

# All Together

Bulletin July 16, 2020

**Working together to help Gwynedd's communities through the Covid-19 crisis**



## Community Support in Bangor gets boost from Mantell fund

The Mantell Gwynedd Covid-19 community grant has helped a number of groups offering community support across the county in recent months.

One neighbourhood that has benefited is Maesgeirchen and Tan y Bryn in Bangor. Local residents, councillors, groups and charities have all been part of the tremendous community effort in the area during the crisis.

From providing meals from the 'soup squad' to delivering prescriptions and shopping, an army of volunteers has been busy making sure that vulnerable people and families are able to cope during this challenging time.

"There is so much going on here," said Jess Silvester of MaesNi.

"Some have been sharing hot meals every week for over-70s who are self-isolating, others preparing food boxes, helping with shopping and prescriptions, not to mention the community spirit, street bingos and book swaps."

And it's not just food being shared on the estate. The estate's 330 children received an activity pack and a salad growing pack, and surplus plants from a local garden shop were distributed to some of the estate's keen gardeners.

According to Jess the team work has been tremendous, and the money from Mantell and many other places has been a great help.



## Staff Profile – Jennifer Rao, Cyngor Gwynedd

Throughout the Covid-19 crisis, officers from some of the Council's central services have moved from their usual jobs to provide practical support to Gwynedd's most vulnerable residents.

Jennifer Rao is usually a Business Support Officer in the Corporate Support Department and is responsible for preparing the Council's Corporate Plan and performance reports to the Council's Cabinet. However, since March, Jennifer has moved to work as part of the Community Resilience Team.

"Throughout the lock-down period, everyone has had to get used to living and working in a new way. For me this has involved working with new people and teams in a new field," said Jennifer.



Over the past few months, Jennifer has been working on various projects including supporting Gwynedd's food banks. More recently, she has been gathering the views of the buddy scheme co-ordinators across the county on their experiences during the crisis.

Jennifer said "It's a pleasure to use my experience to support the Adults Department to help Gwynedd's most vulnerable people cope throughout the crisis."

"It has been wonderful to speak and support those people across Gwynedd who are making a real difference to people's lives during the lockdown".

"I would like to thank these volunteers for their invaluable contribution - they are an inspiration to us all."

## Staying Active on-line

The benefit of getting plenty of fresh air and keeping fit during the crisis is clear, but with leisure centers closed, and bad weather, it's not always easy.

This challenge has been taken up by the Gwynedd Byw'n Iach team, and they've been providing online fitness sessions for people of all ages to stay active during the lockdown.

"We offer all kinds of sessions live from the homes of our experienced staff" said Terry Owen Williams, Byw'n Iach Exercise Referral Scheme Co-ordinator. "So even though our centers are closed, anyone can join us for free by registering over the internet."

Terry usually offers NERS, or exercise referral sessions through the GPs, but due to the crisis the service has been suspended. But by contacting Byw'n Iach, Terry can advise individuals on what type of online sessions would suit them.

"Many people will have become less agile over the last few months, especially people who couldn't leave the house," said Terry.

"We offer a variety of online sessions, suitable for all types of fitness levels, from light movement exercises to the more intense."

You can find out what classes are available by visiting the website: <https://www.bywniach.cymru/en/live-fitness-classes/>

Or you can e-mail Byw'n Iach with any queries: [cyswllt@bywniach.cymru](mailto:cyswllt@bywniach.cymru)



Andrew Owen running a fitness session from home.

## Library Service re-opening in Gwynedd under new rules

Following the Welsh Government's announcement that Libraries may reopen under new regulations, six libraries in Gwynedd have again started to provide a service to the public.

The service is a little different from usual, and you'll need to contact the library in advance to order books. The library will then contact you to arrange collection. For those unable to visit their library, books can be ordered for home delivery.

The libraries below will provide the Service initially, and you can also leave books you have finished reading in the boxes outside these libraries:

- Caernarfon, Bangor, Pwllheli, Blaenau Ffestiniog, Dolgellau, Tywyn.

The normal hours have changed, to view the times, visit <https://www.gwynedd.llyw.cymru/library>

**Councillor Gareth Thomas, Gwynedd Council's Cabinet Member with responsibility for libraries, said:**

“ I am delighted that Gwynedd Council will be re-introducing an element of the library service.

"Of course, the service available to Gwynedd residents will be different to what it was before the libraries closed, but the new system is designed to ensure the health and well-being of residents and staff while offering an opportunity for the people of the county to access the wealth of material available from our libraries.”



There are many ways to order books - by phone, email or by using the online form. The normal hours have changed, to view the times, visit [www.gwynedd.llyw.cymru/library](http://www.gwynedd.llyw.cymru/library)

## Doctors and Care Workers Working Together in Nefyn

**Doctors in a surgery in Llŷn are working with a home care company to assess vulnerable people in their homes.**

Because of the additional pressures on community doctors and nurses as a result of the crisis, Gofal Seibiant offered to help out in Nefyn. The company is now working hand in hand with the Tŷ Doctor's surgery in the town to keep an eye on elderly patients in the area, and carry out regular health assessments.

By training their staff and providing their home carers with extra skills, Gofal Seibiant staff can carry out simple tests on individuals as part of their round, and report back to doctors on their situation via video link or text.

Staff take temperatures, test oxygen levels and blood pressure in the home, and then send the information back to the surgery.

Gofal Seibiant is commissioned by Gwynedd Council to work in a different way in the area, which focuses on the needs of the individual.

"It has made a huge difference to have a new member working as part of the team," said Dr Arfon Williams of Ty Doctor, "which means we can provide more integrated health and social care in our community."



Becki Drews and Dr Arfon Williams

## Guidance for Re-opening Community Facilities

**With restrictions gradually being lifted, Trustees, Management Committees and Officers in some community facilities will be starting to consider re-opening.**



*Yn cefnogi grwpiau gwirfoddol a chymunedol*  
*Supporting voluntary and community groups*

Mantell Gwynedd has published a guide that provides some useful tips and pointers to get your community facility ready for opening as and when circumstances permit.

The guide refers to matters that should be considered when planning to re-open, including issues such as safety, insurance and risk assessments.

The guide can be seen on the Mantell Gwynedd website by clicking on 'Re-opening your community facility'.

<https://www.mantellgwynedd.com/covid-19.html>

## Community Wi-fi Helping Local Businesses

**As the rules are slowly relaxed, visitors are starting to return to the area and businesses across the county are trying to get back to work.**

A project to set up community wi-fi facilities in 8 areas in Gwynedd will give some of those businesses a welcome boost by helping to promote and raise awareness of the products and services available locally.

Led by Menter Môn, free wi-fi access is available at Porthmadog, Beddgelert, Pwllheli, Penygroes, Bethesda, Blaenau Ffestiniog, Llan Ffestiniog, and will soon be installed in Bala.

"Having a wi-fi signal and easy access to the internet is so important to most of us," said Rhian Hughes, Menter Môn. "Locals and visitors will be able to tap into the wi-fi on the high street in these towns and villages, giving businesses the opportunity to take advantage and promote their service."



Rhian Hughes, Menter Môn

The wi-fi will 'ping' on your phone when you arrive in town, and by filling in a simple form, or logging on to Facebook, you can get free wi-fi access.

Funded by the Welsh Government, many of the communities have already formed innovative local groups to promote their services and make the most of the resource.

## Help to keep in touch with friends and family

Keeping in touch with family and friends over the internet has become an essential part of life for many people during the crisis.

But not everyone is comfortable using Facebook or Zoom, and many older residents are still quite skeptical of the new technology, and not everyone owns an iPad, computer or mobile phone.

A community enterprise in Penygroes has risen to the challenge and is offering a mobile iPad service in the village.

“The scheme is intended to help older people who are unable to use Zoom etc to make contact with their family and friends over the web”, said Greta Jâms, Yr Orsaf Development and Marketing Officer, Penygroes.

“We received a grant from Mantell Gwynedd to buy an iPad, and we offer a door step service.”



Greta Jâms, Yr Orsaf Cafe, Penygroes

Yr Orsaf has been running a local support scheme during the crisis, and noticed that many people who were contacting them for help did not have digital devices in their home.

Residents can now contact Yr Orsaf and arrange to use the mobile iPad. One of the officers will set it up in the garden, or on the door step, and the resident can have a private chat over Facebook or Zoom with their friends or family.

“All they have to do is let their family or friends know in advance, and we'll do the rest,” says Greta.

Anyone who wants to take advantage of the service can contact Eiliw at Yr Orsaf on 07529 222670 or email [elliw@yrorsaf.cymru](mailto:elliw@yrorsaf.cymru).

## Covid-19 Support Tool for Individuals

Many people are finding it difficult to cope during the crisis, and the Welsh Government has developed an online toll that could help.

It's not always easy to find the help that you need, and this website triage tool is one way of breaking through the confusion.

By following the steps on the website you can find help for individual circumstances, relating to issues like work, money, food, medicine, housing and health.

<https://find-coronavirus-support.service.gov.wales/start>



Llywodraeth Cymru  
Welsh Government

# Your Views on Post-Covid Recovery

The Welsh Government are inviting people to send in their thoughts on how they should support future post-Covid recovery and reconstruction in Wales.

To send in your thoughts on how they can shape the future Wales, email [ourfuturewales@gov.wales](mailto:ourfuturewales@gov.wales) to say what really matters to you, and where efforts should be focussed in recovery.



You can send your contributions to this email address until the end of July.

## COVID-19

### Support for Individuals and Communities.

Type of Support	Organisation	Contact Information
Grants for groups and volunteering opportunities	Mantell Gwynedd	01286 672626 <a href="mailto:yhmholiadau@mantellgwynedd.com">ymholiadau@mantellgwynedd.com</a>
Grants and practical support for groups	Community Support Team Gwynedd Council	<a href="mailto:lindseyellisedwards@gwynedd.llyw.cymru">lindseyellisedwards@gwynedd.llyw.cymru</a>
Information and support for vulnerable individuals	Covid Support Team Gwynedd Council	01766 771000 <a href="mailto:CymorthCovidBangor@gwynedd.llyw.cymru">CymorthCovidBangor@gwynedd.llyw.cymru</a> <a href="mailto:CymorthCovidCaernarfon@gwynedd.llyw.cymru">CymorthCovidCaernarfon@gwynedd.llyw.cymru</a> <a href="mailto:CymorthCovidDeMeirion@gwynedd.llyw.cymru">CymorthCovidDeMeirion@gwynedd.llyw.cymru</a> <a href="mailto:CymorthCovidEifionydd@gwynedd.llyw.cymru">CymorthCovidEifionydd@gwynedd.llyw.cymru</a> <a href="mailto:CymorthCovidLlyn@gwynedd.llyw.cymru">CymorthCovidLlyn@gwynedd.llyw.cymru</a>
Support for tenants, community initiatives and groups (housing agency area)	Grŵp Cynefin	<a href="mailto:post@grwpcynefin.org">post@grwpcynefin.org</a>
Support for tenants and the community (housing agency area)	Adra	0300 123 8084 <a href="mailto:cymunedol@adra.co.uk">cymunedol@adra.co.uk</a>
Help to save money on energy bills	Grŵp Cynefin	07976581225 / <a href="mailto:jade.beales@grwpcynefin.org">jade.beales@grwpcynefin.org</a> 07971470674 / <a href="mailto:sandra.kargin@grwpcynefin.org">sandra.kargin@grwpcynefin.org</a> 07733012993 / <a href="mailto:ffion.owen@grwpcynefin.org">ffion.owen@grwpcynefin.org</a>
Advise regarding benefits, debt, work situation, family situation, housing etc.	CAB Gwynedd	0345 450 3064 <a href="mailto:cabgwynedd.cymru/cysylltu">cabgwynedd.cymru/cysylltu</a>
Help and support to get work	Gwynedd Work, Gwynedd Council	01286 674 698 / 07980923934 <a href="mailto:GwaithGwynedd@gwynedd.llyw.cymru">GwaithGwynedd@gwynedd.llyw.cymru</a>
Support for piloting innovative schemes	Arloesi Gwynedd Wledig	01766 514 057 <a href="mailto:leader@arloesigwyneddwledig.com">leader@arloesigwyneddwledig.com</a>
Food Banks	Gwynedd Council Website	<a href="https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx">https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx</a>
Buddy Schemes	Gwynedd Council Website	<a href="https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx">https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx</a>
Food Delivering Businesses	Gwynedd Council Website	<a href="https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx">https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx</a>
Support for families and adults	Gwynedd Council Website	<a href="https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx">https://www.gwynedd.llyw.cymru/en/Residents/Residents.aspx</a>
Homelessness	Gwynedd Council	01766 771000 <a href="mailto:tai@gwynedd.llyw.cymru">tai@gwynedd.llyw.cymru</a>
Advise regarding debt and financial difficulties	Shelter Cymru	01248 671005/07849872898 <a href="mailto:yfelinheli@sheltercymru.org.uk">yfelinheli@sheltercymru.org.uk</a>

# Covid Emergency Fund

**The Housing Association, Adra has created an emergency fund in response to the Coronavirus crisis**

The fund is jointly funded by Adra and one of their suppliers, Travis Perkins. The fund aims to tackle financial hardship and protect the welfare of their tenants, supporting projects that respond to community needs during the crisis period.



Sarah Schofield, Adra's Director of Customers and Communities, said:

"We at Adra felt it was very important to create this fund to help the communities we serve, during such a challenging time. It is a privilege for us as a local company to be able to support our communities and offer a helping hand in this way.

"Ten projects have received support from the Corona Community Fund with a total of £ 18,000 allocated to date.

For further information contact Dylan Thomas on 0300 123 8084/[cymunedol@adra.co.uk](mailto:cymunedol@adra.co.uk)