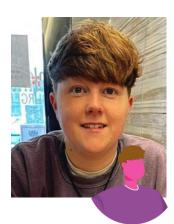
Medrwn Môn Bulletin

Volume 10 February 2025

New Year, New Team!

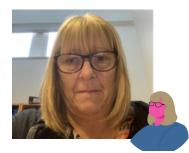


I'm **Stacey Roebuck** and I've recently been appointed as the **Community Link Support Officer.** I will be the first point of contact for the Môn Community Link Project – answering calls, responding to referrals, and making sure that they're passed on to the Local Asset Co-ordinators as needed.

I'll also be working to promote the Community Link project, making sure that individuals, groups, and statutory services are aware of this vital service and the impact that it can have, helping to boost the well-being, confidence, and independence of anyone who needs it.

My name is **Gwawr Francis** and I am the new **Administrative Officer** here at Medrwn Môn. I have always worked in the administration and customer service field. I am really enjoying my new role and getting to know the voluntary organisations and groups across the Island and supporting them in any way that I can. I enjoy working for Medrwn Môn because there is a strong sense of team work, where I get to partake in tasks that I wouldn't normally do in an administrative role.





My name is **Nicola Hughes** I am the **Finance Officer** at Medrwn Môn, I joined the team in November. I have vast experience, having worked within finance roles for 40 years. I love my new job and my new work family!

@medrwnmon@medrwnmon

Phone: 01248 724944 Website: www.medrwnmon.org Email: post@medrwnmon.org





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hird Sector



My name is **Gemma Jones**, and I've been appointed as the new **Volunteering Support Officer** at Medrwn Môn**.**

I am dedicated to supporting individuals that are interested in volunteering by guiding them toward opportunities that align with their passions and skills. I also support organisations, giving them guidance with the recruitment process, retaining volunteers and identifying training opportunities. My goal is to ensure that volunteers are placed in roles where they can make a meaningful contribution while also gaining valuable experiences.



I'm **Anne Jones** and I have worked for Medrwn Môn as a Local Asset Co-ordinator since September 2019, working across the Island supporting individuals and community groups, identifying community assets and connecting people with relevant interests and activities within their area. In my new role as a **Place Shaping Officer**, I will support the Alliances across Ynys Môn, look at how we can make our communities stronger and more resilient in the future, through understanding what those communities have in terms of assets buildings, green spaces, skills & knowledge, community groups and public services.

Hello, I'm **Bethan Lloyd Jukes** and my role has recently changed within Medrwn Môn, I'm pleased to say that I'm now the **Local Asset Co-ordinator (LAC)** supporting people and groups in Bro Aberffraw, Bodowyr and Crigyll Wards.

I will support individuals by listening to them, identifying what matters to them, identifying community assets and connecting individuals with relevant activities and interests so they can manage and improve their own health and wellbeing.



Medrwn Môn welcomes new Board Members

The Annual General Meeting of Medrwn Môn on the 24th October 2024 saw us recruiting 5 new members to the Board of Trustees. The new trustees are listed below:

- Joyce Stalman- Holyhead Autumn Activities Group
- Susan Kennedy- Cybi Events
- Ieuan Willams- Lligwy Alliance
- Sara Spinks- Bro Aberffraw Alliance
- Caroline Schwaller- Geo Môn

The trustees have a great wealth of experience between them and will be a great addition to our current Board Membership. The Trustees received an induction from Sheree in November to coincide with celebrating Trustee's Week.

We would like to take this opportunity to welcome them to the team!

Tech in Care

The Tech in Care project looks at improving Anglesey residents' wellbeing through the use of technology.

Taking care of our mental wellbeing includes nurturing digital wellbeing. Most people use digital technology in some way in day to day lives, whether it's doing weekly food shop via an app on the phone, wearing a watch to track how many steps we take each day or using a smart speaker to remind us to take our tablets or remind us of an appointment.

Technology and gadgets can support us all in different ways to support and better our overall Wellbeing. Medrwn Môn's Tech in Care project focusses on the different types of technology that can improve individuals' lives on Anglesey.

If you feel technology could support you with improving your health and wellbeing give us a call and have a chat on linc@medrwnmon.org / 01248 725745

A Local Asset Co-ordinator (LAC) will have a face to face conversation and together a decision will be made to see what technology / gadgets could support and improve health and wellbeing.

Môn Community Link will be hosting events to promote Tech in Care. The events will take place in 5 different locations across Anglesey. Come along and have a look at all the technology & gadgets we have to offer and have a chat with the staff, there might be other ways we can support you!

TECH IN CARE

Smart Watches, Smart Speakers, Wifi, Safety Alarms, Apps Smart Bulbs, and much morel Drop-in to find out how you could work with our earn of Social Prescribers to loan and use tech that could help you to feel happier, healthier and safer at home and in your community.

Llanfairpwll Memorial Hall 20th of February 12:30 - 4:30pm

Llangefni Town Hall 25th of February 10:00 - 2:00pm Hen Ysgol Bodorgan 26th of February 10:00 - 2:00pm Gwelfor Community Centre, Holyhead 27th of February 10:00 - 2:00pm Amlwch Memorial Hall 4th of March 3:00 - 4:30pm

Scan here to register your interest or contact us by Phone: 01248 725745 E-mail: linc@medrwnmon.o

THIS MON

on.org

Neuadd Goffa Llanfairpwll LL61 5JB Thursday 20 February 12.30 - 4.30pm

Neuadd y Dref, Llangefni LL77 7LR **Tuesday 25 February 10.00 – 2.00pm**

Canolfan Hen Ysgol Bodorgan Wednesday 26 February 10.00 - 2.00pm

Gwelfor Community Centre, Holyhead LL65 2DH Thursday 27 February 10.00- 2.00pm

War Memorial Hall, Amlwch LL68 9ET Tuesday 4 March 3.00 – 4.30pm

Community Alliances What's going on in your area?

Bodowyr - The projects which benefited from the seed funding have been successful! Over 70 residents from Llanddaniel joined the daffodil planting event followed by tea and sandwiches at the Efail. Residents look forward to spring and seeing them grow! Canolfan Brynsiencyn have received new equipment for the bingo sessions and PA system, the games are a huge success and well attended.

Ysgol Parc y Bont benefited from new outdoor equipment, which the local community can access. Llanddaniel also received a new community bench.

CELS community delivered wellbeing camps across the Ward, which are always a success! **Next meeting, 18/03/25 Canolfan Brynsiency 6pm**

Bro'r Llynnoedd - For this round of funding the Alliance discussed how they could raise the profile of the work that they do. The group has an active facebook group with 190 members where information is shared about Alliance projects and also about local consultations and issues within the ward.

The group is keen to widen it's presence and have opted to buy pop-up banners and a gazebo with the Alliance logo printed on them. These will be used for public events and will hopefully help to publicise the Alliance

more widely. Member will all be encouraged to use the equipment to help spread the word! **The next meeting will be held 11/03/25 at the hub RAF Valley 6.30pm**

Aethwy Alliance - There has been previous consultation with young people at Ysgol David Hughes. The Alliance want to involve young people in future projects within the Ward, the young people want to organise and take part in local litter picks, look for solutions to transport issues, to be part of development/update of a teenage zone and to explore the development of a bike club at Coed Cyrnol.

The Alliance hope to support the young people and move this forward. **The next meeting** will be held at the Memorial Hall LlanPG 17/02/25 6.30pm

Caergybi - The following projects were successful in receiving seed funding, Gwelfor and Holyhead Sapphires majorettes, the over 65s Christmas meal, Cae Cybi Playing Field Assosiation, Llaingoch Community Garden, Peibio Bowling Club, Anglesey Astronomical Society, Draig Goch Boxing Club, Cybi Youth Shedz and Cymell.

Seiriol - Awarded 10 projects through the seed funding available, the David Hughes centre was awarded £500 for a community equipment store, lorwerth Rowlands centre had a grant for the installation of energy saving lighting, Llanfaes play area to complete the sensory garden, Llangoed Hall received money to develop the community film screening project.

Other projects that benefited include the Menai Strait heritage group, Plas Bodfa, The Puffin newsletter, Green prescribing and The Biodiversity project.











Crigyll - Rupert Allan attended the last meeting to discuss working with locals and the farming community, bringing open community mapping back to Wales to gather information for the open street map data. The map can be used to create creative maps showing personal and local issues. We look forward to seeing how this develops in the Crigyll area.



Volunteers from the Ward are also looking at the speed watch project, with hope of addressing some traffic issues through Gwalchmai.

The next meeting will be held at Rhosneigr hall 12/03/25 6pm

Bro Aberffraw- The projects which benefitted from the seed funding have been successful. Llangaffo play area and the clwb hamdden have completed upgrading equipment and the hall has new chairs! Clwb Ni Dwyran, Airfix and youth club have been a huge success, the young people are enjoying the activities held at the Hen Fecws. Newborough also have a youth club, held at the Eglwys Bach, great to see resources available to the children & young people in those areas.

Tal y Sarn have created a local information magazine and there is a new community information board located outside. Aberffraw held Art workshops and Bodorgan have a hearing loop system available to those attending the Hen Ysgol, they also have invested in a chiropody chair to be used across the ward. Bro Aberffraw Alliance have registered as a community interest group.

The next meeting will be held at the Hen Fecws, Dwyran 24/03/25 6pm

The Future Generations Commissioner celebrates Place Shaping at the Alliance Showcase Event!

Derek Walker, Future Generations Commissioner joined us to celebrate the work of the Alliances across the Island in a Showcase event in November. The Commissioner and Sandy Clubb (Policy Advisor: Involvement, Collaboration, Culture) praised the work of our communities Alliances in supporting the 7 wellbeing goals of the Well-being of Future Generations (Wales) Act.

The event gave the Commissioner the opportunity to chat with Alliance members about the work that they had being doing, whether they had experienced any challenges and explored how the Office of the Commissioner could continue to support this work in the future. 22 new case studies were created for the event following the funding of community projects through the Shared Prosperity Fund. These case studies will be available on our website from next month.







Digital improvement Fund 2024

Medrwn Môn provided funding from (SPF) for hubs and community buildings to improve their IT and Broadband services and digital offer.

16 community hubs received between them £20,000



- Benllech over 50's
- Bryngwran Cylch Methrin
- Clwb y Gorlan, Amlwch
- Mechell Hub
- Llan Ni
- Llanddona village Hall
- Llangoed FC
- Menai Bridge Cricket Club



- Goronwy Owen Hall
- Llangristiolus Hall
- Carmel Village Hall
- Rhosneigr Village Hall
- Benllech and District GTS
- Pensarn Village Hall
- Millbank Community Centre
- Llangoed Village Hall

Some examples of the Digital improvements projects awarded funding:

- WiFi installation
- Smart Tv's
- Laptops
- Printers
- Projectors and screens
- Green Screen
- VEO Sports camera
- Live Streaming equipment



Click the image or visit CPD Llangoed Facebook to see the live stream



The impact the fund had for the community:

"The larger screen has already made a huge difference for our audience, especially for the visually impaired"

"We have seen an increase in the number of groups setting up due to the wi-fi connection"





Hub Improvement Fund 2024

Medrwn Môn funded small scale adaptions and upgrades to village halls, hubs and community centres, including digital modernisation and accessibility.

- Esgeifiog Centre, Gaerwen
- Glanhwfa Centre, Llangefni
- Mechell HUB
- Carmel Village Hall
- Llan Ni, Llannerchymedd
- Llanddona Village Hall
- Llanfaelog Community Council
- Llangaffo Village Hall
- Llangoed Village Hall

- Malltraeth Ymlaen Cyf
 - Moelfre Community Association
 - Caergeiliog Village Hall
 - Penysarn Village Hall
 - Llanfairpwll Memorial Hall
 - Goronwy Owen Hall, Benllech
 - Pentraeth Memorial Hall
 - Rhosneigr Village Hall
 - Brynsiencyn Centre
 - Beaumaris Leisure Centre

Some examples of the type of improvements made to community hubs are:

- Soundproof bi-folding door to create
- Heating and hot water boilers
- Accessible toilets
- Ramps
- Doors and Windows
- Table and Chairs
- Rendering
- Essential building repairs
- Painting
- Storage
- Electrical repairs

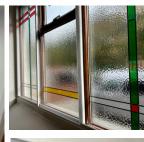
The impact the fund had for the community:

"It feels so much warmer now for the children, particularly this time of the year"

"The Hall is great now and the facilities are excellent. I'm interested in holding a local Pigeon show"















19 Community Hubs

the improvenments

recieved between

them £150,000 for

Ageing well over winter!

Medrwn Môn staff attended the Ageing Well over the Winter open day at Bodorgan Old School on Friday 17th January and Amlwch Memorial Hall on Monday 20th January. During both events staff had a chance to gather information from all the stall holders as well as chat to local people who wanted information about Medrwn Môn and Môn Community Link.

These were free events arranged by Age Friendly Anglesey and had plenty of information about how to keep safe and well during the Winter months. One more event will take place on Thursday 13th February at the Gwelfor Centre Holyhead between 10 - 2pm.

If you need information about Medrwn Môn, Môn Community Link or want to know what's going on during the Winter months in your community contact linc@medrwnmon.org or call us on 01248 725745 for further information







BWRDD PARTNERIAETH RHANBARTHOL GOGLEDD CYMRU NORTH WALES REGIONAL PARTNERSHIP BOARD

Dementia

AGEING WELL OVER THE WINTER OPEN DAYS 3

Community Assessment day with Physiotherapy! Môn Community Link was invited to join the BCHUB

Community Assessment Day at Plas Arthur in Llangefni. The Physiotherapy department invited a large number of their patients from their waiting list to a face to face day appointment in the community, aiming to see and advise patients early and signpost to relevant services if necessary. If the patients need further physiotherapy input they will have be arranged to be seen in the hospital setting.

Third Sector organisations and Local Authority services that can help with community based solutions were invited to sit alongside health practitioners to showcase what is available in the community.

This type of day has been held in a few areas in England and has been very successful, this event was the first of its kind in North Wales and was very successful with patients commenting that "I am glad I came, I didn't know there was so much available in the Community"

Bwrdd Iechyd Prifysgol Betsi Cadwalar

University Health Board

"We feel that your expert knowledge on third sector / voluntary organisations is crucial to the success of the day"



Anglesey Community Transport - Feasibility Study

Working in partnership, Medrwn Môn and Isle of Anglesey County Council have been carrying out a series of engagement events across Anglesey to understand the transport needs of those communities with limited or no bus service currently and discussing ideas about ways that services could be improved in the future. This might be through changes to existing services or by developing community transport schemes. To identify potential solutions we secured funding from Menter Môn to work with Peter Hardy from Integrated Transport Planning to develop a feasibility study

As part of this work we:

- Engaged with communities to fully understand their needs
- Assessed the likely demand for any potential services
- Identified practical solutions that can be put to communities to gauge interest
- Developed the necessary actions to take forward the most promising and supported transport options.

The study provided a snapshot of the current provision of local bus and community transport provision in some parts of Anglesey, particularly areas that suffered reductions in bus services in 2023. It also provided an update on the unmet needs and issues faced by some people in those affected communities. The report suggests a number of potential strategic and small-scale actions that might help address some of the highlighted issues. Overall, it will be important for agencies to continue to work together to achieve the most effective use of their combined resources.

As part of this study, 5 consultation events were held in Llanddaniel, Bryngwran, Llangoed, Aberffraw and Bodedern, with over 40 participants attending. The supporting on-line survey received 94 responses from people across Anglesey, but with some concentrations around Bodedern and the Llangoed and Penmon area. All this was added to the information we gathered in our previous consultation study.

Medrwn Môn will now be in contact with those that kindly participated in the survey for further discussion











COMMUNITY TRANSPORT SERVICE CRIGYLL WARD

ABOUT THE SCHEME Following the cuts to public bus services on the Island, the Crigyll Alliance, Byngwarn Good Tum Scheme, Isle of Anglesey County Council, Medwin Moh, and Menter Moh nave worked in partnership to develop a community transport scheme to keep people in the community connected to the public bus routes.









HAVE YOUR SAY! What consultations are happening in your area? **The Born in Wales study**

Please take part in these surveys and help researchers to discover how families, health care professionals and policymakers can help to support families and give children the best start in life.

Researchers at the National Centre for Population Health and Wellbeing Research (NCPHWR) launched the Born in Wales study in September 2020. This has been funded through Health and Care Research Wales.

There are two surveys; one for expectant parents and one for parents who have a child between 18 months to 2-and-a-half-years old.

https://www.anglesey.gov.wales/en/Have-your say/Consultations/Currentconsultations/The-Born-in-Wales-study.aspx

Canolfan lechyd y Boblogaeth **Centre for Population Health**

Canolfan Genedlaethol ar gyfer Ymchwil ar lechyd a Llesiant y

Engagement on future of 'Provision of post-16 education'

Isle of Anglesey County Council is reviewing the post-16 provision for education as it wants to strengthen learner entitlements and experience on Anglesey. For example, by increasing the choices available to learners and ensuring a high-quality post-16 education.

Purpose of this engagement

This engagement is looking to gather viewpoints, opinions and ideas from learners, parents / guardians, staff, governors, elected members, the general public and other stakeholders in relation to post-16 education provision for Anglesey.

What are we asking of you?

We are asking you to give your opinion on the following options. If you want to propose alternative options, the council will be happy to consider them. Initial options being considered

- Option 1: no change, keep the current provision exactly as it is.
- Option 2: further develop closer working relationships between the existing providers.
- Option 3: reduce the number of schools providing post-16 education.
- Option 4: provide all post-16 education by one provider.

How to let us know your views

Online form. The closing date for responding is 7 March 2025. https://www.smartsurvey.co.uk/s/JDFU7D/





Community Safety in your community

A network meeting with the Police and Crime Commissioner Andy Dunbobbin How safe is your community?

Everyone is entitled to live in a safe community. We want to understand the community safety issues affecting your community and how we can work collectively with the Police, Fire and Rescue services, Local Authorities, Health Services, and the Third Sector.

Join us at this network event, bringing together professionals from these organisations to share information and best practices to keep our communities safe. Booking Essential:



01248 724944 Discussion O1248 724944 Sheree@medrwnmon.org

Canolfan Ebeneser February 27th 11am - 1pm











Third Sector News



Wellbeing Economy Cymru Festival

Medrwn Môn's Chair, Andrew Mark Hughes attended the Wellbeing Economy Cymru Festival of Ideas event in the Swansea arena on November 18th 2025 . This was an event exploring the Wellbeing Economy and featured some great presentations including Derek Walker, Future Generations Commissioner.

Take a look at this video which includes inputs from <u>Public Map Platform / Llwyfan Map Cyhoeddus</u> which explains how important the development of a Wellbeing Economy is for those living in Wales

" The event was interesting, with good speakers, I've taken what I've learnt back to the staff at Medrwn Môn " Chair Andrew Mark Hughes



Macular Society

Menai Bridge Macular Society Support Group

The Macular Group is a local support initiative designed to address the needs of individuals with macular sight loss, developed through the efforts of Medrwn Môn' Local Asset Coordinators (LAC). Two LACs identified a gap in support for clients with visual impairments through separate referrals where clients shared feelings of isolation and the absence of local support. To address this, the LACs worked with the Macular Society to establish a local support group.

The group, located in the Menai Bridge War Memorial Hall, provides a welcoming and accessible environment for individuals with sight loss. Sessions are supported by volunteers and other community members, offering specialised activities and assistance. Transport challenges were eased through social transport solutions such as the Good Turn Scheme, ensuring attendees from across Anglesey and Gwynedd could take part. The group has been a huge success, with attendees reporting significant improvements in well-being.

"Listening to other people's experiences of sight loss has made me feel less alone."

If you would like further information please contact Marian Williams on; 07495 054 053 or marian.williams@macularsociety.org



North Wales Wellbeing Network Christmas celebration

Sheree our Third Sector and Community Wellbeing Officer had the pleasure of joining the other 5 Wellbeing Officers from CVC's across North Wales in hosting The Christmas Well-being Network, to celebrate the great work going on their communities. We as a team like to take this time to invite the organisations who we have worked with over the year to thank them for their continued support, and receive feedback.

This years theme for the network was 'crafting for wellbeing'. Most people who work in the health and social care support people to improve their health and wellbeing, so it is important to us that we promote not only the health and well-being of those we support but highlight that our own health and well-being is just as important.

There are many ways we can look after our health and well-being, craft may not be for everyone, but take that time out of your daily routine and think about how we can help ourselves to help others.

Click <u>Here</u> to view the video of the day





- Took real notice of the things around you
- Connected with someone important to you or perhaps someone you don't know
- ✦ Were physically active
- Learned something new
- Gave something of value to someone else this could be in the form of giving your time, or something of material value







FLVC Finishire Local Voluntary Counc CGLISSEF Cyngor Gwirfoddol Lieol Sir Ffilm



Funding News





The Screwfix Foundation is a registered charity set up in 2013. We are passionate about making a difference to communities across the UK. We are a grant giving charity with a clear purpose to support projects that improve, repair and maintain homes and community facilities used by those in need throughout the UK.

The Screwfix Foundation currently offers local registered charities and not for profit organisations funding up to the region of £5,000. All applications are reviewed individually by our team on a quarterly basis, the review dates are in March, June, September and December.

<u>Full eligibility criteria</u> can be found here along with more information about the fund here: https://www.screwfix.com/landingpage/screwfix-foundation



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.

Please see panel dates below, when to submit your application and when we'll let you know the outcome of your application.

- 1st January 2025 28th February 2025
- 1st May 2025 30th June 2025
- 1st September 2025 31st October 2025

For further information, visit https://corporate.dwrcymru.com/en/community/community-projects/community-fund

Funding News





THE ROYAL Countryside Fund

The Royal Countryside Fund powers community-led solutions through grants and resources to ensure that they flourish, now and in the future. The Fund is the only UK-wide charity that empowers family farms and rural communities to survive and thrive. From staff to trustees and ambassadors.

the charity focused on the unique issues facing farming and rural communities, has launched a new grant programme for rural community organisations. Community-led organisations can now apply for a grant of up to £25,000, paid over a period of 24 months. For further information and how to apply, please follow the link

https://www.royalcountrysidefund.org.uk/news/royal-countryside-fund-launches-new-grantprogramme-for-rural-communities/

Foundation,,

As an independent charitable foundation funded by Asda, The Asda Foundation supports the small, grassroots groups at the heart of communities. They aim to empower local groups with the funding they need, exactly where and when they need it.

They work closely with In-store Asda Community Champions to understand the needs of the people living and working locally in the communities surrounding Asda stores and fund vital community projects **https://asdafoundation.org/our-grants/**

Other funding opportunities:

- The Clothworkers' Foundation: This foundation funds both large and small capital projects, and they do not require a long financial history but focus on the project's alignment with their program areas, such as supporting disadvantaged communities https://www.clothworkersfoundation.org.uk/what-we-fund
- Esmée Fairbairn Foundation: They provide flexible funding for various needs, including capital projects, and focus on mutually agreed outcomes rather than past financial performance. Their approach is adaptable, and they encourage transparency about challenges faced during the project. Pre-application Q&A Webinar: 3 February 2025 https://esmeefairbairn.org.uk/latest-news/
- Resource Centre's Favourite Funders lists several funders that support capital costs, including The Morrisons Foundation and the Screwfix Foundation, which provide grants for repairing buildings and improving facilities https://www.resourcecentre.org.uk/information-category/raising-money/favouritefunders-for-specific-projects-and-new-activities/

Volunteering Grant

The Volunteering Grant was available to support community groups to unlock the potential of volunteering through increasing the number and quality of volunteering opportunities available across the island. Up to £750 was available per application and 9 groups were successful! The fund was supported by the UK Government Levelling up Fund.

Take a look below at what the successful applicants spent their grant on!





Caffi Siop Mechell have been Llanfechell's thriving volunteer- run community Caffe / Hub, since 2015. Volunteers received food hygiene, food allergies and fire extinguisher training. The training courses ensure that all volunteers are up to date with legal requirement as well as confidence to deal with different situations. All volunteers received a new 'Caffi Siop Mechell' apron with an embroidery logo to make them feel part of the team.

The Volunteer grant went towards defibrillator training as well as first aid training for the busy volunteers at Canolfan Glanhwfa. Flyers were also purchased to attract new people to the volunteering opportunities at Canolfan Glanhwfa Llangefni.



Criw Niwbwrch Cyf used their grant towards paying for publicity via leaflets, posters and invitations to the numerus events that they hold. This was a campaign to encourage a younger group of people to become interested in volunteering. A social event was also organised at Eglwys Bach for the existing volunteers to acknowledge their commitment, interest and achievements.





Newborough Forest Parkrun takes place every Saturday morning, parkrun relies sole on volunteers to make this happen. First aid packs were bought for each volunteer marshal as well as providing a first aid course for all other volunteers. This training was vital as each week Newborough Forest Park Run has over 150 Participants.





Funded by Medi ei ariannu gan UK Government 🥙 Llywodraeth y DU

The Grant was spent on a volunteers group meeting. The session was held to share experiences, ideas, concerns, to talk about challenges and for the volunteers to get to know each other and build a sense of team. One **GeoMôn** volunteer also had a fantastic opportunity to attend the UNESCO event in Paris to represent the Organisation, her expenses were paid for by the grant.



Grŵp Cymunedol Caru Amlwch have around 15 Volunteers that volunteer at Amlwch Allotment & Nature Parc, to say thank you for the hard work and dedication the volunteer give, arrangement were made for all the volunteers to attend a team building session at Llyn Parc Mawr in Newborough followed by a light lunch as a way of saying thank you.





The **Ynys Môn Young Ambassadors** used their grant to upskill, provide training and buy essential kits for the young Ambassadors. The young people benefited from this funding by gaining qualifications and up skilling as well as being able to help in events across the Island which will help them gain valuable experiences through volunteering, each young person also received a 'kit Pack' (whistle, stopwatch, note pad, pen and t shirt).

Funding received by **Academi Natur Môn** went towards the costs of DBS checks and events which were organised in the local community to engage with people through workshops to encourage interest in volunteering



With the funding **Menai Straits Heritage Sailing** held a volunteering recruitment event in October not only to recruit new volunteers but also to celebrate and reward the hard work their loyal existing volunteers offer. Promoting the charity on social media is important and part of the funding went to develop and translate their social media platforms making it accessible to all.



Funded by Wedi ei ariannu gan UK Government



Pum ffordd at les Five ways to wellbeing



THE NATIONAL LOTTERY

CRONFA GYMUNEDO COMMUNITY FUND

People and Places

Our team can help voluntary and community groups by writing policies, strategies and we can assist as you submit a strong grant application.

- Malltraeth Ymlaen CYF £221,450: Malltraeth Ymlaen CYF Anglesey is using a grant of £221,450 to buy and renovate an old primary school to provide a spacious room, a multipurpose hall, and a large grassy area outside to offer new services and activities to the whole community.
- Homeless Anglesey £500,000: Digartref Cyf in Anglesey secured a grant of £500,000 to develop the Holyhead Enterprise Centre as a homelessness hub. Relocating to the existing day centre which has been refurbished and will provide additional services to complement the existing more holistic provision.
- Llanidan Community Council £19,900: Llanidan Community Council in Anglesey is using a grant of £19,000 to make improvements to Brynsiencyn Centre. Solar panels and a heat pump will be installed making the building warmer and more comfortable for users.
- Llanfairpwll Primary School £20,000: Ysgol Gynradd Llanfairpwll secured a grant of £20,000 to create a therapeutic garden on school grounds to include safe places to relax and talk. The whole community will use the facility, and it will benefit people's mental health.
- British Limbless Ex-Service Men's Association Anglesey £20,000: This group on Anglesey is using a grant of £20,000 to support disabled or injured veterans living in rural areas of North and mid Wales, their families, carers to gain access.

Contact Medrwn Môn 01248 724944 /

derlwyn@medrwnmon.org if you need any advice, or guidance in identifying and applying for funding.



Volunteering opportunities



We're looking for friendly volunteers to help out

We are a national older people's charity offering group activities for the over-75s in your area.

Would you like to support local older people?

Our groups give older people a chance to keep fit and make new friends. Groups take part in a gentle activity, such as dancing, chair yoga, tai chi or gardening, then enjoy light refreshments together afterwards.

Activity le

Car Linc Môn

A welcoming friendly facilitator who can lead a group of around 4–15 over 75s in any gentle physical activity to get people moving, such as boules or chair exercise.

Organised and friendly, you will take responsibility for setting up and running an activity group, including tasks such as coordinating volunteers and guests and arranging light refreshments. Caring and reliable drivers with their own cars who can take one or two older people to the activity, drop them home again afterwards, and stay during the activity to chat and pitch in where needed.

Volunteering with Re-engage • The chance to make a real difference to the lives of older, isolated people. • Flexible volunteer roles, starting from only a few hours a month.

To find out more and register your interest visit our website at www.reengage.org.uk/volunteer email us at info@reengage.org.uk, call us on 020 7240 0630

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377). Company Number (07869142) Registered office: 7 Bell Yard, London WC2A 2JR



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Airplay is part of the RAF Benevolent fund and run by One YMCA. We provide youth clubs for children aged eight to eighteen which includes Ben Clubs for children.

RAF Valley, Minffordd Rd, Holyhead LL65 3NY

Our Weekly Sessions: Tuesday Juniors | 8 - 10 years 4pm - 6pm Thursday Ben Club | 5 - 7yrs 4pm - 5.30pm Thursday Inters | 11+ 6pm - 8pm

Would you like to Volunteer?

MAIN TASKS:

- To support the provision of the Airplay and Ben Club activities and workshops
- Developing relationships with young people in a safe environment
- Supervising children and young people in activities, workshops and discussion sessions
- Engaging in learning and play with younger children
 - younger childr

For more information Contact: volunteering@oneymca.org

Don't forget Connect Anglesey is live to advertise your Volunteering opportunities



CAN YOU HELP DRIVE PEOPLE TO VITAL GP AND HOSPITAL APPOINTMENTS



WE WILL COVER:

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

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

FOR MORE INFORMATION PLEASE CONTACT US

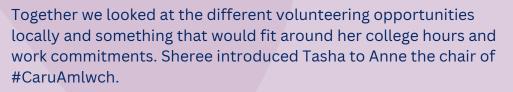
LINC@MEDRWNMON.ORG 01248 725745

Tasha's story Volunteering with #Caru Amlwch

Tasha is 17 and is studying Uniformed Protective Services Level 3 at Coleg Menai. As part of the course students need to complete 20 hours of volunteering.

Tasha approached Medrwn Môn to help her find a volunteer placement. Sheree had a chat with Tasha to talked about what was important to her, what she enjoys doing and what she wanted to gain from volunteering.

Tasha said that she wanted to find a role that would not only fill the requirement of the course but something which she could gain confidence and experience of working alongside people in the community. Tasha's hobbies are horses and she enjoys being outside so would prefer a placement outdoors in the community and doesn't mind getting her hands dirty.



#CaruAmlwch is a not for profit group that is run solely by a team of local volunteers. The group runs the community allotments/gardens, which include a board walk, pond and resident ducks! They also organise affordable events and activities for benefit the people of Amlwch and surrounding areas. One of the bigger events #CaruAmlwch does each year is the community bonfire. Tasha was invited to help plan, prepare and marshal during the event.

Tasha also worked at the allotment, clearing out the raised beds, planting bulbs ready for the spring and helped during squirrel feeder boxes session. Tasha really enjoyed the experience, and although she has done her 20 hours, she is continuing to volunteer for the group. Tasha told us that

"the experience of volunteering allowed me to meet lots of new people. I have never been very confident meeting new people but volunteering has definitely increased my confidence"

Anne Tooze (#CaruAmlwch): 'Tasha was great fun to be around, a very caring, hard working and considerate young lady. We at Caru Amlwch wish Tasha all the best in her career, she will be an asset to any employer'







What's on?

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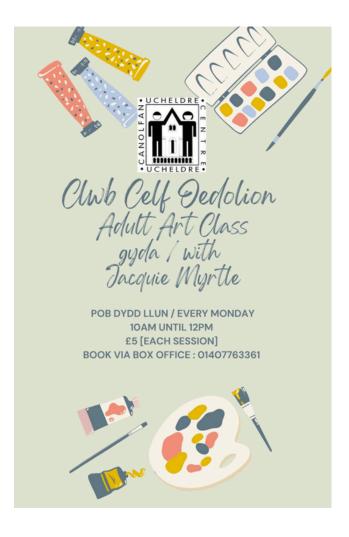
CROESO CYNNES - WARM SPACE POB DYDD LLUN - EVERY MONDAY



CROESO CYNNES I BAWB DDOD AM POWLEN O CAWL CYNNES A RHÓL, CYMDEITHASU A CHADW YN GYNAS AM AWR NEU DDWY

A WARM WELCOME TO EVERYONE TO COME AND ENJOY A BOWL OF WARM SOUP AND ROLL TO SOCIALIZE AND KEEP WARM FOR AN HOUR OR TWO

WEDI I ARIANNU'N RHANOL GAN CYNGOR SIR YNYS MON / PART FUNDED BY ANGLESEY COUNTY COUNCIL O DAN CYNLLUN CROESO CYNNES UNDER THE WARM SPACE SCHEME







DIWRNOD AGORED OPEN DAY HENEIDDIO'N DDA DROS Y GAEAF

AGEING WELL OVER THE WINTER

STONDINAU GWYBODAETH | INFORMATION STALLS:

Ynys Môn Oed-Gyfeillgar Dementia Actif Môn Clinic Côf - Memory Clinic Age Cymru Gwynedd a Môn Medrwn Môn LLAIS Cymru Gofal a Thrwsio Llyfrgelloedd - Libraries Cyngor ar Bopeth - Citizens Advice Bureau Safonau Masnach - Trading Standards Cynnal Gofalwyr - Carers Outreach Atal Llifogydd - Flood Prevention Atal Strôc - Stroke Prevention Gorwel Gwasanaeth Atal Cwympiadau BIPBC - Falls Prevention Service BCUHB

Lluniaeth Ysgafn Light Refreshments Cyfle i Gymdeithasu Chance to Socialise

Digwyddiad Am Ddim Free Event

What's on?



Macular Society Menai Bridge Drop in Day

Do you have a visual impairment? Would you like to know more about your condition? Do you want to know what services and organisations are available to help you? Hosted by Macular Society :

10 December 2024 14 January 2025 11 February 2025 1pm– 3pm Menai Bridge War Memorial Community Centre, Water Street, Menai Bridge, LL59 5DD

Present will be: Marian Williams- Macular Society

Come over and say hello, have a cuppa and let's chat about Macular Disease and what services are out there to help.

For more information, please contact: Marian Williams (Macular Society) 07495 054 053

0300 3030 111 help@macularsociety.org macularsociety.org HEN



culor Society is the trading name of the Macular Disease Society. A charity registered in England and Wales 1001198, Societand SCO42015 and Jale of Man 1123 amount limited for superstate resistance in England Na: 3137018 Budgeteed Office Macular Society Count Dambare Society States Andrews (2013 2014)

BEREAVEMENT CAFE

Join us for tea and a chat to connect with others who have experienced bereavement

You talk, we listen. Everyone welcome!

EVERY FRIDAY from; 7th FEBRUARY 2PM-4PM HEN YSGOL BODORGAN

For more information please contact; 01248 725745 / linc@medrwnmon.org





If you have an event that you would like us to promote, please contact: post@medrwnmon.org / 01248 724944 or register on www.ConnectAnglesey.Wales



We Are

MOVING!



Suite A, Anglesey Business Centre Bryn Cefni Business Park Llangefni Anglesey LL77 7XA

01248 724944

post@medrwnmon.org

CONTACT US



CALL US ON: 01248 724944



EMAIL US: POST@MEDRWNMON.ORG



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WEBSITE: WWW.MEDRWNMON.ORG