILLS.**



Make a
difference

**WE'VE GOT THE
OPPORTUNITIES.**

**ALL WE NEED IS
YOU.**



Improve
well-being



Increase
Self-esteem

Volunteer for SSAFA in Wales

We need your skills at SSAFA, the Armed Forces charity to continue making a lasting difference to the lives of serving personnel, veterans, and their families in Wales, so that they never have to battle alone.

- **Military or civilian backgrounds welcome.**
- **Full training provided.**
- **Choose when you volunteer.**
- **Wales-wide opportunities.**

CONTACT US TO FIND OUT MORE

Email vce@ssafa.org.uk

or visit ssafa.org.uk/volunteer



ssafa
— the —
**Armed Forces
charity**

HEALTH AND WELLBEING

Angen Cyngor ? Dewch am Sgwrs

Ebrill 1 rhwng 10 a 12.30
Ebrill 15 rhwng 10 a 12.30
Ebrill 29 rhwng 10 a 12.30
Mai 13 rhwng 10 a 12.30
Mai 27 rhwng 10 a 12.30

Need Advice? Come Have a Chat

April 1 between 10 and 12.30
April 15 between 10 and 12.30
April 29 between 10 and 12.30
May 13 between 10 and 12.30
May 27 between 10 and 12.30

Bangor: 01248 510922
Caernarfon: 01286 424922
Dolgellau: 01341 707922
Pwllheli: 01758 383922
cabgwynedd.cymru/contact



Registered charity number: 275097

cyngor ar
bopeth

citizens
advice

Gwasanaeth Awtistiaeth Integredig GC NW Integrated Autism Service.

Bydd ein tîm ar gael ar draws **Gwynedd** yn y lleoliadau canlynol i gynnig cefnogaeth a dealltwriaeth wedi diagnosis o Awtistiaeth.

Our team will be available across **Gwynedd** in the following venues to offer support and understanding of an Autism diagnosis.

- **Porthi Dre, Caernarfon. LL55 2YD**
08/04/2025 1.30yp/pm – 3.30yp/pm
- **Canolfan Henblas, Bala. LL23 7AG**
11/04/2025 10.00yb/am-12.00yp/pm
- **Canolfan Felin Fach, Pwllheli. LL53 5DE**
15/04/2025 10.00yb/am-12.00yp/pm
- **Canolfan y Babell, Llanabbaelarn. LL54 5AW**
15/04/2025 1.30 – 3.30yp/pm
- **Storiell, Bangor. LL57 1DT**
24/04/2025 1.30 – 3.30yp/pm

Fel arall mae ein tîm hefyd ar gael yn y siroedd canlynol:-

Alternatively our team are also available in the following counties:-

Wrecsam, Sir y Fflint, Sir Ddinbych, Sir Conwy ac Ynys Môn.
Wrexham, Flintshire, Denbighshire, Conwy and Ynys Môn.

Ar gyfer dyddiadau/amseroedd a lleoliadau cysylltwch â'n swyddfa ar:-

For dates/times and venues contact our main office on:- **01352 702 090**
NW.IAS@flintshire.gov.uk Facebook – NW Integrated Autism Service

Y STIWDIO LLES THE WELLBEING STUDIO

Want to meet new
people?

Want to build confidence?

Want to try something
creative?

The Wellbeing Studio offers a welcoming space for young adults between 18-30 years old to take part in creative sessions with performers, artists, writers and musicians to help you deal with anxiety, lack of confidence, difficulty socialising and loneliness.

The sessions are free and take place at Nyth, Frân Wen's home in Bangor.

WHEN: EVERY WEDNESDAY FROM 19 MARCH - 21 MAY
TIME: 4pm - 6pm
HOW TO REGISTER: FRANWEN.COM OR CALL 01248 715048
WHERE: NYTH, GARTH ROAD, BANGOR LL57 2RW

This project is supported by Bangor Bodnant Surgery and Bangor University's Department of Student Wellbeing - and is funded by the Arts Council of Wales' Arts, Health, and Wellbeing Lottery Fund.



FRÂN WEN



Bangor Bodnant Surgery
Arts Council of Wales



Bangor University
Department of Student Wellbeing



Arts Council of Wales



NATIONAL LOTTERY



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

DEVELOPING A NORTH WALES RECOVERY COLLEGE

WHAT IS A RECOVERY COLLEGE?

A recovery college offers free courses designed to enhance mental health and wellbeing for everyone, including service users, carers, professionals, and community members.

These courses are co-designed and led by individuals with lived experience, fostering hope, empowerment, and meaningful connections.

Interested in getting involved and sharing
your views?

Join us at our engagement events on the
following dates, you can book by scanning
the QR code.



WREXHAM WELLBEING HUB
15TH MAY 9.30-1



PWLLHELLI FELIN FACH
7TH MAY 9.30AM - 1.00PM



LLANGFNI CAPEL EBENSER
8TH MAY 9.30AM - 1.00PM



**LLANDUDNO EVENT ST PAULS
CHURCH HALL, CRAIG-Y-DON**
2ND MAY 9.30AM - 1.00PM



Gwynedd Dementia Centre APRIL CALENDAR

FOR MORE INFORMATION OR TO BOOK, PLEASE CONTACT FFION TRAVIS ON
07376 484154/ 01492 542212

Monday	Tuesday	Wednesday	Thursday	Friday
	Criccieth 10-4 1	2	3	4
	12.30pm Cinio Ni Criccieth (Lunch in Prince of Wales)	Bangor Centre closed Unfortunately	Bangor Centre closed Unfortunately	
Bangor 10-4 7	Criccieth 10-4 8	Bangor 10-4 9	Bangor 1-4 10	11
10-12pm Carers Group 1-3yp Café Remember	11-1pm Information Session 2-3.30pm Café Remember	11am- Film in Galeri Caernarfon- Calamity Jane £3 2pm- Post card art	1.30pm-3pm Sing session (not live)	
Bangor 10-4 14	Criccieth 10-4 15	Bangor 10-4 16	17	18
10-12pm Carers Group 1-3yp Café Remember	11am Gardening 2pm Café Remember	10.30am Information Session 2pm Puzzle hour (activities to stimulate your mind)	Bangor Centre closed Unfortunately	EASTER BANK HOLIDAY
21	Criccieth 10-4 22	Bangor 10-4 23	Bangor 10-4 24	25
EASTER BANK HOLIDAY Centre closed Unfortunately	11am Loss Group 2pm Café Remember	10-12pm Café Remember 2pm- Post card art	10.30-12pm Sing session	
Bangor 10-4 28	Criccieth 10-4 29	Bangor 10-4 30		
10-12pm Carers Group 1-3yp Café Remember	11-1pm Drop in 2-3.30pm Café Remember	12.30pm Cinio Ni Bangor (Lunch in the Antelope)		

Bangor: Ardudwy Hall, Normal Site, Holyhead Road, Bangor LL57 2PZ

Criccieth: Encil y Coed (Library), High St, Criccieth LL52 0EY

Carers Group– A morning where carers can come to talk to other carers about everything.

Information session- Informative session regarding Dementia and what to expect

Café Remember – Time for a cuppa, chat, reminisce and bits and bobs

Loss Group- A safe space for grieving a loss of a person to Dementia

MEET THE FUNDER EVENTS

Learn more about funding opportunities and gain an opportunity to ask questions!



Tŷ Cerdd Lottery Grants

Monday 14/04/2025 14:30 - 15:30
On-line



The Clothworkers Foundation

Wednesday 07/05/2025 15:30 - 16:30
On-line



The Neumark Foundation

Tuesday 10/06/2025 16:00 - 17:00
On-line



Easyfundraising workshop

Tuesday 09/09/2025 10:00 - 11:00
On-line



Sports Wales Grants

Date and time to be confirmed
On-line



Registration essential.



01286 672 626



ymholiadau@mantellgwynedd.com



North Wales Social Value Network

**Introduction to social
value reporting using
'Measure Up' values**

*Catherine Manning, Head
of Impact Practice*
Impact Reporting Ltd

**The social value journey of
'Olion,' the creative project
for young people**

Elgan Rhys,
Head of Engagement
Frân Wen

Meeting on Zoom

**Thursday 1st of May 2025
10.30 -12.30 o'clock.**

**TO BOOK YOUR FREE PLACE,
register on Eventbrite:**

<https://www.eventbrite.co.uk/e/cyfarfod-rhwydwaith-gwerth-cymdeithasol-gogledd-cymru-tickets-1256397291119>

**For more information you're welcome to
contact: svc@mantellgwynedd.com**





FOOD SCHEME FUND

THE FUND IS OPEN TO APPLICATIONS

- Responding to increased demand for emergency food from residents (emergency free food packages)
- Supporting people to have access to healthy and affordable food (e.g. residents accessing lunch / supper clubs for a small fee or donation; FareShare food boxes and parcels for a donation)
- Respond to rising costs of running a community food bank provision.
- Reduce and redistribute food waste
- Supporting people to maximize food donations by improving knowledge and skill for food preparation, cooking and storage.

CAPITAL - UP TO £5,000

REVENUE - UP TO £4,000

**FOR MORE INFORMATION, VISIT CYNGOR GWYNEDD'S
COMMUNITY GRANTS WEBPAGE**

**SEND YOUR APPLICATIONS TO -
CISTGWYNEDD@GWYNEDD.LLYW.CYMRU**