



Croeso Welcome

Rydym yn falch iawn o allu rhannu'r diweddariad hwn, sy'n llawn newyddion, digwyddiadau a chyfleoedd ariannu.

Diolch am eich cefnogaeth!

We are really pleased to be able to share this up-date, full of news, events and funding opportunities.

Thank you for your support!

What are the barriers and challenges when meeting Food Standards?



FREE Online Food Hygiene Training Level 2, for the first 20 to complete the questionnaire. (Image credit: Ellen Hughes)

If you are a business / SME / community group involved in producing food for public sale, please complete Bwyd Abertawe's short Google-form survey. Responses are confidential, anonymous and your contact details will only be used where you give permission. We want to know the challenges so we can look at helping food enterprises over-come the challenges....

Click to take the questionnaire: [CYMRAEG](#) or [ENGLISH](#).

Bwyd Abertawe Update...



We have had a busy summer at Bwyd Abertawe, including attending some great events, hosted by The Environment Centre, Morrision Hospital, and Llanmorlais Carnival was fantastic too! It was really good to get out and meet even more people interested in sustainable food and boosting Bwyd Abertawe membership, signatories to the [Swansea Food Charter](#). Also receiving some truly inspiring [pledges](#).

Bwyd Abertawe also hosted a full Network meeting 22nd June, where project updates were shared and Bwyd Abertawe members got down to the business of drafting a 5 year Sustainable Food Plan. Keep a look-out for an email update coming soon, including invite

to Bwyd Abertawe Network 29th November, when we will continue the work forming the sustainable food plan. It's looking good so far!

Also, if you have not already, checkout the Bwyd Abertawe [webpage](#) for an outline of the 11 projects funded by the BA small grant, all of which are now all well under way!

To further promote your sustainable food projects and activities, please follow @bwydabertawe on social media. We will repost events and activities you share!

Save The Dates!

Save these dates and watch out for more information and opportunity to book, coming soon via email from: bwydabertawe@gmail.com

Swansea Community Growing Network, 2nd Oct

Apple Juicing and Flower Workshop. Monday 2nd October. Click [here](#) for more information and to book!

Bwyd Abertawe Stand at Green Economy Conference, 22nd Nov

Bwyd Abertawe will have a stand at the [Green Economy Conference](#), the Bwyd Abertawe team will be in touch soon - incase your groups / organisation would like to **display and promote your sustainable food projects and work** within the stand on the day!

Local Food Day, 6th Nov

10-2pm Monday 6th November. Swansea Council, Menter a Busnes and Bwyd Abertawe will host a Local Food Day for **food businesses**. Put the date in your diary and email for more information: cefnogi.bwydabertawe@gmail.com

Bwyd Abertawe Network, 29th Nov

Bwyd Abertawe Steering Group will host a full Bwyd Abertawe Network, 5.30-7.30pm Wednesday 29th November. Put the date in your diary, all BA members will be invited to book a place soon!

Siarter Fwyd Abertawe * Swansea Food Charter

SIARTER FWYD ABERTAWE

Bwyd Iach, Fforddiadwy a Lleol ar Gael i Bawb, er Lles Pobl a'r Blaned.

Mae'r bwyd rydym yn ei fwyta yn cael effeith enfawr, nid yn unig ar ein iechyd, ond hefyd ar ein heconomi a'n hamgylchedd. Mae system fwyd leol ffyniannus, gynhygus, teg a maeith yn ddarparu sillwedd i gymud Abertawe tuag at y sath Nod Llesiant a nodir yn Neddf Llesiant Cenedlaethau'r Dyfodol (Cymru). Rydym yn gwahoddi dinasyddion, busnesau a sefydliadau i adro cefnogi gweledigaeth ac amcanion Bwyd Abertawe.

Cofrestrwch trwy'r wefan:
www.bwydabertawe.org.uk

Fel dinasyddion, busnesau a sefydliadau Abertawe, rydym yn ymroddedig i:

- Cydwethredu Cynhywysol**
 - Cydwethro, gan gymysgu pawb ac adro allan.
 - Ymgweld gwrthwylyd i'n datlu amgylchedd, ddiwyllianol.
 - Wrethch, unedig a llaw cyf dros fwyd Abertawe.
- Tegwch Bwyd Iach i Bawb**
 - Sicrhwyd bwyd a maeth i bob.
 - Mynd i'r ataf i thodi a gwella lles trwy fwyd.
 - Tir ar gyfer tyfu bwyd ym mhob sychuned.
- Economi Fwyd Lewyrchus**
 - Cynyddu'r galw am fwyd a gynhyrchir yn lleol.
 - Iwyo a farchnadoddi lleol a ddarparu effeithiol.
 - Cefnogi tyfwr a chynhyrhwyr lleol i lwyddo.
- Bwyd, Tir a'r Amgylchedd**
 - Cofalu am natur: ein pridd, ein dŵr a'n bioamrywiaeth.
 - Cynyddu myneddi i ddiwr (Bemwr) newydd a thyfu lleol.
 - Cefnogi dulliau adfywio a chymalio.
- Sgiliau Bwyd ac Ymwybyddiaeth**
 - Crymuo pawb i dŵr, coginio a bwyta bwyd gwell.
 - Dysgu sut mae iechyd, pridd, bwyd a hinsawdd yn cydgyffwrdd.
 - Methrin sgiliau tyfu organg ac adfywio.

SWANSEA FOOD CHARTER

Healthy, Affordable and Local Food Available to All, for the Wellbeing of People and Planet.

The food we consume has a huge impact, not only on our health, but also our economy and environment.

A thriving, inclusive, equitable and nutritious local food system is a key driver for moving Swansea towards the seven Wellbeing Goals set out in the Wellbeing of Future Generations Act (Wales). We invite citizens, businesses and organisations to pledge support for the Swansea Food Vision and objectives.

Sign up via the website:
www.bwydabertawe.org.uk

As the citizens, businesses and organisations of Swansea, we are committed to:

- Inclusive Collaboration**
 - Working together, involving everyone and reaching out.
 - An inclusive approach that celebrates cultural diversity.
 - A united effort and a strong voice for Swansea food.
- Healthy Food Fairness for All**
 - Food and nutrition security for everyone.
 - Tackling poverty and improving wellbeing through food.
 - Land for food growing in every community.
- A Flourishing Food Economy**
 - Growing demand for locally produced food.
 - More local markets and effective distribution.
 - Supporting local growers and producers to succeed.
- Food, Land and Environment**
 - Cherishing our soil, water, nature and biodiversity.
 - Increasing access to land for new farmers and local growing.
 - Supporting regenerative and sustainable approaches.
- Food Skills and Awareness**
 - Empowering everyone to grow, cook and eat better food.
 - Learning how health, soil, food and climate change interconnect.
 - Building skills in organic and regenerative growing.

The Swansea Food Charter is a vision for Swansea to move towards a more sustainable food system. [Sign-up](#) and help Bwyd Abertawe show your support for a sustainable food in Swansea. To be part of the change, consider making a pledge! Pledges help contribute to actions for change, and also inspire others to take part in our collective process of sustainable food change!

"I am opening a new coffee shop in Swansea and I have pledged to support local business by having Coaltown as our coffee supplier" - Emma, Dreamyhill Coffee.

[Cliciwch yma](#) i lawrlwytho eich copi, dangoswch ef lle yr hoffech i eraill ei weld! [Cofrestru gyda Siarter Fwyd Abertawe.](#)

[Click here](#) and download your copy, display it where you would like others to see! [Sign-up to Swansea Food Charter here](#)

Please promote and share Swansea Food Charter, if you are on social media tag: @bwydabertawe #bwydabertawe #swanseafoodcharter #siarterfwdabertawe

Member Update: Cae Tan CSA



..has secured more land for growing!

Cae Tan is a community supported agriculture project based on gower. We grow and supply weekly veg to over 135 local households as-well as hosting trainees, volunteers and running online training.

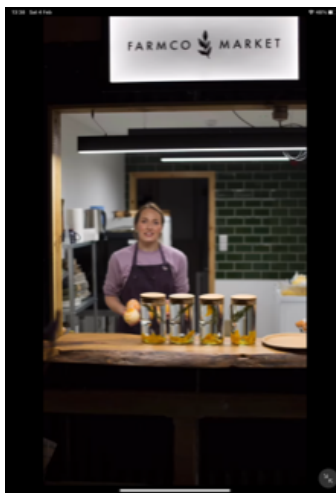
We were lucky to have the land on a low or no lease in the early years due to the kindness and motivation of some of our members.

This year we were successful in an application to Welsh Government to buy our original plot of land and put it into community ownership!

Our aim is to purchase the rest of our land in the coming years, so that Cae Tan is fully community owned. The land will always be used for the production healthy food, enhancing wildlife and allowing trainees and volunteers land based opportunities.

To find out more check us out on www.caetanrsa.org

Member Update: FarmCo



The journey to bring back local began 7 years ago as a weekly pop-up in Bluebell Coffee and Kitchen. Since then, Swansea's first food hub has been opened, and has quickly grown to be one of the largest in the UK.

At FarmCo we believe in connecting consumers to local farmers and producers. Our online platform allows customers to browse 100s of local items, all in one place. We work

with over 20 local farmers and food makers, and prioritise regenerative and low-impact food production methods. The Market Hall opened as a response to the COVID-19 pandemic, and has been a huge success, offering the same service in person as our online shop.

We offer subscription services, with the option of local delivery or click and collect, for your convenience.

Find out more by visiting in person: The Market Hall, Kingsbridge Industrial Estate, Swansea, SA4 4HJ. Or online: www.farmco.wales Or sign-up to the newsletter for more in depth information and updates: <http://eepurl.com/gdHJdf>.

If you are a farmer or producer interested in joining, email hello@farmco.wales

Thank you for being part of our journey. The Future is Local.

Member Update: Urban Foundry, Space for TRADERS

Swansea Bay Street Markets started with Uplands Market in the Summer of 2013. Since then it has expanded across the Swansea Bay region and currently runs markets in Mumbles, Marina, Uplands and Port Talbot. We focus on trying to bring the best local produce and products to local urban areas. We have stall holders from all over South Wales bringing us meat, fruit and vegetables, baked goods, cut flowers and plants, preserves, eggs and honey, street food, drinks and sweet treats, alongside beautiful art, photography, clothing and jewellery.

We are currently looking for new traders who can bring us top-quality, locally sourced, ethically and sustainably produced food to expand our offering to the local community.

Details are at www.swanseabaystreetmarkets.co.uk



Member update: Matthew's house



Matthew's House, based on the High Street in Swansea exists to provide a warm and welcoming building in the heart of Swansea, with the expressed intention of being accessible for those struggling with homelessness, addiction, and loneliness. We aim for it to have the feel of a home where hospitality is experienced by all who enter the doors, regardless of their background, beliefs, or circumstances. Our mission is to bring Hope & Hospitality to whoever needs us, to catch people when they fall, where they fall and to do it for the city, with the city. With a small staff team and an incredible volunteer family of more than 110 we have been able to do this for more than six years. To do this we run seven "expressions" of giving hope and the first was Matt's Café "Feeding bellies not bins" which launched in March 2017. Matt's Café – Currently we have more than 18 collections across Swansea on different days that make up 60% of our meals at Matthew's House with the public topping up the rest to make them deliciously tasty! We are open three days a week and, in this time, we will serve over 650 meals to nearly 300 individuals. To do this as well as deliver our other expression we have had more than 75,000 volunteer hours donated to the project. We have been able to intercept more than 70 tonnes of food from landfill and create more than 170,000 incredible homemade meals. All of this is truly wonderful, but we measure our success not just by this but by the stories and lives we get to positively impact on a daily basis. It is not always straight forward but we do it as a family and it is always a privilege. Food is a gateway to building relationships with people seeking hope!

To volunteer with us, support us or pay us a visit follow this link for plenty more information on how to do this, alternatively email us on friends@matthewshouse.org.uk or message us on [07708115903](tel:07708115903).

SFP members well-placed to effectively deliver government funding

Research by the University of West England has shown that local councils who have a food network as a part of Sustainable Food Places were better able to effectively deliver funding from the Welsh Government food poverty fund.



- *"The Welsh government allocated a £2.5 million fund to support every local authority to develop a multi-sectoral food partnership.*
- *The fund was established to address food poverty, with a specific focus on addressing the root causes of food poverty.*
- *Food partnerships have, in part, been promoted in Wales because of evidence of their effective actions during the COVID-19 pandemic, which built resilience, tackled food poverty and supported long term food systems change.*
- *About 50% of the Welsh population live within an area with a Sustainable Food Places partnership."*

[Take a closer look](#)

Member update: 4theRegion conferences



Get ready for the [Swansea Conference](#) next March, where we'll delve into a multitude of topics, sparking insightful discussions and forging connections that will propel our region forward. These conferences are just the beginning, and we encourage you to

Next up is the eagerly anticipated Green Economy Conference on October 5th. This groundbreaking event will bring together thought leaders, innovators, and change-makers from various sectors to explore sustainable practices, renewable energy, and the intersection of business and

watch this space for further announcements.

[4theRegion website](#)

environmental stewardship. It's an opportunity for us to collectively pave the way toward a greener, more sustainable future. If you're interested in exhibiting, [please click here](#).

The Big Climate Leap

The BIG Climate Leap is preparing to work with Trial groups ready for project lift off! Utilising the learning from 15 years of carbon reduction projects, and bringing the best practices into one ambitious project. The BIG Climate Leap aims to engage groups and individuals to increase awareness of climate change and develop action plans to reduce their carbon footprint. As far as the project developers are aware, this is the first time this comprehensive approach has been trialled in the UK, so we are very excited about its potential. We hope you are too, and that you choose to add your groups' energy and enthusiasm and help us push the project and the vision of a sustainable Swansea forward by a giant leap.

We look forward to working with you soon!

In the meantime, please check out our [webpage](#) and The Environment Centre [Facebook-Page](#) for more information.



NAID FAWR YR HINSAWDD



OPPORTUNITY OF INTEREST TO INDIVIDUALS OR A SMALL GROUP OF ENTHUSIASTS

To take over the running of an existing Gower orchard producing high quality apple juice and cider alongside managing a woodland including charcoal production. There is also the possibility of expansion into soft fruit growing and sales. The current owner is very flexible as to the arrangements for running this enterprise.

FOR MORE DETAILS AND TO ARRANGE A VISIT — E MAIL -- aves50@hotmail.com

Gower Land Available For Growing

Opportunity to take over running an existing Gower orchard, as well as land available for growing. Can be looked at in combination or separate opportunities.

Email: aves50@hotmail.com



More Sustainable Food News...

Click the titles in **Bold** for more information.

Wales Real Food and Farming

Conference

Conference will be held at Coleg Cambria Llysfasi, Ruthin on 1st-2nd November 2023.

Every Mouthful Counts

Courgette Pilot January 2023

Agroecological Welsh Veg for Primary Schools in Wales - Food Sense Wales

Nature Friendly Farming Network

A new [report](#) presents evidence of an average increase in farm profitability of 42% when farms work with the natural environment.

Local Places for Nature

Local Places for Nature is back, with hundreds of free garden packages to give away to community groups and organisations.

Are you a Food Business with Surplus Food?

The Surplus with Purpose Cymru Fund aims to help make it easy for Welsh food and drink businesses, to donate their surplus, by overcoming any barriers to donation. Find more information at [Business Wales](#) and [FareShare Cymru](#).

Resilient Green Spaces

For this strand of Resilient Green Spaces, we aimed to empower communities to manage their public green spaces for the benefit of nature and people.

Also...

Funding Opportunities



Funding Wales

Third Sector Support Wales

New funding search platform created by Third Sector Support Wales. Find funding for your charity, community group or social



Swansea Council

Financial Support for Businesses

Swansea Council Business Grants are now live and FOOD businesses and organisations can apply for a range of support. You can find out

enterprise using free online search engine. Link in title.

more information at [Financial Support for Businesses.](#)

Funding Support via SCVS

If you would like your sustainable food project featured in a future edition, please contact us via email: cefnogi.bwydabertawe@gmail.com with 'Story for e-News' in the title, and we will be in touch.

Bwyd Abertawe

Ariennir gan Sustainable Food Places, a Chronfa Partneriaethau Bwyd Cynaliadwy Llywodraeth Cymru.

Funded by Sustainable Food Places, and the Welsh Government Sustainable Food Partnerships Fund.

Diolch am darllen!

Thank you for reading!



Bwyd Abertawe

Hosted by:

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