

BWLETIN

MANTELL GWYNEDD

December 2025



Nadolig Lawen

On behalf of all the staff and the Management Board of Mantell Gwynedd I would like to thank you all for your support during 2025.

I wish you all a Merry Christmas and a peaceful and prosperous 2026.

Bethan Russell Williams- Chief Officer



Mantell Gwynedd's office will be closed between 12.30pm on the 24th December till 2nd January 2026



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

NEW OPPORTUNITY

VOLUNTEER GIRL GUIDING-CAERNARFON

Girlguiding serves as a weekly meeting place for Rainbows, Brownies and Guides. The groups meet every Wednesday 6pm-7pm in Caernarfon

Just giving an hour a week can make a huge difference to the lives of children and young people of the area

Travel expenses paid
Days out and trips paid for



More information:

01286 672 626
gwirfoddoli@mantellgwynedd.com



NEW OPPORTUNITY

VOLUNTEER WITH MÔN FM

Are you considering a career in the media, looking for a new challenge, or want to try something different? Volunteering with MônFM can be a great opportunity for you!

MônFM is dependent on the dedication of volunteers from all over North West Wales, and we are always keen to welcome new voices.

There is a wide variety of roles available at MônFM.



More information:

01286 672 626
gwirfoddoli@mantellgwynedd.com



CHRISTMAS VOLUNTEERS

CAN YOU HELP?

Want to help others over Christmas?
Time to spare?
We are preparing a list of places that will need volunteers, so register your details with us.

gwirfoddoli@mantellgwynedd.com
01286 672 626
or scan the QR code below:





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



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

✉ beca.gruffydd@mantellgwynedd.com

☎ (01286) 672 626

🌐 www.mantellgwynedd.com



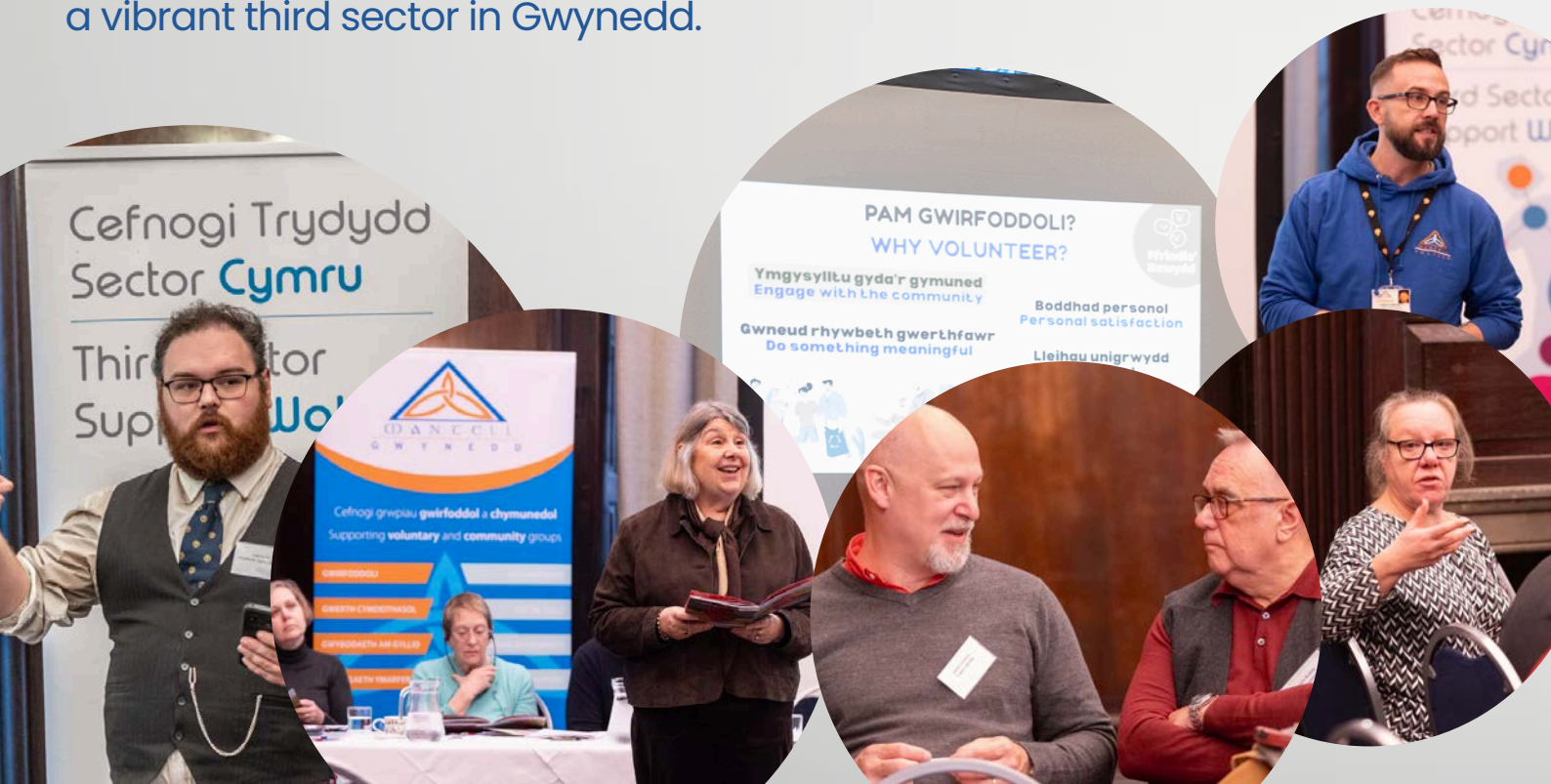
The meeting opened with an update on Mantell Gwynedd's work over the past year, followed by a focus on innovative volunteering projects. **Beca Gruffydd**, from Mantell Gwynedd talked about the recently launched **Ffrindia Newydd** befriending scheme, sharing the story of how the project has begun to connect people experiencing loneliness with trained volunteer befrienders. The scheme, still in its first year, has already made a meaningful difference to individuals across the county.



Attendees also enjoyed an engaging presentation from **Luke Ryan** of the **Talyllyn Railway**, who spoke about the achievements of their Youth Member Group. Luke described how young volunteers successfully built a replica gunpowder wagon, a project funded through the Gwynedd Youth Volunteering Grant, which is administered by Mantell Gwynedd. His stories highlighted the skills, confidence, and sense of belonging that young people gain through volunteering.

The highlight of the AGM welcomed **Gretel Leeb**, Chair of the Volunteering Cross Sectoral Leadership Group, and **Aaron Fortt** from Welsh Government. They provided an update on the new **Vision for Volunteering in Wales**, outlining the national framework designed to support organisations, strengthen volunteer experiences, and increase opportunities across all communities. There was an emphasis on ensuring that the vision also takes root in every department in Welsh Government which offers a clear direction for the future of volunteering in Wales.

Mantell Gwynedd extends its thanks to all speakers, organisations and volunteers who continue to shape a vibrant third sector in Gwynedd.



HEALTH AND WELLBEING

DECEMBER ACTIVITY PROGRAMME 2025



FELIN FACH



Monday

Tuesday

Wednesday

Thursday

Friday

Barclays Bank
9:30-4:00

Lloyds Bank
9:00-3:00
(1st+15th)

Creative Writing
10:00-12:00

Meditation
1:00-3:00

Barclays Bank
9:30-4:00

Sewing
1:00-4:00

PIP Application Form
(Booking Only)

Barclays Bank
9:30-4:00

Arts & Crafts Group
(FULL)
10:00-2:00

Home Cooking For
Beginners
9:00-12:00
(Booking Only)

Home Cooking
Healthy Eating
(Full)
12:30-3:30

Barclays Bank
9:30-4:00

Drop In And Breakfast
9:30-11:30

AA Group
12:30-1:30

Energy Intake Session
1:00-2:30
(2nd Only)

PIP Application Form
(Booking Only)

Samaritans Van
10:00-12:00
(5th Only)

Audiology Van
(19th Only)

Arts & Crafts Group
10:00-3:00

Nacro
3:00-5:00
(5th+19th)

Opening Times Monday-Friday 9:00-5:00

01758 701611 | Company Number:3280924 | Charity Number:1060770



Save up to
£300

Are you worried about the cost of the festive season?

We have lots of
financial support
options available that
could help you save
on your water bill.



We're here
to help

Call us to talk through your
options: 0800 052 0145

Visit us online for more info:
dwrwymru.com/helpwithbills

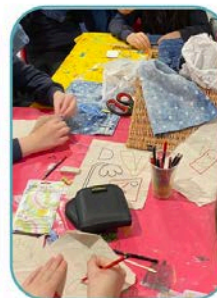


GISDA
CEFNOGAETH A CHYFODDRO I BŵBL IFANC
SUPPORT AND OPPORTUNITIES FOR YOUNG PEOPLE

CLWB POBL IFANC

Pob Dydd Iau | Every Thursday!

Lle diogel i ymlacio, cymdeithasu a chael
cefnogaeth. A safe place to relax, socialise, and
get support.



4-6PM

HWB DINAS BANGOR



Old / Age
14-25



01286 671153 • www.gisda.org • gisda@gisda.co.uk • [@gisdacyf](https://twitter.com/gisdacyf)

Gwynedd Third Sector Training Needs

We want to hear from you!



As part of our ongoing commitment to support the third sector in Gwynedd, Mantell Gwynedd is currently working on identifying the training and development needs of organisations, staff, and volunteers to help us ensure that our training offer is tailored to the specific needs of the sector, we would greatly appreciate your input in this Training Needs Analysis (TNA).

We are seeking input on the following areas:

- Skills or knowledge gaps you believe should be addressed through training.
- Specific training topics, tools, or platforms that you feel would enhance effectiveness.
- Preferred methods or formats for training (e.g., face to face or online courses).

Your feedback is invaluable in helping us shape our training programme in 2025.

Please complete the form below so we can begin to plan and organise the next steps.

Follow the link or the QR code below to complete the form:

<https://forms.office.com/e/WFQ3tGg0uL>





North Wales Social Value Network



'How to put communities truly at the heart of transforming outcomes.'

*Brian Laing, Strategic Partnership Manager
BCUHB Public Health*

'The progress of measuring and managing Adra's social value.'

*Llinos Bracegirdle ,
Social Value Co-ordinator,
Cymdeithas Tai, Adra*

Meeting on Zoom

**Wednesday 14th of January 2026
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-1440510127569?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

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



MEET THE FUNDER EVENTS



WCVA - The Clean Energy Fund

Wednesday 28/01/2026

10:00 - 11:00

On-line

*Learn more about the Clean Energy Fund!
You're welcome to ask any questions you may
have!*



To register, for free, visit:

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

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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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 Barring Workshop

 17 Tue 20 Jan | ⌚ 12:00–13:30

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

DBS Information Gathering Workshop

 17 Tue 10 Feb | ⌚ 11:00–12:30

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

DBS Update Service Workshop

 17 Tue 24 Feb | ⌚ 10:00–11:30

Learn how to use the Update Service to streamline recruitment.

DBS Barring Referral Service Workshop

 17 Tue 17 Feb | ⌚ 13:00–14:00


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

DBS Harmful Behaviour Workshop

 17 Wed 4 Feb | ⌚ 11:00–12:30

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

Why Attend?

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

 [Register Here](#)