

Medrwn Môn Bulletin



Volume 7
April
2024

Celebrating Social Prescribing Day 2024 Across North Wales

On 14th March the Medrwn Môn Community Link Team came together with others across North Wales, including the BCUHB, voluntary sector organisations, local government and other social prescribing link workers to celebrate Social Prescribing Day.

Medrwn Môn were one of the sponsors of the event at Rhyl Rugby Club and Bethan, Anne and Awen enjoyed a day of networking with and finding out about other social prescribing projects across North Wales.

The day is a celebration of all social prescribing models, demonstrating the amazing impact it can have on people's health and wellbeing. Many things that affect our health can't be treated by doctors or medicine alone – like loneliness, isolation, or stress due to financial pressures or poor housing. Social prescribing is a way of connecting people to activities, groups and support that can address these issues, and improve health and wellbeing more generally. (**Continued inside.....**)



@medrwnmon



@medrwnmon

Phone: 01248 724944

Website: www.medrwnmon.org

Email: post@medrwnmon.org



Continued..

The event was held in Rhyl Rugby club and saw presentations from Dr Jane Moore, Executive Director of Public Health and Dyfed Edwards, Chair of BCUHB. The focus of the day was on partnership working and how Social Prescribing is making clear impacts within our communities. Brian Laing, BCUHB Strategic Partnership Manager for Public Health, added: ***“By working together with other public services and partners in the charity sector, we can actually address the underlying causes of poor health and wellbeing. It’s about listening to people and tackling their issues in a joined up way.”***

A big thank you to Josie Rhisiart 'Môn Milers' for attending the day with our Local Asset co-ordinators, and for showcasing their Run, Throw Glow project to all the partners.



Croeso i wefan Mantell Gwynedd
Nod Mantell Gwynedd yw cefnogi gweithgwyddol a chymunedol, aros ynghyd i weithgwyddol a bod yn llais cryf i'r trydydd sector yng Ngwynedd.



FLVC
Flintshire Local Voluntary Council
CGLISFF
Cyngor Gwirfoddol Lleol Sir Flint



AVOW

CVSC



GIG
CYMRU
NHS
WALES

Môn Community Link

Môn Community Link is the social prescribing service for people living on Anglesey. The service has a team of 4 Local Asset Coordinators (LAC) who will help if a person is:

- feeling socially isolated
- wanting to improve their physical health
- lacking confidence
- wants practical support and information about what is going on in their community

As a team the LAC's follow the 5 Ways to Wellbeing as a way of supporting people to make better wellbeing choices by finding opportunities in their communities to try new things, learn a new skill, give back to their community through volunteering, take notice of new surroundings and connect to others. For more information please contact Bethan on **01248 725745** or linc@medrwnmon.org



How well did we do ?

During 2023 - 2024 Môn Community Link received in total **310** referrals from GP's, social workers, family and friends, self referrals and others. Of the people that we worked with over the year we found that:

88.9%
experienced a
increase
change in their
wellbeing

61.8%
were feeling
happier

70.9%
had experienced
a positive
change in their
lives through
the project

57.3%
were feeling
less anxious

Tech in Care role comes to an end



This month saw us say farewell to our Technology in Care officer, Ceri.

Ceri worked with individuals and families across the Island and held sessions for the NHS Wales App registration process, making vital connections with individuals in GP surgeries, meeting many who wanted extra support from the Technology in Care project.

Those who wanted help from the project were either lacking in digital skills or were very low on their confidence with technology. Some didn't require the technology itself, just the peace of mind that Ceri was on hand to support with creating email addresses, and support during their first experience with online shopping, or even some advice on how to stay safe online. This was vital for those people who are carers or who are housebound and have very little time out of the home. The ability to go online for their own shopping, medicines and/or to socialise was a lifeline. This echoes the needs identified during COVID-19 lockdown and has been compounded by the cost-of-living crisis and cuts in vital transport links in some areas of Anglesey.



Ceri worked with the Good Things Foundation to secure free Wifi and Sim cards, and was able to provide them to individuals and families (who could then get 6 months data at no cost). Through the Tech in Care project, Medrwn Môn is now a recognised member of the National Databank, which means we can support individuals and families across the island with 6 months free data as long as they meet the Good Things Foundation criteria.



Ceri also worked alongside Cwmpas to create a video case study for 2024. This will showcase Ceri's work supporting the implementation of the NHS Wales app, as well as highlighting the project and the collaborative approach with Cwmpas.

Ceri continued to lead the working group that was created following the Third Sector networking event to create a booklet aimed at professionals and residents to inform them of all providers of Technology in Health, Care and Wellbeing across Anglesey.



Following Ceri's intervention, they have been open to do much more online, such as looking after their own wellbeing, ordering prescriptions, shopping online and connecting with friends.

Medrwn Môn wishes Ceri well for the future.



Pum ffordd at les
Five ways to wellbeing



Free Training !

WcVA
CgGC

Planning and Writing Successful Funding Bids Training!



With funding being harder to get and more groups applying for funding, community groups and organisations wanted help on how to write a funding application. With help from WCVA, Medrwn Môn recently held free online training for Third Sector community groups and organisations of Anglesey on 'Planning and Writing Successful Funding Bids' to help them put together a stronger case for funding.



The training was well supported by a variation of community groups and organisations who give up their time to support the communities they volunteer in. The feedback received was positive, with further training suggested; Completing a Funding Application and Monitoring and Evaluation - Both of which are planned for the near future, so keep an eye out for further updates.



If you are part of a Third Sector Organisation and would like information on more training, Third Sector Support Wales has some free online short courses available here:

www.knowledgehub.cymru

Good governance

- Introduction to Voluntary Sector legal structures and charitable status
- Safeguarding Responsibilities for Trustees – An Introduction

Sustainable Funding:

- Creating a budget from scratch
- Financial Guidance and Oversight for Trustees

Engagement and Influencing:

- Introduction to impact
- Manual for public engagement

Volunteering:

- Management and Support for Volunteering
- Recognising Volunteers and Measuring Impact



You Say - We Can! Event

What do you need from us?



Medrwn Môn is here to support Anglesey's voluntary groups & organisations with quality advice and resources on the following 4 pillars:



- Sustainable funding - including grants, fundraising & income generation.
- Volunteering: including recruitment, retention and training.
- Engagement & Influencing: including influencing policy and scrutinising public services
- Good Governance: including policies, and information about how to run an organisation/group

This event gave community groups and organisations the opportunity to tell us what support and advice was most important to them around the 4 pillars and how Medrwn Môn should shape the services provided to best suit them!

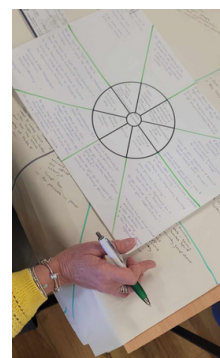
The You Say - We Can event gave community groups and organisations the opportunity to tell us what support and advice was most important to them around the 4 pillars and how Medrwn Môn should shape the services provided to best suit them.



Using a negotiating tool kit the groups were asked to look at issues surrounding the 4 pillars, then think of ways these issues could be addressed better by Medrwn Môn.

There was a variety of representatives from community groups and organisations, from small clubs to large third sector organisations. All groups commented that the issues they face whether they were a large organisation or a small group of people meeting for a cuppa and chat were similar. For example; lack of funding, funding bids, recruiting volunteers, confidence in good governance and to have more of an opportunity to influence policies.

Medrwn Môn is now analysing the information gathered on the day, and will be implementing new and innovative ideas to make sure community groups and organisations have the most suitable service by their County Voluntary Council, Medrwn Môn.



If you would like to have your say, please contact Medrwn Môn for the State of the Sector Survey.

Community Alliances

What's going on in your area?

POWERED BY
**LEVELLING
UP**

The first meeting of the **Bodowyr** Alliance will be held 14th May at 6.30pm at the Brynsiencyn Community Centre. The invitation is extended to everyone across the ward who would like to join us in identifying priorities for the area, we look forward to meeting you.

Bro'r Llynnoedd have allocated £3,000 of their seed funding to the Basketball project in Park Mwd in Valley. Working with Valley Community Council, they have also been successful and received £7,500 from the Medrwn Môn Green Spaces grant to develop an outdoor green gym next to the basketball pitch. A new noticeboard has also gone up in the shopping precinct in Valley.



Aethwy have opened their seed funding for grant applications from local groups within the ward to apply, the closing date for applications will be 31st May. The chosen priorities for Aethwy are transport, community buildings, environment and children & young people. Applications for funding will need to work towards one or more of these.

Crigyll in partnership with the Iorwerth Arms will be employing a community transport driver, to play a pivotal role in developing a community transport service for the ward and surrounding areas. Crigyll held a showcase event at the Iorwerth Arms afternoon tea, they shared information on the work they have completed so far and how the projects that benefitted from the seed funding are getting on.



Seiriol are currently fundraising to replace the community mini bus with plans for disability access/wheelchair users transport. This will enable them to continue with their local transport scheme for the Seiriol community. The Alliance has also received £10,000 seed funding to open for applications from the ward.



Bro Aberffraw will be working with the Community narratives project across the Ward, Ffion Pritchard (Art, Design, Film and Community @ffionartist) will lead on the project. The Alliance have selected the board members and will open applications for the seed funding following the next meeting, projects within the Ward will be invited to apply.



For further information and how you can be involved in your area please contact: post@medrwnmon.org 01248 724944





GwirVol

Take a look at what
Grŵp Cymunedol #CaruAmlwch
got up to with their **GwirVol Grant Funding**



Grŵp Cymunedol #caruamlwch were invited to work with a group of young people from Ysgol Syr Thomas Jones to help out at a large unkept garden within the school grounds. The garden is sheltered and borders onto the technology classes but can only be accessed through the school corridors. It was a derelict area, unused due to the schools lack of resources and was becoming unsafe for the students to visit. #caruamlwch began clearing the area with a group of youths and their teachers and received funding from the GwirVol Grant and the Edible Food Growing Grant from Keep Wales Tidy.

After the initial clearance was done, the young people came outside for a number of lessons to pull up rotten raised beds and refill new beds with soil, make gravel pathways and plant some fruit trees under the supervision of their teachers and members of the #caruamlwch group.

The rewards for the young people are immense as they stated they'd prefer to be 'outside working than confined to their classroom'. Taking the responsibility to lead and design the area has given the group a sense of pride in what they have achieved and they've gained many new skills in the process. Other pupils who have taken art as a subject are interested in painting a mural on one wall, the cookery students want to use the food and herbs in the dishes they create and other classes have been busy planting seeds, flowers and growing seedlings in the greenhouse.

The newly restored garden will be used by the students for years to come and somewhere for them to relax and enjoy. 'For a relatively small amount of funding from the GwirVol Grant the improvements to make this a usable space for the young people have been immeasurable'.



"It is making me very happy working outside and creating this space, so I can come out here all the time". 14 year old student.



Pum ffordd at les
Five ways to wellbeing



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Autumn Activities Fund

During Autumn 2023, Medrwn Môn and the Isle of Anglesey County Council administered an Autumn Activities fund. The grant was intended to fund activities that would help to improve access to activities in communities, promote activities across generations and improve use of community spaces and buildings. 18 community groups received funding, here is a short recap of some of the activities that have taken place:



Amlwch Port Community group held a variety of successful Christmas events for the community. There was a Christmas lights event, a picture competition, a Santa run and a Christmas Carol service. Across all the events over 400 people attended. The community events are a great way to connect people and strengthen the community.

“what a lovely community we have and look forward to it every year”

Benllech Good Turn Scheme held an afternoon Christmas tea with entertainment for service users, who find it difficult to attend events or those who are disconnected from the community. 30 elderly people attended the event with the support of 12 volunteers, for some this is the only event they were able to attend over the Christmas period.

“It has been lovely, I really enjoyed myself, thank you”



Munchkins Môn held 21 intergenerational singing sessions across 2 care homes and 1 hospital ward. The singing sessions included children and adults of all ages and was very popular with over 40 people attending each session. Music helps bridge the gap in generations, the children were encouraging the residents to join in with the instruments.

“Thank you for coming and singing with us, you coming here keeps us living”



Over 200 people attended the 14 various sessions held by **Cymdeithas Gymunedol Mechell**. The sessions on offer were coffee mornings, film nights, Easter egg hunt, art sessions, singing, yoga, bingo and a coach trip to Frongoch. There was also First Aid and Defib training for volunteers. All sessions were highly praised and they received a lot of positive feedback: **“The community activities have helped me to become part of the community”**



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL



Pum ffordd at ieu
Five ways to wellbeing



Autumn Activities Fund

Amlwch W.I held 4 different sessions for their members, family and friends; a Christmas celebration, music therapy session, Gwyl Dewi Sant celebration and had a guided tour of Anglesey. The sessions gave people the chance to socialise with others. Alleviating loneliness has been the foremost benefit. **“The intergenerational aspects of meetings was excellent and we will continue with them”**



Clwb y Cen held 6 activities for the community of Carreglefn including intergenerational carol singing, Christmas dinner with entertainment, 3 meetings with guest speakers and a visit to Penrhyn Castle. 59 people benefited from these activities. **“The sessions have been a success and have reached our hopes to be able to give enjoyment to the members (and friends) as well as getting to know each other better”**



Llangefni Social Enterprise worked in partnership with Môn Milers and held 3 sessions for people who are living with and beyond cancer to walk, jog, run, cheer to volunteer at Nant Y Pandy Park Run. **93 people who have been touched by cancer took part** over the 3 sessions. They have been empowered to move against cancer benefiting from exercise in a safe environment, making new friends with many returning to the regular Nant Y Pandy Park run Sessions.



Aberffraw Village Hall are hosting coffee mornings where people are encouraged to talk in Welsh, giving Welsh learners the opportunity to practise their Welsh language with other local people. 24 people have attended the sessions, made up of a mix of ages and backgrounds and Welsh language ability. It has given local residents the opportunity to mingle with people they would not normally meet within the village.



There were also some really good activities held across the Island with the Autumn Activity fund by Caru Amlwch, Clwb y Gorlan Amlwch, Mencap Môn, Cemaes Bay History Group, Cyngor Ysgol Llanfairpwll, Holyhead Town Council, Canolfan Brynsiencyn, Holyhead Autumn Activities, Agewell Hywliog Môn and Neuadd Brynrefail. **Across all the funded projects 87 activities took place and 1337 people took part.**

If you would like more information about any of the groups, activities or what's on local to you, please contact Medrwn Môn who can assist you.



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL



Pum ffordd at les
Five ways to wellbeing



North Wales A-Z in Health and Social Care

North Wales CVCs would like to invite you to an event at the OpTic in St Asaph to hear from various bodies that drive the health and social care agenda of North Wales.

Speakers representing the Regional Partnership Board (RPB), Public Service Board (PSB), Pan Cluster Planning Group (PCPG), Area Integrated Service Board (AISB), Childrens Regional Partnership Board (RPB) Llais (formerly CHC) and Betsi Cadwaladr University Health Board (BCUHB) will be there to present how these bodies work with their partners throughout your areas, how you engage and also if appropriate share who your contact is for that body.

There will be a period to ask questions and also to network with other organisations across North Wales.

Thursday 16th May 2024, 9.30am - 3pm @ OpTIC Centre, Saint Asaph

Booking Essential: Contact Sherry@dvsc.co.uk or 01824 702441



Dementia Celebration Event



The North Wales Regional Partnership Board organised an event to showcase and celebrate The Dementia Listening Campaign. The campaign involved speaking to people about dementia services across North Wales. The 6 local authorities across North Wales presented their key findings during the event. The findings will be used to help shape the next steps; to agree priorities, produce a vision, support community led action, and spread the listening campaign.

“Living better with dementia” film launch

Betsi Cadwaladr launched a series of five films designed to create a better understanding of dementia. The films cover the following topics: what is dementia, when to seek help, getting a diagnosis, living with dementia, and planning for the future. [The films are available in English with Welsh subtitles here](#)

North Wales Dementia Friendly Communities

The North Wales Dementia Friendly Communities Scheme was launched on the 1st January 2024. The scheme has been co-developed in close co-operation with the 6 Local Authorities, County Voluntary Councils and Betsi Cadwaladr University Health Board, to work with local communities to raise awareness around dementia, implementing actions, putting local people at the forefront.

WCVA Chief Executive retires



WCVA Chief Executive, Ruth Marks retires after nearly nine years at the head of the national membership body for voluntary organisations in Wales.

In her announcement Ruth said *'I've had an amazing time as Chief Executive of WCVA. Working with the staff team and board of trustees, we have achieved so much. We are in a really good position to begin our 90th anniversary year in 2024 and continue our focus on our members, our strategy and our unique role in supporting the voluntary and community sector all over Wales.'*

As Chief Executive, Ruth has accomplished a great deal, leading several reviews, building high trust in a values based organisation and strong relations across the sector, creating a solid and sustainable base for the future. Previously Ruth has held a variety of roles in the public and voluntary sectors and continues to serve as a trustee and adviser to a number of charities and boards.

Medrwn Môn wishes Ruth well for the future and welcomes her successor Dr Lindsey Cordery-Bruce.



Wellbeing Champions Spring Network Meet Up - March 2024

As RCS Wellbeing champions, Anne and Sheree were invited to attend the wellbeing champion network event, exploring ADHD and how we can better support people with ADHD in the workplace. Liz Mulhall-Brewer (Business Psychologist & Wellbeing Coach) from Neuroflourish was the guest speaker and guided us through the topic, discussing stigma and stereotypes, considerations and experiences, support and reasonable adjustments for those who experience ADHD.

The wellbeing champion training programme was launched in 2020, to help employers respond to the wellbeing needs of staff during the pandemic. Since then, nearly 250 individuals have taken part in the programme from a mix of SMEs, colleges, care homes, charities and health boards.

Wellbeing Champions are often the first line of support for colleagues who are struggling at work. They can offer a listening ear, and are trained to signpost to appropriate support or specialist help where needed. They can also organise and promote wellbeing initiatives at work, helping to create a positive wellbeing culture.

The wellbeing champion training course can be taken on-line or in-house, comprising a 3-hour training session, completion of on-line workbooks and access to a toolkit of resources. The course is available in Welsh or in English.

RCS

01745 336442

hello@rcs-wales.co.uk



Anglesey's Older People's Forum

Medrwn Môn was invited to Anglesey County Council and Age Cymru Gwynedd a Môn Island-Wide Older People's Forum at M-SParc, which brought together older people from all over the island.

There was over 70 attendees and presentations from interesting guest speakers:

- **PC Dewi Owen discussing the Cyber Crime Prevention Team at North Wales Police**
- **Citizens Advice Bureau with advice on how to Maximise your Income**
- **Carers Outreach Service discussing Support for Unpaid Carers**
- **Pupils from Ysgol David Hughes discussing their Tech in Care project, where they'll be travelling to Japan for inspiration to develop their project supporting older people to age well, alongside a gardening and gaming project**

There were also a wide variety of information stalls from services supporting older people including Age Cymru, Medrwn Môn and the Older People's Commissioner for Wales' Office.

There was also an opportunity for people to chat and come together to share good practice of the great work taking place all over Anglesey to create an Age-Friendly Community where everyone can look forward to ageing well.

To receive further information about the Older People's Forums, or to arrange a smaller, local Forum for your community – contact Sioned Young, Age-Friendly Communities Development Officer at Anglesey County Council on:
sionedyoung@ynysmon.llyw.cymru or 07971160278.





50+ Open Day's are back

Following a successful series last year, the Môn Actif and Age-Friendly Anglesey 50+ Open Days are back, the first was held in Plas Arthur, Llangefni in March.

It was a great turnout, people who attended got to try different leisure activities such as table tennis, badminton, pickleball, pilates, exercise classes and were able to use the fitness room for free. People commented that they wouldn't normally try new activities but the day has given them the opportunity to try new things, and they enjoyed it.

There was a variety of information stalls including Medrwn Môn, Age Cymru Gwynedd a Môn, Carers Trust, Citizens Advice Bureau, Care & Repair, Run Wales, Tai Môn and more!

Bethan our Community link officer commented on how well the event was run, and how the organisations in attendance worked together to ensure the people had the information and advice needed.

For more information contact: Sioned Young on 01248 751832 / SionedYoung@ynysmon.llyw.cymru

Information fair

Medrwn Môn attended the Caniad information fair at Plas Arthur Llangefni on Tuesday 27th February, along with other agencies, sharing information about mental health and substance abuse services available on Anglesey.

A good turnout came to the event, Medrwn Môn officers, Môn Community Link spoke to a large number of Caniad participants

It was a nice atmosphere, a chance to sit, have a cup of tea and biscuits and a chat.

The idea for the fair has come from feedback from service users about the lack of awareness around what services are available to them. Even though Anglesey may seem small to others, it is quite spread out, with a lot of service users feeling as if they are too isolated to access help if and when they need it.

The day was to take the opportunity to have Substance Misuse and Mental Health services come along and show Anglesey what support they have to offer. Whether it would cover all of North Wales or just Anglesey alone.



**Get Involved: caniad@caniad.org.uk
0800 085 3382
<https://caniad.org.uk/contact/>**



Community Ride

Travelling together, thriving together

Following the cuts to the public transport in 2023, concerns were raised that many rural routes were axed leaving Island residents, particular the elderly and vulnerable cut off from vital services

Public buses are crucial for communities and usually it is the most vulnerable who rely on these services.

Medrwn Môn held several consultation days in the areas that the public transport cuts affected the most.

Following the consultation in the Crigyll Area it was decided to employ a person to drive the electric seven seater / wheelchair accessible vehicle already owned by Medrwn Môn that's used by Bryngwran Good Turn Scheme.

The route that the vehicle will take will be a connective route from Bryngwran to Valley as well as other journeys.

The funding to employ the driver will come from the Crigyll Alliance.

For further information about the role contact
linc@medrwnmon.org / 01248 725745



Mirili Môn's Pie and a Pint!

Listening to our members (as we call them, encourages a sense of belonging). They were wistfully reminiscing about going out to the Pub for a Pie & a Pint, they remarked that it wasn't something they felt they could do now, this made us as volunteers sad. So with community support we recreated it as a morning event at our hub in Gwelfor Community Centre, we made the old tuck shop into a bar complete with mats & towels supplied by The Vic Public House, Tesco provided crisps & snacks, a local band 'Strings & Things' came along to sing and play old tunes, local baker Clydfan Cakes baked 40 pies at half price and MIRILI supplied alcohol-free Guinness, lager & bitter. We didn't leave our carers group out either as they had a 'Prosecco & Pamper morning too. The men played darts, dominoes, bar skittles, and table football.

“What can't you do when you have fantastic community support and fab volunteers?”



GWEITHGAREDD
A CHYMORTH DEMENTIA
**MIRILI
MÔN**
DEMENTIA ACTIVITY
AND SUPPORT



Funding News



LOOKING FOR FUNDING?

Find funding for your charity, community group or social enterprise using the free online search engine, Funding Wales.

You can search hundreds of grant and loan finance opportunities on Funding Wales from local, national and international sources, from small grants to large capital projects. We've recently improved the functionality of the site as well, including:

- An alert function that notifies you if new funds relevant to your searches are added
- The ability to save searches so you can access them when you like
- The ability to download searches in different formats
- As well as this, we've made some 'under the hood' changes to the site to improve the quality of everyone's searches and help you find the funding you're looking for.

If you've not previously registered, but would like to take advantage of the funding search, register at <https://funding.cymru/>. Funding Wales is completely free to use for anyone working or volunteering in the voluntary sector in Wales.

To start searching for funding you must first complete the registration process. Once registered you will be able to search for funding.

AETHWY ALLIANCE COMMUNITY FUND

Aethwy Alliance has been set up to bring together local groups, residents, businesses and services to create opportunities for joint working and provide a collective voice for the people who live and work in the area.

The group has £14,000 funding available to develop projects in the following areas:
Llanfairpwll, Menai Bridge, Star and Penmynydd!

Projects will be funded for the benefit of the following priorities:

- Children and Young People
- Transport
- Community Spaces
- The Environment

CLOSING DATE:
FRIDAY
31 MAY 2024
12PM

For further information or to request an application pack please contact -
post@medrwnmon.org or phone 01248 724944

CHINGORIS YNY'S MON ISLE OF ANGLESEY COUNTY COUNCIL

LEVELLING UP

Funded by UK Government

Wedi ei ariannu gan Llywodraeth y DU

The ASHLEY FAMILY FOUNDATION

The Ashley Family Foundation (formerly The Laura Ashley Foundation) is a UK registered charity. Our focus areas for funding are arts, crafts and education for the benefit of all persons but in particular those who are isolated or most in need in their community. Applications are open to organisations based in and working with people in Wales. We take a particular interest in applications with a sustainability and environmental focus.

Organisations can apply for grants of between
£500 – 10,000

The next application deadline is the
6th of September 2024. Applications should be made directly through [The Ashley Family Foundation](https://www.theashleyfamilyfoundation.org/) website.

Green Spaces Fund

Medrwn Môn had funding available through the UK Government UK Shared Prosperity Fund.

Medrwn Môn and Anglesey County Council had funding available to work to support community groups that provide services and activities to communities on Anglesey. Funding for this scheme has been received from the UK Government through the UK Shared Prosperity Fund.

The fund is intended to develop and run projects that support people's access to outdoor spaces, either through the funding of activities that make more use of the outdoors or through the development of new spaces such as community gardens or allotments.



What community groups needed to think about when applying.

- Is the budget realistic, cost effective and value for money?
- Does the project emphasise on volunteering?
- How will the project connect to the 5 ways to wellbeing?

Difficult Decision

21 groups applied for the funding, the total grant requested exceeded £100,000. As there was only £35,000 of funding available the panel had to make the difficult decision as to which project to fund. Out of the 21 that applied only 5 projects could be funded.

The five successful groups that received funding:

- **Môn Actif** - The project will focus on rolling out 30 new projects utilising the green spaces across the Island.
- **Menai Bridge, Civic Society**- to transform a communal garden in Menai Bridge and planting areas incorporating a fitness trail
- **Bro'r Llynnoedd, Valley**- to provide a community garden with outdoor gym facilities that is free to be used at all times.
- **Mencap Môn**- Developing a Green Space and Sensory Garden complete with Willow Sculptures at Llangefni Football Club
- **Ffrindiau Llanfaethlu** - Consultation work to develop a plan for a play park and a community garden and to start the ground works in the old park.



Funded by
UK Government



Wedi ei ariannu gan
Llywodraeth y DU

POWERED BY
**LEVELLING
UP**



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL

Funding for volunteering!



Does Volunteering Cost?

Volunteering is when someone spends time, unpaid, doing something to benefit society, and solve problems in their community. A huge proportion of projects involve volunteers – we want to ensure they have a positive experience when working with your project. Although volunteers volunteer their time, there are still costs to volunteering to consider.

Costing your volunteer activity

Developing a realistic budget is especially important, the experience of volunteering can go wrong if organisations lack the resources to support and train volunteers properly, they are not cost free. Projects must have a realistic budget, volunteers must have the opportunity to claim expenses, including: reimbursing volunteers for basic meal costs, reasonable travel costs to and from the place of volunteering and any travelling required as volunteer time as in-kind support: you can use the hours that volunteers give to count against your match funding, part of the task they are involved with, while some volunteers may need to claim childcare and other expenses.

Trusts to consider when involving volunteers in running your project.

The Tudor Trust is an independent grant-making trust which supports voluntary and community groups working in any part of the UK. They particularly want to help smaller, community-led organisations which collaborate directly with people who are at the margins of society: organisations which support positive changes in people's lives and in their communities. **0207 727 8522**



Awards for All Wales award grants of between £300 and £20,000 for schools, and voluntary/community organisations in the UK running projects that enable people to take part in art, sport, heritage, or community activities, or promote education, the environment or health in the local community. **0300 1230735**



Volunteering Wales Grants is a scheme funded by the Welsh Government to promote and improve volunteering in Wales. Grant requests are welcome for projects up to 18 months with a value of between £50,000-£100,000.



Gwirvol Youth Led Grants is a Welsh Government initiative enabling young people to develop skills and gain experience in youth leadership by leading local volunteering projects. Grants of £500 or £1,000 can pay for equipment and resources needed to kick start projects which lead to worthwhile volunteering activities.





YOUTH VOLUNTEERING GRANTS

Do you have an idea for a project that involves young people or creates volunteering opportunities for young people between the ages of 11 and 25?

FUNDING IS AVAILABLE TO DEVELOP
PROJECTS FOR THE BENEFIT OF
YOUNG PEOPLE IN ORDER TO.....

- bring communities together
- promote wellbeing
- support language and culture
- develop and enhance the environment

Up to
£1,000
available

For more information
or to request an
application pack
contact

post@medrwnmon.org

CLOSING DATE
20th May
2024



Volunteers' Week celebrates 40 years

Volunteers' Week was first established in 1984, by what was then known as Volunteering England. This year we're excited to be celebrating the 40th anniversary, from Monday 3 to Sunday 9 June.

**40 years of
Volunteers'
Week**

#volunteersweek


**VOLUNTEERS'
WEEK**
40th Anniversary

What is Volunteers' Week?

Volunteers' Week celebrates the amazing contributions volunteers make to communities across the UK.

The celebration starts on the first Monday in June every year. It's a chance to recognise, celebrate and thank the UK's incredible volunteers for all they contribute to our local communities, the voluntary sector, and society as a whole.

Share your story with us

Every volunteer has a story to tell. Here's how to show Anglesey what volunteering means to you.

Let us know your story and we can share it on Medrwn Môn's social media platforms.

Why is volunteering important?

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too.

It's human nature to feel good after helping someone out. Volunteering can also help you gain valuable new skills and experiences, and boost your confidence.

Becoming a volunteer

Want to volunteer but don't know where to start? visit the Volunteer Wales web site

<https://volunteering-wales.net/>
or contact post@medrwnmon.org
01248 724944


**VOLUNTEERS'
WEEK**
40th Anniversary



Volunteering opportunities



CAN YOU HELP

DRIVE PEOPLE TO VITAL
GP AND HOSPITAL
APPOINTMENTS



We are looking for
people who can spare
a couple of hours a
month!

WE WILL COVER:

- COST OF DBS
- COST OF FUEL
- COST OF ANY OTHER EXPENSES

**FOR MORE INFORMATION
PLEASE CONTACT US**

LINC@MEDRWNMON.ORG

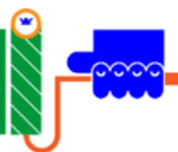
01248 725745





thebighelpout.org.uk

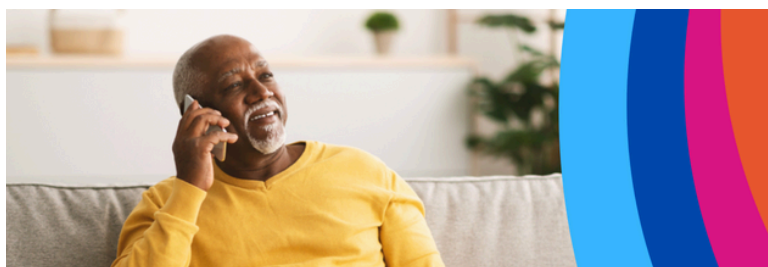
Lend A Hand
7th-9th June



Download the Big Help Out App!



Joining the biggest mass volunteering event in the UK couldn't be simpler, just click the link below and get signed-up for the Big Help Out. Once you have registered you will find volunteering opportunities big and small, with something to suit everyone. If you can spare an hour, fantastic. A day, amazing. Do you want to try out something new, no problem!



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

We need your help!



If you can spare as little as an hour a week, you could help parents not just survive but thrive. As a Home-Start volunteer, you will be given training and support to be effective and make a real difference to families in your community. You will also develop transferable skills which can support you in your life, whether that's at home or at work.

Visit: home-start.org.uk

Contact: Email: info@homestartcymru.org.uk

Digital Online Befriender

Supporting a family via digital communication is becoming popular due to social distancing rules. Being at the other end of the phone for a family to talk through stresses and concerns they may have is vital now, more than ever.

Help in a Home-Start office

Our admin volunteers give a few hours each week to help behind the scenes at their local Home-Starts. The role and tasks will vary depending on the office at which you are based.

Be a home-visitor

With knowledge and experience as a mum, dad, grandparent or carer, a Home-Start home-visitor could be the vital support a family needs and make a big difference to their lives.

What's on?

Book your place



CRONFA GYMUNEDOL COMMUNITY FUND

Meddwl Ymlaen
Mind Our Future

A more resilient future

A chance to find out about

- Mind Our Future
- What young people and practitioners say about provision
- How we can support organisations

Join us in:

- Tywyn - 07/05/2024
- Blaenau Ffestiniog - 09/05/2024
- Dwyfor - 14/05/2025
- Caernarfon - 15/05/24
- Bala - 20/05/2024
- Anglesey - 22/05/2024

meddwlwymlaen@barnardos.org.uk

STAND
NORTH WALES CIC
Stranger Together for Additional Needs & Disabilities

CYNGOR SIR YNYS MON ISLE OF ANGLESEY COUNTY COUNCIL

YNYS MON WELLBEING WALKS

For adults with additional needs and disabilities

WHEN AND WHERE
Fourth Tuesday of the Month
11am - 1pm

- 28th May Treaddur Bay The Beach Car Park LL652YR
- 25th June Belgium prom Coed Cynol Car Park LL595EA
- 23rd July Beaumaris Beaumaris Green Car Park LL588BU
- 27th August Parc Arfordirol Penrhos Coast Stanley Avenue, Holyhead LL65 2JDA

WHAT HAPPENS
Free organised walks with a cafe stop.
For adults and their carers.
With the aim to socialise, exercise and to improve mental and physical wellbeing.

BOOKINGS
call: 07562691162
email: oliver@standnw.org
www.standnw.org
Company Number 11333532
www.facebook.com/standnwcic
www.twitter.com/STAND_NW
www.instagram.com/stand_nw_cic

Ynys Cybi Landscape Partnership May Guided Walk

Heritage Walk: Breakwater Country Park to Ffynnon y Wrach.

10th May, 10am - 1pm



In partnership with Menter Iaith Môn and Anglesey AONB, we will be walking from the Breakwater Park to Ffynnon y Wrach well.

We will discuss the history of the Country Park, the Breakwater, and the mountain villages. At the historic Quillet field system there will be an opportunity to view the Partnerships drystone walling project, repaired by trainees and volunteers. We will have access to the holy well, recently restored by the Partnership with funding from the Heritage Fund, UK Government and ERDF.

The walk will be conducted bilingually, Welsh and English, suitable for learners and those who wish to practice their Welsh language skills.

A 3-mile route, the walk will start from the Breakwater Country Park at 10:00am and should return by around 1:00pm.

**Note - All participants taking part need to ensure that they have the appropriate shoes and clothing for the activity. You should bring water, sunscreen and be prepared for a journey of up to 3 hours. Be aware that some parts of the walk are quite steep and challenging.*

Limited spaces. To book contact:

PartneriaethTirlunYnysCybi@ynysmon.gov.uk



YMDDIRIEDOLAETH GOFALWYR

CARERS TRUST

MS Society
Cymru

The Breathing Space Project

Visit to Anglesey Transport Museum with fish and chip supper

Join us for a visit to Anglesey Transport Museum and a fish and chip supper. This special gathering is dedicated to unpaid carers.

Time/ Date: Wednesday, June 19th, 5-7PM

Location: Anglesey Transport Museum, Newborough, LL61 6TN

To attend, contact: msscymru@mssociety.org.uk



Prize Bingo

Neuadd Bentref
Llanddeusant
Village Hall

19/05/2024

Drysau yn agor/Doors Open - 3pm

Dechrau am/Eyes Down - 3:30pm

Llyfr o 6/Book of 6 - £5

Taflen Arian/Cash Flyer - £2

£1 - Raffl/Raffle

Elw tuag at/All in aid of

Alaw Ward & Day Unit

Croeso i bawb - Everyone Welcome

Cyngerdd Corawl / Choral Concert

Meibion Goronwy

yng nghwmni / in the company of

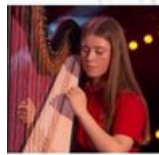
Côr Perth Male Voice Choir
(Awstralia / Australia)



Gwesteion / Guests

Gwen Elin (Unawdydd / Soloist)

Gwenno Grug Roberts (Telyn / Harp)



11fed o Orffennaf 2024

11th of July 2024

7:00pm

Canolfan Beaumaris Centre, Rating Row, Beaumaris, LL58 8AL

Tocynnau / Tickets £10

07747016943 / 07368486081



COME JOIN BERNARD
AND FRIENDS

26th MAY 2024

HOLYHEAD PREMIER INN

LIVE ENTERTAINMENT:

Y MONIARS

JOSEPH HARVEY

GWEN EDWARDS

TOM WOODY

LOIS GLAIN POSTLE

GLESNI RHYS

COWBOIS CELTAIDD

FREE ENTRY STALLS OPEN FROM 10AM

LIVE ENTERTAINMENT AND MORE FROM 11AM - 4.30PM



Coppice Crafts Weekend 2024

Join Anglesey's AONB team and Cwlwm Seriol for an
action-packed day of Coppice Craft activities



Haulfre Gardens, Llangoed
Weekend 18-19 May

09:30 - 16:30

£10 Entry

Booking essential

Register online at [Countryside events and
activities \(gov.wales\)](https://www.countrysideevents.gov.wales)

If you have an event that you would like
us to promote, please contact:

post@medrwnmon.org

01248 724944

CONTACT US



CALL US ON: 01248 724944



EMAIL US: POST@MEDRWNMON.ORG



FACEBOOK: MEDRWN MÔN



WEBSITE: WWW.MEDRWNMON.ORG