



Llywodraeth Cymru
Welsh Government

What is a community food initiative?

Community Food Initiatives foster communities where everyone has access to an equitable, inclusive, and thriving local food systems.

Here is an example...



Clynfyw
Care Farm

Case Study

Community Food Initiatives

Project Background and Objectives:

Based in the Teifi Valley, the Clynfyw Care Farm started in March 2011. It grew out of Clynfyw Countryside Centre Ltd, which, since 1985, had made the countryside more accessible for disabled holidaymakers by providing accessible cottages and engaging activities.

Their dedicated team of 39 paid staff and 10 volunteers now supports disabled and vulnerable people, delivering meaningful nature focused projects, conducted in both English and Welsh, providing tools for learning, engagement, contribution and – very importantly – fun !

Their adult orientated activities include both ‘day services’ and support to 9 people living in the cottages on Clynfyw Farm under the auspices of their Care Inspectorate of Wales (CIW) licence. They also manage the Kinora Mental Health Recovery Centre in Cardigan.

Working within national and local strategies, policies and plans to ensure wellbeing, the Clynfyw Care Farm team’s approach is person-focused. They create opportunities for participants to experience new things, develop independence, boost a holistic sense of health and wellbeing, whilst contributing to their local and world community and also having fun!

By linking their services to accredited training where appropriate, they aim provide a full and meaningful experience.



*"Without Clynfyw
I'd have nothing,
it would just be me
staring at my wall"*

Project Achievements and Benefits Provided.



[2018 Clynyfw Video](#)

[Introduction to Care Farming
in the UK](#)

[Latest Clynyfw CIW Care
Report](#)

[Nature Based Services
Report Video](#)

Steadily expanding since 2014, Clynyfw Care Farm now have numerous projects and social enterprises running with full engagement from volunteers, participants and the local community. Success and good environmental practices and ethical business endeavours have been recognised through the ‘Green Tourism’ Gold Award in 2017 and the Rural Business “Best Rural Diversification” Award in 2019.

Engagement days more than doubled to over 9,300 in 2019/20 – although the lockdowns of 2020 and 2021 prevented face to face service provision.

Now in their 5th year as a domiciliary care agency registered with the CIW, they provide over 200 hours of Carmarthenshire and Pembrokeshire County Council funded support each week for eight adults with learning disabilities in three cottages. In addition in 2019/20, 239 nights of respite were provided for eleven people staying in another holiday cottage.

Since 2015, the team have secured a succession of contracts to manage the Kinora Mental Health Walk-in Service, seeing a doubling in people using this service and an increasing range of the services focussing on support and recovery.

Pursuing a focus on “Nature Based Services”, their report and business plan is freely shared with interested parties and the team actively support other likeminded service providers, acting as a mentor with funding managed by the Social Farms and Gardens organisation. They collaborate and lead activities with other compatible organisations, and provide student placements and hands on work experience for volunteers and apprentices.

They have also written a book ‘Care Farming for Beginners’ to help other Care Farmers set up nature based therapeutic services.

Project Challenges and Key Learnings:

The team at Clynfyw admit they have faced “loads of challenges over the years” but have been able to overcome most of these with the support of different agencies and funding streams and, most significantly, with the enthusiastic support of their local community.

Active on social media, they promote their services via Twitter (@clynfywcic), and Facebook (Clynfyw CIC), they embrace constructive comments and feedback provided, and direct interested parties to a variety of general and project specific literature on their website.

They feel that in recent years the therapeutic use of nature to achieve mental and physical health benefits is now much more widely understood and embraced, increasing the demand for, and credibility of, their work.

Future Plans:

Clynfyw have a Ten Year Plan in progress, covering 2020 to 2030, which aims to support them to continue and expand their current activities, including developing an Ethical Framework for Sustainability.

They plan to run a Community Share Offer on the farm to ensure long term community involvement and ownership, and to write another book to help others set up similar projects and social enterprises.



www.clynfyw.co.uk

Twitter: @clynfywcic
Facebook: Clynfyw CIC



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*With thanks to Clynfyw Care Farm for
participating in this case study*