



September/Medi 2013

Flintshire Local Voluntary Council
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BEST IN SHOW!



Our volunteer receptionist Jayne Edwards attended the Clwyd Classics Car & Bike Show at Caerwys in July this year and was amazed when her 58 year old motorcycle 'Excelsior', which she has owned since 1960, was judged to be 'Best Motorcycle' in the show!



SIXTEEN AND STILL GOING STRONG

FLVC will celebrate its 16th Annual General Meeting on Thursday, 26 September starting at 7.00 pm in Coleg Cambria (Deeside Campus). The theme for this year is "Enterprise" and Askar Sheibani, Enterprise Champion for North Wales, will preside at the meeting. Come along and listen to presentations and reports on the work of FLVC and other voluntary organisations. The event will also look to the future and how the Third Sector can survive these tough times. To book a place email info@flvc.org.uk or telephone **01352 744030**. For more details contact **Kieran Duff** on **01352 744028** or email kieran.duff@flvc.org.uk



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Updates

“CONTINUITY AND CHANGE” – RESPONSE AWAITED

Welsh Government received 240 responses to its consultation “Continuity and Change” concerning its relationship with the Third Sector. The new Minister Jeff Cuthbert will consider the findings in the next few months. FLVC submitted two responses, one summarising the comments of participants at the consultation meeting in July. Thank you if you sent an individual response as well. It’s expected that there will be some changes to the funding of Voluntary Councils and Volunteer Centres but we are unlikely to get a clear picture until January.

SOCIAL ENTERPRISE FORUM

A new network is being launched in Flintshire to provide a platform for emerging and established social enterprises to share knowledge and experience. The first meeting will take place on Tuesday, 8 October, 1.30-4.30 pm in the FLVC offices in Corlan on Mold Business Park. It’s a first attempt to attract those who want to set up, or already run, a social enterprise or project. The County Council, FLVC and Social Firms Wales will attend the meeting to listen to how participants would want to use the forum. For more details contact **Kieran Duff** on **01352 744028** or email kieran.duff@flvc.org.uk

EMAIL AND EMPATHY WITH GET ONLINE WREXHAM FLINTSHIRE

Get online Wrexham Flintshire, a project working to increase internet use amongst local people, guided five groups of computer novices online during July and August. Free ‘Absolute Beginners’ courses were well received at Mold, Connah’s Quay and Holywell library. At the end of the two-part course, learners left with the know-how, and most importantly, the confidence to get online independently and discover how the internet can make a positive difference to their everyday lives. All courses were delivered with the help and support of our Digital Champion volunteers who are now well on their way to becoming effective course leaders. Half the battle is won by putting learners at their ease, and our Digital Champions have proven themselves to be masters at empathising with people encountering computers and the internet for the first time.

Throughout September, we’re working with existing groups established by local organisations, however, we’re offering free ‘Absolute Beginners’ courses throughout October to local people on a first come, first served basis. Booking is essential, as availability is dictated by the number of PCs available at each venue.

To book a place for you or someone you know, to find out more about how we encourage people to get online, or to learn more about passing your basic internet skills on to others, please contact **Mel Salisbury** on **01352 744026** or mel.salisbury@flvc.org.uk.



Feeling left out because you don't use the internet?
You're not alone!

Join other computer novices and learn how to get online with a
FREE two-part Absolute Beginners course:

Thursday 10th & Friday 11th October 2013, 11am – 2pm at Mold Library
Tuesday 15th & Wednesday 16th October 2013, 1pm – 4pm at Holywell Library
Monday 21st & Tuesday 22nd October 2013, 9:30am – 12:30pm at Connah's Quay Library
Wednesday 30th & Thursday 31st October 2013, 10am – 1pm at Flint Library

****Booking essential****

Call Mel Salisbury at Get online Wrexham Flintshire – 01352 744026

Funding News



Buttle UK's Small Grants programme provides a personal and fast response to families living in crisis, when there is no

one else that can help. By paying for basic items such as a cooker, fridge or bed, our grants offer relief from a critical situation. We are proud to also distribute grants through the **BBC Children In Need Emergency Essentials Programme**.

We work with over 400 voluntary sector or local authority partners in Wales, which enables us to provide far-reaching support for those most in need. These agencies make applications for children and young people experiencing a wide range of issues such as illness, disabilities, behavioural and psychological problems. Other social issues surrounding their family life may include abuse, neglect, domestic violence, homelessness, drug and alcohol dependency and living in severe poverty.

Here is a link to further information, criteria and application process:

<http://tinyurl.com/c2q2qw6>

*For all your funding queries
Contact June Brady
june.brady@flvc.org.uk
01352 744004*

Writers' Bursaries

Writers in Wales are being invited to apply for a bursary to support their creative work in the genres of graphic novels, short stories, poetry, literary criticism, biography and autobiography, children's literature, teenage fiction and factual prose of literary merit. Bursaries are intended to support writers undertaking new work. Depending on the category, eligible costs may include equipment, travel costs, secretarial assistance (such as editorial work, typing and publishing), research, childcare and training opportunities relevant to the writing.

The closing date for receipt of applications to receive a bursary in 2014 is 25 October 2013.

For further information go to

www.literaturewales.org



Comic Relief - Grant Programmes- Launch of New Grant Making Strategies

Comic Relief has launched a new grant making strategy for its UK Grants.. Registered charities and other not-for-profit organisations in the UK are eligible to apply for grants of over £10,000. There is no set upper limit but most grants are expected to be for between £20,000 and £40,000 per annum. A small number of larger grants may be made but only where the work has either regional or national significance, is delivered by a number of partners or is clearly breaking new ground. Also, under its International Grant Programme, UK-registered organisations including charitable incorporated organisations, community interest companies limited by guarantee, industrial and provident societies and housing associations are eligible to apply for funding to carry out work in sub-Saharan Africa.

For further details see

<http://2013.comicrelief.com/>



Armed Forces Covenant (LIBOR) Fund

The Chancellor has determined that £35 million in fines levied on the banks for attempting to manipulate Libor rates should be transferred to the Ministry of Defence (MOD) in support of the Armed Forces community. (The London Interbank Offered Rate, or Libor as it is commonly known, is the average interest rate estimated by leading banks in London that they would be charged if borrowing from other banks.)

The Libor Fund offers grants of between £50,000 and £5 million to charities and other not-for-profit organisations in the UK.

The Ministry of Defence (MOD) operates two separate funds for the Armed Forces: the Libor Fund and the Armed Forces Community Covenant Grant Scheme. Please note that bids which are eligible for funding from the Community Covenant Grant Scheme will not be considered for the Libor Fund.

Tranche 3 will be open for applications from 5 September 2013 until 16 October 2013.

The panel will consider bids in November 2013.

For further information go to

<http://tinyurl.com/qax5ong>

The views expressed in this Newsletter are not necessarily those of Flintshire Local Voluntary Council. We reserve the right to edit any articles submitted for inclusion.

BIG LOTTERY RETHINK GOOD HEALTH – OPEN TO APPLICATIONS

The Big Lottery Fund is seeking a lead partner to manage and deliver a £25 million UK-wide funding programme to influence and inform policy and practice in preventing alcohol misuse amongst older people, specifically those aged 50 and over.

The successful applicant will be required to lead a partnership of organisations across the UK to deliver the aim and outcomes of the funding programme. The lead partner must be a voluntary and community sector organisation (a registered charity, incorporated voluntary organisation or social enterprise) that has the capacity and experience to manage a project of this size. The partnership can involve organisations from the public and private sectors.

The successful applicant will need to develop an overall strategy and use this to identify and manage a portfolio of around 15 to 20 individual projects across the UK which will achieve all of the following outcomes:

- Policy and practice about preventing alcohol dependency in later life is better informed.
- Improved health and wellbeing for people age 50 and over who are at risk of developing alcohol dependency.
- More effective services are delivered to prevent alcohol dependency amongst the ageing population.

First stage applications must be submitted by 24 October 2013 (12 noon).

For further information go to www.biglotteryfund.org.uk



WCVA FUNDING CONFERENCE UNLOCKING THE SECRETS TO FUNDRAISING SUCCESS CARDIFF CITY STADIUM, TUESDAY 8 OCTOBER 2013

Many third sector groups are finding that demand for their services is increasing, yet funding is becoming harder to come by. *Unlocking the secrets to fundraising success* can help you boost your organisation's funding and open the door to a more secure future.

We've a whole host of experts on hand to help you reach your fundraising potential. Peter Lewis of the Institute of Fundraising will look at how charities diversify their income streams, while Tim Hobbs of the Social Research Unit, Dartington, will examine the journey from innovation to impact. Michael Hearty, Director General of Finance and Corporate Services at the Welsh Government, will also be addressing delegates.

There are 25 stunning workshops to choose from too, covering all sorts of topics within the fields of community fundraising, digital fundraising, individual giving, trusts and foundations, trading, statutory, social investment and personal development.

There will also be a facilitated breakfast networking session, where you can meet other delegates and explore opportunities for collaboration.

Cost £85 WCVA members £115 other voluntary sector organisations

To book a place go to www.wcva.org.uk



WELSH GOVERNMENT'S EQUALITY AND INCLUSION GRANT 2014-17

A total of £1.6 million is available to support revenue costs incurred in the day-to-day running of the organisation and projects taking place between 1 April 2014 and 31 March 2017, or part of that period. The Welsh Government's Fairer Futures Division will hold workshops to discuss the application form and answer any questions applicants may have on how to apply for funding. The workshops will be aimed at organisations that have limited experience in applying for grant funding but will be open to all organisations. **The deadline for applications is 31 October 2013 (midnight)** For further information go to

<http://tinyurl.com/qxx5z1z>

£500 GRANTS FOR CREATIVE 16-22 YEAR-OLDS AND 23—30 YEAR OLDS - NEW ROUNDS OPEN

Ideas Fund Innovators (16 to 22) and (23-30) aims to provide assistance to projects that are inspiring, original, innovative and that can be delivered in all creative disciplines, undertaken by young people aged 16-22 and 23 to 30. Ten awards of £500 in each category will be provided. The programmes will fund projects that are inspiring, original, innovative and those that IdeasTap consider the applicant can realistically deliver. **The next deadline for receipt of applications for both programmes is 31 October 2013.**

For further information go to -

www.ideastap.com

Out and About



AN EVENING OF SONG

with

MOUNTAIN HARMONY LADIES BARBERSHOP CHORUS

GWYNEDD AND MON MS CHOIR

MOLD COMMUNITY CHOIR

Saturday, 9 November, 7.30pm,

Clwyd Room, Theatr Clwyd, Mold

Flintshire MS Society Fundraising Concert

Tickets £7.50

Compere Cledwyn Ashford

Tickets from Allan Young 01352 756365 or 07516479053

Welsh Wheelchair Curling

Deeside Ice Rink,

New Season continues every Monday evening until March.

If any wheelchair user wishes to try wheelchair curling come down to the Ice

Rink on Mondays at 5.00 pm or phone for more details

Tel : **Allan Young: 01352 756365 or 07516479053**



Afasic Cymru, the only charity in Wales representing parents of/and young people with Speech, Language & Communication Needs (SLCN). New Dragons is the second Youth Club to open in North Wales specifically for young people in and around Flintshire with these difficulties.

It is open on a Thursday evening 6 – 8pm for young people aged 11 – 17, at The Argoed School Youth Wing. Although the age group is under 18, Afasic encourages those 18 + to become volunteers as we value their input and opinion into the type of activities that we run, to keep things fun and enjoyable for all.

Contact **Sonya Foulkes on 01352 755846, email sonya@afasiccymru.org.uk**

Or visit the website www.afasiccymru.org.uk

To promote your organisation in **Voluntary Voice** contact **Sue Williams, 01352 744030 or sue.williams@flvc.org.uk**

Do you have concerns about your child's Speech and Language?



We are here to help

Come along to our **monthly parent group @**

Flint Library. **10am – 12pm**



- Wednesday 11 September 2013
- Wednesday 9 Oct 2013
- Wednesday 6 Nov 2013
- Wednesday 11 Dec 2013
- Wednesday 8 Jan 2014
- Wednesday 5 Feb 2014
- Wednesday 5 March 2014

For more information please contact

Yvonne on- Tel: **01745 550461** or

Email yvonne@afasiccymru.org.uk

Or feel free to pop along to one of the support groups and meet other parents.

You will be made to feel very welcome.

Afasic National Helpline Tel: **0845 55 55 77**

Afasic is the UK charity representing children and young adults with speech, language and communication impairments and needs, working for their inclusion in society and supporting their parents and carers.



Reg. Charity no. 1045617.

We can offer information about:

- ✓ Speech & Language needs
- ✓ Assessments and statements
- ✓ The role of the LEA
- ✓ Disability living allowance
- ✓ Signpost to services available for your child
- ✓ Terminology

FRIENDS OF RHYDYMWYN VALLEY

Friends of Rhydymwyn Valley (FoRV) held their 6th Arts Workshop this year. The workshops provide an opportunity for students between the age of 8 and 16 to create music, art and drama based on a theme relevant to the reserve. The theme this year was 'Evolution. This theme considered the many changes that have affected the site and how it has evolved and Nature has regenerated itself.

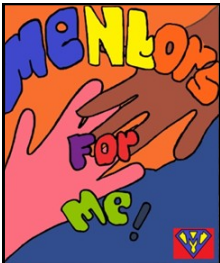


The participants engaged in making fantasy bird sculptures out of willow and recycled materials and creating musical pieces to perform. The project culminates in a performance for parents and guests followed by a social event (BBQ) to celebrate the work accomplished during the week.

This is an annual event and FoRV are very fortunate in their artists; Leanda Thomas and Jamie Davies. The project is organised by volunteers from FoRV. Students' work from previous years can be seen at the Nature Reserve

This year the sculptures have been constructed as part of a project to create a sensory garden at the Nature reserve to be enjoyed by all. NEWW ranger Remani created a willow arbour with the students to launch the sensory garden. FoRV members are carrying out the project and would welcome any volunteers interested in creating this exciting new space on the reserve.

The project was managed by Sue Grundy with assistance from Pip Perry (MBE) and Penny Manning.



Mentors for Me!

This summer has been full of fun! Mentors for me project works with children and young people with disabilities up to the age of 25 years. We aim to help build self esteem and motivation so that young people achieve their goals and become less socially isolated and more independent.

This summer has seen visits to Alton Towers, Chester Zoo, Cinema and Wrexham Techniquest. Alton Towers have this summer opened a new ride!! **The Smiler! The Worlds first 14 Looping Rollercoaster!** And yes Some of the group did experience the thrills and screams of The Smiler! The rest of us enjoyed the Charley and the chocolate factory and a few of the less hair rising rides.

Chester Zoo was a great day, we walked for what felt like miles in search of the meerkats, only to find them not far from the entrance. The young people seemed to enjoy the animals and trying to read the zoo map. We managed to catch a glimpse of the tiger cubs, but not long enough to get a photo. All in all it has been a successful summer, many thanks to the volunteer mentors for their dedication and commitment. We look forward to ongoing success with the work we do and continuing to recruit new volunteers to join the team. If you are interested in becoming a volunteer mentor, you needs to be over the age 18, live locally, have good communication skills and interested in working children and young people with disabilities, dependable and able to meet the time commitments of a couple of hours a



week. If that's you, we would to hear from you. For more information or to request an application pack, please call **Purdy Edwards on 01352 744006** or email Purdy.edwards@flvc.org.uk.



MOUNTAINS IN RHYDYMWYN

Yoga Walk Event – Friday 30th August

How do you get 10 mountains into the Education Room at Rhydymwyn Valley Nature Reserve?

Easy! Ten of us stood tall and solid, balanced and centered in the Mountain Pose as Jill Blandford led us in a session of Dru Yoga. Personally, despite being a mountain, I felt light and graceful and Jill soon had us calm, loose limbed, relaxed and smiling. The positions in Dru Yoga are simple and flowing, not at all forced and with soft music, soft light and soft knees, I could feel my spine lengthen and loosen.



After some water and a chat (apparently Liverpool Football team have done Dru Yoga, it's great for your hamstrings), our challenge was to walk in silence to a place in the reserve where we'd do more gentle movements. Jill encouraged us to listen and to think about our feet massaging the earth, I loved that. I heard a chiff-chaff, a cricket in the tall grasses and the swishing-curtain sound of wind in the tall firs.

We arrived at a sun dappled glade where a life-sized figure of Mother Earth with big eyes and a green gown seemed

to welcome us. She was made by an art group and provided a perfect back drop for the 'Earth Sequence' of movements. I noticed we all walked much slower on our return to the education room.

For the rest of the day I felt as light as a chiff-chaff and as supple and flowing as the tall grasses on the reserve and I know that each time I go for a walk from now on, I'll think of my feet massaging the earth.

Thanks again to NEW Wildlife and Jill Blandford for putting on this excellent AND FREE event.



TIME FOR CHANGE

What have we done?

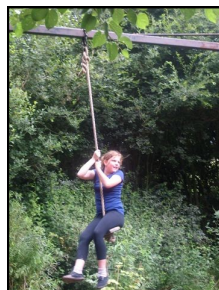
Monday 22 July, it all begins! The Summer Activity Programme kicks off.

This heralds the highlight of the summer for our young people. The next three weeks are taken up with such



a variety of activities including bowling, biking, team building, a visit to the zoo together with a few volunteering activities. This year, however, we decided to add an additional activity on the day after the programme had finished. We went to Martin Mere in Cheshire, the Adventure Playground with a big

difference! here are rickety bridges across water, long ropes that swing freely, a set of wooden stocks, a ducking stool a mud pool, yes, the list goes on. The one thing missing here, is anything remotely mechanical. They each enjoyed the day and being wet and muddy seemed an extra bonus! It was good that they had dry clothes to change into.



We had up to eight pupils on each activity and with the involvement of several secondary and primary schools it was a good social exercise to see pupils form new friendships.

September, following the exam results, brings both joy and disappointment. Seven of our young people have started courses in Yale college, Deeside and Northop, all Cambria now, we know. Destinations include, Hair

and Beauty, Catering, English, Equine studies, Childcare and Art. They have a portfolio of photographic evidence detailing the volunteering activities done.

Looking Ahead.

Matt and myself are working with young people from the PRU'S where we will be planning volunteering and other activities. We have a room in the Delyn centre where we intend to organise Cooking and Art sessions



which will surely encourage good social and a number of other necessary skills. The room in Ysgol Delyn has been further enhanced with the mural designed by my colleague Matt and diligently worked on by pupils from the school and

others. They really enjoyed the task and gained a lot from it.

Basketball coaching, conservation work, gardening work at Mostyn, good practice in kennel work at Trelogan are a few of the activities planned for the Autumn.

Visits to the colleges will continue, to view the course basics involved in small animal care, hair and beauty and equine studies.

These are exciting times ahead and hopefully, fulfilling and worthwhile for the young people involved.



Matt Weedall and Margaret E. Jones.

Health & Community



Fforwm Cleifion Rhwydwaith Canser Gogledd Cymru
North Wales Cancer Network Patient Forum

New website for people affected by cancer in North Wales

Gwefan newydd i bobl sydd wedi cael eu heffeithio gan ganser yng Ngogledd Cymru



A new website has recently been launched for people affected by cancer in North Wales.

www.northwalescancerforum.co.uk

This online resource brings together details of local cancer services and a wide range of information for cancer patients and their families. The website also encourages people to share their views and experiences of cancer care so that services can be shaped by the people who use them.

The website has been developed by the North Wales Cancer Network Patient Forum (CPF) – a voluntary group of people who have a personal experience of cancer and who are committed to improving the quality of care and support for others. For more than ten years, the CPF has worked in close partnership with healthcare teams and cancer charities in North Wales, bringing the views of patients to those making decisions about regional and national cancer care. Gillian Evans, Chair of the Cancer Patient Forum, said: "Our members have all been touched in some way by a cancer diagnosis. It is a very emotional experience and one where people can be faced with many life-changing decisions at a time when their feelings are in turmoil. The new website will bring easier access to information for patients and their families regardless of their location. It will also mean that patients and carers who have not previously had an avenue for sharing their own experiences will be able to do so, so that planners within local health services can see the priorities from the service user perspective."

If you, or someone you know, have been affected by cancer, please take a few moments to check out the website or feel free to contact us if you would like more information.

Pat Evans, Macmillan User Involvement Facilitator, FREEPOST RSLJ-XHLH-CRYX, North Wales Cancer Treatment Centre, Bodelwyddan, RHYL LL18 5UJ. Tel: 01745 445 168

Email: pat.evans@wales.nhs.uk

Mae gwefan newydd wedi'i lansio'n ddiweddar i bobl sydd wedi cael eu heffeithio gan ganser yng Ngogledd Cymru.

www.northwalescancerforum.co.uk

Mae'r adnodd hwn ar-lein yn dod â manylion at ei gilydd am wasanaethau cancer lleol ac ystod o wybodaeth i gleifion cancer a'u teuluoedd. Mae'r wefan hefyd yn annog pobl i rannu eu safbwyntiau a phrofiadau o ofal cancer fel bod y gwasanaethau'n cael eu siapio gan y bobl sy'n eu defnyddio. Datblygwyd y wefan gan Fforwm Cleifion Rhwydwaith Canser Gogledd Cymru - grŵp gwirfoddol o bobl sydd â phrofiad personol o ganser ac sydd wedi ymrwymo i wella ansawdd gofal a chefnogaeth i eraill. Am dros ddeng mlynedd, mae'r Fforwm wedi cydweithio mewn partneriaeth glos â thimau gofal iechyd ac elusennau cancer yng Ngogledd Cymru, gan ddod â safbwyntiau cleifion i'r rhai sy'n gwneud penderfyniadau am ofal cancer rhanbarthol a chenedlaethol.

Dywed Gillian Evans, Cadeirydd y Fforwm Cleifion Canser: "Mae ein haelodau i gyd wedi cael eu cyffwrdd mewn rhyw ffordd gan ddiagnosis o ganser. Mae'n brofiad emosiynol iawn, ac un sy'n gwneud i bobl wynebu penderfyniadau sy'n newid bywyd ar adeg pan mae eu teimladau ar chwâl. Bydd y wefan newydd yn ei gwneud yn haws i gleifion a'u teuluoedd gael gafael ar wybodaeth ble bynnag y bônt. Bydd hefyd yn golygu bod cleifion a gofawyr nad ydynt wedi gallu rhannu eu profiadau eu hunain yn gallu gwneud hynny, fel bod y rhai sy'n cynllunio gwasanaethau iechyd lleol yn gallu gweld y blaenoriaethau o safbwynt defnyddiwr y gwasanaeth."

Os yw cancer yn effeithio arnoch chi, neu rywun rydych yn ei adnabod, edrychwch ar y wefan neu mae croeso i chi gysylltu â ni os hoffech gael mwy o wybodaeth.

Pat Evans, Hwylusydd Cynnwys Defnyddwyr Macmillan, FREEPOST RSLJ-XHLH-CRYX, Canolfan Trin Canser, Gogledd Cymru, Bodelwyddan, Y RHYL LL18 5UJ.

☎ 01745 445 168

✉ pat.evans@wales.nhs.uk



NEWID STAFF

Ar ôl cyfnod byr heb Reolwr, mae Menter Iaith Sir y Fflint yn hynod o falch i groesawu Gill Stephen i'r tîm. Mae Gill wedi bod yn Brif Swyddog gyda Menter Iaith Sir Ddinbych ers 2010, ac felly yn dod i'r swydd gyda phrofiad o'r maes. Yn enedigol o Gaerdydd mae Gill bellach yn byw yn nhref Conwy - yng nghyngod y castell. Ar dderbyn ei swydd newydd fel Rheolwr gyda Menter Iaith Sir y Fflint a Maelor, meddai Gill, "Rwy'n edrych ymlaen yn fawr at y sialens newydd o reoli Mentrau Iaith Sir y Fflint a Maelor, dod i adnabod ardal newydd o Gymru ac yn cyfarfod a chydweithio gyda phobl y cymunedau lleol er budd y Gymraeg."

FFARWEL A DIOLCH

Dymunwn bob lwc i Garmon Hafal, ein Swyddog Ieuenctid wrth iddo bacio'i fag a'i throi hi tua Seland Newydd. Mae Garmon wedi cael cynnig cyfle i chwarae pêl-droed yn semi-broffesiynol yno. Edrychwn ymlaen at gael clywed ei hanes! Ffarweliwn hefyd gyda Elan Prys-Jones ein Swyddog Datblygu wrth iddi hi ymgymryd â swydd newydd gyda Chartrefi Cymunedol Gwynedd. Diolchwn i'r ddau am eu cyfraniad at waith y Fenter. Croeso cynnes hefyd i Dafydd Beattie ein Swyddog Ieuenctid newydd sydd wedi ymuno â'n tîm ers ychydig ddyddiau yn unig. Mae'r swydd yma wedi ei ariannu ar y cyd rhwng y Fenter, yr Urdd a'r Cyngor Sir. Meddai Dafydd, "Braf fydd cael dechrau ar y gwaith o gydweithio gyda phobl ifanc Sir y Fflint ar nifer o brosiectau cyffroes, er mwyn cynnyddu'r cyfleoedd iddyn nhw ddefnyddio'r Gymraeg yn gymdeithasol." Bydd Dafydd yn gweithio o swyddfa'r Urdd a'r Fenter, a hefyd yn gwario diwrnod yr wythnos yn Ysgol Maes Garmon. Er mwyn cysylltu gyda Dafydd i drafod unrhyw syniadau am brosiectau neu ddiwyddiadau i bobl ifanc, mae croeso i chi gysylltu gydag o ar 07578736989 neu

dafydd@menteriaithsirfflint.co.uk.

ARIAN AR GAEL I BOBL DDYSGU'R GYMRAEG!

Ydych chi'n nabod rhywun sy â diddordeb mewn dysgu Cymraeg? Neu hoffech chi wella eich Cymraeg, efallai eich Cymraeg ysgrifenedig?

Trwy weithio ar y cyd â Mentrau Iaith eraill y Gogledd a'r Ganolfan Dysgu Cymraeg Gogledd Cymru mae Mentrau Iaith Sir y Fflint a Maelor wedi llwyddo i ddenu arian gan Gynllun Datblygu Gwledig Llywodraeth Cymru a'r Undeb Ewropeaidd er mwyn i fwy o bobl gael dysgu Cymraeg. Mae'r cynllun eisoes wedi cychwyn ledled y gogledd ac mae modd i ddysgwyr Cymraeg dderbyn gostyngiad o hyd at 75% tuag at y gost o fynd am gyfnod dwys i Ganolfan Iaith Nant Gwrtheyrn. Mae arian hefyd ar gael i gynorthwyo gwersi Cymraeg niferoedd isel yn y gymuned. Felly oes gennych diddordeb siaradwch â Chanolfan Iaith Nant Gwrtheyrn 01758 750334.



STAFF CHANGES

After a short time without a Manager, Menter Iaith Sir y Fflint is glad to welcome Gill Stephen to the team. Gill had been the Chief Officer at Menter Iaith Sir Ddinbych since 2010, and so comes to the job with plenty of experience of the field. Originally from Cardiff, Gill now lives in Conwy – in the shadow of the castle. Upon accepting her new role as Manager with Mentrau Iaith Sir y Fflint and Maelor, Gill said, "I'm very much looking forward to the new challenge of managing Menter Iaith Sir y Fflint and Menter Maelor, becoming more familiar with a new part of Wales, meeting with the people of the local communities and working with them for the benefit of the Welsh language."

THANKS AND FAREWELL

We wish all the best to Garmon Hafal, our Youth Officer as he packs his bags and heads to New Zealand. Garmon has been offered the chance to play football semi-professionally there and we very much look forward to hearing his story! We also bid farewell to Elan Prys-Jones our Development Officer as she departs to start a new job with Cartrefi Cymunedol Gwynedd. We thank both for their contribution to the work of Menter Iaith Sir y Fflint. A warm welcome also to Dafydd Beattie, our new Youth Officer, who has joined the team a few days ago. This role is co-funded by the Menter Iaith, Urdd and County Council. Dafydd said, "It will be a pleasure to start working with the young people of Flintshire on a number of exciting projects, to increase their opportunities to use the Welsh language socially." Dafydd will be working from the Urdd and Menter Iaith offices, as well as spending a day a week based at Ysgol Maes Garmon. To contact Dafydd to discuss any ideas on possible projects or events for young people, please contact him on 07578736989 or dafydd@menteriaithsirfflint.co.uk.

FUNDING AVAILABLE TO SUPPORT THE LEARNING OF WELSH!

Are you interested in learning Welsh? Or perhaps you or someone you know would like to learn or to improve their Welsh?

Through working in cooperation with the other Mentrau Iaith in the northern counties and the North Wales Centre for Welsh for Adults Menter Iaith Sir y Fflint a Maelor have succeeded in securing funding from the Welsh Government Rural Development Plan and the European Union to enable more people to learn Welsh. The scheme is already up and running across the whole of the north and Welsh learners are able to receive a reduction of up to 75% of the cost of an intensive course at the Welsh Language Centre at Nant Gwrtheyrn. There are also funds available to establish and support small Welsh classes in the community.

WCVA Criminal Records Unit Safeguarding Service

WCVA CRU is building upon the advice and guidance currently on offer to the third sector regarding their Disclosure and Barring Service checks. A new Safeguarding Service is now available which will provide information and guidance to organisations working with vulnerable groups across Wales.

Do you want a quick, but comprehensive, guide to your organisation's safeguarding responsibilities?

Visit the redesigned WCVA CRU website for the new Safeguarding area, for template documents, policies and practice guidance, and FAQs on safeguarding as well as updated information on the Disclosure and Barring Service.

www.wcva-cru.org.uk

Have you considered how the new Disclosure and Barring Service and legislation might impact on your organisation?

Contact the Safeguarding Service for information and help with reviewing your

policies and procedures and meeting the new requirements.

crusafeguarding@wcva.org.uk

Are you looking for training to raise staff awareness of safeguarding in general; the preventative steps that all organisations can take to help keep people safe?

Contact us through the new website area, by email or telephone, to see if we can provide for your safeguarding requirements.

CRU/UCT: 08000 197 391

Watch out for our next visit to your area to provide briefings and information sessions. See your CVC for details or visit the CRU website.

Whatever your work with vulnerable groups – adults or children - the CRU Safeguarding Service can provide guidance to safeguard your vulnerable groups, staff and volunteers and signpost to more specialist information if needed.



Flintshire Local Voluntary Council
Cyngor Gwirfoddol Lleol Sir Fflint

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10% discount for FLVC Members!



FUN RUN!



Charity Fun Run in aid of Mold League of Friends

7k chase from Moel Famau to Mold Police Station.
Supported by Mold Police

Friday 4th October 2013

For more information on how to get involved, to sponsor the event, or volunteer as a marshal contact
Alison Roberts
alison@b2cwales.co.uk



Shaun's News and Musings

NJC PAYSCALES & ALLOWANCES 2013/14

NJC scales are local government pay scales, which are extensively used in the voluntary sector. They are a result of negotiations between trade unions and Local Government Employers.

The payscales for 2013/14 have been agreed. They represent a 1% increase. The new rates for allowances up-rated in line with the pay increase of 1.0%.

It has also been agreed that Spinal Column Point 4 (SCP4) will be deleted with effect from 1 October 2013. Therefore, employees on SCP4 shall progress to SCP5 on 1 October and, if automatic increments apply, shall progress to SCP6 with effect from 1 April 2014.

MINIMUM WAGE FROM OCTOBER

Year	21 and over	18 to 20	Under 18	Apprentice*
2013 (from 1 October)	£6.31	£5.03	£3.72	£2.68
2012 (current rate)	£6.19	£4.98	£3.68	£2.65

It is also important to keep track of Employees' ages as to when they change each age threshold. *This rate is for apprentices under 19 or those in their first year. If you're 19 or over and past your first year you get the rate that applies to your age.

IT ALSO PAYS TO BE HEALTHY - CYCLE MILEAGE RATES.

Did you realise that you can potentially claim Cycle business mileage of 20p tax free? Just remember though if the meeting is not downhill or if you have not ridden for the last twenty years you may need to think about setting and agreeing a reasonable travel time otherwise that meeting over in Anglesey may take up a few too many work hours!



FROM FLUSH TO FLUSH SPENDING A PENNY ... IS THIS MONEY DOWN THE PAN?



You may have wondered upon receipt of your latest water bill how much it actually costs to spend the proverbial penny. Firstly it is interesting to note that not only do you get charged for bringing the water in but there is then a charge for taking slightly less away – the powers that be assume only approximately 3% is consumed. Based on current rates of about £3 per cubic metre for Water and Sewerage charges and low flush toilets (10litres) the minimum cost is in the region of a whopping 3pee. If you then factor in the number of times you have to go because of the number of tea breaks you have to take ... best not tell the boss !

WELFARE REFORM Some key information:

If you are working with individuals or families who are/have been affected by the Welfare Reforms please contact the CAB on

socialpolicy@flintshirecab.org.uk and they will email a “quick evidence form” which you can use to describe the situation (with clients permission). Real stories can help to influence politicians and policy makers!

You can get a useful list of Food Coop venues and opening times **from Natalie Edwards of the Rural Regeneration Unit on 07772 109695** or email natalie.edwards@rru.org.uk

You can contact the **Flintshire Foodbank** on **01352 755385** or email

info@flintshire.foodbank.org.uk. You may want to act as a collection point, become an official referral agency or find out the location and opening times of the distribution points

To find out more about the new crisis payments the “Discretionary Assistance Fund” Tel: **0800 859 5924 free from landline or 033 0101 5000 local rate**. There is an online application process.

And Finally ...

SURPLUS FOOD – DON'T MISS OUT

As reported in our last newsletter the Fareshare scheme is now operating in Flintshire and Wrexham. It provides good surplus food on a regular basis to voluntary groups and projects that cater for people on tight budgets. **Kim Inspire** are already finding the service very useful. Their chef trainer Chad Hughes praises the scheme for “allowing them to prepare and offer meals in their café and luncheon club at affordable prices”. The scheme is operated by Crest Cooperative and is easy to join. For more information go to www.faresharecymru.org.uk

www.crestcooperative.co.uk

Contact **Kieran Duff** on **01352 744028**; email kieran.duff@flvc.org.uk



**North East Wales Funders Fair
Wednesday 25 September 2013
10 am to 3 pm**

Wrexham Memorial Hall

Drop in event – No Booking Necessary – No Charge

Are you a voluntary or community group, charity or social enterprise?

Do you have something you want to do?

Are you struggling to find funding?

If so, visit the North East Wales Funders Fair for funding advice

Including -Top Tips Presentations

by The Big Lottery Fund

Community Printing Project

The beautiful summer we've enjoyed has provided plenty of opportunity for some lovely photographs to be taken. Why not think about turning them into a 2014 Calendar, printed on a high quality silk paper and glossy card cover, to give as a Christmas gift (sorry I know its only September!) or to use it to promote your voluntary organisation? Prices start at only £3.95!!

For more information contact Irene or Rachael on 01325 – 744031 or email irene.langford@flvc.org.uk.



Deadline for copy for next newsletter is **Friday, 22 November 2013**. For further information on Voluntary Voice, or for inclusion of any articles, contact **Sue Williams** on **01352 744030** or Email sue.williams@flvc.org.uk Voluntary Voice is available on our website www.flvc.org.uk

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