

# E-BULLETIN COVID-19

Issue 4

28 MAY, 2020



## VOLUNTEERS' WEEK

### A message from Sian Purcell, Medrwn Môn's Chief Officer

Anglesey has always been an island of volunteers, with people donating many hours of their time each year. With *Volunteers' Week* around the corner, Medrwn Môn would like to reflect on the enormous contribution that volunteers are making today and every day, and to recognise those volunteers across the sector for what they are doing at this most difficult time.

*Volunteers' Week* takes place during the week of 1-7 June every year. Usually, it's a time when we get together to celebrate with events and award ceremonies. Whilst events across the Island cannot take place in 2020 due to the Coronavirus situation, we are keen to acknowledge the volunteering effort not only during this pandemic, but throughout the year. We've seen some fantastic stories about the versatility of our charities, organisations and groups in responding to the lockdown, so let's continue that creativity during *Volunteers' Week* and give our volunteers the recognition they deserve. This year's *Volunteers' Week* will be a time to say "THANK YOU".



*A 'thank you' sign in Llangristiolus*

*Continued on page 2 .....*

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For 2020, the *Volunteers' Week* campaign will predominantly take place online. The annual campaign, which was established in 1984, recognises

the contribution volunteers make to our communities every day. This year, this recognition is more important than ever.

Please join us and many voluntary organisations and community groups across Anglesey to share messages to thank volunteers and celebrate the power of volunteering to bring communities together and to be there in times of need.

### How can you show your thanks?

- ◆ **Tell your volunteering stories.** People are stepping up to help in ways we've not seen before. Telling their stories is a great way to recognise your volunteers and thank them for all the great things they're doing
- ◆ **Hold a virtual event.** Perhaps a virtual coffee morning or tea party
- ◆ **Keep in Touch.** Surprise them with a phone call
- ◆ **Make a short video of thanks.** This can be shown on social media.

For more *Volunteers' Week* resources, visit the WCVA (Wales Council for Voluntary Action) website.



Finally, as a part of *Volunteers' Week* this year the WCVA is extending the national #ClapforCarers to include a #ClapforVolunteers at

**8 p.m.  
next Thursday  
4th June, 2020**

Please inform your volunteers, staff, supporters and funders and invite them to clap even louder and harder, to say thank you to the volunteers who are offering support during this pandemic.

# VOLUNTEERING NEWS

It is amazing that so many people want to help out and volunteer during the Covid-19 pandemic. Right now, being a good neighbour is the most important way you can help. *'Think Local, Act Local'* is more important than ever.



If you're one of the almost 1,000 people on Anglesey who have signed up so far to your local **Area Support Team** or to the **Anglesey Volunteer Bank**, then, thank you. The response has been brilliant. In every community, village and town, people are helping each other by supporting the vulnerable, the isolated and those that are not able to get out for themselves.

If you have signed up to the **Anglesey Volunteer Bank**, then Medrwn Môn will be in touch with you over the coming weeks – thank you for your patience. Please note that opportunities to volunteer for voluntary organisations and public services are very limited at this time. More volunteers may be required over the coming weeks and as these opportunities become available we'll share them.



For more information on this, read a recent blog by Felicitie Walls, Volunteering Manager at WCVA, asking would-be volunteers who've signed up to help fight against the Coronavirus to be patient while the sector gets its bearings at this strange time, available [here](#).

# NEWS

## LOTTERY WINNERS!



Medrwn Môn is pleased to announce that we have been successful in our application for a grant to the Lottery's Community Fund - People and Places. A total of £59,995 was awarded in order to support the work of the partnership between the Isle of Anglesey County Council, Menter Môn and Medrwn Môn in addressing the Covid-19 crisis.

This money will help to support:

- Anglesey Food Banks
- *Neges* Food Project
- Anglesey Gardening Project
- Family Support Project
- PPE provision for Area Support Teams.



The grant will be a great help to support the incredible work that's going on in our communities. Many thanks to the Lottery for their support during the application process and to our partners - the County Council and Menter Môn - for their cooperation with the application.

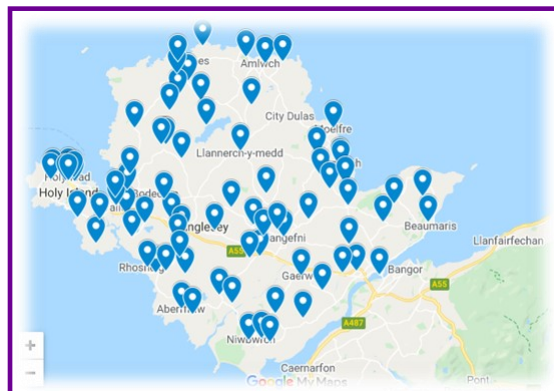


## AREA SUPPORT TEAMS

There are currently **36 Area Support Teams** on Anglesey with **828** volunteers.

The latest weekly figures show that they have carried out a total of **769** 'good turns' for **675** people.

Since the start of the Covid-19 pandemic the **Area Support Teams** estimate that they have carried out **5059** 'good turns' for **1544** people.





# COVID-19

## Area Support Teams

Medrwn Môn continues to support people, volunteers, community groups and voluntary organisations as we focus now on the needs arising during the COVID-19 period.



### "We can help you"

**We can help you** with running your Area Support Team, provide guidance about safeguarding, funding and much more!



### "The right support for your team"

If you're an Area Support Team Co-ordinator and need help with any aspect of running your Team, let us know and we'll help to organise **the right support for your team.**

"We are still here for you"



## Contact us

01248 724944

post@medrwnmon.org

Lines open Monday - Friday between 9am and 5pm



# COMMUNITIES AGAINST COVID-19

## TALWRN AREA SUPPORT TEAM

The village of Talwrn has approached the Coronavirus crisis in a positive way. The volunteers who run Siop Bodeilio, the community shop, have decided to keep the shop open, and the community volunteers are using it as a base to serve the needs of the villagers at this difficult time.

As well as the normal shop operation, they have arranged a door-to-door delivery service of newspapers, dairy produce and fresh bread from *Becws Mefus*. In addition, they provide a shopping and prescription collection service for those elderly and vulnerable villagers who are self-isolating.

The Area Support Team of volunteers has been assisted in carrying out the door-to-door deliveries by students who are not in education at the moment. Shown here (left to right) are Harri Williams who is studying Engineering at Liverpool University; Alaw Williams, a Fine Art student at Cardiff University; and Caio Evans, a sixth form student at Ysgol Gyfun Llangefni.



In addition, the shop and hall volunteers have been creating interesting and stimulating tasks for the children to undertake as part of their daily exercise in the village. So far they have enjoyed: 'Going on a Bear Hunt'; an 'Easter Bunny' challenge; a 'Strolling Stones' search, where they decorated and 'hid' stones around the village; and made 'Celebrating Superheroes' bunting. There are also plans for an elephant extravaganza!



# INFORMATION



**Carers Wales** are holding a series of online *Care for a Cuppa* talks and information sessions every Tuesday between 14.30 and 16.30 (unless otherwise stated). Each session will be held in English and will feature a different speaker every week between 15.00 and 16.00. There is also an opportunity for you to chat with other carers before and after each talk.

You will be able to attend these using Zoom. You do not need your own account to register, just the link and meeting ID that we send you. We have taken certain measures to ensure your security when using Zoom. For more information about these sessions - and to register - go to:

<https://www.carersuk.org/help-and-advice/get-support/online-meetups>

**DIGITAL COMMUNITIES WALES** are holding a free one-hour-long webinar on Wednesday, 3 June, to share some digital options for keeping people occupied.



**3.6.2020**

**WEBINAR:  
KEEPING OCCUPIED  
10.30AM  
GWEMINAR:  
CADW'N BRYSUR  
2PM**

THESE SESSIONS ARE DESIGNED SPECIFICALLY  
FOR STAFF AND VOLUNTEERS WORKING WITH  
VULNERABLE GROUPS / INDIVIDUALS IN WALES.



Cymunedau  
**Digidol  
Cymru**  
Hyder Digidol,  
Iechyd a Lles

**Digital  
Communities  
Wales**  
Digital Confidence,  
Health and Well-being



The webinar will cover digital options for keeping people occupied that include: Art & Creativity; Gaming; Identifying Nature; Mindfulness & Meditation; Music & Audio; Social Media; Quizzes & Puzzles; Reminiscence; and Video. This session is designed specifically for staff and volunteers working with vulnerable groups / individuals in Wales.

To register for the English session at 10.30 a.m. go to: <https://bit.ly/2SII2Ep>

To register for the Welsh session at 14.00 ewch i: <https://bit.ly/Web0306CYM>

# INFORMATION



*Age Cymru Gwynedd a Môn* - in partnership with *Age Cymru* - are offering a telephone service for people who feel isolated and in need of company during this

difficult time. The telephone line is run locally to Gwynedd and Anglesey by volunteers and experienced members of staff who can offer support and a listening ear.

The service is completely confidential. If you know of anyone who would benefit from this *Check In & Chat* service please phone:

**01286 677 711**



## Hardship Fund

The Hardship Fund was created by the British Red Cross to help those most financially impacted by the coronavirus outbreak.



The Fund provides short term financial help for people who can't afford the essentials:

- ◆ Food and toiletries
- ◆ Somewhere safe to sleep
- ◆ Access to a telephone and the internet
- ◆ Fuel to keep the lights on, cook or stay warm.

People who are eligible will receive a cash grant of £360, paid in three monthly instalments of £120 each. Families with children or other dependants can apply for up to three grants, for a total of £1,080 over the three months. To ensure that the British Red Cross are helping the people in greatest need they are working with Local Authorities and charity partners. They can only accept referrals from organisations who have registered with the Hardship Fund.

To register, please contact: [hardshipfund@redcross.org.uk](mailto:hardshipfund@redcross.org.uk)



# INFORMATION



Join us for Nature & Wellbeing sessions on Zoom!

## Weekly Timetable

Register at [coedlleol.org.uk/naturefix](http://coedlleol.org.uk/naturefix) to receive the Zoom password

Use meeting ID 472-420-3037 on Zoom

	Mon	Tues	Wed	Thurs	Fri
10.30–11.30	Nature Watch	Foraging / Nutrition	Children / Family Activities	Keep Fit	Mindfulness
2.30–3.30					Skills / Craft Activities

[www.coedlleol.org.uk](http://www.coedlleol.org.uk) @coedlleol @Actifwoodswales @coed\_lleol

Coed Lleol is part of Small Woods Registered Charity Number 1081874

## Rheoli Pryder Anxiety Management

In Gwynedd  
Dydd Mercher / Wednesdays 10:00am-12:00pm  
Mehefin 24 June – Awst 5 August

\*Due to the COVID-19 outbreak this course will now be offered via telephone and online.  
Oherwydd achos COVID-19 bydd y curs hwn yn cael ei gynig dros y ffôn yn awrr ac ar-lein.



Yn ein curs 7 wythnos Rheoli Pryder ar gyfer pobl ifanc (14-18) galluoch ddysgu natur pryder a sut mae'n cael ei gynnal. Bydd y rhai sy'n cymryd rhan yn dysgu amrywiaeth o sgiliau ymarferol i helpu lleihau pryder.

Our 7 week Anxiety Management course for young people (14-18) will provide participants with an understanding of what anxiety is and how it is maintained. You will learn a variety of practical skills to help reduce anxiety.

Am fwy o wybodaeth galluoch gysylltu â / For more information please contact:  
Epost / Email: [erin@monagwyneddmind.co.uk](mailto:erin@monagwyneddmind.co.uk)  
Ffôn / Phone: 01286 685 279



Ynys Môn & Gwynedd



cyngor ar bopeth citizens advice Ynys Môn



Are you feeling lonely, isolated or weighed down by life's pressures?



It's okay to ask for help

Our friendly ICAN team are available today to offer emotional support, helpful advice and signposting to support services in your community

Together, we can help you take back control



The I Can Team are here to support and maintain contact with members of the community who are struggling to maintain good mental health, emotional health and well-being during this Covid-19 crisis.

We aim to achieve this by:-

- Maintaining a human connection
- Telephone support calls
- Offering guidance around useful resources to help maintain and promote positive mental health, well-being and coping mechanisms
- Signposting to local community resources and support services

Prior to Covid-19 The I Can Team were based in Ynys Môn Citizens Advice drop in providing face to face support for those struggling with their mental health and well-being- we are still offering the same service via telephone 9.30 am to 4.00pm Monday -Thursday every week.

Monday & Tuesday 07496 571241 ( Sian)

Wednesday & Thursday 07496 571156 (Jayne)

# MÔN COMMUNITY LINK

*We are still here for you!*

Self Isolating?  
know of someone who is self isolating?



The people of Anglesey are ready to help you!

**Môn Community Linc**



01248 725745



[linc@medrwnmon.org](mailto:linc@medrwnmon.org)

Lines open Monday to Friday between 9:00am and 5:00pm



Although our service has changed, **Môn Community Link** *"is still here for you!"* with the help of a long list of willing volunteers across Anglesey.

This week Môn Community Link has received the following enquiries:

- 19 Shopping referrals
- 54 Keeping-in-touch calls
- 12 Referrals to the Food Bank
- 26 General enquiries

We've also delivered 218 prescriptions through the GP cluster volunteers.

And our Local Asset Co-ordinators are still keeping in touch with the people they have been supporting over the previous weeks/months.

**Do you need anything? Contact:**

**Môn Community Link - 01248 725745**

**[linc@medrwnmon.org](mailto:linc@medrwnmon.org)**



# Community Response Fund

## What is the Community Response Fund?

*A fund that has been created to support vital community projects as they respond to exceptional challenges to support individuals living on Anglesey.*

*The additional funding is available for projects using creative ways of improving the health and well-being of individuals living on Anglesey during the COVID-19 pandemic.*

## Who can apply?

*You may be part of a new or current support team, community group, or voluntary organisation that needs additional funding to support or add a particular service to what you are currently offering.*

Grants  
between

£100-£1000

### Buying Equipment

Encourage people to learn new skills- gardening equipment, sewing equipment, musical instruments etc.

### Develop Local Support Groups

Telephone support, meals on wheels, essential shopping pick-ups, dog walking etc.

### Stay Connected

Using new and creative ways of helping people to remain connected

### Essential Supplies

Getting shopping, medicines and prescriptions to individuals etc.

## FOR MORE INFORMATION CONTACT

**E** [derlwyn@medrwnmon.org](mailto:derlwyn@medrwnmon.org)

**W** [www.medrwnmon.org](http://www.medrwnmon.org)



# INFORMATION FOR THE SECTOR

The S4C logo consists of the letters 'S4C' in a bold, white, sans-serif font, set against a teal-colored trapezoidal background that tapers to the right.

## Free advertising airtime to support Covid efforts

To support the charities and companies doing sterling work during the Covid crisis, S4C plans to share news of their efforts on the channel.

S4C is offering free advertising airtime to charities that are based, or operate, in Wales, and offer support to people during the crisis. The channel is also offering reduced rates to companies in Wales in order to promote their Covid efforts.

In order to encourage Welsh language advertising, the channel has decided to extend its subsidy for Welsh language advertisements to the scheme.

For further details on how to take advantage of this offer charities/ companies should contact Huw Potter or Dylan Jones of Sky Media, S4C's advertising sales agent. They will also be able to assist with the arrangements for producing advertisements or with access to the S4C Welsh language advertising production fund. For more details go to: <http://www.s4c.cymru/en/advertising-on-s4c/>

## FREE TRANSLATION SERVICE

The **Welsh Language Commissioner's Hybu Team** has decided to extend their proofreading service to offer free translation to the sector during the Coronavirus pandemic. The Team realises that many third sector organisations are having to respond quickly to an ever-changing situation.



Perhaps that many of you are keen to communicate bilingually, but may need some help to prepare bilingual messages at short notice The Hybu Team can translate up to 1,000 words, free of charge. They can also provide their usual support and advice to you in planning your Welsh language use .

Send the work to be translated to: [hybu@comisiynyddygybraeg.cymru](mailto:hybu@comisiynyddygybraeg.cymru).

# INFORMATION FOR THE SECTOR

The Open University is a unique university created 50 years ago to open up education for all. It's open to anyone, anywhere, changing millions of lives across the world.

On the Open University's OpenLearn pages, you'll find 1,000 free courses to choose from, in the following categories:

- Health, Sports & Psychology
- Education & Development
- History & The Arts
- Languages
- Money & Business
- Nature & Environment
- Science, Maths & Technology
- Society, Politics & Law



Many courses are relevant to volunteers, community groups and voluntary organisations, including 'What are the benefits of volunteering?', 'Involving volunteers', 'Taking part in the voluntary sector' and 'Leadership courses for the voluntary sector', so why not take a look? To browse the courses available and sign up, visit:

[www.open.edu/openlearn/free-courses/full-catalogue](http://www.open.edu/openlearn/free-courses/full-catalogue)



## Funds to support the sector

As part of their response to the coronavirus crisis, *Funding Wales* have created a new 'coronavirus' funding category to bring together funds that are directly supporting the sector in this time of need.

Register, for free, to view all the details of the grants that are available:

<https://funding.cymru/coronavirus-latest>

## infoengine



### Are you offering support to your community during the Coronavirus epidemic?

Please promote the services you have available. Register on infoengine, the online directory of third sector services, to let your community know how you can help them in these difficult times. Infoengine is the place for all services provided by charities, voluntary organisations and community groups. Help us to share your services by registering now!



If you would like help registering your services, please contact your local County Voluntary Council (CVC).

To contact your local CVC, go to: <https://thirdsectorsupport.wales/contact>  
Central support from infoengine is available from [infoengine@pavo.org.uk](mailto:infoengine@pavo.org.uk)

# THANK YOU

Since the beginning of the Covid-19 pandemic children have been painting rainbows and putting them in their windows - to thank key workers - and they are seen as a symbol of hope. The poet Tudur Dylan Jones and the singer Einir Dafydd have written a song about the significance of the rainbows in the windows - *Enfys yn y Ffenest* - which you can see on YouTube: [https://www.youtube.com/watch?v=hmJ\\_eUugWcA](https://www.youtube.com/watch?v=hmJ_eUugWcA). The words of the song have been translated for this E-Bulletin:-

## RAINBOW IN THE WINDOW



There's a rainbow in the window,  
each window in our street  
with a rainbow for those workers  
that no one else can beat.



There's a rainbow in the window,  
and another further on,  
and then another rainbow  
of hope when storms are gone.



A country full of clapping,  
and then our nation's song,  
a country home together  
to keep us fit and strong.



And though it's great to chatter  
with others on our *tweets*,  
I long to get together  
with friends along the streets.



And when again I'll join them  
one day without a care,  
the world will be in colour  
with rainbows everywhere.



Written in Welsh by  
Tudur Dylan Jones  
and translated by his father,  
the Reverend John Gwilym Jones.

**Diolch yn fawr!**



This E-Bulletin has been edited, designed, and distributed by Medrwn Môn. The opinions expressed in this publication are not necessarily those of Medrwn Môn. We reserve the right to edit for publication.