

Medrwn Môn Bulletin



Volume 4
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2023

ANGLESEY WELCOMES THE OLDER PEOPLE'S COMMISSIONER!



The Age Friendly Anglesey – Ageing Well conference was held in M-SParc. Organised by Anglesey County Council as part of its application to join the World Health Organisation's Worldwide Network of Age-Friendly Communities, the event provided the opportunity for local groups and organisations to showcase their projects to the Older People's Commissioner, Helena Herklots CBE and her team.

By becoming a member of the WHO network, Anglesey would demonstrate its commitment

to breaking down barriers to ageing well and secure a status as an age-friendly island. During the visit on the 29th March, we shared information about Môn Community Link, as well as presentations by Seiriol Alliance and Good Turn Scheme, the Nifty 60's group in Holyhead and Benllech & District good Turn Scheme to name a few. Ms Herklots congratulated Anglesey for reaching this important milestone in the journey towards becoming an age-friendly island and stated 'During my recent visit to Anglesey, it was good to speak with older people about the work underway to make communities on the island more age-friendly, and hear from organisations about the projects and initiatives they are delivering and the positive difference these are making to older people's lives'.



@medrwnmon



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Medrwn Môn welcomes a new Third Sector and Community Wellbeing Officer!



Background

My name is Sheree Ellingworth, I have worked for Medrwn Môn on the Môn Community Link project as a Local Asset Co-ordinator (LAC) for 6 years. I enjoyed working with people and assisting them to connect them to their community and relevant services. During my time as a Local Asset Co-ordinator I worked alongside community groups, voluntary organisations and the public sector, and thought this new post would progress nicely from what I have learnt as a LAC.

My goals

I recognise the importance of encouraging voluntary organisations and community groups to engage in various ways to identify local priorities. My main goal is to make sure that community groups and voluntary organisations are heard in planning, decision making and the delivery of effective services.

I will also be working with community groups to ensure that they are fit for purpose and give them all the support we can to help them function efficiently.

My role at Medrwn Môn

In my new role I will be responsible for promoting and raising the profile of the third sector and its added value to those partners working in health and social care. I will also be establishing a new Third Sector Wellbeing Network, to encourage groups and organisations to talk together, to share good practice and identify opportunities for joint working and identifying priorities to work towards in the future

In addition to this, I will be sharing information, holding events and training sessions, raising awareness of and capturing local priorities within the health & wellbeing agenda, through the third sector network.

If you would like to be part of the Third Sector Wellbeing network please contact Sheree on sheree@medrwnmon.org or call 01248 725745



Caru Amlwch brings the community together!



55 community groups and associations attended the event in Amlwch

Sheree and Owen were invited by Caru Amlwch to a networking event in Amlwch Memorial Hall in April, to promote the work of Medrwn Môn and share advice and information.

39 groups attended along with third sector organisations. The event gave community groups the opportunity to come together and have a chat to the general public about what their groups could offer them and how they could become involved in their activities. This also gave people the chance to see what volunteering opportunities were available within their community.

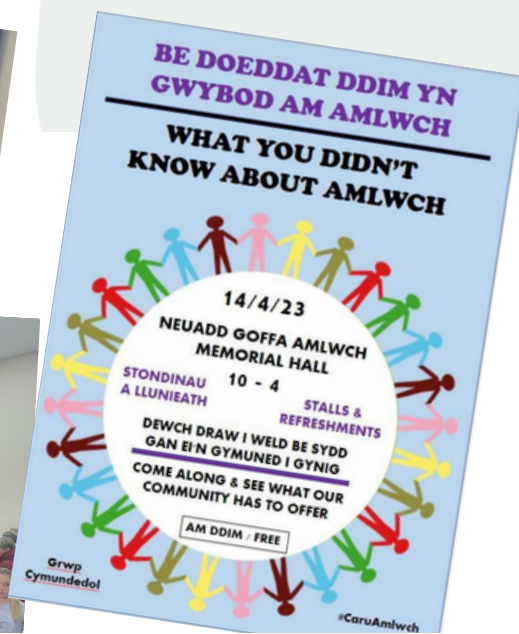
Sheree and Owen chatted with lots of volunteers from community groups in Amlwch and discussed how we could work together in future. It was a great opportunity for Medrwn Môn to talk to smaller community groups that didn't know about the benefit of becoming a member of Medrwn Môn, and they have signed up to become members.

There was a lot on offer, stalls, fun, games, raffles, light refreshments and demonstrations.

In excess of 500 people came through the doors with many saying 'they never knew some of these groups existed in Amlwch'. The feedback was brilliant, with children joining new groups and people expressing an interest in volunteering.

Caru Amlwch hopes to run this event bi-annually in future with the hope that more community groups will form on the back of this event.

Medrwn Môn would like to thank Caru Amlwch for the invite and we look forward to attending again in future.



My Health Online - Technology in Care



2023 will see the continuation of the My Health Online project. We've had a successful year supporting patients across Anglesey register with their doctor's surgery via the service. This has allowed patients request their repeat prescriptions online as well as gaining skills with using technology – some for the first time ever! Over 2000 people signed up to the scheme last year!

The project is funded by the Regional Integrated Fund and Anglesey GP Cluster and this year will take the good practice and learning from last year to look at how we can include technology in other aspects of helping to keep people independent, happier, and healthier in their own homes and communities. The project will support people to live their lives to the fullest and aim to work with partners to prevent or delay the need for care and support from statutory services wherever possible.

The project will look at how tech and apps can be used to support people to manage their own self-care and will include Fitbit devices (to measure physical activity levels), SMART homes devices (SMART bulbs, thermostat management tools) and those that provide virtual information (Amazon Alexa and echo devices).

The Smart Watches/Fitbits project will encourage people to look after their own health and wellbeing by using a smart watch that will give them all the stats they need to measure their activity levels. We will be working with CWMPAS (Digital Communities Wales) to deliver a project looking to keep people active and to develop their understanding of how they measure their physical and mental wellbeing by developing a series of walking challenges. People will be encouraged to use the Fitbit to set movement goals and invite friends and family to join them in keeping active.

For more information about the project contact ceri@mendrwnmon.org



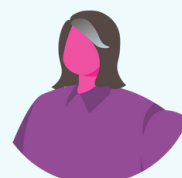
Join us for Medrwn Môn's Annual General Meeting!

We will be holding our Annual General Meeting on Tuesday June 13th at 3pm. The event will be a celebration of all the work done over the past 18 months and will be held in the Town Hall in Llangefni.



The event will also be an opportunity for you to meet the staff and the Board Members and to sign your organisation or group up to becoming members of Medrwn Môn. For more information please contact

linda@medrwnmon.org



Place Shaping

Updates from the Alliances across the Island

The **Bro Llynnoedd Alliance** has been extremely busy in the last few months. They invited open applications from the community for their seed funding and 4 projects were successful in receiving money towards schemes that help the Alliance to achieve it's priorities of:

- Playgrounds, parks and play areas
- Transport, traffic & speeding
- Use of village halls and community buildings
- Communication and information sharing



The 4 successful groups were Valley Community Group, Cylch Ysgol Feithrin Bodedern, Bodedern Junior Football Club and Bro Cwyfan Ministry area. For more information or to join the Alliance contact brolynnnoedd@gmail.com



The **Lligwy Alliance** has also been busy after sharing their seed funding between 3 community projects. Caru Benllech, Pentraeth Community Council and Moelfre Christmas Group all received funding to hold activities, events and projects that work towards achieving the priorities of the Alliance. The Alliance also took part in a recent visit by Simon Read from Swansea University, who was trying to get a better understanding of how Alliances contribute to the health and wellbeing of our communities (through encouraging communities to use their assets to stay socially connected).

The **Bro Aberffraw Alliance** has met twice, once in Newborough and once in Dwyran. The group is currently working to agree its priorities and has been offered the opportunity to work with Bangor University to update it's mapping information through a series of creative sessions. This work will be done in partnership with Medrwn Môn, Anglesey Council and the Gwynedd & Anglesey Public Service Board.



The **Aethwy Alliance** has also set it's priorities following a wider online survey with the community. The priorities for the group to take forward have been chosen as:

- The Environment
- Young People
- Use of Community Buildings
- Transport



Work is currently being done to arrange sessions to involve the young people of the area in the work of the Alliance. Watch this space for more details of the times and dates of the sessions!



Green Spaces promote activities across generations



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



3 community groups on the Island recently received a share of **£10,000** from the BCUHB Building a Healthier Wales programme to promote projects that helped to connect people with green spaces & activities with each other across generations. As part of the funding, members of the three groups also got the opportunity to attend training on ACE awareness with a number of other community groups and organisations. This was delivered in December by Andrew Bennett, on behalf of Public Health Wales. You can find out more about ACE'S [here](#). Below is a quick look at what the 3 community projects have been up to:

Tal Y Sarn Farm in Dwyran saw local people taking part in getting 6 raised beds built for the gardening sessions that started this month. There is enough space for 10-15 people at a time to work on the garden and there are 2 floor-level raised beds suitable for children to plant at lower levels, as well as 4 wheelchair-accessible raised beds which allow people who use wheelchairs and those who prefer to stand to reach the planting areas easily. ***People of all ages are invited to plant and take care of their own vegetables, herbs and flowers, in an easy access environment that everyone can enjoy comfortably.***



Llangoed Community Orchard group worked with over 100 local school children, members of the local WI, Men's Shed and Girl Guides as well as the Menai rangers and volunteers to develop a space outside of Llangoed Village Hall. A new seating area has been created, trees have been bought and will be planted and the Men's Shed are also busy making the planters ready to be installed in the next few weeks ***The space will be used to encourage people to spend more time in the outdoors, which will inevitably have a positive impact on both their physical and mental health.***

Residents of **Moelfre** created a project to connect young and older people by bringing them together to create a garden around Moelfre Community Church Hall, which is the only meeting space in the village. A number of partners in the area have been involved in the project, including Moelfre Over 50's Club and Friends of Llanallgo Church, Moelfre Community association, children from Ysgol Gymuned Moelfre & Ysgol Feithrin Moelfre, and local PCSO Iona Beckmann. ***People of all ages will be encouraged to work together to clean up the area from litter, carry out leaf-picking, set up the community benches, plant flowers and shrubs, create a sensory area, and a garden for planting food.***

Warm Spaces are a hit on the Island!



Just over **£61,000** in funding helped to create a total of **35** Warm Spaces between partners and over **3500** attendances were recorded at more than **420** sessions. Below is an overview of just some of the activities run as part of the project.



Llaingoch Community Hall opened 54 times in total, offering a place to socialise and free meals. 7 volunteers also received training in Food & Hygiene Course Level 2. Thanks to them the Hall has now been given a Grade 5 for Food Hygiene from the Environmental Health Officer of Isle of Anglesey County Council!

HWB Cemaes had 24 people per week in their Warm Spaces events over a 12 week period, with a total of 288 people attending. Sessions on Tuesdays were held after school where young people and their parents played physical games, and crafted along side members from Amlwch All Abilities.

'It was an honour to be able to open our space and provide a cozy place to our community. It has long been our vision, but we have not had the funding to make it happen on a regular basis'



Mencap Môn, opened their doors and welcomed over 55 people in for 15 sessions, offering a selection of play equipment, food & drinks, children's TV & films, encourages the group to create stronger social connections. They also organised 9 weekly evening sessions where people were invited to come along and learn some new skills, receiving training to use all the equipment in the hub's maker space facility.

The Purple Place Holyhead held a number of sessions including sessions for young people to go after school to do their homework and open house sessions where people could go along and work, craft, read or socialise and have some company. As a relatively new facility in the area, the feedback received was extremely positive. ***'The networking and companionship element of the project has been the most rewarding. We have had people use the space who have said they have hardly been out since lockdown and this is helping them to get back into the community.'***



Meet the Local Asset Co-ordinators (LAC)

Môn Community Link runs a Social Prescribing service for people over the age of 18 and families living on Anglesey. Click [Here](#) for more information. Our team of Local Asset Co-ordinators (LACs) will:

- Work with you to identify activities and community services in your area that suit your interests
- Offer support for you to access these activities and services
- Help you to improve your well-being, confidence and independence.



My name is Veronica, I'm lucky to be based in Gwelfor Community Hub in Holyhead as a LAC. I was born and bred in Holyhead and have worked for most of my life in community development therefore I know the people and the area well. I enjoy meeting and supporting people to achieve their goal in life.



My name is Anne, I am the LAC for the Bodowyr and Bro Aberffraw area on the Island. I support families and individuals to access their interests within their local communities and across the Island. We work within the social prescribing model, incorporating the 5 Ways to Wellbeing model encouraging people to connect, be active, take notice, learn new skills and give.



My name is Awen and I work as a LAC covering the Seiriol and Aethwy Ward. I support individuals and families of all ages to access local activities, groups, resources and opportunities within their community to improve their overall wellbeing. A vital part of my role is to build relationships with the people I support by listening carefully to what matters to them and what motivates them to make positive changes in their lives.



My name is Rhian, I am the LAC covering the centre and north of the Island. I support people in difficult situations and help connect them to access activities in their community. I enjoy working at Medrwn Môn as we are very much community based. The hive of information that is held here is second to none. The local knowledge that plays a big part in dealing with referrals.



The 5 Ways to Wellbeing are simple things that we can all do to give our wellbeing a boost. This is how 5 Anglesey residents have used the 5 ways to boost their wellbeing.



'Adele and her family received support through LAC service during covid. Following a diagnosis of MS in 2019 she wanted to try and keep active and meet with people who have the same experiences, the support group meet face to face again at the Town Hall in Llangefni. Adele enjoys attending, meeting new people and keeping active, participating in the Boccia sessions **'it's nice to meet new people'**



Louise became very isolated and anxious after moving to the area. Sheree visited Louise and talked about what she missed the most. Socialising and singing were very important to Louise so we looked at singing groups locally. Louise is now a member of sing for pleasure group and has made lots of new friends who she socialises with out of the group too. **"Really happy I've made lots of new friends"**



Catrin was on medication for depression and had not left the house in a while. LAC referred Catrin on to the Green Prescribing Scheme in the Seiriol area giving her the opportunity to enjoy the outdoors and take notice of the nature around her. Listening to the natural sounds of the woodland has restored Catrin's love for her local natural environment.



Living with a long-term condition had caused Colin a lot of stress and anxiety resulting in depression. Colin had a keen interest in learning Welsh and wanted to join a local learners group. We introduced Colin to an informal Welsh group at his local community hub. Engaging in a social activity has increased Colin's confidence and has sparked an interest to attend a beginners course and gain a recognised qualification.



Paul volunteers in the Warm Space at Gwelfor community Centre in Holyhead. **"Volunteering has helped me in becoming part of the community and I get to work alongside like minded people. You can put as little or as much time as you want into volunteering and I always feel satisfied that I may have gone a little way to making the day a good one for someone."**





Medrwn Môn's GwirVol Grant has recently funded 10 youth led projects across Anglesey. The funding will enable young people to develop skills and gain experience in youth leadership by leading on local volunteering projects. Have a look at the successful applicants.....

Llanfaes Community Centre....



.....were awarded £1,000 to design and create a safe space for youths to use after school hours. The comfortable setting will provide a safe haven for them to go when they need support and time away from home life. It will also give them the chance to socialise with other young people, take part in a range of activities and gain more skills. Taking responsibility of their own space will give the young people a sense of belonging and more confidence to make positive changes in their local area.



Ceint 4 Gardening Club - Ysgol Y Bont Llangefni.

.....were awarded £1,500 to develop a sensory garden for everyone at the school to enjoy. Having a functioning and inviting outdoor classroom for all the pupils will enable the children to connect with nature, take notice of where our food comes from, learn gardening skills and stay active outdoors. Pupils will have a voice in choosing what to grow and will be given tasks to keep the garden tidy and watered.



Grwp Cymunedol #CaruAmlwch

.....were awarded £1,000 to create a small garden and a memorial area in the community allotments in Amlwch. A group of young people have identified an overgrown area within the allotment and wish to create a meaningful seating area in memory of local volunteers who have recently passed away. They are very eager for a local artist to come and help them decorate a memorial bench and have started clearing the area already.



Môn Milers Social Running Group - Llangefni Social Enterprise.

.....were awarded £1,500 to develop a project to train 3 young people (aged 18-25) to become qualified run leaders and subsequently volunteer to establish bilingual running opportunities for more young people in the community. The 3 run leaders will work with local organisations to identify a group of 12 young people (aged 14-25) to participate in either a beginners or intermediate running course. The individuals will gain confidence and leadership skills from the training as well as mental and physical benefits from taking part in physical activity.

Llangaffo Playing Area



.....were awarded £1,000 to develop an outdoor play and gardening project at their newly developed park. Local young people will lead on this project and arrange play activities for the young children in the area during school holidays and on weekends. The youths are also looking at ways of developing a community garden and will be spending the grant on gardening equipment and seeds to grow food and plants. Local children will learn new gardening skills, connect with other children and young people, give their time to help their community, keep active and take notice of their natural surroundings.



Llangefni Girl Guides

.....were awarded £360 to plan an event for their members. The Girl Guiding programme enables girls and young women to enjoy a wide range of activities each week and volunteer with local community projects. The young people will take the lead on planning an outdoor event for the Llangefni members and allocate tasks for all involved. They will be encouraged to correspond with local businesses, sort out the budget for the event and gain many new skills in doing so.



Môn Actif

.....were awarded £4,000 to hold 3 physical activity projects across the island. Môn Actif have a committed Youth Forum who meet 4-6 times a year to discuss important topics around creating opportunities for early years and families on Anglesey. The Youth Forum would like to use the grant to get more people active on Anglesey and tackle barriers to participation when it comes to physical activity. The young people will arrange several roadshows and festivals offering children and families a range of fun and sporting activities to enjoy.



Ysgol Gymuned y Fali

.....were awarded £1,000 to establish a community rent a bike scheme. The school council wish to set up a scheme that can offer bikes to local families over the course of a weekend or school holidays, free of charge. The grant will go towards purchasing bikes hoping to encourage parents to take part in outdoor activities with their children and stay active and healthy. The school council will be responsible for looking after the bikes and arranging bike bookings.



Mencap Môn

.....were awarded £1,000 to create a supportive outdoor space for young adults with learning disabilities and people of all ages to come together and look after a community allotment. The project will encourage Mencap members to socialise with local residents, enjoy the fresh air and keep active. Working with local volunteers will give Mencap members the opportunity to form meaningful relationships with experienced gardeners and create a therapeutic area for everyone in the community to enjoy.



Theatr Fach Llangefni

.....were awarded £1,000 to host an evening of comedy at the theatre, attracting well known artists to celebrate the Welsh language and culture. Local young people will lead on the project, taking responsibility for promoting the event, volunteering on the night and helping out on the technical and creative side of the show. Holding this event will attract more young people to volunteer and help shape the theatre's future.

Third Sector News

ARTISM UK

Oriel Hen Ysgol Aberffraw



Anne and Sheree had the pleasure of meeting Brin and Rhian who run the gallery, this is their story.

The primary goal of Artism as a concept is to provide an inclusive organisation supporting people on the autistic spectrum who have an interest or talent in the arts.

We offer a safe, supportive environment where artists can produce and exhibit their work, whilst mixing with like-minded people.

Artism's vision is for the studios and gallery to be places where professional and amateur artists, including artists on the autistic spectrum, work together. This will reduce the sense of social isolation which many individuals with ASD experience.

Moving forward there will be a variety of opportunities at the studio and gallery; making group or individual artwork; exhibition curation; gaining experience of working on reception, helping out with projects that are running, there are many ways to get involved!

For more information about the group contact brinmorris@hotmail.com



Kim's masterpiece!
over 200 hours of work



Brin, Rhian, Sheree
and Anne



CANOLFAN GLANHWFA

The transformation is great!

Since the official opening of Canolfan Glanhwfa by Jane Hutt MP Minister for Social Justice, Welsh Government in February the centre has gone from strength to strength. There is plenty of friendly and warm meeting spaces with a selection of activities and events to please everyone who passes.

The centre held an excellent St David's Day dinner and Arfon Wyn entertained everyone. Why not come over for a cup of tea, cake and a chat every Wednesday between 2 - 4 pm, or have a delicious meal every Tuesday and a hot lunch every Thursday prepared by Age Cymru Gwynedd and Mon. The Centre has also opened its doors to Anglesey Food Bank.

**For more information contact canolfanglanhwfa@gmail.com
or phone 07787504119 or just pop in for a chat and a drink!**



Seiriol Alliance shares what's on!



Our communications officer Owen recently worked with Seiriol Alliance to help set up a interactive tablet in the library in Beaumaris.



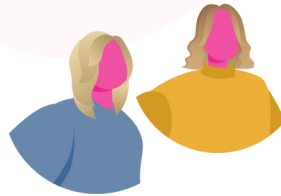
The Tablets are a great opportunity for individuals without access to internet and similar equipment to learn about what's going on in the area.

The tablet has information for community groups, council information, local business, What's on, Sports and Leisure, Transport, Seiriol Connect, Help and Support and other useful information for residents in the Seiriol area.

or more information please contact 01248 305014
www.seiriolalliance.co.uk



The Wallich garden



Awen and Anne met with Jo Parry (The Wallich, Homelessness in Wales) who kindly invited us to see and discuss their outdoor project.

They have a great opportunity for people to volunteer at the garden project, based at Parc Mount, Llangefni. The project has previously grown vegetables and donated them to the food bank.



They wish to continue to support them and give people the opportunity to be a part of a worthwhile project and engage in an outdoor activity.

Working within the 5 ways to wellbeing, this will keep you connected within your community, be active, take notice and learn new skills whilst giving back to your community. To learn more about the 5 Ways to Wellbeing, follow the link **HERE**

To learn more about the project, please contact The Wallich on 01248 725910 or Môn Community Link on 01248 725745/linc@medrwnmon.org



Carers Outreach

Carers Outreach Service is a local voluntary organisation, solely committed to the needs of unpaid adult carers.



Gwasanaeth
Cynnal Gofalwyr



Carers Outreach
Service

A yw eich rôl gofalu yn cael effaith negyddol ar eich iechyd a lles?

Ydych chi'n teimlo'n unig?

Ydych chi'n poeni am faterion ariannol?

Ydych chi eisiau gwybod mwy am eich hawliau fel gofalwr?

Cysylltwch â Cynnal Gofalwyr ar gyfer cael cymorth a gwybodaeth yn eich rôl fel gofalwr.

help@carersoutreach.org.uk

01248 370797

www.cynnalgofalwyr.org.uk

Is your caring role having a negative impact on your health and wellbeing?

Do you feel isolated?

Are you worried about financial issues?

Do you want to know more about your rights as a carer?

Contact Carers Outreach for support and information in your caring role.

help@carersoutreach.org.uk

01248 370797

www.carersoutreach.org.uk

The organisation provides:

- Carers meetings and social opportunities
- Individual emotional support
- Practical information
- Benefits advice
- Information sessions
- Wellbeing grants
- Help with the cost of living
- Signposting to other agencies
- The Carer Newsletter

Gwasanaeth am ddim a chyfrinachol i ofalwyr di-dâl
A free and confidential service for unpaid carers

Rhif Elusen Gofrestredig 1066262

Registered charity number 1066262

**For more information telephone 01248 370797,
email help@carersoutreach.org.uk visit
www.carersoutreach.org.uk**

Mental Health Awareness Week runs again this year, and it's time wear it green!

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety



Focussing on the theme of anxiety, this year's Mental Health Awareness Week is from 15 to 21 May.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey we carried out around stress, anxiety and hopelessness over personal finances, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time.

On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Join us on Wear it Green Day 2023 to raise money to help us get good mental health for all of us. By going green, you can support us in carrying out vital research and delivering programmes for different communities. 1 in 6 of us are affected by mental health problems every week.

We have all the resources you'll need to run your event, whether you're holding a quiz at work, baking some treats for your family or holding a scavenger hunt at your school.

During Mental Health Awareness Week 2023, we're encouraging people to hold a Wear it Green Day on Thursday 18 May. Every day is a good day to support good mental health though, so you can also plan one for whenever you like.

Download our pack **HERE** and hold a Wear it Green Day at your workplace, school or in your community, and join a movement to help make change happen and achieve good mental health for all.

Visit www.mentalhealth.org.uk for more information



Funding News



TESCO

Community Grants

Tesco has announced a £5m grant programme to boost school funds for extra food and healthy activities.



Tesco have been giving out grants with their blue token scheme for a long time now and have just announced a new push to give grants to schools. This allows Tesco to give children a healthier, more active, stronger start in life.

Schools will be able to apply for grants up to £1500 that can go towards activities that focus on providing food to pupils such as fruit for breakfast club or healthy snacks throughout the day and for equipment for indoor and outdoor activities.

To nominate your school please visit - www.tescocommunitygrants.co.uk or contact enabler@groundworknorthwales.org.uk. For more information contact - 01978 757 524



As a not-for-profit company, our customers are at the heart of everything we do. That's why in 2017 we launched The Welsh Water Community Fund. Since the launch of the fund, we are pleased to have donated over £500,000 supporting hundreds of local community initiatives.

We know that our work can sometimes cause disruption in the communities we are working and want to give our customers and local groups the opportunity to make a difference in the communities they live, by offering funding towards a community project of their choice. Community groups can apply for a grant up to £5,000 towards their project.

How to apply?

We will open our online application process 3 times during the year for 8 weeks. The dates for 2023 are:

1st May 2023 – 30th June 2023

1st September 2023 – 31st October

1st January 2024 – 29th February 2024

For more information on applications please visit [Dwr Cymru](http://DwrCymru) website.

Funding News



National Lottery Grants for Heritage



National Lottery Grants for Heritage allows us to fund projects that connect people and communities to the national, regional and local heritage of the UK

Is this the right programme for you?

- Is your organisation looking to connect people and communities to heritage in the UK?
- Will your heritage project last up to one year?
- Do you require a grant of between £3,000 and £10,000?
- Are you a not-for-profit organisation or a private owner of heritage?

If you answered yes to these questions, then National Lottery Grants for Heritage are for you.

Our heritage project could include:

- Nature – Designed landscapes – Large- Oral history - Cultural traditions - Community archaeology - Historic buildings, monuments and the historic environment – Museums, libraries and archives – Acquiring new objects – Commemorations and celebrations - Industrial, maritime and transport.

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 funding.cymru. Funding Wales is completely free to use for anyone working or volunteering in the voluntary sector in Wales.

Volunteering news



Tal y Sarn

Are you interested in helping out on a care farm? We are looking for volunteers to help us look after our therapy farm animals.

Tal y Sarn Farm offer mental health and holistic support for adults and children in a tranquil farm setting.

If you enjoy working outdoors or with animals, have some free time to give, would like to boost your CV, or would just like to try something different.

Email Ash if you would like to have a chat about this opportunity.

Ash.talysarn@gmail.com



Volunteer Opportunity

We are currently recruiting volunteers aged 16+ to assist in the care and wellbeing of our therapy farm animals. In return we offer career guidance and support, confidence building and leadership training.

If interested please email Ash.talysarn@gmail.com for more information.

Eisteddfod Llŷn ac Eifionydd are looking for Volunteers 5 - 12 August 2023

Do you have a few hours to spare during Eisteddfod week in Boduan?

If so, why not join us as part of our stewards' team on the Maes?

You'll be one of the team welcoming our thousands of visitors to the Maes - for the first time in three long years!

We've got lots of different locations across the Maes and need teams of friendly volunteers in every building.

We're offering full training for everyone and we'll be here to support you every step of the way.

Want an informal chat about the responsibilities and the experience? Get in touch! Email gwyb@eisteddfod.cymru for a chat.

Or register [HERE](#)

EISTEDDFOD



Medrwn Môn prepares for Volunteers' Week 2023

A time to say thanks as 2023 marks the 39th year of Volunteers' Week (1-7 June), when Medrwn Môn will join thousands of charities and voluntary organisations recognising the contribution volunteers make across the UK.

The week is a chance to recognise the fantastic contribution volunteers make to our communities and say thank you. We hope to encourage people to get involved in volunteering in whatever way works for them. Volunteers' Week is supported and celebrated by small grassroots organisations as well as larger, household-name charities.

The contribution of volunteers is often unseen and unrecognised by many, visible only through the incredible impact of their volunteering, so taking the time during Volunteers' Week to celebrate their efforts and all they contribute to our local communities, the voluntary sector and society as a whole has never been more important.

We aim to highlight that our diversity is our strength, show that there's more than one way to volunteer and encourage people to be the change that we want to see.

In preparation for Volunteers' week we are looking for stories of local Volunteers who have made a difference in your community. We would like to celebrate the outstanding work that local volunteers do and are looking for people who would be willing to share their story of volunteering with us!


If you would like to share your story or if you know someone we should feature in our next bulletin please contact owen@medrwnmon.org



Here's some of
the volunteers
on Anglesey



What's on?



Dydd Mawrth 25 Ebrill 1.00yp-4.00yp

- yn cael ei redeg gan wirfoddolwyr i'r gymuned •
- dewch i gefnogi EICH Neuadd Bentref! •

AM DDIM!

Mi gewch chi'n siŵr o groeso da, felly
gwnewch alw heibio am baned a sgwrs...a mwy!

- lluniaeth •
- cwmni da •
- croeso i bob oedran •
- **NEWYDD!** Paned a Sgwrs •
- cardiau • chwist • gwyddbwyll •
- gemau bwrdd • storïau • darlenniadau •
- croesawir cŵn •

**Neuadd Bentref
Llanddona
Village Hall**
Llanddona LL58 8TS

Y, M, A, N, C, Y, F, A, R, F, O, D,

T, H, E, M, E, E, T, I, N, G, P, L, A, C, E,


Tuesday 25 April 1.00pm-4.00pm

- run by volunteers for the community •
- come and support YOUR Village Hall •


FREE!

You're sure of a good welcome, so
do drop in for a cuppa and a chat...and more!

- refreshments •
- good company •
- all ages welcome •
- **NEW!** Paned a Sgwrs •
- cards • whist • chess •
- board games • stories • readings •
- dogs welcome •



AP 2023-03-25



Paned a Sgwrs Llanddona


Pob Dydd Mawrth
1.30yp-3.00yp

Neuadd Bentref Llanddona Village Hall

Croesawir pob lefel o siaradwyr Cymraeg i'n sesiynau
anffurfiol


Ffoniwch Gill Vaughan ar 07925 184476 neu dod i'r
sesiwn nesaf

**Neuadd Bentref
Llanddona
Village Hall**
Llanddona LL58 8TS



Paned

& a



Sgwrs

Paned a Sgwrs Llanddona


Every Tuesday
1.30pm-3.00pm


Neuadd Bentref Llanddona Village Hall

All levels of Welsh speakers are welcomed to our
informal sessions

Phone Gill Vaughan on 07925 184476 or come along
to the next session

AP 2023-03-30





Anglesey Dementia Centre


Doors are Open!

Come over to the launch of the new centre in Llangefni at the end of
the Dementia Action Week on

Friday 19th May 10am-2pm
in **Glanhwfa Hall (Moreia Chapel)**
Glanhwfa Road
Llangefni
LL77 7EN

Exercise session with Eban in the morning,
Indoor Bike session,
Information Stalls
and Lunch for Free!

Come and join in with the fun, have a chat and meet other people.



4 Organisations working together to support you on the Memory Support Pathway




TYDDYN MÔN PRESENTS

GWYL FOLK ON THE FARM 2023

FESTIVAL

GORFFENNAF 13-16TH JULY

PERFORMWYR/LINE-UP

| | | |
|--|--|---|
| <p>PRYNHAWN GWENER FRIDAY AFTERNOON</p> <p>GED THE POET WILL RIDING PENNI NEALE MARTIN HIBBERT NEIL MARTIN MARTIN PLEASS VIRGINIA KETTLE'S ROLLING FOLK</p> | <p>PRYNHAWN SADWRN SATURDAY AFTERNOON</p> <p>ALLAN AND CORKI JOHN HARLEY & SARAH COHEN BRAITHWAITE-KILCOYNE HIROSHIMA TWINKIE</p> | <p>PRYNHAWN SUL SUNDAY AFTERNOON</p> <p>CARRIE MARTIN LOUISE ROGAN MICHELL, PFEIFFER & KULESH COWBOIS CELTAIDD</p> |
| <p>NOS WENER FRIDAY EVENING</p> <p>THE TYDDYNERS THE THREE BUSKATEERS THE SKYLARKS MERRY HELL</p> | <p>NOS SADWRN SATURDAY EVENING</p> <p>DENDIKES CAT TAPESTRI TRUCKSTOP HONEYMOON THE DUNCAN MCFARLANE BAND</p> | <p>NOS SUL SUNDAY NIGHT</p> <p>EDWINA HAYES WET THE TEA THE ENDINGS HENRY PRIESTMAN & LES GLOVER</p> |



YNYS MÔN/ANGLESEY

TYDDYN MÔN, BRYNREFAIL, DULAS. LL70 9PQ

WWW.FOLKONTHEFARMFESTIVAL.COM





Penrhos Community and Wildlife Celebration!

Sunday 4th June 2023, 9:30am – 18:30pm

A celebration of the biodiversity and history of Penrhos and the local community!

Join us for a day exploring the site and learning about its history and wildlife with guided walks, surveys and family-friendly activities. Birdwatching, bug hunts, shoresearch, story-telling, nature crafts and more!

Booking is essential - See event listing on our website for booking information, the full programme of activities, important parking information, etc.



Ymddiriedolaeth Natur
Gogledd Cymru
North Wales
Wildlife Trust

northwaleswildlifetrust.org.uk/events



01248 351 541

North Wales Wildlife Trust / Ymddiriedolaeth Natur Gogledd Cymru, Llys Garth, Garth Road/Plodd Gath, Bangor, Gwynedd, LL57 2BT
Registered charity number / Rhif Cofrestru / Elusen 230772

MS Society Cymru Online Group Activities



We're here to support you and your loved ones to live well with MS. Whether you have MS, or care about someone who does, join our online groups to connect with other people from the community and share experiences.

Weekly

Monday

Seated Exercise - 11 am
Bingo - 4.20 pm

Tuesday

Strength, Stretch Relaxation -
11.30 am

Wednesday

Seated Yoga - 10 am
Tai Chi - 11 am
Seated Yoga - 6 pm

Thursday

Pilates - 11 am
Physio Led Exercise - 11.15 am
Strength, Stretch Relaxation -
11.30 am
Knit and Natter - 2 pm

Friday

Quiz - 12 pm

Fortnightly

Creative Writing
Thursday
6.30pm

Monthly

Men's Shed
2nd Tuesday of every month
7 pm

Hen's Shed
Last Wednesday of every
month
6.30 pm

***All sessions are
generally run using the
English language**

To register, contact mscymru@mssociety.org.uk

MON MILERS SOCIAL RUNNING GROUP



ZERO TO HERO



OUR FRIENDLY, QUALIFIED RUN LEADERS WILL HELP YOU
GO FROM ZERO TO 5 KILOMETRES IN JUST 10 WEEKS

TUESDAY 18TH APRIL 2023
THEN EVERY TUESDAY @ 6:45PM

GET RUNNING AND SPRING INTO SUMMER!!

- SUITABLE FOR ABSOLUTE BEGINNERS AND THOSE RETURNING TO RUNNING
- AGE 12-18 YEAR OLDS WELCOME WITH AN ADULT
- MAKE NEW FRIENDS AND RUNNING BUDDIES WHILST GETTING HEALTHIER
- ADDITIONAL SUPPORT VIA A DEDICATED SPOND GROUP
- SMALL, SUPPORTIVE GROUPS
- SAFE AND SECLUDED SETTING
- JUST £20 FOR THE 10 WEEK COURSE - INCLUDES BESPOKE FINISHER T-SHIRT!

COLEG MENAI CAMPUS, LLANGFNI
SCAN NOW TO SECURE YOUR PLACE

REGISTER ONLINE: WWW.FACEBOOK.COM/MONMILERS



LLYN PARC MAWR
Grŵp Coedwig Cymunedol
Community Woodland Group

PARTI COEDWIG / WOODLAND PARTY

Dydd Sadwrn 3 Mehefin 11-3 Am Ddim
Saturday 3rd June 11-3 FREE

**Gwelthgareddau plant, Stondinau
Coetir, Bwyd, Bar a mwyl**

**Children's activities,
Woodland stalls, Food, Bar and more**

**LLYN PARC MAWR, NIWBWRCH,
YNYS MON, LL61 6SU**
3/6/23 11-3YP/PM

A row of logos including RFS, RFL, and various community and environmental groups.



Your voice matters to the Welsh Ambulance Service



The Welsh Ambulance Service is inviting the public to help shape its services.

The Trust is inviting more people to join its People and Community Network, which prides itself on developing and improving services provided by the Welsh Ambulance Service. The network was created to allow the public to engage in a range of activities, including participating in reader's panels, focus groups and 'mystery shopper' exercises to gain a greater understanding of how the service works.

The network is open to patients, carers, community groups and anyone interested in how the service works.

Wendy Herbert, Assistant Director of Quality and Nursing, said: ***"The voices of patients and service users, their carers and relatives and the people of Wales are so valuable."***

"Patients are at the heart of everything we do, so it's important to hear first-hand from people with lived experience to deliver meaningful improvements."

"We will work alongside colleagues in the seven Local Health Boards across Wales and with the Citizen Voice Body to strengthen the voice of people and communities across health and social care services in Wales."

Joanne Sutton, Patient Experience and Community Involvement Coordinator at the Welsh Ambulance Service, added: "Membership of the network has been growing steadily since its creation, but we want to do more and will ensure your voice, experience and ideas remain an essential priority."

To grow and promote the network, the Trust has produced a multi-lingual animation in Welsh, English and British Sign Language (BSL).

The online joining form has been updated, along with new promotional material.

Joanne continued: "We will continue to work on accessibility to the network, specifically for people with a learning disability or sensory loss and those new to Wales where Welsh or English is not their first language.

"We want the network to be truly representative of the people of Wales to ensure our services support the needs of the communities we serve."

Click **HERE** for more information about the People and Community Network.

To join the network, call the Patient Experience and Community Involvement Team on 0300 123 9207, email **peci.team@wales.nhs.uk** or complete the online form.



Get ahead with volunteering

Are you a volunteer who's interested in developing your skills for career progression?

Take your volunteering career to the next stage with our free 9-week training programme.

Delivered by The Open University in partnership with Third Sector Support Wales, the course will develop your personal and professional skills to enable you to explore new roles within your organisation.



Cefnogi Trydydd
Sector **Cymru**

Third Sector
Support **Wales**



The Open University
Y Brifysgol Agored

Wales Cymru

This wide-reaching programme of workshops covers topics including:

- Improving wellbeing and confidence
- Overcoming barriers to learning
- Portfolio development
- Developing leadership skills

Plus, get access to free OpenLearn resources.

Sign up today to start the course week commencing 23 May 2023.



Scan **QR code**
Click **Tocyn link**



CONTACT US



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WEBSITE: WWW.MEDRWNMON.ORG