



**Webpage  
Coming Soon!**

**e-News**

## Croeso Welcome

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

Mae Bwyd Abertawe yn rhwydwaith o aelodau sydd â diddordeb ac yn ymwneud â systemau bwyd cynaliadwy, maethlon, adfywiol sy'n gwasanaethu Abertawe.

**Diolch am eich cefnogaeth!**

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

Bwyd Abertawe is a network of members involved and interested in sustainable, nutritious, regenerative food systems serving Swansea.

**Thank you for your support!**



## Gower Gin Win Sustainable Business Award 2022

Sustainability is at the heart of Gower Gin company, and we were delighted to be awarded Sustainable Business of the year at the inaugural Wales Food and Drink Awards 2022. This award reflects our passion as a team to constantly think about what changes we can make throughout our whole processes, from sourcing our botanicals to our plastic free packaging. At our distillery in Port Eynon we use green energy, and we have a reverse osmosis machine which allows us to produce our own purified water. When it comes to the final product, we have recently switched to a lighter bottle which is made up of 60% recycled content. The alcohol we use is Soil Association organic, and we also offer the option to purchase our gins in closed-loop recycling refill pouches.

Cheers Wine Merchants in Mumbles have a successful gin refill station, the first in Wales. Find out more at: [www.thegowergincompany.wales](http://www.thegowergincompany.wales)



**LAURA GILBERT**

**THE GOWER GIN COMPANY**

[www.thegowergincompany.wales](http://www.thegowergincompany.wales)

07900 694274

Highfield, Port Eynon, SA3 1NL

PLEASE DRINK RESPONSIBLY

**Congratulations, The Gower Gin Company!**

**Cae Felin**



Within our last issue of Bwyd Abertawe e-News, there was a short article about Community Supported Agriculture (CSA), which inspired Cae Felin (CSA) to give a little update on their **story so far...**

Founded by Rob Hernando in 2020 Cae Felin aims to provide inclusive access to nature for communities in the North East of Swansea, by creating therapeutic volunteering opportunities, which re-connect residents to their local environment. In a groundbreaking collaboration with Swansea Bay University Health Board a 7 acre field, (just a stone-fruit's throw from Morriston Hospital) is being transformed into a stunning location, where wildlife and people can thrive in harmony. Restored hedgerows, wildflower meadows, and a new orchard will be the backdrop for community growing, socialising and celebrating diversity. We welcome everyone, of whatever age, ability or background to join us in a quest to make high quality fresh food available for all, to care for nature, to build community and grow delicious fruit and vegetables. Our first public tree planting day was 4th Feb, see photos above. Volunteers helped on the day - improving habitat for Dormice, Voles, Hedgehogs, bugs, birds, bees and other beautiful beasts...

**Weekly volunteer days are every Saturday - 10am - 2pm** To find out more about 'drop-in' volunteering, email: [info@caefelinca.co.uk](mailto:info@caefelinca.co.uk)

Cae Felin currently also need volunteers within key roles, click on the opportunity you might be interested in to find out more: [Gardener](#), [Wildlife Monitor](#), [Site Maintenance](#), and [Digital Communications](#).

Watch this greenspace for more fun opportunities to get your hands dirty! [www.caefelinca.co.uk](http://www.caefelinca.co.uk)

## Y Diweddaraf am Bwyd Abertawe...

Mae llawer wedi digwydd ers e-Newyddion diwethaf Bwyd Abertawe. Gwnaeth y Grŵp Llywio gais llwyddiannus i Gronfa Partneriaeth Bwyd Cynaliadwy Llywodraeth Cymru, a ddyfarnwyd ym mis Ionawr. Mae'r Grŵp Llywio yn mynd i sicrhau bod cyfran sylweddol o'r grant ar gael i aelodau Bwyd Abertawe, i gyflawni eu prosiectau eu hunain - sy'n bodloni'r amcanion a nodwyd yn lleol sy'n rhan o'r cais. **Gwiriwch eich e-byst ar ddiwedd y mis hwn, am arweiniad ar yr hyn sy'n gymwys a sut i wneud cais!**

Mae Bwyd Abertawe hefyd yn paratoi i lansio **Siarter Fwyd Abertawe**, yng Nghynhadledd Dinas Abertawe a drefnwyd gan [4theRegion](#) sy'n cael ei chynnal ar 29 Mawrth 2023. Bydd mwy o wybodaeth am Siarter Fwyd Abertawe yn cael ei rhannu gydag aelodau Bwyd Abertawe, ac ar gael ar dudalen we newydd Bwyd Abertawe, hefyd yn dod yn fuan!

Mae'n ddrwg iawn gan y Grŵp Llywio ffarwelio â dau aelod craidd, a fu'n allweddol wrth ddatblygu Bwyd Abertawe i fod y rhwydwaith y mae heddiw. Mae Margot Greer ac Elizabeth Westaway (yn y llun isod) wedi gadael Grŵp Llywio Bwyd Abertawe i ganolbwyntio ar eu diddordebau a'u busnes eu hunain. Diolch i chi eich dwy am eich holl waith tuag at fwyd cynaliadwy!

Mae Margot yn mynd i gadw mewn cysylltiad gydag aelodau Bwyd Abertawe, os gwnewch gais am Grant Bach BA efallai y byddwch yn ffodus i gael ymweliad a sgwrs â Margot, yn ystod y gwanwyn a'r haf.



## Bwyd Abertawe Update...

A lot has happened since the last Bwyd Abertawe e-News. The Steering Group made a successful application to the Welsh Government Sustainable Food Partnership Fund, which was awarded in January. The Steering Group are going to make a significant portion of the grant available to Bwyd Abertawe members, to deliver their own projects - that meet the locally identified objectives featured within the application. **Check your emails at the end of this month, for guidance information on what is eligible and how to apply!**

Bwyd Abertawe is also preparing to launch **Swansea Food Charter**, at the Swansea City Conference organised by [4theRegion](#) and taking place 29th March 2023. More information about Swansea Food Charter will be shared with Bwyd Abertawe members, and available within the new Bwyd Abertawe webpage, also coming soon!

The Steering Group are very sorry to say a fond farewell to two core members, instrumental to developing Bwyd Abertawe to the network it is today. Both



Margot Greer and Elizabeth Westaway (pictured above) have stepped down from Bwyd Abertawe's Steering Group, to focus on their own passions and business. Thank you both for all your work toward sustainable food!

Margot is going to keep in touch with Bwyd Abertawe members, if you apply to BA Small Grant you might be fortunate to have a visit and chat with Margot during the spring and summer.

## Swansea City Conference



**A brilliant day for Swansea and everyone is invited!** It's all about supporting local, and this year has a Local Food and Drink panel discussion. Come meet the people, businesses and organisations of Swansea, showcasing the best of our city and helping to shape its future. Held on 29th March 2023, for more information and to book free admission [click here](#).

Also, come and talk with us at the Bwyd Abertawe stand on the day!

## FareShare Cymru



FareShare Cymru is a food redistribution charity covering South and West Wales whose mission is to fight hunger and tackle food waste - two of the biggest social and environmental issues the world is currently facing.

Food becomes surplus when it can no longer be sold. This could be due to packaging errors, passing its best-before date, or simply because it doesn't look right, despite the fact it is perfectly good to eat!

By redistributing this food to charity and community groups, it can be used in projects tailored to a community's needs - meaning the most vulnerable in society have access to healthy and nutritious food that would otherwise go to waste.

FareShare also asks that the groups they work with provide a 'more than food' service. This means that they provide a service that benefits its users - these range from volunteering opportunities, cooking classes, budgeting advice, and more. For more information and enquiries, visit: [www.fareshare.cymru](http://www.fareshare.cymru)

### Sunshine Kitchen

#### Passion for Sustainable Food

For me sustainability means health, because nothing can be sustainable without being healthy. A principle for everything that's set in the living, and one of the main reason why I started Sunshine Kitchen, following my studies in naturopathic nutrition at CNM Bristol (College of Naturopathic Medicine).



I took the study in nutrition, to understand the pathways of maintaining healthy balance in the human body, and ultimately support others through cooking healthy sustainable food. Today we know that 70% of the immune system resides in our Gastro-Intestinal-Tract (GIT). Therefore, everything we consume - drink and food - influences our general physical, mental, and emotional health and wellbeing! Food sustainability must then, be the cornerstone of all we do when considering wellbeing and complexities of modern society. If you would like to know more about Sunshine Kitchen including hire for sustainable and 'pop-up' food catering, email: [sunshinekitchenworld@gmail.com](mailto:sunshinekitchenworld@gmail.com) Article by Setondji, chef and business owner.

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

# Free Group Training



Now you can access **free group training** from **Good Food Oxfordshire** (GFO) for your organisation or group. The training is designed for you to do as a group in person, using our training videos.

Healthy Start is a national government scheme, including Wales, which provides money through a payment card to eligible people who are pregnant or who have young children. That money can be used to buy milk, vegetables, pulses and formula. There are also free vitamins available. This session goes through the details of the scheme, will help you gain an understanding of the barriers many people face when it comes to accessing and using their Healthy Start card, and equip you to support them to overcome these barriers.

Learn more about Healthy Start: <https://www.healthystart.nhs.uk/>

GFO Healthy Start training: 30 minutes

**Also...**

**Funding Opportunities**



### Bwyd Abertawe Small Grant

Coming Soon!

As a member of Bwyd Abertawe, receiving this e-News update, you will be the first to receive the guidance information setting out how to apply. Look out for this information via email from [bwydabertawe@gmail.com](mailto:bwydabertawe@gmail.com). BA Small Grant will be launched at the Swansea City Conference 29th March, with the email update to members will follow on 30th March.

### Climate Action Fund

The National Lottery Community Fund

For projects that focus on the link between **nature and climate**, that use nature to encourage more community-led climate action. The projects will need to bring other important social and economic benefits. Like the creation of strong, resilient and healthy communities or the development of 'green' skills and jobs. For more information, [click here](#).

Image credit: mika-baumeister-UHVndV0rsqw-unsplash

Funding Support via SCVS

### 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:

The Environment Centre

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