

Rywydwaith Bwyd Sir Gâr

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Rhodri	Carmarthenshire YFC	Miriam	Carmarthen FB	Alex	Swperbox CIC
Jenny	Carmarthen Community Development	Esther	Impact 242 Cross hands	Katie	FareShare Cymru
Nicky Nia	Time Banking CCC	Claire	Llanelli FB	Maria Marie	Incredible Edible Carmarthenshire CIC
Paolo	Llanelli Community Partnership	Cheryl Paul	Ammanford Foodbank	Katie	Coed Lleol
Lisa Helen	Social Prescriber	Jonathan	Surplus and PBP Foodbank	Steffan	National Botanic Garden
Gayle	Carmarthen Youth Project (Dr Mz)	Jill Tatman	Llandovery Youth and Community Centre	Peni	Swn Y Coed
Sue	Community Connector Plus	Sarah	Canolfan Maerdy	Anna Charalambous-Green	West Wales Wood
Paul	Adfer Energy Redress MCGE	Susan	Trussel Trust	Ann Dymock	The Co-op
Malcolm	Llanelli F E Church	Kim	Trimsaran Forum	Chris	The National Lottery Community Fund
Mike	CBSA	Ben	Antioch Lifeshare Foodbank	Amanda Cooke	Cwtsh
Delyth Jones	Llanelli Community Development	Karen Lynne Catrin	Llandeilo Food Hub	Marissa	Cwmaman food bank
Jackie Sarah Alud Marie	CAVS	Jackie	Salvation Army	Kelly	Morrisons community champion
Christine	Bag of Kindness				
Presentations					

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## Cyfarfod cychwynnol Rhwydwaith Bwyd Sir Gâr

### Initial meeting of the Carmarthenshire Food Network

10:02:2021

Many thanks for your attendance and participation on Wednesday evening. We did remarkably well to keep the session to the hour. Now that I have shared the basic concept with you - further sessions will be more discussion led.

Step 1 is for me to host some stakeholder cluster roundtable sessions. This is an opportunity for you to speak with your specific group, decide upon a representative to form the steering group and start to action some of the points you all raised – mapping current provision, identifying trends etc perhaps our first easily achievable goal. You may fall into more than one category so please attend where you can.

**i** Who was missing from the meeting? Who are you aware of? Who should be a member of the group moving forward?

**e** Please share all contact details with me or encourage them to contact me directly please.

Thank you for returning your registration form. This will enable me to prepare for the cluster roundtables and be able to help identify gaps etc. If you have not had time to do so, please return asap. This information will also be used to create information pages on the Connect Carmarthenshire platform for you.

**i** We have had registrations on the site already. Some chat rooms have been created to get you started. More will come as needed. This is your space to connect, share and support one another. Try it out.

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It is essential to get all stakeholder view points which also includes recipients of your services.

**i** *Please speak to your recipients.* Their feedback is essential. They can attend anonymously with camera off and no name shared. Any opportunity to identify their reasons for needing this support is invaluable and can help inform our direction.

From initial discussions it is clear that we will need to revise the purpose statement that I shared – part of the initial steering group requirements will be to agree on our vision, mission and values and we can tackle this.

Please find below information from Wednesday's chat as well as comments from the breakout rooms. You shared very similar comments, so they have been cut down to reflect the theme. If anything has been inadvertently omitted, we can address this at the next gathering.

### **Sgwrs I Chat**

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Sarah/Canolfan Maerdy to Everyone : Now

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : busier

Sue Llannon Community Council to Everyone : now

Kim Trimsaran Forum to Everyone : now

Katie- Coed Lleol to Everyone : definitely now!

From Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : it did level off after the first lockdown but as more people have lost jobs it's increasing again

Alex - Swperbox CIC to Everyone : \*other

Kim Trimsaran Forum to Everyone : difficult as we have been providing a hot meal for the elderly in the village

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Steffan National Botanic Garden to Everyone : Other

From Sarah/Canolfan Maerdy to Everyone : For us we provide all of the listed items but a lot depends on what we get in, it isn't all of it all the time.

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : LOTS OF BREAD!!

Sue Llannon Community Council to Everyone : likewise sometimes we do give out sanitary products

Amanda Cooke to Everyone : Hot Meal Meals

Claire Llanelli Foodbank to Everyone : other, bread etc

Paul Adfer Energy Redress MCGE to Everyone : other dealing with fuel poverty issues

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : ready meals/sandwiches

Katie- Coed Lleol to Everyone : Foraged food!

Cheryl Ammanford Foodbank to Everyone : We have bread too

Karen Towns to Everyone : Everything above plus prepared meals, dairy products.

Alex - Swperbox CIC to Everyone : Nutrition-Led Frozen Ready Meals

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : food donated by growers

Jill Tatman to Everyone : Cereals and other packet foods

Jackie Salvation Army to Everyone : whatever we are given but always a hot meal on Tues and Thursdays at noon

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Sarah/Canolfan Maerdy to Everyone : Yeah we do bread dairy too as well as having a community cafe abd meals on wheels service

Katie- Coed Lleol to Everyone : Also natural cleaning products (ivy laundry detergent anyone>!)

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : flowers (this is lovely)

Sue Llannon Community Council to Everyone : we do welfare calls and advice and guidance (let's explore this)

Helen Social Prescriber to Everyone : Signposting and referral to Food banks/ groups/ meal prep and planning ideas

Jill Tatman to Everyone : food donated by customers at the Coop and local churches

Steffan National Botanic Garden to Everyone : We provide more gardening/growing training, support and information

Alex - Swperbox CIC to Everyone : Community Food Education Programme - Online, (interested)

Gayle Carmarthen Youth Project (Dr Mz) to Everyone : We provide meal kits to young people and their families for live Zoom cooking (how to make...) Also, social media Tiktok posts and recipe cards (we need some Tiktok)

Delyth Llanelli Town Council to Everyone : community support

Marissa Banc Bwyd Cwmaman food bank to Everyone : we provide eggs too

Alex - Swperbox CIC to Everyone : Working on New Educational Recipe Boxes with Fresh Produce

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : Incredible Edibles were able to give fresh grown herbs

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Peni Swyn Y Coed Land workers alianze to Everyone : growing for food poverty, empowering and connecting people who are faced with food poverty to connect with where their food comes from e.g. volunteering growing food

Ben Taylor - Antioch Lifeshare Foodbank to Everyone : Pay it forward scheme linked with our Cafe (when not in lockdown)

Cheryl Ammanford Foodbank to Everyone : We provide baby food & milk too

Paolo, Llanelli Community Partnership to Everyone : happy to share those resources

Katie- Coed Lleol to Everyone : Not sure if anyone is here from Mind? I work for Llanelli Mind as well and think it would be great for the organisation to be involved with this. We do lots of work with food poverty, cooking, healthy eating etc

Nicky Time Banking to Everyone : There is the opportunity to apply for a community grant from the Time Bank as well to ideally provide zoom sessions during March but i am open to ideas for gardening sessions, cooking budgeting etc get in touch [timebanking@carmarthenshire.gov.uk](mailto:timebanking@carmarthenshire.gov.uk)

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : mapping has already been done by Sue at CCC who've been keeping a Community Support List updated

Gayle Carmarthen Youth Project (Dr Mz) to Everyone : We are here to support young people under 25 specifically. Young parents up to 30 too!

Gayle Carmarthen Youth Project (Dr Mz) to Everyone : So if you have young people who want a specific service. Youth friendly provision.

Marissa Banc Bwyd Cwmaman food bank to Everyone : We have referrals from youth workers.

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Claire Llanelli Foodbank to Everyone : here too in Llanelli our partner agencies support is vital to those we feed as their support in ongoing

Nicky Time Banking to Everyone : NJSandford@carmarthenshire.gov.uk for Nicky Sandford

Jill Tatman to Everyone : We purchase from Inkind Direct, particularly for hygiene and cleaning products etc at greatly reduced prices. Inkind is a Prince Charles charity who handle end of lines, overstock etc.

Paolo, Llanelli Community Partnership to Everyone : Paolo Piana pianapaolo@hotmail.com

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : incredible.edible.carms@gmail.com

Alex - Swperbox CIC to Everyone : Alex Cook - alexcook@swperbox.cymru

Katie- Coed Lleol to Everyone : We have a community seed-swap phone box in rural Neath :)

Sue Llannon Community Council to Everyone : Susan James cdo@ccllannon.org.uk

Katie- Coed Lleol to Everyone : Coed Lleol- katiebarrett

Peni Swn Y Coed Land workers alianze to Everyone : peniediker@gmail.com

Nia Carmarthenshire County Council to Everyone : NEOwens@carmarthenshire.gov.uk - working under Nicky on time banking and Connect Carmarthenshire

Paul Adfer Energy Redress MCGE to Everyone : Paul@mcge.org.uk Adfer Energy Redress we have a crisis fund helping people with their Energy bills and debts or in danger of being cut off

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Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : would be good to encourage people to grow veg and to share seeds, plants and surplus produce, with friends, neighbours all growing different things.

Gayle Carmarthen Youth Project (Dr Mz) to Everyone : Gayle - office@drmz.co.uk

Everyone : Rhodri, Carmarthenshire YFC sir.gar@yfc-wales.org.uk

Katie- Coed Lleol to Everyone : Coed Lleol- katiebarrett@smallwoods.org.uk

Llanelli Mind- groups@llanelli-mind.org.uk

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : New Seed library based in Llanelli - there will be training available in the near future to teach people how to save seeds:  
<https://www.facebook.com/groups/529388121375323/?ref=share>

From Sarah/Canolfan Maerdy to Everyone : sarah@canolfanmaerdy.co.uk

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : Incredible Edible Carmarthenshire, we are a community food growing and sharing group:  
<https://www.facebook.com/groups/224874001178723/?ref=share>

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : Is this time bank linked to Tempo Time Credits?

Gayle Carmarthen Youth Project (Dr Mz) to Everyone : Tempo has another platform too.

Susan- the Trussell Trust to Everyone : It would be great to consider how the group could work together to reduce dependency on emergency and charitable food aid.

Jackie - CAVS to Everyone : I know FareShare are looking at how they distribute food locally in 4 places in Carmarthenshire

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Alex - Swperbox CIC to Everyone : If we are to setup a group to work collaboratively on a large scale multi-faceted project to address the issue of dependence eg £100k Lottery Bid who would put the funding application in?

Nicky Time Banking to Everyone : As i said i manage the tempo local contract as well as leading on Connect Carmarthenshire and there is a new Tempo Cymru project funded via Welsh Government i am happy to talk to people about all three options and how to sign up if you want to chat on the phone about them or anything time banking give me a call on 07867 441898

Alex - Swperbox CIC to Everyone : Sorry Jackie - who would write and submit the bid?

Jackie - CAVS to Everyone : Jackie.dorrian@cavs.org.uk

Alex - Swperbox CIC to Everyone : Is there a role for a Carmarthenshire Social Enterprise Network/Consortium?

Marie Turke - Incredible Edible Carmarthenshire CIC to Everyone : absolutely, I think it would be nice to have a variety of breakout sessions for members to get to know each other and share ideas and support each other

Nicky Time Banking to Everyone : Thank you everyone and feel free to contact me for anything you need i am going to have to leave you sorry

Alex - Swperbox CIC to Everyone : I have a "feeling" Local authority procurement of services that we can deliver will start be brought in more locally - larger tender lots will be opened up for cooperatives to tender for., with favouring to social outcomes, eg TOMS weighting

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## Ystafelloedd I Rooms

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- Beth ydych chi eisiau allan o'r rwydwaith? What do you want out of a network?
- Beth yw eich blaenoriaethau? What are your priorities?
- Beth allwch chi ddod i'r rhwydwaith? What can you bring to the network?

I have included your comments shared as well as some feedback in red. Again, these points can be picked up in the cluster roundtables as you may have better responses.

Mapping - **Please send back your registration forms and let's share what we know.**

Sharing of resources, currently got lots of pasta **Sign up to the connect Carmarthenshire platform. Join the Network team and post in SHARE.**

Concern about waste, need a joined-up approach, anecdotally heard of food being dumped. **As above. Also – what about links with farmers? Better to feed some piggies than dump food.**

Sharing via this forum. **Please. Again look at the connect group and CONNECT**

Joining everything up , SP meet people who want to help as well as people in need **End goal? Co-production.**

Not only sharing physical resources such as food and other goods but also sharing of knowledge and local information **Stakeholder cluster meetings and CONNECT. Want to start building up our resources. You can share files in the Network TEAM also.**

Getting people to provide growing and gardening opportunities and advice, for mental and physical wellbeing, National Botanical Gardens videos. NBG have moved online "Growing the Future", providing gardening sessions for other projects and groups. "Garden in a Box" providing kits for people to join in.

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CAVS have been promoting. This can form part of a county wide campaign.

All the group liked the sustainability of getting people more actively engaged with growing and sharing of produce in their own communities. We can link in with CCC: [Climate Action Manifesto](#) and other county initiatives. Social prescribers/development officers could support community projects with our growing members.

We are at the sharp end and are currently overwhelmed with being reactive to crisis, dealing with homeless and have a mini food bank . We have our regulars and provide a hot lunch twice a week . Evidence suggests that everyone is sharing this feeling. How can we help reduce your burden? DO you have different volunteering teams? With Covid it is recommended to have at least 2 teams to cope with the need. [Alud.jones@cavs.org.uk](mailto:Alud.jones@cavs.org.uk) is available to support you with volunteering. Let's also SHARE this need out amongst the network and SUPPORT one another to manage crisis situations.

To find out more about what a network would look like That will come from the network itself. We will help create the framework and are in the process of doing so.

How could their group benefit and take part We will hold some stakeholder cluster meetings where this will be discussed.

What plans are in place to support the network In development with yourselves

As many are temporary will the network be looking at long terms plans if they can If that is your priority, of course.

How does the network feed into the wider food poverty strategy for Carmarthenshire To be discussed

Ensuring any plans, strategies etc are ground up not top down It's your network. CAVS are merely facilitating and supporting.

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To recognise and consider the different needs of groups, providers, business, self-employed, individual, those on universal credit versus those made redundant and so on **Please speak to your recipients and encourage them to attend their specific cluster meeting.**

Recognise that people are not good at asking for help as often seen as failing or weakness – we need to make it easy to access so people do not have to ask **Good discussion point. Initial consideration of changing the way we look at food banks etc. Community food share – community food evenings, community specific projects. Pantry idea. Also volunteering as a way of feeling productive (getting for giving). Have a look at - [Aber Food Surplus](#)**  
**How can we change the narrative?**

Would like support but have not got time for too many meetings 1 a month is too much. **Representation is optional. There will be a series of opportunities to become involved. I am hoping that you will use the connect Carmarthenshire platform to share information as and when. It will work if you use it. Monthly information share? Monthly newsletter update? Let's look for some solutions and please make suggestions. We are also a TEAM so perhaps consider sharing the attendance amongst your cluster group and then you all take turns and feedback. A good communication channel is essential and meetings will also reflect your need.**

Clear that Foodbanks are not just what they say on the tin. Some offer other support such as signposting to other organisations, assistance with Welfare benefits. **And we need to learn from these groups. Let's see what everyone offers and create a network of mutually beneficial support. If we take the model of a food hub rather than food bank perhaps we could bring community support under one roof. It's also not about being specialists – maybe some awareness training?**

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Some have issues as they do not have fresh produce to give to people i.e. meat, fish, diary. I am going to meet with the supermarkets/local food providers to see how they distribute, who to and their selection processes. We can also link up with our growers to help communities develop sustainable sources of food. All fresh.

Worried about Dependency, this came up a lot. Further work needed on this. Will help if food projects can share numbers of people supported weekly. Number of times individuals return. This can then feed into comments from recipient cluster roundtable.

Want to work together, there were concerns about lots of Foodbanks setting up last year and taking food that is usually obtained by one group that has been in existence a long time. This was a direct response to Covid and from a place of community support. The foodbank/share cluster meeting can discuss this. It's not competing – it's sharing and supporting through clear connections. There is also duplication in places so perhaps there is room for a joined up approach which shares the workload.

Not just foodbanks, soup kitchens, hot meals. Our initial meeting did not reach all in the county who should be apart of the network. If you are aware of others please ask them to contact me.

Meet the root of the need not just put a plaster on – a much wider and much bigger issue. We will continue to fire fight until this is achieved. This is a topic many expressed an interest in being involved in. I will add it to the agenda.

Access to food also not always linked to money. Covid has seen many become so isolated and remote from others. Foodbanks delivery ensures they are fed. Is some of this linked to not being aware of local shops who deliver? Perhaps they don't have access to technology? There are opportunities to link up with projects who support with IT provision. Are members of the community aware of this as there are many Covid specific groups who are shopping for residents.

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Information sharing within communities to respond to this – a welfare call needed maybe, befriending on the telephone. CAVS has a befriending service. [Jackie.dorian@cavs.org.uk](mailto:Jackie.dorian@cavs.org.uk)

We need a way of offering money advice [Vision and values - Community Money Advice](#) CMA. Can we link up with others who do this. Perhaps there is a scheme in use that we can all link in with. Something to discuss in the community support stakeholder cluster meeting.

Above all we need to create a PATHWAY – a clear route to stop people getting lost. Let's do that.

The network needs clear priorities. Working with your steering group.

Also focus on education – it all starts from an early age. Ability to budget and understand money. Gardening. Cooking. Working with schools and PSHE departments at some point? Developing community kitchens? Linking in with existing campaigns?

There is evidence of some groups abusing the privileges that they have and the community not benefiting as they should. Food being wasted and other groups not receiving what they could because of this. We cannot work on what has been – we have to focus on what could be. The network will work on the premise of CONNECT > SHARE > SUPPORT where the wellbeing of Carmarthenshire residents takes priority. As your steering group works on vision, mission and values it will be important for all members to commit to these.

Can we have some awareness sessions? Benefits awareness, not to be advisors but to know what is happening to reduce people taking advantage. Let's add that to the agenda and see what is needed by members.