

# Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 39

December 2007

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## TO LET

Office Space at  
24-26 High Street,  
Caernarfon.

Terms to be discussed.  
Contact Ceren Williams,  
Mantell Gwynedd on:  
01286 672626  
or via email  
ceren@mantellgwynedd.com  
for more details

## Mantell celebrating 10 years

See the Chief Officer's note for details!



## Volunteering Fair 2007

On the 28th September 2007 a Volunteering Fair was held in Porthmadog. 40 voluntary organisations were present and it was an excellent opportunity for individuals to wander around stalls, chat with organisations and receive information about volunteering opportunities in their locality

The day coincided with 'Macmillan Cancer Support World's Biggest Coffee Morning' and £654 was raised towards this worthy cause.

Lord Dafydd Elis-Thomas AM opened the Fair and during the day an acoustic session was given by a popular local band Frizbee. Russell Grant called in during the day to chat to the stall holders and individuals who attended. Many raffle prizes were donated to the occasion by local businesses.

About 150 potential volunteers attended the Fair and these are some of the comments received from organisations and individuals on the day -



Photo: Alan Dop - Nigel Hughes Photography

"A very good day - not only to gather more volunteers but also to raise awareness about our organisation."

"Thanks for the opportunity to be part of the event. A good opportunity to network with other organisations and make new contacts. Thank you for the sandwiches - very tasty"

"An eye opener."

"A lot of very useful information."

"Congratulations on such a wide spectrum."

"A wide range of information offered - all the stall holders were cheerful and helpful."



## Mantell Gwynedd Offices

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European Regional Development Fund

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**CAERNARFON**

Chief Officer: Bethan Russell Owen

**SERVICES TEAM**

Support Services' Senior Officer: Meinir Jones  
 Communities First Support Officer: Carys Williams  
 Health and Soc. Care Facilitator: Sioned Llwyd Larsen  
 Children & Young People's Facilitator: Ann Vaughan Jones  
 Grants and Support Officer: Delyth Vaughan

**FINANCE AND ADMINISTRATION TEAM**

Finance and Operations Manager: Ceren Williams  
 Administrative Officer: Bronwen Rowlands  
 Administrative Officer: Mari Emlyn  
 Administrative Assistant: Tracy Lynne Roberts

**VOLUNTEER CENTRE TEAM**

Volunteer Co-ordinator: Rhianon Jones  
 Volunteering Officer: Iola Till  
 Youth Volunteering Officer: Mirain Roberts

**DOLGELLAU**

**SERVICES TEAM**

Communities First Support Officer: Mair Huws

**FINANCE AND ADMINISTRATION TEAM**

Administrative Assistant: Beryl Norgrove

**VOLUNTEER CENTRE TEAM**

Volunteering Officer: Ann Angharad Fleming

**Blaenau Ffestiniog  
Green Town Project**

There's a new exciting project on its way in Blaenau Ffestiniog. The main aim of the Green Town project is to create a framework that will enable the people of Blaenau to use the local environment and the environment more generally as a resource to improve the local economy, health and wellbeing, for community and cultural development, and as an educational resource. Through this we'll also be able to look after our local environment and contribute towards global sustainability. The process of working towards being a Green Town will be lead by the community, with the worker/s facilitating this process. The project has already received funding from CAE to carry out the community planning process and to begin the work. This process has already started. Lots of good ideas have been mentioned already. Here are some of them: Community Energy Company,

**A note from the  
Chief Officer...**

As we come to the end of another year I am already envisaging that the year ahead will be just as challenging as this one which is coming to a close.

Looking back we have seen a number of key political developments which will have a considerable impact on the future of the Third Sector in Wales. The emphasis on citizenship and the development of the Local Service Boards in Wales offer major opportunities for the Third Sector but we now have a challenge ahead to secure the funding necessary to properly fulfil the potential opportunities which arise with these developments.

Overall during 2007 the Third Sector has seen its profile considerably raised. The Third Sector Unit within the Welsh Assembly has increased considerably in size and the sector now seems to be included in many more key political discussions.

As this newsletter goes to Press the first draft of the Strategic Action Plan for the Voluntary Sector Scheme (entitled The Third Dimension) has been released. There is emphasis on valuing voluntary action, empowering communities, facilitating the citizen voice, accelerating social enterprise and personalising public services. It is all to be welcomed of course. If it is an indicator of things to come then the Third Sector has gained much ground in Wales over the past year under the Welsh Assembly Government and we look forward to achieving some potential goals.

On a local level we have just celebrated ten years since the creation of Mantell Gwynedd. It is incredible to think that ten years have gone by since the creation of the 22 County Voluntary Councils in Wales. Our Annual General Meeting which acknowledged this milestone included a talk by Alun Ffred who emphasised the importance of the voluntary sector both in the past and as we look to the future.

At the end of another year we have achieved another one of Mantell Gwynedd's goals - that is, to have obtained funding to support a Children and Young People Facilitator within Mantell Gwynedd. This is another important milestone and it will hopefully enable the Third Sector to fully participate in the Children and Young People agenda in Gwynedd. The Gwynedd Children's Forum will remain a key component in the structure and we wish the new facilitator Ann Vaughan Jones well in her post.

I would like to thank all the staff at Mantell Gwynedd for their hard work and dedication and also to members of the Board for their support and co-operation throughout the year. I would like to wish all of you a prosperous, fulfilling, and above all a peaceful 2008.

Until Next Time,

**Bethan**



Improving the Energy Efficiency of community buildings, Developing a waste treatment centre in the town, Developing an education for sustainability strategy for the town, working towards becoming a Fair Trade town, an Integrated local food project (including promoting and developing local produce and shops, allotment projects, farmers market etc.), Eco tourist project to support businesses that already exist and develop new ones, Conservation skills training programme, Conservation projects with opportunities for volunteering,

Access projects (with Antur Stiniog). Obviously there'll be lots more ideas that will come out of the community planning process. The aim of the Green Town project is to work with groups and organisations that are already working in the area. For more information contact Sara Ashton on 01766 832214 or saraashton@gwynedd.gov.uk

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

## Looking for a new venue for your meetings?

**Cae'r Gors: Kate Roberts Heritage Centre** in Rhosgadfan could be the place for you. The caban, which is a newly built building situated behind the stone cottage, has suitable tables and comfortable seating for up to 32 individuals. The caban can be hired for a variety of meetings, workshops, lectures and courses, with use of the following amenities:

- DVD Player;
- Equipment for Microsoft Power Point presentations;
- Flip Charts;
- Car Park;
- Access for the disabled;
- Toilet with baby changing facilities;
- Kitchen;
- Light refreshments (on request)

Why not complete your visit to Cae'r Gors by enjoying the cottage and our multimedia exhibition in the cowshed? Special rates available. Discount also available to charities and community groups. Please contact Cae'r Gors on **01286 831 715**, or send an e-mail to [post@caergors.org](mailto:post@caergors.org).



## Attention! COMMUNITY PROJECTS

*Are you part of an environmental or community project in Wales?*

*Would you like a group of enthusiastic volunteers to help you complete a particular project?*

**UNA Exchange** is an international volunteering charity based in Cardiff. They are currently looking for more community projects around Wales that might be interested in receiving groups of 5 - 12 international volunteers. A project would generally last for 2 - 3 weeks and provide basic accommodation and food. Volunteers fund their own travel and UNA exchange takes care of recruitment and training.

### Interested?

Please get in touch with Katy Chadwick - [katyhadwick@unaexchange.org](mailto:katyhadwick@unaexchange.org)  
Tel no: **02920 223088**.



## TOP GREEN COMMUNITY PROJECTS RECEIVE AWARD FROM MINISTER

Have you created or enhanced a green space in your community? Looking for some recognition and a quality mark for your achievement? The 'Green Pennant Award' may be what you are looking for.

Run by the Civic Trust, the Green Pennant has become the acknowledged mark of quality for achievement in the creation of such community sites. It's simple to enter with a straightforward judging procedure and is an exceptionally useful tool in the quest for grant funding.

A total of 77 community green spaces have been rewarded with a Green Pennant in the UK, 17 have been given to sites in Wales, which is an increase of 42% on last year.

Mel ab Owain, the Green Pennant Award scheme's programme manager, said:

*"We are once again delighted with the huge growth in winners, highlighting the importance quality green spaces play in our communities. Well done to the many passionate individuals who have worked hard to provide these vital green spaces which help improve the quality of life for everyone."*

If anyone is creating a community green space and would like information on the award then please do not hesitate to contact Mel ab Owain at [melabowain@btinternet.com](mailto:melabowain@btinternet.com) or see [www.greenflagawards.org.uk](http://www.greenflagawards.org.uk)



**Photo:** Lynn and Alan Patterson from Pwylgor Pentref Carmel receiving the Green Pennant Award from Environment Minister Jane Davidson AM at the Royal Welsh Show.

The deadline for information or articles to be included in the next edition of Mantell is **30th January, 2008**. Please send or email any information to Beryl Norgrove in Dolgellau:  
[beryl@mantellgwynedd.com](mailto:beryl@mantellgwynedd.com) ● Tel: **01341 422575**

# Young People Volunteering



## Emergency First Aid Course for young people

An Emergency First Aid course was held specifically for young volunteers between 16-24 year old in Caernarfon on the 1st of November. 8 young women attended and all 8 were successful in gaining their first aid certificate, well done you!



## Wales' Young People voicing their opinions on volunteering

The Welsh Assembly Government, Canllaw Online and CWVYS organised a Russell Commission event on Friday 19 October at The Pavilion, Llandrindod Wells, Powys. The purpose of the event was to set up a task group of young people to develop volunteering amongst young people in Wales.

There were 70 young people present voicing their opinions on volunteering and how young people can have their say on how the Russell Commission recommendations are taken forward in Wales.

A young volunteer from Gwynedd that was eager to be present in the event was Ffion Jones

*"It was a good opportunity to get to know young people across Wales, and I was able to voice my opinion as a volunteer."*

The next step is to recruit 20 dedicated volunteers to join a feedback group, or panel for 1 year and act as a consultation group to help the appointed Co-ordinator Judith Bevan, deliver the Implementation Plan and take forward

the recommendations of the Russell Commission.

Young people and their opinions are at the heart of the Russell Commission's findings and recommendations. Continued involvement of young people in the development and delivery of the new framework is highlighted many times in the Russell Commission report, which is why this event for young people was so important

### Purpose of the Russell Commission

*"...develop a new national framework for young action and engagement and...deliver a step change in the diversity, quality and quantity of volunteering opportunities available to young people 16-25 in the U.K"*

## CONGRATULATIONS!

Two young people from Gwynedd who have received their Award of Excellence by volunteering 200hours through the Millennium Volunteer Scheme are Shon Prebble from Groeslon and Catrin Huw Jones from Penygroes.



# Communities First Partnership Network

The most recent meeting of the network was held in Blaenau Ffestiniog on Monday evening the 29th October 2007. It was decided to hold the evening at 'Y Gell' which is the new home for the Gwallgofiaid in Blaenau Ffestiniog. The theme for the evening was youth work in the Communities First areas.

To begin the evening we had a presentation by Rhys Roberts on the developments that are happening with Gwallgofiaid in their new home, and those who were present had an opportunity to look around the building to get a flavour of what was going on.

Following this we had a short presentation by those present on what was going on in their areas.

Thank you for all those who were present and for their contribution on the evening.



## Prior Notice!

As a follow up to the evening in Blaenau Ffestiniog it was decided that the next meeting would be arranged at the Cynllun Ieuencid Pwllheli building in March 2008. This project has been in development for over the last two years and at last we can see the end in sight by opening the doors in Cardiff Road early in 2008.

## Children & Young People's Partnership

### Children & Young People's Facilitator for the Third Sector



**C**yngor Gwynedd leads on the work of the Gwynedd Children & Young People's Partnership. Together with representatives from the statutory,

private and third sectors, they endeavour to co-operate in order to produce a new strategic framework plan that will improve the services, opportunities and well-being of children and young people in Gwynedd between the ages of 0 and 25 years.

A number of Planning and Development sub and task groups form part of the main Strategic Partnership. The third sector already has a number of seats on these groups i.e. representatives from local organisations, The Gwynedd Children and Families Forum and Mantell Gwynedd.

Ann Vaughan Jones has recently been appointed Children and Young People's Facilitator by Mantell Gwynedd via CYMORTH funding. Her role will include

supporting and liaising between the third sector and the Children & Young People's Partnership. She will also maintain and promote collaboration between third sector organisations to feedback on any issues arising as well as organising training and information. She will work closely with the Gwynedd Children and Families Forum to bring organisations together.

*"This will be an exciting new challenge for me - an opportunity to co-ordinate the work of the sector in the field of children and young people. I am looking forward to working with a number of the county's organisations and will show how significant the value of the sector's contribution is in strategic planning".*

Ann will be based in our office in Caernarfon. For further details on the role of the Facilitator or to register as a voluntary or community organisation operating in the field of children and young people, contact: Ann Vaughan Jones at the office in Caernarfon on  
Tel: 01286 672626. E-mail:  
annvaughan@mantellgwynedd.com

### Estyn Inspection of Youth Support Services



**E**styn will be visiting Gwynedd during the first fortnight in March 2008 in order to inspect the provision of Youth Support Services in the county. Estyn has a legal responsibility to inspect organisations that work with young people, including those that are statutory, public, private and voluntary.

The Children and Young People's Partnership will play a large role in the inspection and are responsible for coordinating arrangements. By now, those organisations that have been asked to contribute to the inspection have been approached by the Partnership and asked to fill out a self-assessment template. The template gives each organisation an opportunity to assess their weaknesses and strengths as well as highlight any areas of good practice. These individual templates will then be put together in a county-wide assessment which will form the basis of Estyn's inspection.

Although the Estyn inspection may seem daunting it provides us with an opportunity to review the services that are available to young people locally. The final report will highlight which areas of provision are strong and which need to be strengthened. As such, the Estyn inspection should undoubtedly be seen as an opportunity to highlight the variety of good work that is done with Gwynedd's young people.

## Mantell forthcoming Events:

### JANUARY 2008

#### Trustees Responsibilities

*January 29th*

6.30p.m. - 9.00p.m.

Plas Tan y Bwlch, Maentwrog

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

This session will explore the real roles and responsibilities of trusteeship and asking the question "What makes a good trustee?"

### FEBRUARY 2008

#### Making the most of your Website and the Internet

*February 1st*

10.00a.m. - 3.00p.m.

Mantell Gwynedd Meeting Room, Caernarfon

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

By the end of the session, participants will have understood what the web is good for (and what it's not so good for).

#### Looking for Funding?

*February 12th*

7.00p.m. - 9.00p.m.

Canolfan Deilen Las, Craflwyn, Beddgelert

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

This information session is intended to help you consider the various ways to diversify your income base to help achieve financial sustainability.

#### Marketing an Organisation Effectively

*February 22nd*

10.00y.b. - 4.00y.p.

Ystafell Madog, Glaslyn Leisure Centre, Porthmadog

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

This training will look at making marketing materials and getting your message across effectively. It will also look at what makes an effective newsletter as well as an Annual Report.

#### Introduction to Preparing a Sustainable Fundraising Strategy

*February 29th*

10.00y.b. - 4.00y.p.

Ystafell Madog, Glaslyn Leisure Centre, Porthmadog

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

This course will help you understand the importance and benefits of adopting a structured approach to fundraising in order to develop a sustainable income base.

### MARCH 2008

#### Sustainable Community Buildings

*March 5th*

7.00p.m. - 9.30p.m.

Penrhyndeudraeth Memorial Hall

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

This is an information session suitable for community groups who are in charge of a hall or community building.

#### Grants - Preparing Applications and Supporting Documents

*March 14th*

10.00a.m. - 4.00p.m.

Queens Hotel, Blaenau Ffestiniog

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

This course will examine all aspects of preparing a funding application and will provide a practical insight into identifying the most appropriate sources of funding for your organisation.

### APRIL 2008

#### Introduction to Business and Strategic Planning

*April 1st*

10.00a.m. - 4.00p.m.

Royal Victoria, Llanberis

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

This course will help you understand the importance and benefits of long-term planning and provide you with practical resources to plan more effectively within your organisation.

#### Preparing for Volunteers (2 days)

*29th & 30th April*

10.00a.m. - 4.00p.m.

Royal Sportsman, Porthmadog

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

### JUNE 2008

#### Loan finance and asset based development

*June 3rd*

10.00a.m. - 4.00p.m.

Ty Siamas, Dolgellau

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

The course is intended for those with a responsibility for strategic direction and fundraising and is suitable for experienced fundraisers wishing to gain an insight of how loan finance and asset based development can assist their organisation to become financially sustainable.

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](mailto:dolgellau@mantellgwynedd.com)

## Health, Social Care & Well-being Network September 2007



The last Network meeting was held on September 18th in Porthmadog with more than 25 representatives from various organisations attending the event. Clare Jones from the Gwynedd Local Health Board gave a presentation on the proposed Community Service Plan. She noted that a brief outline of this plan will be incorporated into the Health, Social

Care & Wellbeing Draft Strategy which will be out for consultation between October 2007 and the 7th of January 2008.

Sioned Larsen from Mantell Gwynedd gave a general overview of the groups and partnerships that she is involved with as part of her role as the Health & Social Care Facilitator for Gwynedd. Organisations were encouraged to inform her of any issues they may want to raise at these meetings.

The rest of the meeting revolved around how the voluntary sector adds value to current services within health & social care and examples of good practice. The feedback has been presented to the relevant bodies including Welsh Assembly Government (WAG). WAG is currently developing a strategic direction for the voluntary & community sector in supporting Health & Social Care - 'Designed to Add Value'.

## WCVA Mental Health Small Grant Scheme

This small grants scheme is a one off grant and the maximum grant limit (per project) is **£3,000** available to eligible organisations. The purpose of the scheme is to support and enhance the voluntary sector contribution to the care of adults experiencing mental health problems, and their families and carers, in Wales.

The scheme is aimed at constituted voluntary organisations that are not currently receiving funding from the existing Local Mental Health Grants scheme.

For more information contact **Nigel Evans** for a booking form on [nevans@wcva.org.uk](mailto:nevans@wcva.org.uk) or **01745357577** or alternatively WCVA website [www.wcva.org.uk](http://www.wcva.org.uk)

**Closing Date: January 18, 2008**

## Prior Notification - Communities First Gwynedd Consultation Meetings

Do you want your voice heard? - Consultation meeting regarding the changes in the Communities First Programme:

The two dates to note are:

**6th February 2008** at the Ganolfan Portmadog 7.00pm

**13th February 2008** in Galeri, Caernarfon 7.00pm

## Consultation

### Health, Social Care & Wellbeing Draft Strategy - 2008-2011

The new Draft Strategy is now out for consultation until **January 7th 2008**. For a copy of the strategy log on to Mantell Gwynedd website on

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

Cwynedd Council's website or contact Sioned at Mantell

Gwynedd. It is important that the third sector do respond to this draft strategy as this strategy will guide the commissioning of services within health & social care.

## RNIB CYMRU (ATIC) Accessible Technology in Communities

As part of the ATIC project we are launching an accessible ICT Information Line. We aim to provide support across your community to provide a link between ICT and blind and partially sighted people across Wales.

You can contact the information line on **0845 602 0893** which is available from **11am until 4pm Monday to Friday** or via email [atic@rnib.org.uk](mailto:atic@rnib.org.uk)

*Funded by Communities@One*

To receive further information on any of the above items, contact Sioned Larsen on: **01286 672626** or [sioned@mantellgwynedd.com](mailto:sioned@mantellgwynedd.com)

# Sport Relief Grant



SPORT  
RELIEF

In the UK, Sport Relief will fund work which uses sport and exercise to strengthen communities and provide opportunities for people who are excluded or disadvantaged. This may be through low income, rural or social isolation, age, disability, race, sexuality or gender.

Sport Relief is looking to support community groups who are using sport to:

- Increase access to sport and exercise for people who face social exclusion and isolation.
- Help people who are experiencing difficulties in their lives to regain their confidence and self-esteem.

Priority will be given to small, locally based groups or organisations in areas of disadvantage that have a clear understanding of the needs of their community and

are using sport and exercise as a means of addressing these needs.

Sport Relief grants will be allocated for amounts between **£1,000 to £10,000**.

**These are the closing dates for 2007/08**

- Friday 14 December, 2007
- Thursday 20 March, 2008
- Friday 20 June, 2008
- Friday 19 September, 2008

**For a grant application form or for more information please contact:** The Community Foundation in Wales 14-16 Merthyr Road, Whitchurch, Cardiff CF14 1DG

**t: 029 20 520250**

**e: [susan@cfiw.org.uk](mailto:susan@cfiw.org.uk)**

**w: [www.cfiw.org.uk](http://www.cfiw.org.uk)**

## Oxfam Cymru's Small Grant Scheme - 2007

Oxfam Cymru's small grants scheme is a fund to support innovative campaigning initiatives that contribute to the achievement of Oxfam Cymru's aim of overcoming poverty and suffering.

**This can be done through:**

- Mobilising people and communities in Wales to campaign against global poverty with a focus on increasing the impact of an existing Oxfam campaign;
- Procuring research or informing public opinion in Wales, which deepens the general public's understanding of the nature,

cause and effects of poverty and individual actions they can take;

- Have clear objectives that are measurable, achievable and timetabled and can be completed within the stated time frame.

A maximum of £4,000 grant is available.

Deadline for applications: **5pm 25th January 2008**.

**For more information please contact Julie Lewis on 0870 010 9007 or [jlewis@oxfam.org.uk](mailto:jlewis@oxfam.org.uk)**

## Grass Roots Fund

The Grass Roots Fund is a pilot fund by Wales Assembly Government which is administered by Mantell Gwynedd to build capacity in small voluntary and community groups formed by communities of interest. These groups may not have easy access to other funding streams and are thus disadvantaged.

We have identified these 'disadvantaged groups' to include: ethnic minority groups, disabled people's groups, lesbian, gay and bisexual groups, women's groups, homelessness groups, refugee and asylum seeker groups, gypsies and travellers' groups, groups helping people with low levels of literacy or numeracy, isolated groups and language communities.

Groups can apply for a grant ranging from £100 to a maximum of £2,000 to become established and to organise a wide range of activities. Such activities might include

- Developing a newsletter or website
- To purchase computer equipment
- To arrange meetings or pay for room hire
- To arrange training events
- To cover the cost of speakers

The closing date for receiving applications is **31st, December, 2007**. For an application pack or for more information regarding the fund please contact Delyth Vaughan on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com).

Successful applicants will be informed through Mantell Gwynedd by 29th February 2008.

## New Fund c/o Mantell Gwynedd

Mantell Gwynedd will be launching a new innovative pilot grant fund soon sponsored by Sport Council of Wales. The fund is aimed at the non-sporting voluntary sector to encourage groups to do more physical activities to benefit and promote their health and well-being and to increase fitness. Groups will be encouraged to expand their core activities to undertake or try out new physical activities.

**Look out for more information on [www.mantellgwynedd.com](http://www.mantellgwynedd.com) or contact Delyth Vaughan on 01286 672 626 or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)**

## Galluogi Gwynedd

Galluogi Gwynedd fund is about to finish for the time being and there's a limited amount of funding still left for applications under **£1,000**. Groups can apply for a grant up to a **£1,000** at any time - there isn't a formal closing date. **Please note that all projects must finish by February 2008.**

For an application form or to discuss any potential projects and ideas please contact Delyth Vaughan on **01286 672 626** or [delyth@mantellgwynedd.com](mailto:delyth@mantellgwynedd.com)