

APRIL 2026

# MANTELL GWYNEDD

BULLETIN



## VOLUNTEERS' WEEK

1st – 7<sup>th</sup> June 2026



### Looking forward to Volunteers' Week

With Volunteers' Week on the horizon, the Volunteering Centre is proud to announce a series of exciting events to celebrate and recognize the invaluable contribution of volunteers across Gwynedd. One of the highlights of the week will be the **Gwynedd Volunteer Awards**, where individuals and organisations will have the opportunity to nominate volunteers for their dedication and hard work. This is a great opportunity to say thank you to those who make a real difference in their communities.

In addition, we will be holding a **Summer Volunteering Fair**, which will bring together local organizations under one roof. Stands will be available for organizations to promote their work and mission, connect with local people who are interested in volunteering, and attract new volunteers by sharing information about the opportunities available. The fair is the perfect opportunity for the public to find out how they can get involved and contribute to their communities.

Our annual **Speed Dating** network event will also return, giving representatives from different organisations the opportunity to meet each other in short meetings of around 10 minutes. This will encourage the sharing of ideas, develop new partnerships, and strengthen collaboration across the voluntary sector.

We look forward to welcoming everyone to celebrate, connect and collaborate during this special week.

Stay tuned for more details!



01286 672 626  
[www.mantellgwynedd.com](http://www.mantellgwynedd.com)  
[ymholiadau@mantellgwynedd.com](mailto:ymholiadau@mantellgwynedd.com)



## VOLUNTEERS' WEEK

1st – 7<sup>th</sup> June 2026



Volunteers' Week (1–7 June) is a national celebration to recognize the impact of volunteers and encourage more people to get involved. Get involved by hosting or attending local events (such as coffee mornings or recruitment fairs), sharing stories on social media using #VolunteerWeek or downloading official resources to highlight local heroes.

### Ways to Get Involved:

#### For Individuals:

Look for local opportunities, join a charity event, or use the week to start volunteering, even for just an hour. Visit the Volunteering Wales website for inspiration:  
<https://volunteering-wales.net/>



Gwirfoddoli Cymru  
Volunteering Wales

#### For Organisations:

Register and host events (open days, thank you parties), download resources, and promote volunteering opportunities.

#### On Social Media:

Use the hashtag #VolunteerWeek to share your stories, photos, and experiences of volunteering.



# VOLUNTEER CENTRE

## VOLUNTEERS' WEEK

1st - 7<sup>th</sup> June 2026



The brand new Volunteer Week online shop is open! Go to the web page to order official Welsh and English products

<https://merchify.me/wythnos-gwirfoddolwyr/>



# VOLUNTEER CENTRE

## VOLUNTEERS' WEEK

1st – 7<sup>th</sup> June 2026



### Celebrate Gwynedd's Volunteers – Make Your Nomination Today!

Volunteers are at the heart of our communities, giving their time, energy, and passion to make a real difference. Now is your chance to recognise those outstanding individuals and groups who go above and beyond across Gwynedd. As part of Volunteers' Week, Mantell Gwynedd is proud to host the annual **Gwynedd Volunteer Awards**, taking place in the beautiful setting of Portmeirion.

Date: Tuesday 2 June 2026

Time: 12:00pm

This special event celebrates the incredible contributions made by volunteers and community organisations, with certificates awarded to those who make a meaningful impact on people's lives.

#### Award Categories

Nominations are open for:

- Outstanding Achievement
- Team / Group
- Young Person (under 25)
- Trustee

#### Submit a Nomination

Do you know someone who deserves recognition? Whether it's an inspiring individual or a dedicated team, you can nominate them using the official form:

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

Deadline: 12pm, 22 May 2026



## VOLUNTEERS' WEEK

1st - 7<sup>th</sup> June 2026



# GWYNEDD VOLUNTEER AWARDS 2026

Closing date  
22/5/2026



Scan to nominate





**VOLUNTEERS'  
WEEK**  
1st - 7<sup>th</sup> June 2026



## Looking for new volunteers?

From 5-8 June, The Big Lunch and The Big Help Out are coming together for a UK-wide weekend of friendship, food, fun and action.

Encourage people to discover volunteering with your organisation by listing short, fun and flexible activities to try on GoVo or the big do map. Roles lasting 1-3 hours are especially popular and perfect for first-time volunteers.

Whether it's a litter pick, tidying a charity shop or helping serve food at a Big Lunch, simply add a date, time and a few details to be part of the UK's biggest celebration of community.

**Find out more:** <https://rebrand.ly/thebigdo-orgs>

## Connection That Counts

Peter is a volunteer befriender with the Frindia' Newydd befriending project. Since November 2025, he has been visiting Mr R weekly, developing a valuable and supportive relationship. Peter described his experience of volunteering as "thought-provoking and rewarding."

In 2023, Peter lost his partner, which had a major impact on his well-being and confidence. After a long period of loneliness, he decided at the beginning of 2025 to look for a volunteering opportunity to help him reconnect with the community.

After starting to volunteer at a food bank in Blaenau Ffestiniog, Peter was supported to join the Frindia' Newydd project. He was then matched with Mr R, who at the time was experiencing severe social isolation and was often unable to leave his home.

Peter visits him once a week, and over the past few months the two have built a strong bond through shared interests such as woodworking and Sudoku. The visits are now a weekly highlight for Mr R and a valuable source of social contact and companionship.



**"My befriending experience demonstrates the value of flexible, relationship-based volunteering models in addressing social isolation."**

For Peter, volunteering has been an important step in his journey back to community life, giving him new purpose, structure and confidence.





## Helping Hand to Volunteer Project

The Helping Hand to Volunteer project is here to provide extra support for individuals across Gwynedd who have additional support needs and who may benefit from help to volunteer.

**We provide:**

**Practical support:** initial contact, finding the most suitable volunteering role, attending the first sessions, and offering ongoing guidance.

**Supporting individuals** with additional support needs such as disabilities, mental health challenges, learning difficulties, people who are unemployed.

**Personal development through volunteering:**

- ✓ Build confidence
- ✓ Develop new skills
- ✓ Meet new people
- ✓ Feel valued and included
- ✓ Make a positive difference in your community



For more information or to receive support contact the team

✉ [volunteer@mantellgwynedd.com](mailto:volunteer@mantellgwynedd.com)

☎ 01286 672 626

🌐 [www.mantellgwynedd.com](http://www.mantellgwynedd.com)

## Meeting the demand for safeguarding training



Between February and April, Mantell Gwynedd held six Group B Safeguarding training sessions for the voluntary sector. There was a particular emphasis with this training to reach volunteers, staff and trustees to strengthen their knowledge and skills in the field.



Gofal Cymdeithasol **Cymru**  
Social Care **Wales**

In response to increasing demand and to improve accessibility, bilingual sessions were held in Welsh and English, face to face, online, as well as sessions over two nights.

Over **100 individuals** attended the recent training series making it a huge success!

Group B Safeguarding training in Wales is aimed at those who have regular contact with children or adults at risk. This training provides essential information about identifying concerns, responding appropriately, and understanding safeguarding responsibilities within your role.

Following a strong demand, Mantell Gwynedd is now looking at holding Group C training in the near future. Group C is aimed at managers, safeguarding leaders, and those with designated responsibility for safeguarding within their organisation.

Thank you to everyone who took advantage of these opportunities recently, with special thanks to the trainers Paul Jones and Anona Davies from the Y Bont movement.

If you have any queries about safeguarding or future training needs, please get in touch with us.

## Online Sensory Loss Awareness Course

Available in  
Welsh, English & BSL  
with full audio provision



**CPD Qualifying Course**  
**Bespoke to your organisation**

for more information  
[info@cos.org.uk](mailto:info@cos.org.uk)



Agored i unrnhyw ddyn, o unrhyw oedran, ar unrhyw gam o gollod  
*Open to any men, of any age, at any stage of grief*

# CADW'N IAWN?

Grŵp cefnogaeth i ddynion yn delio gyda phrofedigaeth  
*Support group for men dealing with bereavement*

Pob yn ail dydd Llun / *Every other Monday*  
18:00 - 19:30  
Caffi Yr Orsaf

**YR ORSAF** [post@yrsaf.cymru](mailto:post@yrsaf.cymru)  
07751709143

## SESIWN DIOGELWCH AR-LEIN A CHODI YMWYBYDDIAETH ATAL SGAMIAU

### ONLINE SAFETY & SCAM AWARENESS DROP-IN SESSION

*Gyda / with*

**CLWB Y DDRAIG  
LLANBERIS  
LL55 4EY**

**28/04/2026  
1-3YP/PM**

**TREFNWDYD GAN  
ARRANGED BY**  
 **age Cymru**  
Gwynedd a Môn

**CROESO I BAWB** **EVERYONE WELCOME**

## RIDING WAVES 'Be Gymri Di?' event ...What'll you have? Giggles, grief, pizza, pint!



A special pop-up evening was held on 26.03.26 at Jac Do, Caernarfon that gave young adults aged 18 – 35 the opportunity to visit a safe place and discuss grief and its effect in a social event that respected the individual's voice and lived experience and considered the grief support available in Welsh and identified gaps in provision. The project was funded by Llais and organized in partnership between Manon and Buddug from Troedio Tonnau, Sioned from Mantell Gwynedd and Mared from Blas, Pontio.

Bereavement is part and parcel of life, and we will all experience grief at some point. Each person deals with grief in different ways. But on occasion, grief can be crippling. It can be one of the most complex emotions that can strike at any time and adversely affect a person's mental and physical health. And there still exists a taboo associated with discussing grief.

It was good to see Jac Do a hive of activity – the drink and tasty pizzas from Tân created a warm welcome and 22 individuals attended (even though Wales were playing Bosnia-Herzegovina that evening). Talented comedian Caryl Burke kicked off the entertainment and tears of laughter as well as poignant tears of grief ensued – they are indeed two sides of the same coin.

With the ice broken, people chatted, ate and drank more and shared experiences. Hywel Pitt then entertained us with his quirky humour and catchy tunes, again sensitively and successfully prompting us all to consider emotions, stress and society's expectations and norms in a light-hearted way.

A quiet remembrance corner was available, and people left fond memories and artistic impressions there. The beer mats had a QR code linked to a survey to collect information and views people wished to share. To end the evening, we all wrote a memory or key word on seed paper and took it home to plant, symbolizing that out of what can feel like a dark experience, something positive and beautiful can grow.

The valuable funding given to this project allowed us to trial a Welsh medium event within the community, and to consider local wellbeing and health needs. It provided the opportunity to investigate different ways of considering, understanding, and coping with grief. By removing taboos and offering a community of support, it is possible to transfer dark experiences into positive energy. The Riding Waves project and this pop-up event proves that using the arts as a tool to facilitate discussion and understand and support grief trauma in young adults DOES work. A wonderful evening that combined grief and giggles!

## MEET THE FUNDER EVENTS



Community Foundation Wales -  
Cynnal Endowment Fund

Tuesday 05/05/2026

15:45 - 16:30

On-line

*Learn more about the Cynnal Endowment Fund  
and Community Foundation Wales' new funding  
portal! You're welcome to ask any questions  
you may have!*



To register, for free, visit:

<https://www.eventbrite.co.uk/e/cwrdd-acyllidwr-meet-the-funder-cggc-wcva-tickets-1975322360354?aff=oddtcreator>



## New grants available to strengthen Welsh communities

FUNDED BY  
ARIENNIR GAN

COMIC  
RELIEF



Cefnogi Trydydd  
Sector Cymru

Third Sector  
Support Wales

Comic Relief's Cwtsh Communities programme offers grants to Welsh voluntary organisations with an income of under £250,000, recognising their vital role in supporting communities.

Funding of **£15,000–£35,000** is available for projects working in three priority areas: basic needs, health (early childhood development), and safety.

Activities may include:

- food banks, community kitchens and essential support
- activities for parents and young children
- services that improve safety and inclusion, such as women's centres or support groups

**The application deadline is 22 May 2026.**

Visit the WCVA website for more information and how to apply: [www.wcva.cymru](http://www.wcva.cymru)



## **1** COMMUNITY SUPPORT FUND

Capital and/or Revenue Grants for Gwynedd community and voluntary groups, with the aim of supporting projects that will improve the quality of life of the county's residents, groups, and communities.

**Capital (up to £20,000)  
Revenue (up to £10,000)**



## **2** WELSH CHURCH ACT FUND

Grants to promote and support activities by **registered charitable** organisations that benefit the residents of Gwynedd and enrich Gwynedd's communities.

**Capital and/or Revenue Grants up to £5,000**



## CIST GWYNEDD COMMUNITY GRANTS 2026.27

## **3** EMERGENCY FOOD AID FUND

Grant funding provided by the Welsh Government to support food and feeding projects, aimed at helping the increasing number of people facing food poverty.

Available grants:  
**Capital (up to £5,000)  
Revenue (up to £4,000)**



## **4** WARM SPACES FUND

Grant funding provided by the Welsh Government to support vital venues that offer a welcoming, accessible, safe, and warm space that is open and inclusive to everyone.

**Grants up to £2,000**

