

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 42
July 2008

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Further news articles and information can be found on our website!

Volunteer Week 1st-7th June 2008



From left: Ffion Parker, John Boulter, Richard Brunstrom, Cheryl Dobson and Sara Roberts

The first week in June is well established as **Volunteers' Week**, as 2008 is the 24th year since it has been celebrated nationally. The three 'Rs' summarises the aims of the week in that it hopes to: **Recognise, Reward and Recruit Volunteers.**

The highlight of the Week in Gwynedd was the **'Celebration and Thank you Tea'** held at Plas Glyn y Weddw Gallery in Llanbedrog on 9th June. With the sun shining, the weather provided an opportunity to enjoy this glorious venue at its best. Mr Richard Brunstrom - Chief Constable of North Wales Police was the guest speaker, and Councillor Evie Morgan Jones - the Chair of Gwynedd Council gave a vote of thanks. This event is a chance to acknowledge the valuable contribution made by

volunteers throughout Gwynedd. During the afternoon, Mr Brunstrom presented certificates to a number of committed volunteers from Gwynedd who had been nominated for the 'Wales Volunteer of the Year 2008' Awards.

For a full list of people who received a certificate, please see page 4.



Elinor Ellis and Zonia Pinnington on behalf of Cyfeillion Plas Glyn y Weddw



National Winner - James Hewett



The gang from 'Y Ffynnon'

A note from the Chief Officer

As always, before the quieter summer period, it is a flurry of consultation. This year is no exception. There are several really important consultations taking place including the proposals for restructuring the NHS in Wales. Mantell Gwynedd has already responded to this consultation, making strong observations about the lack of reference to the Third Sector throughout the consultation document. Above all we have made the stance that whatever proposals for change are made it is the patient who is paramount in this debate. Mantell Gwynedd response can be viewed on our website.

The second consultation of importance is the Wales Spatial Plan. Regular readers of this newsletter will already know that Mantell Gwynedd has done some hard lobbying regarding the Spatial Plan. We have long held the view that centralising efforts within the Menai Hub will have a devastating impact for the rural areas of Gwynedd. The notion of the "trickle down effect" of benefit from the hub to the rural areas is a notion which has long been rejected by leading world economists and we must not be fooled to thinking it will work in Gwynedd. We took the opportunity, yet again, to air the Sector views with Elin Jones AM, Minister for Rural

Affairs during her recent visit to Caernarfon. The views have been backed up by another strong letter to the Assembly. Although the Assembly has now formally adopted the Wales Spatial Plan we must still ensure that the Third Sector has considerable input into the Delivery Plan.

Thirdly, the Draft Gwynedd Children and Young People's Plan - 'Our Plan, Your Plan' is out for consultation, another extremely important document for Sector input and I would urge you to contact our Children and Young People Facilitator for further information and to ensure your opinions are reflected in any consultation response.

Last, but certainly not least. The Community Strategy document is once again out on consultation. Many Third Sector representatives attended the recent consultation event at Caernarfon. I would urge you to take a look at this document as it has important implications for our communities in Gwynedd.

In closing I was delighted to take part in the recent Volunteer Celebration Tea at Plas Glyn Y Weddw in Llanbedrog. This was a truly memorable afternoon recognising the value of volunteering and of volunteers to our

communities and everyday life. Awards were presented by North Wales Police Chief Constable

Richard Brunstrom who emphasised the significant role the Third Sector has to play in all of our futures and the very real opportunities and challenges which lay ahead of us in the Sector. It was a particularly poignant afternoon for me as I have had personal connections with Plas Glyn Y Weddw since my early childhood, coupled with the fact that I have also personally known Richard Brunstrom for a number of years and have great personal respect for him both as a professional and individual. He is a man of great vision. Many thanks to all of you who contributed to and attended the event and particularly to those who arranged it.

Enjoy the remainder of the summer, and lets hope we have some fine weather to enable us to enjoy the outdoors and all our surrounding countryside has to offer in Gwynedd.

With Best Wishes.

Bethan



'Siarad Cymraeg'

Is your organisation supportive of the Welsh language?

If you need help with your Language Policy, you can contact Meinir at Mantell Gwynedd. She's keen to help if you need to develop a new Policy or bring an old one up to date. **Contact: 01286 672626.**

Congratulations!

Congratulations to the small community of Prenteg in securing a brand new Community Centre. The residents have worked hard over a number of years and their perseverance has paid off. The new Community Centre was officially opened on Saturday 5th July by the world renowned Eric Jones. To hire the centre contact Magwen Griffiths **01766 513660.**



To view and download news and information for Wales from:
Wales Council for Voluntary Action (WCVA) visit the **News** section on Mantell Gwynedd's
 website - www.mantellgwynedd.com



TPAS Cymru and Gwynedd Council work in partnership to ensure tenants in the county are aware of their right to participate or take part in issues about their homes and communities. TPAS Cymru is a democratic 'not for profit' organisation controlled by its members, working with tenants and their landlords to make tenant participation a reality.

Their aims are:

1. **Supporting their Members**
2. **Sharing Experience & Best Practice**
3. **Influencing Policy and Promoting Participation**

There are already several Tenants and Residents Associations in Gwynedd, and while it's always good to

set up new groups, it's important that tenants know that there are other ways they can participate if they don't want to have to attend monthly meetings! TPAS and landlords are keen to make sure that tenants know what their choices are if they want to be involved in having a say in what happens in their homes and community.

Participation benefits tenants, communities and the landlord. If tenants are asked to give their thoughts and opinions about issues which affect their homes and communities it has been proved that better services can be provided by the landlord. This benefits everyone!

TPAS Cymru can deliver a wide range of projects for its members and is available to support and share experience and best practice about tenant participation. TPAS Cymru is also able to provide impartial advice and clear information to tenants and residents.

For further information please contact Helen Cook TPAS Cymru on **01492 593046** or Gwyn W. Jones Gwynedd Council on **01286 889112**.

Simply Creative Group, Nantlle

On Tuesday 2nd July 2008 a mural was unveiled at Llys Llywelyn, Nantlle which has been a labour of love for a group of ladies from Nantlle for over two years. The unveiling was performed by Josie Russell.

The idea of creating the mural came from the group itself and support was had through the Gwraidd fund which was available to new groups in Communities First areas.

Therefore, if you get the opportunity, visit Llys Llywelyn in Nantlle to see the mural, you won't be disappointed!

MID AND WEST WALES ME GROUP

Mid and West Wales ME Group is a self-help group for people with the neurological condition ME/CFS and related illnesses, their families and carers. Its members support the Group through subscriptions, donations and fund-raising activities. Some of the money raised is donated to national charities concerned with ME and to organisations providing help for disabled people.

The Group offers information and support based on the experiences of its members and the wider ME community. It can also put people in touch with organisations in the voluntary sector which offer practical help to disabled people and their carers, and advice and support in claiming benefits. It helps to alleviate the isolation of its

members through its local contacts, meetings in different areas every two months, a newsletter published every two months, a listening ear service and a postal library of books, newsletters and magazines, videos, CDs and DVDs.

The Group is actively involved in campaigning for better health care for people with ME/CFS in its catchment area.

For further information, please find contact details below:

Group website:

www.midwalesmegroup.org.uk

Secretary: Dr. Derryan Paul, 11 Nant Seilo, Penrhynoch, Aberystwyth, Ceredigion SY23 3HD.

E-mail:

Derryan@midwalesmegroup.org.uk

Tel: 01970 828896.

The deadline for information or articles to be included in the next edition of Mantell is **24th October, 2008**. Please send or email any information to Beryl Norgrove in Dolgellau: beryl@mantellgwynedd.com • **Tel: 01341 422575**

Gwynedd Volunteers' Organisers Network Meeting

An informative and interesting afternoon was had in the company of Mark Restall - Independent Trainer and Consultant, on 14th May. His subject was '**Volunteers and the Law**', and he began by referring to three issues which affects **all** volunteers:

- Health and Safety
- Data Protection
- Copyright

He then went on to talk about three further issues that can affect some volunteers:

- Benefits
- Volunteering with vulnerable clients
- Volunteer, worker or employee?

Mark Restall has written a book on '**Volunteers and the Law**', and it's possible to obtain further information from the website: www.volunteering.org.uk/law



Volunteers' Week through the eye of the camera!

1st - 7th June 2008

RECRUITING!

Bangor



Porthmadog (in the rain!)



The travelling information stall also visited Pwllheli and Dolgellau!

Winners of the 'Wales Volunteer of the Year 2008' from Gwynedd

In December, each year, a challenge is set to people across Wales to nominate someone special who has inspired them by what they do as a volunteer, and this year a total of 198 nominations were received throughout Wales with 9 of them from Gwynedd. There are five categories in all, and the judging panel selected one volunteer from Gwynedd to be among the national winners in the **Trustee Category**. He is:

James Hewett who volunteers with the Welsh Highland Railway Ltd.
Nominated by Chris Dearden - colleague.

In addition, 'Highly Commended Certificates' were presented to each of the following:

Young People Category (under 25 years)

Ffion Parker who volunteers with South Gwynedd Women's Aid.
Nominated by Gwenan Paewai - Volunteer Officer with South Gwynedd Women's Aid.

Adult Category (over 25 years).

1. John Boulter who volunteers with the 'Tywyn Freewheelers Club'.
Nominated by Mr Stan Diston - Chair of the Club.

2. Cheryl Dobson who volunteers at Ysgol Nefyn.
Nominated by Glenys Williams - Head of Ysgol Nefyn.

3. Philip Horwood is a volunteer treasurer for 5 organisations in the Pwllheli area.
Nominated by Siân Williams -Business Partner.

4. Mrs Peggy Millard volunteers with the 'The Over 60s Club' Tywyn.
Nominated by Mr E S Harris - Tywyn Probus Club, and a member's husband.

5. Sara Roberts who volunteers with South Gwynedd Women's Aid.
Nominated by Gwenan Paewai - Volunteer Officer with South Gwynedd Women's Aid.

Group Category

1. Cyfeillion Plas Glyn y Weddw
Nominated by Mr Gwyn Jones- Oriel Plas Glyn y Weddw.

2.Y Ffynnon
Nominated by Mr Hywel Williams MP.

Further details on all the above winners can be found on our website: www.mantellgwynedd.com

New laptops will help with IT

Computers are an asset to communities.

A total of 50 laptops are being handed out to local residents as part of a project to help technophobes become computer wizards.

The 'Dyfodol Digidol' scheme run by Deudraeth Cyf. aims to raise people's confidence in using information technology. The Penrhyndeudraeth IT based specialists have distributed 10 laptops to each of the five Communities First areas in Gwynedd.

The laptops will not only help people to practice and use their computer skills at home, they will also enable young people to do their homework and allow older people who have mobility problems to do their shopping from their own home.

Around 20 have been handed out in Talysarn, Nantlle and in Caernarfon's Peblig ward by local AM Alun Ffred Jones and MP Hywel Williams.

The laptop presentations follow a series of over 200 free computer taster sessions, which have been running over the past nine months in Gwynedd. These sessions have proven to be very helpful and popular



Laptops presented to members from the Talysarn & Nantlle ward by Alun Ffred AM

among all ages, especially older people wishing to understand and use a computer for e-mails, photography and accessing the internet.

Deudraeth Cyf Managing Director Keneuo Morgan believed the scheme would allow novice computer users access to a whole new world of online opportunities. She said: "This project plays a crucial role in encouraging people to access and use computers - both for work and pleasure. We are especially pleased to see so many of the older generation in Gwynedd wanting to keep up with their

grandchildren and a number of people over 80 years of age have also taken part".

The project is being supported by Communities@One, a Welsh Assembly Government initiative, administered by the Wales Co-operative Centre, to help people in Communities First areas to make the most of new technology. The programme is jointly funded through the European Union's Objective 1 and 2 programmes and the Welsh Assembly Government.



Hywel Williams with members of the Peblig Communities First area

Health, Social Care and Well-being

Health Challenge Gwynedd Grant!

Invitation to apply for Health Challenge Gwynedd grant money. Each application will be assessed against the following benchmarks:



- That they target priority groups
- Tackle Health Challenge Gwynedd priorities, e.g.:
 - Food and nutrition
 - Physical activity
 - Tobacco control
 - Prevention of accidents and injuries
 - Sexual health
 - Good mental health and well-being promotion
 - Alcohol misuse.
- Focus on working in partnership

To receive an application form contact Llinos Owen, Health and Well-Being Facilitator on: **01286 679 065** or **Llinosannowen@gwynedd.gov.uk**

DATES FOR YOUR DIARY!

Launching the South Gwynedd Long Term Health Condition Directory of Services - Meirionnydd County Show, Bala - 27/08/08

This Alliance, which meets on a regular basis in Dolgellau, has been working on a Long Term & Chronic Condition Service Directory for the South of Gwynedd. This Directory will be launched by Elfyn Llwyd MP at the Meirionnydd County Show in Bala on August 27th at Mantell Gwynedd's tent. Please feel free to come and see us at the Show!

Health, Social Care & Well-being Network Event - September 19, 2008

The next Health, Social Care & Well-being event will be held on **September 19, 2008 at the Glaslyn**

Leisure Centre, Porthmadog at 10:00 am. Commissioning Services will be the main focus of this meeting and Dafydd Owen, Joint Planning & Commissioning Manager, Gwynedd Council will give an outline on the Care Directorate's proposed commissioning processes. Mrs Grace Lewis Parry, Chief Executive will give an update on the latest situation at the Gwynedd Local Health Board.

Conference on DEMENTIA
The conference will be held at Galeri, Caernarfon **October 30, 2008**. For more information please contact the **Alzheimer's Society** on **01248 671125**.

For further information on any of the above events, please contact Sioned Larsen at Mantell Gwynedd on 01286 672626.

Mantell forthcoming training/events:

(also part of the 'Courses for Communities' programme (CCC))

SEPTEMBER 2008

Roles of Committee Officers

September 24th 2008

7:00 - 9:00pm

Catholic Church Hall, South Pwllheli

**Cost: - £10 Mantell Gwynedd Members - £15 Non-members
Voluntary Sector - £40 Private and Statutory sector.**

OCTOBER 2008

Organising a Committee

October 21st 2008

1:00 - 3:00pm

Noddfa - Caernarfon

**Cost: - £10 Mantell Gwynedd Members - £15 Non-members
Voluntary Sector - £40 Private and Statutory sector.**

NOVEMBER 2008

Accounting Basics

November 19th 2008

10:00am - 1:00pm

Mantell Gwynedd - Caernarfon

**Cost: - £10 Mantell Gwynedd Members - £15 Non-members
Voluntary Sector - £40 Private and Statutory sector.**



If you would like to discuss the training needs of your organisation or wish to find out more about the training

that Mantell Gwynedd offer, please contact: Mantell Gwynedd, The Old Police Station, Lombard Street, Dolgellau, Gwynedd LL40 1SB.
Tel: 01341 422575 or
dolgellau@mantellgwynedd.com

'Courses for Communities' (CCC)

OTHER COURSES ACROSS NORTH WALES

A new affordable training programme for community and voluntary groups, delivered through a partnership between County Voluntary Councils (CVC's), volunteer centres and the WCVA

Date	Location	Contact CVC	Duration
The Committee Cycle			
5 Sept 08	Wrexham	AVOW	½ day
Networks, Consortia and Alliances			
11 Sept 08	Ruthin	DVSC	½ day
Developing your Newsletter			
12 Sept 08	Mold	FLVC	½ day
Skills for Negotiation and Influencing Others			
18 Sept 08	Colwyn Bay	CVSC	?
Volunteer Recruitment, Selection and Induction			
15, 16 & 18 Sept 08	Ruthin	DVSC	2½ days
Grants Fit For Funding			
19 Sept 08	Colwyn Bay	CVSC	1 day
Introduction to Being a Trustee or Committee Member			
22 Sept 08	Mold	FLVC	½ day
Governance			
24 Sept 08	Mold	FLVC	½ day
Roles and Responsibilities			
25 Sept 08	Ruthin	DVSC	½ day
Staff Induction and Development			
26 Sept 08	Colwyn Bay	CVSC	½ day
Introduction to Being a Trustee			
13 October 08	Colwyn Bay	CVSC	½ day
Boards and Sub-committees			
13 October 08	Colwyn Bay	CVSC	½ day
Grants Fit For Funding			
21 October 08	Llangefni	Medrwn Môn	1 day
Budgeting			
18 Nov 08	Llangefni	Medrwn Môn	?

For general enquiries on the Courses for Communities Cymru programme, please contact the **WCVA Helpdesk** on **0800 2888329** or help@wcva.or.uk

Funders Fair

A Green Funders Fair was organised by Mantell Gwynedd this year. Organisations had the opportunity to meet bodies such as the Environment agency, The Big Lottery and the Welsh Council for Voluntary Action who offer financial support. Also there were agencies promoting sustainability. There was an opportunity for every project, whatever its aim, to consider how it could become more sustainable, especially from an environmental perspective.



A busy day in the Funders Fair organised by Mantell Gwynedd in Llanberis on July 1st.

Young Volunteers Achievement

In this issue of Mantell, it's a grate pleasure to congratulate three successful young women on their achievement on the 'Millennium Volunteer' Scheme.

Hannah Hughes is the latest volunteer from Gwynedd to receive an 'Award of Excellence' for her dedication to

Hannah receiving her certificate from Mirain Roberts



volunteering.

Hannah is a sixth form pupil in Ysgol Syr Hugh Owen, and she volunteers in the school, with the sports scheme 5x60, and the Urdd. Hannah also gives her time to help out with the Segontium Judo Club and she also volunteers and is a member of the Police Cadets - North Wales Police.

Another two Young women - Roberta and Siân have been successful and reached their 100 hours of volunteering - Roberta Williams has enjoyed her volunteering experience in Ysgol yr Eifl, Trefor, and Siân Roberts volunteering in the Oxfam Shop in Porthmadog, and with the Urdd and volunteers in Ysgol Dyffryn Nantlle.

Congratulations to all three girls.

Gwynedd Youth Led Grant

There has been some development with the **Gwynedd Youth Led Grant**. There is a grant of £4000 available to develop and create volunteering opportunities for Young People, and the closing date for the first round was 30th of May. 5 applications requested money from the fund.

A group of young volunteers came together on the 11th of June for a training session on how to score applications and allocate grants, and it is them who will be making the decision on which applications will be successful.



On a Wednesday night, 18th of June, the Grant Allocation Panel came together again - to look at the applications received, and to decide on which ones will be funded. It wasn't possible to allocate the entire grant, and a second round will be held.

The successful applicants will be notified by Mirain Roberts.

If you would like to receive an application form for the

second round please contact Mirain. The closing date for the second round is **26th of September 2008**.

DRAFT GWYNEDD CHILDREN & YOUNG PEOPLE'S PLAN

'Our Plan, Your Plan'

The consultation period on the Draft Gwynedd Children & Young People's Plan, 'Our Plan, Your Plan' is nearing its end. If you were not fortunate enough to join Mantell Gwynedd and the Gwynedd Children and Families Forum in a Consultation session held on 15th July at Antur Waunfawr, there is still time to respond personally.

You can download a copy of the full document together with the supporting questionnaire from Mantell Gwynedd's website. The link is as follows:

<http://www.mantellgwynedd.com/eng/gwacynrhb.html>. It can be found under the 'Document' section at the end of this page.

Closing date for responding to the draft document is 31st July, 2008.

Taking Action on Child Poverty

Eradicating poverty and improving the life chances of our children and young people is at the top of the list of priorities for the Welsh Assembly Government. The Assembly Government is committed to eradicating child poverty by 2020 and halving it (against the 1997 rate) by 2010.

Your attention is drawn therefore to the Consultation on a Voluntary Joint Agreement on Child Poverty and Proposed Legislation which comes to an end on **30th September 2008**.

Your link to the document:

<http://new.wales.gov.uk/consultations/currentconsultation/childrenyoungpeople/takingaction/?lang=en>

For further information, or advice about any aspect of volunteering, contact the Gwynedd Volunteer Centre on: Tel: 01286 672626 / 01341 422575 or e-mail: gwirfoddoli@mantellgwynedd.com



YOUTH LED GRANT

The Gwynedd Volunteer Centre are inviting more applications for the Youth Led Grant Fund. The next round will close on **26th September, 2008**. The fund is intended to encourage groups to help develop more opportunities for youth volunteering.

For more information please visit www.mantellgwynedd.com or alternatively contact Mirain Roberts on 01286 672 626 or mirainroberts@mantellgwynedd.com

Gwynedd Council Arts Fund

Gwynedd Council is prepared to consider awarding grants to appropriate bodies, organisations and associations in order to promote or ensure activities in fields pertaining to all the arts, in order to enrich the lives of residents and visitors to the county, and to support and strengthen the indigenous arts and culture of our areas.

Please note: Grants will not be given to registered charities and arts festivals.

Applications up to the sum of £500 can be made. Closing dates: September 30, December 30

For more information please contact Gwawr Wyn Roberts (Community Arts Officer):
GwawrR@gwynedd.gov.uk
Phone : 01286 679 721

Extension to 'Go For It' Fund

The new Pilot Grant Fund '**Go For It**' by Mantell Gwynedd has been granted an extension until the end of March 2009. The fund is aimed only towards the non-sporting voluntary organisations across Gwynedd who do not have direct involvement with sports and keeping fit. The fund is aimed at encouraging new physical activities within communities to help promote and improve fitness and better health.

For more information please contact Delyth Vaughan on **01286 672626** or visit Mantell Gwynedd's website **www.mantellgwynedd.com**

Watkin Jones Community Fund



The Watkin Jones Community Fund has been set up to assist and support projects which aim to make a real difference to communities in North Wales.

The scheme offers grants of up to £1,000 and is open to all community-based groups and not-for-profit organisations based in North Wales.

The application process is straightforward, and designed to encourage applications from a wide range of projects with a particular emphasis on enhancing the physical environment and improving quality of life for local people.

The Fund can support a variety of projects including regeneration, environmental, sustainability, educational, capacity-building and skills development, renovation and sports projects.

To find out more, contact 01745 538 200 or visit www.watkinjonescommunityfund.co.uk