

Medrwn Môn Bulletin



Volume 5
September
2023

Medrwn Môn holds it's first Third Sector Network Event of 2023!!



This year Medrwn Môn was pleased to re-start their quarterly Network Events.

In the last issue we introduced Sheree our Third Sector and Wellbeing Officer. Part of Sheree's role is to re-establish the Third Sector Network meetings and this involves bringing people together around a shared issue in the community.

Sheree's first event was around how we can use technology to keep people happier and healthier at home.

Each time we will hold the network event it will be around a theme chosen by you!

If you have a burning issues that you feel needs some discussion, or you would like to be part of future networking events please contact Sheree

Take a look at the full article to see how it went!!



@medrwnmon



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Phone: 01248 724944

Website: www.medrwnmon.org

Email: post@medrwnmon.org



Cefnogi Trydydd
Sector Cymru
Third Sector
Support Wales

Third Sector Network

Using Technology in Health, Care and Wellbeing for all

On the 14th of June 2023 Medrwn Môn held a Third Sector Network Event about using Technology in health, care and wellbeing.

Digital technologies have advanced rapidly in recent years and are quickly becoming essential within the health care system. Using technology in the home can have the potential not only to facilitate the role of home health care but also to help individuals to stay happier and healthier for longer at home.

The event was designed to generate discussion around the seven main themes of our Technology in Care Project which are:

- Home Safety
- Home Security
- Personal Safety
- Social Interaction
- Health and Fitness
- Learning
- Mental Health



14 organisations and groups attended, with presentations on each theme being given to highlight much of the good work that is already going on in this field. From the discussions across the 7 themes, we have collated all the information and have identified 3 recurring priorities.

- **Communication and Accessibility:** those attending wanted to know more about what technology is available and who provides it, how people are referred to services and projects and how information is shared so that it reaches the people who need.
- **Training:** here people wanted to know if there was help for people to set up and use the technology, how we could help keep people safe using technology and whether there was any training available
- **Cost:** questions related to funding for the equipment and running costs as well as options for loaning equipment and internet charges

Following the event some participants have joined Ceri Seeley our Digital Support Officer to work as a team to decide how the priorities could be addressed.... Keep an eye on Medrwn Môn's Website and Socials for updates!!!



Those taking part in the day were also given the opportunity to take part in the **Autism Reality Experience**, which provides an eye-opening lesson in the effect autism has on day to day life.

"Having the experience of Autism really helped me understand how different the world can be for those I support"



Medrwn Môn's Annual General Meeting 2021-22

Held on 13th June in the Town Hall in Llangefni, the Annual General meeting was a time to reflect on and celebrate much of the hard work that was done across the Island during the tail end of the COVID-19 Pandemic.

Guest Speaker Council Leader Llinos Medi Huws praised the work of volunteers, community groups and the wider sector in their ability to respond during the pandemic and highlighted how partnership working between all partners was key to the success in delivering support during that time.

Our AGM is open for all to attend and for those who missed it, a copy of our annual report can be made available. If you would like a copy please **contact post@medrwnmon.org**



Is your organisation or community group a member of Medrwn Môn?

Did you know that you can become a member of Medrwn Môn for FREE?

Full membership is available to all voluntary and community organisations or groups active on Anglesey and we update our membership database every two years.

Becoming a full member of Medrwn Môn, offers many benefits, including:

- Full voting rights
- Receive our quarterly e-bulletin
- Third Sector Network events
- Useful training at a reduced rate
- Free advice about funding & grants
- Cheaper photocopying
- Free translation up to 100 words
- Promote your organisation
- Free advice and information
- Spotlight on your groups on our social media

You can now complete your Medrwn Môn membership form online by clicking [HERE](#)

If you would like a paper copy please contact Sheree on 01248 724944 or email sheree@medrwnmon.org



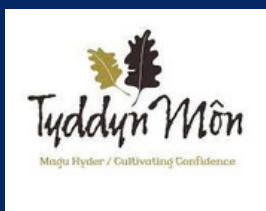
Community Groups help contribute to a Communities Policy for Wales

The Welsh Government is developing a Communities Policy for Wales. To make sure that the policy reflects the whole of Wales, representatives of Welsh Government were invited by the Gwynedd and Anglesey Public Services Board to visit North Wales to get a flavour of what is being done at a community level across the Island. As part of this work, Medrwn Môn invited five community groups and organisations to meet with Welsh Government and Public Service

Board staff, as well as staff and Councillors from Anglesey County Council, to tell them all about their experiences of running community projects, showcasing what works well and explaining any challenges or barriers that they face in running community projects.

The visits took place across Anglesey and Gwynedd between the 12th and 14th June and we visited Tyddyn Môn, where we were joined by representatives from Benllech and District Good turn Scheme, Iorwerth Arms (Bryngwran), Seiriol Alliance and Tal Y Sarn Farm (Dwyran).

The visits gave the groups and their service users the opportunity to have open and honest conversations about how important their projects were locally, how they work with others and to show what issues are important to rural Welsh communities. It was also a chance to highlight the strengths are within our communities, what we achieve though working together, and any obstacles and challenges our communities face when developing services. The visits saw a range of discussions from volunteers and staff from all the projects as well as a performance from the Tyddyners!



'As part of our tour of community projects in North-West Wales, Welsh Government officials visited a number of projects on Anglesey. "We were impressed by the creativity and innovation of the community action across a range of projects showing the commitment to collaborative working across the island. It was clear to [us] that the partnership approach between Medrwn Môn and the County Council in developing a model for collaborative working, optimises the impact that community groups can have and is learning that is worth sharing across Wales".'

Liz Hawkin- Communities Division, Welsh Government



Another successful Anglesey Show !



Two successful days at the Anglesey Show 2023!

We've had a great time and enjoyed welcoming everyone to our stand. We would like to say a big thank you to everyone who has supported us this year, two fantastic days full of excitement.



Once again this year Medrwn Môn's mobile unit was on the Mona showground, the staff were available to give information and chat about volunteering, Anglesey Car Link, Môn Community Link and our work with communities.

This year the accessible electric vehicle from Holyhead and District Good turn scheme on display on the field, hoping to attract more users and volunteer drivers.

Everyone enjoyed creating their own badges, including the First Minister of Wales Mark Drakeford! A treasure hunt was organized with a theme of **5 WAYS TO WELLBEING** asking children and young people to visit stalls linked to the 5 themes.

Thanks to Rhys Meirion (Welsh opera and classical tenor singer) and Chris 'Flamebaster' Roberts for drawing the treasure hunt raffles. Congratulations to Jayden Jones from Llanberis on completing the treasure hunt and winning the raffle on the first day and Oliver Plank for completing the treasure hunt and for winning the raffle the second day.

Thanks also goes to Môn FM for letting Awen and Anne speak live on their radio show!

Lyndsey Campbell-Williams our Interim Chief Officer said

'The Anglesey show is a great opportunity for all our staff to get out and promote the work of Medrwn Môn, to make new connections and to celebrate the all the hard work of the previous year! Thanks to all the staff for another successful two days'



Proving that tech in care works!

The Technology in Care project looks at how different types of technology and apps can be used to support people to manage their own health and wellbeing, and includes smart watches to measure physical activity levels, SMART homes devices (SMART bulbs, thermostat management tools) and also devices that provide virtual information such as Amazon Alexa and echo devices.



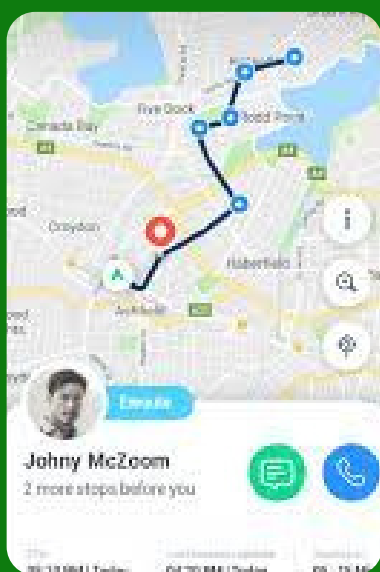
The project offers a trial period of equipment to individuals with no cost over the months agreed.

As well as support with technology in the home GPS trackers are also proving to be very popular, especially for those living with dementia and their families. Many have said the peace of mind it gives them has been invaluable.

If you required further details on the Technology in Care project, please get in touch with ceri@medrwnmon.org



Helping to keep people safe with GPS Trackers



Michael is 70 and has recently had a dementia diagnosis. Michael and his wife attend some of the support groups locally, this gives them both some time away from the house and also a chance to chat and have a panad with friends. But as Michael is sometimes confused and forgets place names and locations they decided it was time for some help.

Following a referral from one of the support groups they attend, the couple had a discussion with Ceri Seeley the Digital Support Officer for Medrwn Môn. Ceri was able to support them with decision making on what types of technology might help them around the house and in their communities.

After a long discussion it was decided that they would like to trial the new GPS tracker, this will support the couple over the next few months - and even if its only there for peace of mind they both know that it will help keep Michael safe in his community.

Michael, 70

Getting Clwb y Gorlan Online



Cwb y Gorlan in Amlwch have a great space which is a fantastic asset in the community. They want to be able to have more amenities on offer to local people. They had a discussion with one of Medrwn Môn's Local Asset Co-ordinators, Rhian Hughes, who realised they needed some technical support in the building.

Following a referral from Rhian, Ceri Seeley our Digital Support Officer visited the group to see how she could best support them. Ceri was able to determine that the group would benefit from having WiFi installed - which would encourage more groups to use their building.

Ceri installed a MiFi device and a sim card so that those using the building can now access the internet. This will mean being able to offer many other services than before, with the group possibly looking at holding courses, or even film nights in the building.

Combating loneliness using a Samsung tablet



Jackie was referred to Ceri, our Digital Support officer by our Local Asset Coordinator, Rhian. Jackie had discussed with Rhian that she had not been out of her home since before the pandemic, which meant she had missed out on many social events which lead her to become lonely and isolated, and it had also had an affect on her mobility.

After a discussion with Rhian and Ceri, Jackie decided to take a samsung tablet on loan from Medrwn Môn, which would give her access to online social groups and allow her to do her grocery shopping and read the news from her home. It will also give Jackie the opportunity to find out about groups in the community and connect with locals. In time, Jackie will seek to join a local group to gain some much needed confidence and tackle her loneliness

Jackie, 62

Keeping people connected with Community Transport!



Community Transport revenue grant

2837

Hours of
volunteering

3178

Journeys

73

Volunteers

500 +

people
supported

8064

Miles
Covered

At present there are 5 community transport schemes across Anglesey, and are solely run by volunteers.

Benllech Good Turn Scheme, Seiriol Good Turn Scheme, Môn Community Link, Bryngwran Cymunedol and Ynys Cybi and Valley Good Turn Scheme.

Volunteers of the good turn schemes use their own vehicle to support people to attend health appointments, shops, and activities. Medrwn Môn has also supported 3 of the schemes, Bryngwran, Seiriol and Ynys Cybi, by securing funding to purchase wheelchair accessible vehicles, enabling more people to use their service.

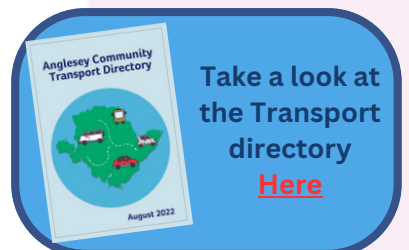


An elderly couple in the village contacted Benllech and District Good Turn Scheme, because they had to give up driving due to health reasons. They came to us for help for them to be able to get to their medical appointments, and to take the gentleman to a falls class weekly. The volunteer driver collects the couple from their home, takes them to their appointment and helps them during the appointment, the driver then waits outside to take them back home and makes sure they are safely inside their home before leaving.



“ We started using the Good Turn Scheme so that we could attend health appointments without worry or discomfort. We appreciate the kind attention and care given by all the drivers”.

The Anglesey Community Transport Directory is a handy digital and paper directory of all Community Transport schemes on the island including contact details, eligibility, and fees.



How's it going?

(State of the Sector on Anglesey)

Calling all Voluntary organisations!! Are you on a committee of a voluntary organisation, charity, community group, sports club, faith groups, social enterprise or a non-profit organisation?

Medrwn Môn needs your help to better understand how the third sector is looking, and how Medrwn Môn can best support you moving forward.

- Are you getting the right support from us here at Medrwn Môn?
- Are things we need to know about?
- How we can work better with you as a sector?



As someone associated with a community group/voluntary organisation, your opinion about our support is important to us.



Please help us by completing the survey by following the [link](#).

If you would prefer a paper copy please email sheree@medrwnmon.org or call 01248 724944.

“ If we understand what the Third Sector looks like now, then we can make sure that it moves to where it's most needed tomorrow. ”

Safer Recruitment and Employment

Medrwn Môn was pleased to host a joint event on Safer Recruitment and Employment and to introduce the National Safeguarding Training Standards on behalf of, Disclosure Barring Service, Wales Council for Voluntary Action and North Wales Safeguarding Board.

Following on from the Safer Recruitment event, participants wanted to know more about The Disclosure and Barring Service - especially around the changes that have taken place with the service in the last few years.



Medrwn Môn has invited Carol Eland from Disclosure and Barring Service (DBS) back to deliver a full session on using the DBS service to ensure Safer Recruitment for anyone who works in the voluntary sector.

Free Event Opportunity -

Disclosure and Barring Service / Medrwn Môn - Safer Recruitment

Monday, 18 Sep 2023 10:00 - 16:00

Llangefni Town Hall Bulkeley Square Llangefni LL77 7LR

Press the [link](#) to book tickets and for more information.



Disclosure & Barring Service

Island-Wide Older Peoples Forum



The first Island-wide Older People's forum of the year was held by Anglesey County Council in M-SParc, Gaerwen on the 4th of July 2023.

The Island-wide forum brings together representatives from all over Anglesey to look at a key themes from the smaller, local forums which take place out in the community throughout the year.

The theme for this forum was communication and engagement and the forum included several opportunities to learn and share different ways of communicating and engaging with our communities.

The session featured guest speakers from Digital Communities Wales, Medrwn Môn and Betsi Cadwaladr University Health Board were also in attendance and delivered insightful presentations on how to communicate and engage with communities in a more effective and engaging manner. Our Communications Officer Owen Jones delivered a presentation on Medrwn Môn's Communication plan going forward.

There also was a opportunity for attendees to network with the multiple different organisations who were in attendance.

Over 50 attendees representing more 30 groups, clubs and organisations were present.



For the latest information about Local Forums in your area, contact the Age Friendly Communities Development Officer, **Sioned Young** on **01248 751 832** or sionedyoung@ynysmon.llyw.cymru, or keep an eye out on Anglesey County Council's social media for the latest news.



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL



The Alliances across the Island have been busy, let's have a look



Lligwy Alliance have started work on their community garden in Moelfre, which is located on the grounds of the community hall. The community has been working hard in designing, planning and now building the community garden. Children of Moelfre primary school were asked to give ideas of what they wanted to include and how they wanted the garden to look. The committee took their ideas and drew up plans that are now coming to life with the help of volunteers,



Aethwy Alliance wants to better engage young people in the work that they do. Awen and Anne went along to Ysgol David Hughes to ask the young people for their ideas on how to achieve the Alliance priorities. The information gathered will support the Alliance in moving forward with their choices.

The next Aethwy Alliance meeting will be held on Tuesday 12/09/23 6.30pm at the community centre Penmynydd.



Bro Aberffraw Alliance are working alongside Bangor University, on a co-producing Community Narratives project. This project involves working with residents in the local area to define their community and support them in describing what it looks and feels like to live/work there (through creative methods of art, photography, film). From this, they will have a more holistic, richer, and creative understanding of their community, allowing the Alliance to identify their community priorities.



Crigyll Alliance were tasked with choosing three priorities to work on from the evidence that was collected from the mapping for the area, the themes from the evidence were discussed and those that attended felt that the wider community should have an input into the final decision about which to start with. To move this forward Medrwn Môn created a **survey** for people to decide on the priorities and to get some confirmation from the wider community about whether this is the direction the Alliance should go in.



Bro'r Llynnoedd Alliance have recently been busy funding 4 community groups from across the ward. The following groups were successful with their application for funding from the Alliance - Valley Community Group, Bodedern Nursery, Bodedern Juniors Football Club and the LEGO build Church, Bodedern. The Alliance have also been supporting the Valley Community Council make better use of its green spaces - with one or two new projects in the pipeline!



GwirVol



Medrwn Môn's GwirVol Grant has funded several youth projects this year enabling young people to develop skills and gain experience within their local community. Here's a snapshot of what the young people have been up to over the summer.....



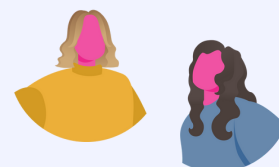
Llangaffo Play Area



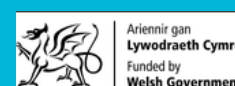
A group of dedicated young people have established their own gardening club at their newly developed local park. They decided to spend the GwirVol Grant on gardening equipment and seeds to grow plants in a raised bed and trellis. They all worked hard to get the area looking pretty and inviting and have even designed their own t-shirts for the club. The young people also bought sports equipment with the funding and held an activities club for the younger children in the village. The Play Area Group have said '**Brilliant to see the youngsters of the community so willing to volunteer their time. They were excellent, displayed a mature attitude and encouraged the children to have lots of fun!**'

Grwp Cymunedol #CaruAmlwch

A group of young people used the funding to create a meaningful seating area in the community's allotments in memory of local volunteers. The young people spent their time painting and decorating the bench in bright colours, hoping to bring a smile to those who have lost loved ones and create a space for everyone to enjoy. The young people were pleased to be involved in a heart felt project that commemorates those who have dedicated their time to the allotments and the local area.



We'll continue to keep you updated on other youth projects in our next E-Bulletin!



Dwyran Youth Project

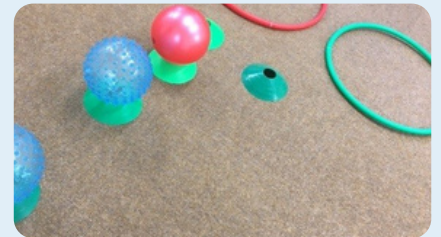
Môn Actif sessions in Hen Fecws

We are so pleased that the children & young people activity group finally went ahead! Sessions were originally arranged pre-Covid but unfortunately had to be postponed.

Thank you to Barry (MônActif) and his team for running the group.

'The 10 weeks of activities in Dwyran have been great and I've had a clear view on community engagement activities as I personally attended the majority of these sessions along with our sports coaches and instructors. It was great to see the numbers building week on week with the highest attendances on the register being 22 which is great, with a minimum of 16-17 participants in attendance each week'

Once the sessions ended the local councillors wanted to provide further activities for the young people of Dwyran, so Cllrs John Ifan Jones and Arfon Wyn have provided outdoor play equipment for the local children to use at the field by the old school, available daily 10am - 7.30pm.



National Play Day

National Playday was held at Llangefni rugby club early August and Anglesey celebrated with their first outdoor event.

It was a fun day full of activities and food for local families, the day was supported by Cyngor Môn and Môn Actif who provided physical activities for the children and young people, including bouncy castles, face painting, games and sessions with wild elements .

Thank you to everyone who called over to the Medrwn Môn bus to have a chat with us and for taking part in the drawing session!

National Play Day is a day dedicated to celebrating the power and importance of play. It takes place annually every August, and it's a chance for families, communities, and organisations to come together and have some fun, raise awareness about the benefits of play and create opportunities for children and adults alike to unleash their imagination, creativity, and joy.



Third Sector News

National Eisteddfod Llŷn ac Eifionydd 2023

Medrwn Môn were invited to attend the National Eisteddfod for a day at the Third Sector HUB stall.

Bethan and Sheree had a warm welcome at the National Eisteddfod at Boduan, both had the opportunity to do some networking and share information about Medrwn Môn.

It was great to see a good number of organisations at the HUB, they shared information and gave advice about their services. WCVA, Mantell Gwynedd, Gorwel, National Loteri, Dementia Gogledd Cymru were only a few that had their stand at the HUB

The HUB was busy with a lot of coming and going and everyone enjoyed and shared information. Overall the Eisteddfod at Boduan was buzzing with excitement, Bethan and Sheree received valuable information regarding third sector organisations.



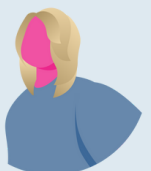
Llanfairpwll Memorial Hall is officially open!

We attended the official opening of the Memorial Hall in Llanfairpwll in July, the event was a success and attended by many.

Elin Fflur cut the ribbon and everyone enjoyed viewing the hall, eating and a little wine followed by a talk from Gerwyn James who spoke about the history of the building and the area.

Follow them on [facebook](#) and see what they have going on at the centre, from sewing groups to the snooker club there is plenty to do!

Contact llanfairpwll@outlook.com for further information and booking enquiries.



Gwelfor Warm spaces afternoon tea and entertainment



Gwelfor Warm Space in partnership with Cybi Events (Holyhead in Harmony) recently held an afternoon tea with entertainment.

This event was well attended by over 70 people from different groups within our community. The event was an excellent opportunity to once again promote the warm space in Gwelfor and its benefits to the wider community.

'I thoroughly enjoyed this afternoon; I've met up with people that I've not seen for years! The buffet and entertainment were great, the highlight of the afternoon for me was getting up to dance with my friends, something I haven't done for 10yrs! Today has been a most memorable day for me.' J (85yrs) who attended our afternoon tea



Housing Support Service celebrates 10 Years!

On the 30th of June Medrwn Môn joined other organisations from across the island in supporting the Isle of Anglesey County Council's housing Support Service to celebrate their 10 year Anniversary. The event was held in the Town Hall in Holyhead and was a great opportunity for local residents to meet representatives from the housing teams such as the Housing Support Grant Commissioners, Housing Options, Allocations, Estate Managers, Welfare Benefits & Financial inclusion.

There was also cupcakes for sale and a tombola raising money for the Trussell Trust Foodbank!

If you would like to donate to Anglesey Food Bank please click on the [LINK](#) to find ways you can donate or call 07394964566 (9AM - 3PM)



Sheree a Ceri From Medrwn Môn (above).
Isle of Anglesey County Council Housing (right)



Time to Talk Public Health Wales



GIG
CYMRU
NHS
WALES | Iechyd Cyhoeddus
Cymru
Public Health
Wales

IT'S TIME TO TALK PUBLIC HEALTH
A NEW, NATIONAL CONVERSATION

Public Health Wales wants to understand **your** **opinions** and **attitudes** about current **health topics**

Surveys are...

- Every other month
- Online or by phone
- 10-15 minutes

Example topics included so far...

- Vaccines
- Mental health
- Cost of living
- Gambling
- Violence
- Menopause

Age 16+ years? Live in Wales?

Your Wales 🇬🇧 **Your Health** ❤️ **Your Voice** 🗣️

Have your say & help shape public health policy for Wales!

www.bit.ly/TimeToTalkPH

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Data collection by djs research

SCAN TO JOIN

For just **one hour a year**, **you** could influence **public health policies** in Wales!

Time to Talk Public Health is a national conversation established by Public Health Wales that regularly engages with the public on a variety of current public health topics, playing a crucial role in informing policy and practice in Wales. Our insights have already influenced positive actions in areas such as food environments, cost of living, climate change, and mental well-being, among others. We are continuously recruiting individuals aged 16+ and living in Wales to be part of the panel, and it would be great if members of the Ynys Môn community were represented within our national conversation.

IT'S TIME TO TALK PUBLIC HEALTH
A NEW, NATIONAL CONVERSATION

www.bit.ly/TimeToTalkPH

Data collected by djs research

SCAN TO JOIN

Age 16+ years?

Live in Wales?

Want your voice heard?

Your Wales 🇬🇧 **Your Health** ❤️ **Your Voice** 🗣️

Have your say & help shape public health policy for Wales!

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Amser i Siarad Iechyd Cyhoeddus Cymru | Time to Talk Public Health Wales

Public Health Wales

wants to **understand** your **opinions** and **attitudes** on a range of topics like:

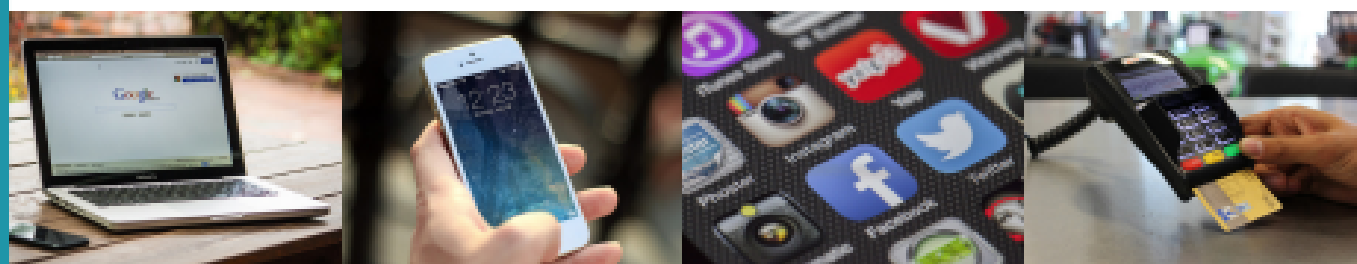
- Cost of living
- Cancer
- Dental health
- Emergency departments
- Campaigns

TAKE PART TODAY

and **have your say** on public health policy in Wales!

Feeling Excluded?

Have you been unable to do something that matters to you because you don't use the internet?



For example:

**Booking GP appointments
Health consultations / services
Finding information & advice
Payments / finances
Making your voice heard**

If so, we want to hear from you.

**Please get in touch to share your experiences,
and help us ensure older people's voices are
heard.**

Call now:

03442 640 670



Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales

Funding News



Cymdeithas Elusennol Ynys Môn has been busier than ever, making significant strides in creating positive change within our community. Throughout the year, we've dedicated our efforts to providing essential financial support through grants to various organizations and individuals in need. These grants have been the catalyst for transformative projects, fostering hope, and spreading much-needed optimism during these challenging times.

Over 100 community groups and charities applied to us in 2022-2023, resulting in over £500,000 of grants. You can read more about our grant-making here: www.elusennol.org/funding.

Our charity's renewed focus has also deepened our engagement with the community. Through community engagement sessions and partnerships with local organizations, we've gained valuable insights into the specific needs and challenges facing our community members. This deeper connection has allowed us to tailor our grant initiatives to address these needs more effectively, ensuring that our efforts have a lasting impact.

The evolution of our charity has empowered us to take a more proactive and influential role in fulfilling our mission of enhancing the health, well-being, and the environment of Anglesey's communities. By supporting local people and organisations, we can build confident and resilient communities where everyone can fulfil their potential.



Funding information & advice

Medrwn Môn take the strain out of writing procedures, policies and strategies and provides funding advice and information service for community groups and voluntary organisations, by advising on potential funders and how to apply for funding.

'Isle of Anglesey Charitable Association' recently distributed £380,434 to 9 successful applications under their large grant - Medrwn Môn assisted 5 out of the 9 applications which amounted to £207,100.(55%) of all applications.

Contact Derlwyn Hughes on 01248 724944 or e-mail derlwyn@medrwnmon.org for any advice or assistance.



The National Lottery Community Fund brings Anglesey communities together

Thanks to National Lottery players, numerous community groups and charities on Anglesey have recently been successful in applying for a grant to strengthen society and improve people's lives.

Two groups in Llanddaniel Fab are celebrating their success - **Gŵyl Mabsant Llanddaniel Fab** will bring people together in a fun day for the whole family on 23 September with their £1,900 grant, whilst **Clwb Gwawr Llanddaniel Fab** were successful in their application for £1,840 to extend their provision and provide regular Welsh language activities for the local community.

Some of the other projects benefitting from a National Lottery grant are:

Bryngwran Cymunedol Ltd - £9,920 to install solar panels and batteries on part of the Iorwerth Arms community pub which hosts a space for community events and services.

Llangristiolus and District Club for the Aged - £3,550 to develop outside space that will be used by the whole community for gardening and social events.

Age Cymru Gwynedd a Môn - £100,000 to continue to support people aged over 50 with information and advice to alleviate the negative impacts of the cost-of-living crisis, for example, to access allowances, pension credits and schemes that will help reduce household energy costs. This grant will also help to sustain the range of services they offer and develop programmes of activity.

Digartref Cyf - £50,000 towards development plans to refurbish the Holyhead Enterprise Centre (HEC) as a homeless hub for rural Anglesey. Subject to more funding, the current day centre will move to a newly refurbished building with ample parking, offering additional services to compliment the current provision.

Neuadd Goffa Llanfairpwllgwyngyll officially opened to the public after receiving a £54,150 grant from The National Lottery Community Fund in 2020 towards upgrading, refurbishing and extending the hall. The funding has enabled them to create a space with better facilities for the community, third sector organisations and public services

For further information about funding for your project, contact:
hywel.lovgreen@tnlcommunityfund.org.uk / 07790 815383





CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL



School Essentials Grant

For Children whose families are on lower incomes and qualify for certain benefits can apply for a grant of:

- £125 per learner
- £200 for learners entering year 7 (to help with increased costs associated with starting secondary school)

All compulsory school years from reception to year 11 are now eligible.

All looked after children qualify for the grant, whether they receive free school meals or not. Learners who receive free school meals due to transitional protection arrangements do not qualify.

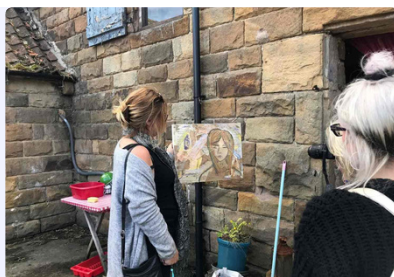
Families are only entitled to claim once per child, per school year.

The 2023 to 2024 scheme is now open and will close on 31 May 2024.

To apply for this grant please contact your local authority.

more information click [HERE](#)

The **ASHLEY**
FAMILY
FOUNDATION



The Ashley Family Foundation (formerly The Laura Ashley Foundation) is a registered charity founded by Sir Bernard and Laura Ashley following the success of the Laura Ashley fashion and interiors business.

The Foundation was originally set up with a focus on supporting the arts. Over time and as the running of the Foundation has been taken over by Bernard and Laura's family, the strategy has evolved from purely funding the arts to also funding broader community and social welfare projects.

The trustees look to fund projects that are true to these values. Our focus is on supporting these main areas:

- Wales
- Arts
- Rural
- Community
- Sustainability
- Small Charities

For more information on funding
and how to apply visit

[HERE](#)

Training funds for individuals!

We aim to support individuals from the communities of Anglesey and Gwynedd by means of small grant making in order for them to access training or education which will improve their lives and lead to a job or better career prospects.

Who do we help?

1. live in Anglesey or Gwynedd.
2. not eligible for support from other local support services.
3. Undertake specific training which will improve their chances of employment..

What type of training does the organisation fund?

- Vocational training in any field. An example would be construction related competency cards (CSCS),
- Driving lessons and further driving qualifications such as (additional categories such as trailer / HGV).
- College / evening course fees.

For more information click [HERE](#)

Funding for Social Enterprises!



Established in 2022, Perthyn provides local early stage support to our Welsh communities in the north and west who are interested in developing social enterprise ideas.

Cwmpas is working closely with Dolan Partnership and PLANED who are working with our communities. The project aims to grow a number of initiatives, mainly we want to see our language being used and enjoyed everyday.

The Perthyn project wants to create a strong economic base for our Welsh communities

Following on from a successful first round of Perthyn Small Grant Funding through Welsh Government at the beginning of 2023, Perthyn are excited to launch round two of the Perthyn Small Grant Funding Scheme from 8th of August 2023.

Applications are now open until 29th of September, and we are inviting community groups to apply for funding of up to £12,500.00 to set-up or support co-operatives, social enterprises, and community-led housing projects.

Please email Samantha Edwards samantha.edwards@cwmpas.coop to register your interest in applying for the Perthyn Small Grant.

Volunteering News

Volunteering Wales launch new website!



Volunteering Wales is a digital volunteering platform from Third Sector Support Wales. The platform hosts hundreds of volunteering opportunities from across Wales in one place, making it easy to find and recruit volunteers – or start on your own volunteering journey!

Volunteering Wales have now launched a new website! Giving organisations the option to advertise their volunteering opportunities as well as giving volunteers the chance to browse what opportunities are available to them in their local area!

If your organisation needs support with volunteer recruitment or if you are an individual searching for your next volunteering opportunity please do get in touch with us here at Medrwn Môn through post@medrwnmon.org



[Volunteering Wales website](#)



Getting back to nature at Llyn Parc Mawr



Medrwn Môn staff enjoyed a wellbeing taster session at Llyn Parc Mawr with Coed Lleol on the 5th of May. They had the opportunity to join in with the Friday Actif Woods Group for an invigorating green gym activity, learned about outdoor health and how to look after their own wellbeing within the work place.

There are lots of ways you can get involved with Coed Lleol, they offer wellbeing sessions, training and volunteering opportunities. If you would like to volunteer or get to know more about what is going on with Coed Lleol email: actifwoodsanglesey@smallwoods.org.uk

“Sheree said, I really enjoyed spending time in the woodland. It was a brilliant opportunity to socialise and to see how much great work takes place there, and the benefit people get from being out in the woods”





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 IN THE FOLLOWING AREAS
FOR THE BENEFIT OF YOUNG PEOPLE

- early years
- housing and social care
- mental health
- skills and employment

Up to
£1,000
available

For more information
or to request an
application pack
contact

linc@medrwnmon.org

CLOSING DATE
20th October
2023



Medrwn Môn team go volunteering

To celebrate National Volunteering Week back in June, Medrwn Môn's team volunteered with community groups and services across the island.

This gave them an opportunity to thank volunteers for their contribution and also encourage more people to do voluntary work in their communities.



Lyndsey and Awen spent their morning planting trees and flowers at the Amlwch Community Allotment Site with Julie Ann Hughes, one of the founders of the allotment and a dedicated volunteer. Caru Amlwch began the allotment project in 2020 covering 3.3 acres of land and also went on to create an area for wildlife that is well worth a visit! The volunteers have worked hard to create a tranquil and useful space for the community to enjoy and are constantly looking for people to help out at the site. Please get in touch with Caru Amlwch if you would like further information on volunteering opportunities.

Our communications officer Owen Jones volunteered at the Lego Café in Llangoed village hall. Owen helped serve tea, coffee and cakes to the parents and helped the children build Lego. Ffrindiau Llangoed are a group of devoted volunteers from the community of Llangoed aiming to develop projects in the area for the local community and surrounding areas.



Ceri enjoyed a volunteering session at the Cancer Research UK charity superstore in Holyhead. Ceri helped prepare clothes for sale, sort donations of homewares and had time to chat to some of the volunteers. Volunteer Donya said **"Volunteering is a great way to learn new skills, make friends, improve your mental and physical health and wellbeing and also boost your confidence"**.

The Cancer Research UK superstore in Holyhead is keen to hear from those who would like to volunteer. They have a range of different roles that can support the charity raise vital funds for research.

Anne and Sheree had the pleasure of volunteering at Hafan Cefni Extra Care Scheme in Llangefni. Anne and Sheree met with two ladies who also volunteer their time to help with the Agewell activities that are based in Hafan Cefni.

Anne said **"It was great to meet and have a chat with the residents while helping in the restaurant at lunchtime, and do a little bit in the garden with one of the volunteers who lives in Hafan Cefni"**.





Our Link Officer Bethan Jukes went over to the Iorwerth Arms in Bryngwran. Bethan was warmly welcomed by the volunteers and everyone came there to have afternoon tea. **"It was a pleasure to be able to volunteer for a few hours and lend a helping hand".**

The Iorwerth Arms is also a Community Hub which hosts a number of community events for local people. In addition to this, the Bryngwran Good Turn Scheme is run from the Hub and transports people to medical appointments, picks up prescriptions, takes residents to shops etc.



Recently, volunteers and members of the Gwelfor Lunch club, Mirili Môn and Men's Shed Morlo spent a day at Ty Erddig and the gardens in Wrexham and then went on for a bit of shopping at Broughton Retail Park.

This trip was organised as a celebratory event to thank all the volunteers who make an invaluable contribution to their community. Veronica Huband went over to volunteer for the day **'It was lovely to see everyone enjoying themselves in the nice weather and the lovely area of Erddig, and everyone had a good time'.**

Linda volunteering at Canolfan Glanhwfa, Llangefni

Linda Jones, Medrwn Môn's Administrative Officer volunteered at Canolfan Glanhwfa, Llangefni during Volunteer's Week which takes place annually from 1st to 7th June. She visited the Centre on Tuesday, 6th June during their Cuppa, Cake and Chat session between 2pm - 4pm where a number of people gathered to enjoy a chat over cuppa and cake. The Centre is also open on Wednesdays for a light meal such as stew, lobscouse or soup and on Thursdays they provide a two-course meal of roast dinner and dessert. The Centre is well used by a Food Bank, local choirs, a Yoga group and offices.

Linda thoroughly enjoyed the experience and met all the attendees and volunteers. She said "It was eye-opening to come and volunteer and see how beneficial it is to have a venue like this in the community so that people can connect with each other with a number of people attending the sessions weekly and all looking forward to the next session, many of whom said how beneficial the sessions are and a great opportunity to connect with friends and put the world in its place!"

For more information on volunteering opportunities at Canolfan Glanhwfa please contact Medrwn Môn 01248 724944

Linda Jones, Medrwn Môn Administrative Officer volunteered at the Glanhwfa Centre, Llangefni during Volunteer Week. she visited the Centre during their Cup, Cake and Conversation session between 2pm - 4pm, where a number of people had come together to enjoy a chat over a cup of coffee and cake.

Linda really enjoyed the experience and meeting all the attendees and volunteers. She said **"It was eye-opening to come and volunteer and see how beneficial it is to have a location like this in the community so that people can connect with each other".**

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



What's on?



HEN YSGOL BODORGAN COMMUNITY CENTRE

ON FROM SEPTEMBER

4TH	CARPET BOWLS	1PM
5TH	BODORGAN WI	7PM
4TH/11TH/18TH/25TH	ZUMBA	7PM
6TH/13TH/20TH/27TH	PARENT & TODDLER	10AM
7TH/14TH/21ST/28TH	BINGO	7PM
19TH	OVER 50'S CLUB—CURRY NIGHT	7PM
20TH/ 27TH	EXERCISE & TAI CHI	2.30PM
23TH	TEXTILE CLUB 2PM	4PM
26TH	OVER 50'S CLUB	7PM
29TH	MACMILLAN COFFEE MORNING	11AM-2PM

EVERYONE IS WELCOME!

COLEG MENAI COURSES:
REGISTRATION W/C 11TH SEPT/ STARTING W/C 18TH SEPT

COMPUTING & DIGITAL SKILLS—15 WEEKS £30
DRAWING & PAINTING—8 WEEKS £25

REGISTER ONLINE- MALLTRAETH.ORG OR CONTACT JUDE

WE ARE OPEN!

FOR MORE INFORMATION, CONTACT JUDE 07576473646

WANT TO HIRE A ROOM OR THE HALL?

Contact Jude 07576473646
Email: Bodorgancommunitycentre1@gmail.com

COMING SOON:
25TH OCT: TEXTILE AND RAG SALE

31ST OCT: GIVE BLOOD 11AM-8.30PM

1ST NOV: HALLOWEEN PARTY

9TH DEC: CHRISTMAS ARTISAN MARKET

JAN 2024—WELSH CLASSES

KEEP UP TO DATE—FOLLOW MALLTRAETH YMLAEN ON

MIDLAND TAPAS | BEAUMARIS RUNFEST 2023

Fun Run, Half Mile, One Mile, 10K and Half Marathon

All children and adults need to enter in advance
Book soon to secure a place!

RUNNING FESTIVAL FOR CHILDREN (3-12 YRS) AND ADULTS IN HISTORIC BEAUMARIS

SATURDAY 16th & SUNDAY 17th SEPTEMBER

ALL RACES FINISH INSIDE BEAUMARIS CASTLE!

MEDALS FOR ALL RUNNERS

PRIZES FOR TOP 3 IN EACH AGE CATEGORY

ENTERTAINMENT & REFRESHMENTS AT THE FINISH

CHILDREN'S RACES £7

ADULT 10K £25 (includes T-shirt!)

ADULT 1/2M £32 (includes T-shirt!)

PLEASE VISIT www.tdleventservices.co.uk TO ENTER AND FOR FULL DETAILS

EVENT SUPPORTED BY

ALL MONIES RAISED GO TO LOCAL CHARITIES

26th Sept 7-9pm

Email ash.talysarn@gmail.com to book

Pen & Prosecco Night

Creative Writing Workshop

Hints and tips
Introduction to publishing
Proof-reading
Copy-editing

With a view to creating a locals magazine!


September Events

events.rspb.org.uk/southstackcliffs


Heathland Insect Hunt 2nd 1 - 3pm Members: £3 Non-Members: £4	Sketching Walk 28th 1 - 3pm Members: £8 Non-Members: £10
Wellbeing Walk 3rd 1 - 3pm Members: £5 Non-Members: £6	Migration Magic 30th 9 - 11am Members: £8 Non-Members: £10
Wildlife Walk 5th, 12th, 19th & 26th 1 - 3pm Members: £3 Non-Members: £4	Clwb Twr 30th 10 - 12am Members: £3 Non-Members: £4
Wild Coast Walk 16th 10am - 12.30pm Members: £8 Non-Members: £10	Crafting Sessions Every Saturday and Sunday (Except for the 16th & 30th) 10am - 12pm
Photography Walk 7th & 21st 1 - 3pm Members: £8 Non-Members: £10	For more information or to book your place follow the link below: events.rspb.org.uk/southstackcliffs (Additional booking fee of 75p when booking online)

What's on?





**AM DDIM I BAWB
FREE TO ALL**



**DIWRNOD YMWBYYDDIAETH LLES
WELLNESS AWARENESS DAY**

**DYDD GWENER / FRIDAY MEDI
22ND SEPTEMBER 2023**

10-10.30am
Ymwybyddiaeth ofalgar gyda Annette / Mindfulness with Annette
Cymerwch ran a phrofwch wir fanteision ymwybyddiaeth ofalgar.
Take part and experience the real benefits of Mindfulness.

11.00-12.00pm
Sgwrs Holi ac Ateb ar osteopathi gyda Helen Withers
Talk Q & A on Osteopathy with Helen Withers

12.30-1.30pm
Sgwrs Holi ac Ateb ar Therapi Cyfannol gan Pat Lennan
Talk Q & A on Holistic Therapy by Pat Lennan

2.00-3.00pm
Sgwrs Holi ac Ateb ar Aciwbigio gan Viv Shaw
Talk Q & A on Acupuncture by Viv Shaw

3.30-4.30pm
Sgwrs Holi ac Ateb gan Karen a Sam. Meddwl dod yn egniol?
Dewch i ddysgu beth sydd gan y Canolfan i'w gynnig.
Talk Q & A with Karen and Sam. Thinking of getting active? Come and see what the Canolfan has to offer.



junior parkrun



Every Sunday
Plas Newydd, Anglesey

2km

9am start
(warm up at 8.50am)

**Volunteers
needed
each week**

For ages 4-14

Register for free at:
www.parkrun.org.uk/plasnewydd-juniors

**YMDIRIEDOLAETH
GOFALWYR**

**CARERS
TRUST**

MS Society
Cymru

Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



**Singing for Wellbeing
North Wales**



Breathing Space Project

You don't have to be a singer to enjoy this singing session. Come and meet people, Sing, laugh and chat. The session is for people living with MS, their families and carers.

(Event is Free)

Conwy and Denbighshire
30th September - 10.30 am - 12.30 pm
Venue: Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl

Gwynedd a Mon
14th October - 10.30 am - 12.30 pm
Neuadd Goffa Llanfairpwll
Ffordd Rhiannon, Llanfairpwllgwyngyll, LL61 5JB

Flintshire & Wrexham
21st October - 10.30 am - 12.30 pm
Mynydd Isa Library Community Centre, Mercia Dr, Mynydd Isa, Mold CH7 6UH

Montgomeryshire (Welshpool)
4th November - 10.30 am - 12.30 pm
COWSHCC, Oldford Ln, Welshpool SY21 7TEF

North Ceredigion (Aberystwyth)
18th November - 10.30 am - 12.30 pm
Plas Antaron
Southgate, Aberystwyth SY23 1SF United Kingdom

Does dim rhaid i chi fod yn ganwr i fwynhau'r sesiwn canu hon. Dewch i gwrdd â phobl, Canu, chwerthin a sgwrsio. Mae'r sesiwn ar gyfer pobl sy'n byw gydag MS, eu teuluoedd a'u gofalwyr.

(Digwyddiad am ddim)

Conwy a Sir Ddinbych
30ain Medi - 10.30 yb - 12.30 yp
Venue: Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl

Gwynedd a Mon
14fed Hydref - 10.30 yb - 12.30 yp
Neuadd Goffa Llanfairpwll
Ffordd Rhiannon, Llanfairpwllgwyngyll, LL61 5JB

Sir y Fflint a Wrecsam
21ain Hydref - 10.30 yb - 12.30 yp
Mynydd Isa Library Community Centre, Mercia Dr, Mynydd Isa, Mold CH7 6UH

Maldwyn (Y Trallwng)
4ydd Tachwedd - 10.30 yb - 1 - 10.30 yb -
COWSHCC, Oldford Ln, Welshpool SY21 7TEF

Gogledd Ceredigion (Aberystwyth)
18th Tachwedd - 10.30 yb - 12.30 yp
Plas Antaron
Southgate, Aberystwyth SY23 1SF United Kingdom

*The Breathing Space project is for unpaid carers who support people living with MS.

To register, contact: brian.watson@mssociety.org.uk



**HWB
CEMAES**

HWB Cemaes CIC
Lon Glasgoed
Cemaes
Isle of Anglesey
LL67 0HN

hwbcemaes@gmail.com

07762 495143

Working with the community for the benefit of the community

	Writers' Club	Thu 1 hr 30 min £3
	Welsh Club / Clwb Cymraeg	Thu 1 hr 30 min £3
	Drama Club	Thu, Sun 2 hr £3
	Sewing Club	Wed 2 hr £3
	Craft Fair	£10

CONTACT US



CALL US ON: 01248 724944



EMAIL US: POST@MEDRWNMON.ORG



FACEBOOK: MEDRWN MÔN



WEBSITE: WWW.MEDRWNMON.ORG