



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!

Bwyd Abertawe News Update



It's certainly been a jam-packed end to 2023! We've been to some amazing events, and gained many new members - a warm welcome to you all! Also, a massive THANK YOU to Bwyd Abertawe's dedicated team of volunteers - who have been truly fantastic, supporting Bwyd Abertawe at events, and helping us behind the scenes with minute taking, video editing and networking with our members! Thank you Margot, Caroline and Mary! (Pictured left with Mary.D Bwyd Abertawe coordinator.)

Also, big thank you to over 30 Bwyd Abertawe members that attended our Network meeting in November. Enjoying project updates, videos and presentations, sharing local sourced food (thank you Urban HQ!) and discussing the "good food movement" element of our 5 year sustainable food action plan.

The conversations highlighted, we all need to be supporting each other to raise awareness about **Sustainable Food!** Make sure you're following on social media and tag us in anything you want us to share @**bwydabertawe** on Facebook/Meta, Twitter/X and Instagram.

Also, use the hashtags **#sustainablefood** **#swanseafoodcharter** **#bwydabertawe** / **#bwydcynaliadwy** **#siarterfwydabertawe**

Bwyd Abertawe will launch our Sustainable Food 5 year plan as a *live document* at the next Bwyd Abertawe Network meeting on the 21st March at Matthew's house ([booking link here](#)). If you'd like to know more about the projects we've supported during 2023, keep an eye on [Bwyd Abertawe YouTube](#) channel, as we'll be sharing the videos we've produced with each project. There are also updates coming on our [webpage](#).

Save the Dates!

Bwyd Abertawe will be present or have an information stand at the following events (one date is a webinar...), so come along and say hello! Keep a close eye out for social media and email updates with more information.

- 7th February FILM NIGHT: Symbiotic Earth (tickets on the door, by donation) at the Environment Centre 18:30 - 21:30 ([book here](#))
- 11th February Chinese New Year Celebrations at The Waterfront Museum, 11:00 - 16:00
- 20th February Supporting Growers Webinar: 3 Project Information Update, see 'GVALP' article below 10.30-11.30 ([via this zoom link](#))
- 7th March Annual City Conference, hosted by 4theRegion at Swansea Arena 9:00 - 17:00 ([book here](#))
- 21st March **Bwyd Abertawe Network** meeting at Matt's Cafe, Matthews House 17:30 - 19:30 ([book here](#))

Siarter Fwyd Abertawe * Swansea Food Charter

SIARTER FWYD ABERTAWE

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



Mae'r bwyd rydym yn ei fwyta yn cael effaith enfawr, nid yn unig ar ein heicthyd, ond hefyd ar ein heconomi a'n hamgylchedd. Mae system fwyd lleol ffyniannus, gynhyssol, teg a mae'n hyrwyddu sbardun allweddol i symud Abertawe tuag at y safon nod Llesiant a nodi yn Noddi Llesiant Cenedlaethau'r Dyfodol (Cymru).

Rydym yn gwahodd dinasyddion, busnesau a sefydliadau i adlo cefnogi gwledigaeth ac amcanion Bwyd Abertawe.

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

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

Cydwethredu Cynhyssol

Cydwethrio, gan gynnwys pawb ac estyn allan. Ymagwdd cynhyssol i'n dathlu amrywiaeth ddwygllannol. Ymroddwch i fairs cryf dros fwyd Abertawe.

Tegwch Bwyd Iach i Bawb

Sicrhwyd bwyd a mae'n iawb. Mynd i'r abed a thioel a gwella llec wwy fydd. Tir ar gylfer i'w bwyd i'n rhobol-cymuned.

Economi Fwyd Lewyrchus

Cynyddu'r gaele am fwyd a gynyddu'r gaele. Mwy o farchnadoedd lleol a dobarthu effeithiol. Cefnogi byfyr a chynhyrwy lleol i loyddo.

Bwyd, Tir a'r Amgylchedd

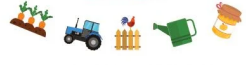
Cofalu am natur ein pridd, ein dafn ein beawrylaeth. Cynyddu mynediad i dir i ffermyr newydd a thfyfu lleol. Cefnogi dulliau adfywio a chynnaladwy.

Sgiliau Bwyd ac Ymwybyddiaeth

Crymuo pawb i dffylu, coginio a bwyta bwyd gwell. Dysgu sut mae lachyd, pridd, bwyd a hinsawdd i'n cydgyffwrdd. Meistrro sgiliau i'w ceisio 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.
- Reducing 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.

A great way of showing your support for the sustainable food vision, is to sign up to the Swansea Food Charter, and make a pledge. So far, we've got an amazing 166 sign-ups, and 26 pledges! Add your voice, for example:

"I will add to my progress in making my food more sustainable by starting to grow microgreens as I have been planning this for some time but keep putting it off!" Jim

[Clickiwyd 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](#)

Two New Bwyd Abertawe Projects! Funded by:



Funded by UK Government
Wedi ei ariannu gan Llywodraeth y DU



Growing Volunteers and Access to Local Produce (GVALP) project

Hi Everyone, my name is Saara, I've recently joined Bwyd Abertawe as a Project Development Worker for Growing Volunteers and Access to Local Produce (GVALP) project. I'm very excited about this opportunity! GVALP aims to link urban volunteers with growing projects in rural areas of Swansea, hire community-owned vehicles, and will create new training opportunities together with local providers working across the community.

I am a big believer in community action, having worked within a wide variety of community projects including Swansea Mind and Swansea Community Fridge. I have volunteered with a number of growing projects in the area and believe strongly in producing sustainable food for local use. I'd love to hear from anyone interested in knowing more about the project. You can join as a volunteer, name an organisation and community group that would benefit from the project, or share information on community transport and community-owned vehicles in your area. Please email me to get in touch prosiect1.bwydabertawe@gmail.com

Camau Gwyrdd, Green Spaces, and Growing Volunteers and Access to Local Produce (GVALP), are 3 NEW projects happening in the Swansea area. This webinar will introduce purpose and key contacts for each project, which seek to support community growing and gardening in different ways. There will be the opportunity for Q&A and to explore collaboration opportunities. Come join us and find out how we could support your green project. Enquiries: prosiect1.bwydabertawe@gmail.com

Mawr Agriculture Engagement

UK Shared Prosperity, Rural Anchor Funding will enable Bwyd Abertawe Steering Group and network to increase essential engagement with agriculture businesses and farmers based in Mawr areas of Swansea. Bwyd Abertawe seeks to nurture reciprocal relationships across the food system in Swansea - agriculture and farmers being the obvious cornerstone to our shared food system. This project will help improve and strengthen connections and collaborations for shared aims, such as increasing and re-establishing food production, and identifying opportunities and localised interest in agroecological techniques - to enhance environmental protection, address climate and nature emergencies and - for 'future-proofing' agri-businesses with emphasis on food production. As well as assisting with provision of summarised information to farmers on relevant agricultural legislation and Welsh Government Strategies. The activity will be a collective step of progress towards the sustainable food vision captured within Swansea Food Charter / Siarter Fwyd Abertawe. Email enquiries to Mary: bwydabertawe@gmail.com



Funded by
UK Government
Wedi ei ariannu gan
Llywodraeth y DU

LEVELLING
— UP —

FFYNIANT
— BRO —

Swansea Climate Pledge

Bwyd Abertawe has signed-up to the Climate Pledge Swansea, and we would like to encourage you to do so as well, especially if you have an idea that aligns with any of these:

- Shop locally and consume locally produced food
- Reduce food waste
- Create space for nature in my garden, and grow food
- Grow food using nature friendly practices
- Plant trees, especially fruit and nut trees
- Connect with fruit gleaning projects to reduce fruit waste

You could even make the same pledge to our Swansea Food Charter as well! It could be a small change you're able to make, or something you're doing already that supports sustainable food and climate movement.

Sign-up to Climate Pledge Swansea: <https://www.swansea.gov.uk/climatepledge>

BA Small Grant 2023 Project Updates:

Swansea Community Farm

Geifr Gwyr (AKA GoatBusters), uses the power of goats to clear spaces for nature, connect people to their environments and produce local food. Swansea is losing meadowland and access to local green spaces due to the encroachment of woodland and scrubland. Conservation grazing with goats is a natural way to clear this. Our goat event in October established that the group's favoured model is the 'good life model': people pay to be part of goat club, enjoying and benefitting from their contact with the goats, but as produce may be slower (aside from milk), they may not see produce as part of their initial subscription.



Hillside in Townhill is the most exciting site - a large area lost to scrub, is very urban and surrounded by a council housing estate. The council have also identified a part of Clyne Valley Woods which they would like to see grazed by goats.

Swansea Community Fridge (Goleudy)



Empowering Communities Through Culinary Exploration: A Goleudy Success Story

Goleudy, is delighted to share the heartwarming success of our recent initiative, thanks to Bwyd Abertawe small grant, which enabled Swansea Community Fridge to organise a series of six cookery classes that brought people together and empowered them with essential culinary skills. Held in the heart of Goleudy's training kitchen at Customs House, participants embraced the joy of cooking, creating a delightful array of meals and desserts, including the soul-warming carrot, lentil, and pancetta soup, the classic cottage pie, and the sweet indulgence of bread-and-butter pudding and apple crumble. The feedback from our participants has been inspiring. One attendee expressed,

"I have learned new skills from attending these classes, which has helped with my confidence to do more cooking at home." Another participant shared, *"I am very grateful to*

have been able to attend the classes at Goleudy. They helped me learn about food and meet new people while taking part."

Highlighting how this initiative improved cooking skills and provided a space for connection and learning.

Swansea MAD

Swansea MAD is a grassroots, anti-poverty youth and community charity. We work for a fair world in which people can be themselves and thrive! During 2023, Swansea MAD ran monthly food events supported by Bwyd Abertawe and invited people to come together, enjoy a meal and share their ideas and views about sustainable food in Swansea. Meals included tomato soup, bubble and squeak and cottage pie. We also shared recipes, videos and resources on our social media platforms. Thank you Bwyd Abertawe for your support!



Member Updates :

4thRegion Conferences



Get ready for the [Swansea Conference](#) coming up on the 7th March, where we'll delve into a multitude of topics, sparking insightful discussions and forging connections that will propel our region forward. Bwyd Abertawe will be there, so make sure to pop in any say hi!

The Green Economy Conference was a huge success, and we really appreciate the time and effort that 4theRegion put in to organising such a massive event. The opportunity to connect with politicians and businesses across the region to discuss how to make the future greener was truly priceless, and we can't wait for the next one!

[City Conference booking link](#)

Farming Connect

The Farming Connect Horticulture programme kicked off in April 2023, continuing the successful work of Tyfu Cymru. As the first year of the new programme draws to an end, we look at how the programme has supported commercial Horticulture growers across Wales. The fully funded horticulture specific training and business support offered through the programme has seen eligible businesses grow through various means; one to one or group training both face to face and online. New networks have been established to offer peer-to-peer support as well as a range of eLearning modules that are free to access. Horticulture is a target sector for the Welsh Government and Farming Connect Horticulture reflects the over-arching themes of sustainability, improved environmental performance and greater global competitiveness through its delivery. **Growers who are not currently registered with Farming Connect can contact the service centre on [03456 000 813](tel:03456000813) to continue to access funded support.**

More Sustainable Food News...

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

Camau Gwyrdd

New Wales project mobilising individuals for climate action: three year Wales project funded by the National Lottery Community Fund aims to remove barriers to tackling climate change through inspiring and empowering individuals and their communities to take their first steps towards climate action.

Key contact: Paul@farmgarden.org.uk

Green Spaces Project, at The Environment Centre

Will continue to work with community groups in Swansea, that want to create and improve their greenspaces, focusing on food growing, biodiversity and natural place spaces. **The new Green spaces team will be delivering a training program covering growing skills and helping people get involved with nature.** Following on from the great work of Josh Pike and Neil Barry, Paul Jennings and Ollie Lister are joining the team. If you have a project you need some advice or assistance with, please get in touch by email: paul@environmentcentre.org.uk (Ollie will join the team soon!)

Farmers in South Wales learn how to weatherproof

NFFN Cymru put on three free workshops for farmers across South Wales exploring how soil health can help farms become more resilient to extreme weather conditions while also remaining profitable and maintaining or even increasing their yields.

GREENPEACE: The Waiting List

There are almost 175,000 applications on the UK's allotment waiting list - with some people waiting 15 years. But did you know that we have the legal right to them?

134 nations sign Cop28 declaration pledging transformation of food systems for climate change

The declaration marks a significant step in recognising the need to transform global food systems, but is missing clear targets and fails to mention livestock.

Food Sense Wales: Spotlight on Peas Please

As the Peas Please programme draws to a close, Food Sense Wales has been celebrating its achievements, successes and learnings.

Funding Opportunities!

Click on the headings for more info

Swansea Council Direct Food Support Fund

The purpose of the funding is to support an increased number of people facing food poverty and food insecurity by strengthening existing community food initiatives across Swansea, including a focus on activity that helps to address the root causes of food poverty. **Application deadline 14th February.**

The Nature Save Trust

Grants to Reduce Food
Waste and Insecurity (UK) -
close 29 February 2024

The January – February funding window is now open and the theme is Sustainable Food. Projects may include food banks, sustainable food initiatives, farming practices, fair trade, or health and nutrition.

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

Delamere Dairy Foundation

Funding for Projects that
Strengthen Local
Communities (England,
Scotland & Wales) - close
29 February 2024

Applications are welcome from charities and organisations whose purpose fits with the objects of the Delamere Dairy Foundation for the benefit of the public, namely the advancement of agriculture and of environmental protection.

The CLA Charitable Trust

Grants to Help Disabled &
Disadvantaged People
Connect with Nature
(England & Wales) –
deadline TBC

We support charitable organisations that access the benefits of the countryside to pursue the health and wellbeing of people and to provide opportunities for education about the countryside in England and Wales.

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:

The Environment Centre

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