Celebrating Growing Better Connections

Dathlu Tyfu Cysylltiadau Gwell

35.5
acres of woodland planted/supported
erwau o goetir wedi'u plannu/cefnogi

19
training days
diwrnod hyfforddi

13
individual land holdings surveyed
stadau tir wedi'u arolygwyd

9
community groups (incl schools) supported /collaborated with
grwpiau cymunedol (gan gynnwys ysgolion) wedi'u cefnogi / cydweithio â

121.2
acres grassland/heath supported
erw o laswelltir/rhostir a gynhelir

1,380
unique engagements with people
ymgysylltiad unigryw â phobl

5
publicly accessible food growing spaces supported
mannau tyfu bwyd sy'n hygyrch i'r cyhoedd wedi'i gefnogi

600
river samples taken
samplau afon a gymerwyd

148
people trained
pobl wedi'u hyffoddi

4
new networks established
rhydwaith newydd wedi'i sefydlu

68
community connections activities
gweithgaredd 'cysylltia-dau cymunedol'

3.36
km hedgerow planted/managed
km o wrychoedd medi'i blannu/rheoli

Aeth Ynni Adnewyddadwy Cwm Arian ati i gyflwyno ymyriadau seiliedig ar natur i gefnogi cadernid tirwedd a chymunedol gyda dull 'seiliedig ar le', sy'n unigryw o berthnasol i Ogledd Sir Benfro. Rhagorwyd ar y targedau cyffredinol ar gyfer Tyfu Cysylltiadau Gwell – i gefnogi coetiroedd ac ecosystemau eraill, sefydlu rhwydweithiau rhanddeiliaid, a darparu hyfforddiant ymarferol. Yn sail i'r dangosyddion hyn gan y cyllidwyr, roedd ystod fanwl o nodau ehangach, gan gynnwys ysgogi rhwydweithiau menter, cefnogi tirfeddianwyr a grwpiau lleol i weithredu, casglu data i amddiffyn ecosystemau a chynnwys pobl leol mewn gweithgareddau sy'n gwerthfawrogi canlyniadau creadigol, addysgol a lles. Mae'r cyfoeth o brosiectau a digwyddiadau a gyflawnwyd wedi meithrin enw da, uchel ei barch yn y sir. Mae TCG yn gadael etifeddiaeth o rwydweithiau cydweithredol lle daeth pobl at ei gilydd i greu grwpiau cydweithredol, sy'n diwallu eu hanghenion hwy ac anghenion y dirwedd

Cafodd TCG £215,891 o gyllid Cynllun Rheoli Cynaliadwy (SMS) a chafodd £24,113.95 o arian cyfatebol. Adnodd cymharol fach yw hwn o ran yr amser y mae'n ei brynu ar gyfer gwaith rheoli prosiect a swyddogion, a chyllideb fechan iawn ar gyfer prynu offer costus, fel ffensys. Yn y cyd-destun hwn, mae TCG wedi cyflawni llawer iawn o effeithiau cymunedol a thirwedd ystyrlon. Mae hyn yn dyst i ymroddiad, creadigrwydd a medr tîm TCG, eu partneriaid a'u gwirfoddolwyr gwerthfawr, a pharodrwydd a brwdfrydedd y cyfranogwyr.

Ym mis Mawrth 2020 dechreuodd Tyfu Cysylltiadau Gwell yng nghyd-destun eithriadol cyfyngiadau COVID 19. Ailgyfeiriodd y tîm ei hun yn fedrus, gan ddangos gallu i addasu sydd wedi parhau drwy gydol y rhaglen, gan gyflwyno ystod amrywiol o weithgareddau, digwyddiadau a phrosiectau tirwedd yn rhyfeddol. Yn fuan iawn bwriodd TCG ei wreiddiau a datblygu ymdeimlad o'r hyn a oedd yn boblogaidd a'r hyn y byddai ei angen yn y blynyddoedd i ddod. Dangosodd y gwaith gwerthuso cyson fod sgiliau'n cael eu dysgu, bod pobl yn teimlo'n well ac yn fwy cysylltiedig a bod prosiectau tirwedd ymarferol yn cael eu cyflawni.

Trwy gydol 2021, symudodd TCG tuag at gyfleoedd hyfforddi a gwirfoddoli mwy penodol yn seiliedig ar yr adborth a gafwyd ym Mlwyddyn 1, gan barhau â'r ymrwymiad i gysylltu cynefinoedd bywyd gwyllt pwysig. Mae hyn o'i gymharu â'r ystod ehangach o weithgareddau a gynigiwyd i niferoedd mwy ym Mlwyddyn 1. Yn arwyddocaol, datblygodd CARE y gwersi a ddysgwyd gan dîm Tyfu Cysylltiadau Gwell yn y flwyddyn gyntaf yn dri phrosiect ar wahân gyda'u ffrydiau ariannu eu hunain. Y Rhaglen Menter Gydnerth, a phrosiectau Ffrwyth a Chynhaeaf a Rhos a Gwrych oedd y rhain. Un o nodau'r Rhaglen Menter Gydnerth a Ffrwyth a Chynhaeaf fel ei gilydd oedd cefnogi perllannau bychain i ddatblygu'n fusnesau dichonadwy a chefnogi cymunedau i gynhyrchu eu sudd afal eu hunain. Gwelwyd poblogrwydd a phwysigrwydd prosiect CLEAN, yn casglu data i gefnogi gwell ansawdd dŵr yn Afon Nyfer, a chwblhawyd ail gyfnod o weithgareddau.

Am fod y rhan fwyaf o'r targedau ariannu gwreiddiol wedi'u cyrraedd erbyn diwedd Blwyddyn 2, roedd modd i'r Swyddogion Prosiect droi eu sylw at feysydd cyflenwol. Cynhaliwyd astudiaeth beilot, Bwydo ein Cymuned, gyda phum neuadd bentref i ymchwilio i bosibilrwydd dylunio mannau cyhoeddus ar gyfer tyfu bwyd. Cynhaliwyd cyfres o weithdai ar sawl agwedd ar dyfu a chadw bwyd, a hyfforddiant a arweiniodd at ddyluniadau tirwedd o ansawdd uchel. Fel y crybwyllwyd, dechreuodd prosiect CLEAN gyfnod pellach a sicrhaodd gyllid i barhau tan hydref 2023. Gyda chymorth gwirfoddolwyr lleol, arolygwyd a dewiswyd safleoedd yn rhai pwysig ar gyfer ehangu Rhwydwaith Cynefinoedd Coetir. Mae hyn yn cynnwys o leiaf 1km o wrych sy'n cysylltu safleoedd bywyd gwyllt Coed Pengelli a Thŷ Canol ac mae'n adeiladu ar weithgareddau casglu hadau coed a diwrnodau plannu ym Mlwyddyn 1. Daw TCG i ben ag arddangosfa o waith creadigol o fis Mawrth 2023, yn manylu ymhellach ar effeithiau a chynnwys y gwaith a drafodir yn yr adroddiad hwn.

Oherwydd dyddiad cau sefydlog y prosiect ym mis Mawrth 2023, ni fydd TCG yn parhau ar ei ffurf gyfredol ar ôl y dyddiad hwn, er bod swyddogion wedi llwyddo i sicrhau potiau bach o arian ar gyfer gwahanol agweddau ar y prosiect, sef Bwydo Ein Cymuned a phrosiect CLEAN. Fodd bynnag, bu meysydd arbenigol yn destun ymchwil ac maent wrthi'n cael eu datblygu i ddarparu gwasanaethau ymgynghori o dan 'ymbarél' CARE gan gynnwys cyrsiau tyfu bwyd, gwasanaethau dylunio, rheoli tir ymarferol gan gynnwys dylunio gwrychoedd, plannu gwrychoedd a choed, arolygon ac asesiadau ecolegol, samplu dŵr afonydd, ac ymgysylltu â gwirfoddolwyr a'u cadw. Hefyd, fel yr amlinellir isod, mae rolau newydd wedi codi o fewn CARE i fanteisio ar gyfleoedd a nodwyd gan Swyddogion Prosiect TCG.

Datblygwyd y cyfleoedd hyn yn dri phrosiect ar wahân a phenodwyd swyddogion ychwanegol. Gweithiodd prosiect y Rhaglen Menter Gydnerth i gefnogi mentrau cymdeithasol i ddatblygu, mae Ffrwyth a Chynhaeaf yn meithrin economi coed ffrwythau ffyniannus a Rhos a Gwrych yn rheoli biomas 'gwastraff' o reoli tir yn Sir Benfro. Bydd y prosiectau hyn yn parhau ar ôl i TCG ddod i ben ym mis Mawrth 2023 gan barhau etifeddiaeth a phwrpas TCG.

Mae TCG wedi arddangos yr egwyddorion canlynol yn gyson rhwng 2020 a 2023 ar draws ei brosiectau a digwyddiadau tirwedd a chymunedol. Dyma gipolwg ar bob un:

HYBLYGRWYDD

Dechreuodd TCG yng nghyd-destun hynod rheoliadau Covid 19, gan addasu i gydymffurfio â'r cyfyngiadau i roi cyfleoedd eithriadol i grwpiau fod yn rhan o weithgareddau seiliedig ar natur yn ystod y cyfnod ansicr ac arswydus hynny. Mae adborth clir a chyson yn profi gwerth y digwyddiadau hyn.

Mae'r sylw gofalus i systemau rheoli hyblyg a chadarn wedi rhoi rhyddid i Swyddogion Prosiect weithio i'w cryfderau, rheoli eu prosiectau eu hunain, a gwneud cais am gyllid i gryfhau gweithgarwch presennol TCG. Defnyddiwyd gweithdrefnau a ddatblygwyd ar y dechrau ar gyfer 'ymyrryd' a chydlynu digwyddiadau yn gyson gan Swyddogion Prosiect trwy gydol yr amser a chawsant eu dyblygu a'u haddasu gan brosiectau cysylltiedig eraill CARE.

Cynlluniodd TCG ei waith hefyd yng ngoleuni dealltwriaeth ac adborth newydd, gan geisio gwell tystiolaeth lle bu hynny'n berthnasol i hyrwyddo ei brosiectau ar y tir. Mae hwn i'w weld yn glir ym mhrosiect CLEAN a chasglu data sy'n nodi iechyd basn Afon Nyfer. Roedd adroddiad Cam 1 CLEAN 2021 yn nodi bod rheidrwydd "i ehangu paramedrau'r arolwg ... a buddsoddi mwy o amser mewn Prosiect Cam 2." Roedd TCG yn gallu bod yn hyblyg i'r ffocws roedd hyn yn ei fynnu ac ymrwymodd adnoddau i gadw'r gwaith i fynd.

GRADDFA

Bu TCG yn fedrus yn dewis cwmpas a dull priodol yn ei weithgareddau sy'n berthnasol i flaenoriaethau cyfranogwyr a lleoedd. Bu'n ystyried micro a macro bryderon h.y. lles unigol pobl a rhywogaethau, ac ar lefel gymunedol ac ecosystem. Roedd bychander yr ardal ddaearyddol (Gogledd-ddwyrain Sir Benfro) yn galluogi ymyriadau, digwyddiadau ac arolygon ecolegol lleol, a'r Swyddogion Prosiect yn gallu manteisio ar rwydweithiau lleol presennol.

Roedd yr amcangyfrif gwreiddiol ar gyfer faint o goed i'w plannu yn fwy na'r hyn a gyflawnwyd mewn gwirionedd, a hynny'n rhannol am nad ystyriwyd costau ffensio yn y cais cychwynnol. Fodd bynnag, roedd pob un o'r prosiectau ynghylch creu coetiroedd yn sensitif i raddfa briodol ac yn cyfuno arolygon safle manwl, gydag ymchwil ehangach i ecosystemau rhanbarthol, a dealltwriaeth o fygythiadau byd-eang datgoedwigo. Mae'r mentrau'n cynnwys lluosogi hadau coed brodorol, cefnogi menter coetir ar raddfa bentref yn Hermon, a chysylltu rhwydweithiau cynefin mewn nifer o safleoedd.

CYDWEITHIO

Bu gwaith partneriaeth yn ddibynadwy a chyson drwy gydol y rhaglen ac mae wedi cyfrannu at gyfres raenus a gwybodus o weithgareddau, digwyddiadau a chanlyniadau prosiect. Mae'r cydweithio â sefydliadau lleol allweddol yn cynnwys Canolfan Gwybodaeth Bioamrywiaeth Gorllewin Cymru, Partneriaeth Natur Sir Benfro, Coed Cadw, a Pharc Cenedlaethol Arfordir Penfro. Bu bwrdd cefnogol a brwdfrydig yn gaffaeliad craidd, gyda Marc Pell (cyfarwyddwr bwrdd) yn cynhyrchu ffilmiau byrion TCG – gan wirfoddoli canran o'i amser i'r prosiect. Sefydlwyd nifer o rwydweithiau gan gynnwys y grŵp llywio, CLEAN, a grŵp Coetir Cymunedol Hermon.

Roedd gwerthuso manwl a gwrando ar farn cyfranogwyr a rhanddeiliaid yn arfer cryf a chyson drwy gydol y rhaglen. Mae lefel y diolchgarwch, y myfyrio meddylgar a'r llawenydd yn yr adborth gan gyfranogwyr yn dystiolaeth o ddarparu rhaglen wirioneddol ddefnyddiol a pherthnasol. Ym mhob cam, mae myfyrio wedi llywio'r ymyriad, gweithgaredd neu ddigwyddiad tirwedd nesaf.

"FE OFYNNON NI AM FWY O WYBODAETH AM WEITHDAI PRIDD A BIODYNAMEG A DYNA'N UNION A WNAETHOCH"

Bob Weatherhead, Gwirfoddolwr. Sylw yn ystod Sesiwn Garddwriaeth a Pharatoi Bwyd Bwydo Ein Cymuned.

MEDDWL CYDGYSYLLTIEDIG

Mae prosiectau TCG wedi cael adborth yn gyson gan gyfranogwyr sydd, yn ogystal â meithrin sgiliau corfforol ac ymarferol, wedi gwella eu gwybodaeth, eu hyder, eu hymdeimlad o gysylltiad a lles. Mae'r dull systemau cyfan hwn, sy'n cyfuno'r dadansoddol, yr ymarferol a'r gwyddonol â gweithgarwch creadigol, trochi a chymdeithasol wedi sicrhau profiad penigamp i'r cyfranogwyr fel y tystia adborth manwl.

"DW I'N MWYNHAU'R DIGWYDDIADAU YN FAWR... MAE'N RHOI TEIMLAD MWY CADARNHAOL IMI AM Y DYFODOL... MAE WEDI BOD YN DDIFYR IAWN. DW I'N TEIMLO CYSYLLTIAD Â FY NGHYMUNED, RWY'N HYDERUS I FYND ALLAN A FFORIO AR FY MHEN FY HUN NEU FWRW FFROMLYS... CAEL GOFYN CWESTIYNAU I ARBENIGWYR YN EU MAES... MAE'N WYCH"

Jayne Cartwright, Gwirfoddolwr

CYDNERTHEDD

Dangosir hyn yn yr holl brosiectau tirwedd ymarferol, ac wrth feithrin cysylltiadau cymunedol, a hefyd yn arbennig o ran hyfywedd yn y dyfodol. O'r dechrau mae TCG wedi gofalu osgoi maglau prosiectau a ariennir gan grant yn y tymor byr, drwy gynllunio ar gyfer ei ddiwedd ei hun yn 2023. Bydd y Rhaglen Menter Gydnerth, prosiect Ffrwyth a Chynhaeaf a phrosiect Rhos a Gwrych yn parhau gwaddol TCG ar ôl mis Mawrth 2023, ac mae cyllid eisoes wedi'i sicrhau ar gyfer elfennau CLEAN a Bwydo Ein Cymuned TCG a fydd yn parhau i gefnogi a chreu rhwydweithiau lleol. Dangosodd adborth cynnar o'r digwyddiadau tynnu sudd afal ym Mlwyddyn 1 fod angen ymchwilio i fenter gymdeithasol, nad yw'n ddibynnol ar wirfoddolwyr. Erbyn Blwyddyn 2 daeth hwn yn wasanaeth cymunedol am ffi fechan, wedi'i gefnogi gan swydd ymchwilydd y Rhaglen Menter Gydnerth. Mae wedi blodeuo'n rolau staff wedi'u hariannu ar gyfer prosiect Ffrwyth a Chynhaeaf, sydd ymysg pethau eraill yn galluogi pobl i rannu coed ffrwythau a chnau gyda'i gilydd ledled Sir Benfro. Wrth i TCG ddod i ben, mae modd bellach i'r gwersi cynnar a ddysgwyd barhau. Atgyfnerthwyd cydnerthedd TCG gan fynediad at wasanaethau cymorth ym mlynyddoedd 2 a 3 y prosiect trwy swyddi newydd a grëwyd yn CARE ar gyfer Swyddog Cyfathrebu a Swyddog Cefnogi Prosiectau. Mae hyn wedi arwain at wirfoddolwyr yn dychwelyd sy'n cael eu cynnwys yn fwy, gan gefnogi proses gyflenwi fwy cynaliadwy. Mae hefyd wedi hybu ymwybyddiaeth am waith TCG trwy flogiau, negeseuon Facebook ac Instagram a mwy o broffil yn lleol ac yn rhanbarthol. Er enghraifft, gyda sylw ar y radio ac yn y cyfryngau yn cynnwys bod y prosiect wedi ennill Gwobr 'Balchder yn Sir Benfro'.

CYRCHU'R PŴER SY'N RHAN ANNATOD O GYMUNEDAU

Mae cyflwyno dwsinau o ddigwyddiadau o ansawdd uchel, gan fanteisio ar arbenigedd arweinwyr gweithdai a'r cyfranogwyr yn ein cymunedau, wedi dwyn hunaniaeth glir a pharch i TCG ledled y rhanbarth. O westai pryfed, lluosogi hadau, gosod gwrychoedd a rheoli dolydd i amaeth-goedwigaeth, gofal pridd, cadw bwyd a mwy, sbardunwyd corff cyfoethog o ddysgu a rhannu sgiliau. Mae Swyddogion Prosiect, ac felly'r rhaglen, wedi elwa ar arbenigedd lleol trwy gael hyfforddiant, gan gynnwys; arolygu ecolegol, cymorth cyntaf, Cyfathrebu Di-drais, cyflwyniad i'r Gymraeg a sgiliau a hyfforddiant ymgysylltu â gwirfoddolwyr.

> "I GAEL EICH GALLUOGI FEL DINESYDD TRWY FONITRO'R DATA....MAE HYN YN RHOI'R PŴER I NI GYFRANNU AT ATEBION AMGYLCHEDDOL AC MAE'N TROI ANOBAITH YN OBAITH A GRYM"
>
> ***Debbie Donnelly, gwirfoddolwr prosiect CLEAN***

GWERSI A DDYSGWYD

BLWYDDYN 1: 2020-1

Mae gweithgareddau, fel tynnu sudd afalau, yn boblogaidd iawn, ond eto'n rhy ddibynnol ar wirfoddolwyr, gan eu gwneud yn fregus. Dysgodd TCG y gallai menter gymdeithasol adeiladu ar lwyddiant y digwyddiadau tynnu sudd afal i sicrhau bod y gwasanaeth ar gael yn y tymor hir a'i fod yn rhydd o ddibyniaeth ar arian grant. Arweiniodd hyn at ddatblygu prosiect 'Ffrwyth a Chynhaeaf' y mae ganddo bellach rolau staff wedi'u hariannu'n llawn sydd yn eu tro'n datblygu rhaglenni cynaliadwy.

Sicrhau cyllid cyfatebol i sicrhau'r defnydd gorau o gyllideb y Cynllun Rheoli Cynaliadwy ac archwilio cyllid ychwanegol ar gyfer mwy o hyblygrwydd mewn gweithgareddau ar gyfer anghenion newydd eu nodi. E.e. cefnogi menter gymdeithasol, a chyfleoedd sy'n deillio o rwydweithiau newydd yn cael eu datblygu. Dilynwyd hyn gyda chyrchu arian ar gyfer y Rhaglen Menter Gydnerth ym Mlwyddyn 2 a phrosiectau Ffrwyth a Chynhaeaf a Rhos a Gwrych ym Mlwyddyn 3.

Cynnal momentwm drwy gadw ffocws ar y gweithgarwch sy'n fwyaf gwerth chweil ym marn y tîm. Gwneud y gorau o systemau mewnol TCG i gael y mwyaf posibl o'r adnoddau cyffredinol sydd ar gael i weithredu syniadau, megis y Siart Llif Proses ar gyfer gweithio gyda thirfeddianwyr. Cafodd systemau eu haddasu a'u symleiddio i gynorthwyo effeithlonrwydd ac effeithiolrwydd y tîm cyfan

GWERSI A DDYSGWYD

BLWYDDYN 2: 2021-2

Amser Swyddog Prosiect yw'r adnodd mwyaf gwerthfawr i greu effeithiau ar lawr gwlad. Mae mwy o bobl ar y tîm yn golygu bod modd gwneud mwy. Mae cefnogaeth swyddi newydd o fewn CARE - Swyddogion Cyfathrebu a Chefnogi Prosiect - ac arian ychwanegol a gafwyd wedi cynyddu capasiti tîm TCG.

Gall trafod gyda thirfeddianwyr a phrosiectau unigol fynnu llawer o fewnbwn. Dysgodd TCG am bwysigrwydd creu cynnig cliriach i dirfeddianwyr er mwyn defnyddio amser ac egni pobl yn y modd mwyaf effeithlon posibl. Ymgorfforwyd y gwersi hyn a ddysgwyd yn ymyriadau tirwedd y Rhwydwaith Cynefinoedd Coetir ym Mlwyddyn 3, gan ymuno Coedwigoedd Pengelli a Thŷ Canol.

Mae Swyddogion Prosiect yn mentro chwythu eu plwc oherwydd nifer y gweithgareddau Cysylltiad Cymunedol uwchlaw'r targedau gwreiddiol, wedi'u sbarduno'n rhannol gan eiddgarwch a brwdfrydedd Swyddogion Prosiect i gynnig cynifer â phosibl o gyfleoedd seiliedig ar natur yn eu cymunedau. Felly ym Mlwyddyn 3, cynlluniwyd llai o ddigwyddiadau i ddechrau a daeth y beichiau gwaith yn fwy hylaw wrth i'r holl weithgareddau gael eu mapio ymlaen llaw.

Mae nodau'r prosiect yn cynnwys hyrwyddo a gwerthfawrogi ein treftadaeth leol; gyda newid pwyslais cynnil, gallai treftadaeth gael ei phlethu'n fwy i'r gweithgareddau tir a lles. Mewn nifer o ffyrdd cynnil cafodd hyn ei wella, megis ategu gweithgarwch CLEAN gyda chrefftau cwrwgl a thynnu ar hanes y pentrefi yn y gweithdai Bwydo ein Cymuned.

Wrth i CARE dyfu fel sefydliad, cafodd mewnbwn rheolwyr i TCG ei wanhau weithiau gan ofynion aelodau newydd o'r tîm a gweithgarwch prosiect arall ac ni chafwyd synthesis ar unwaith bob amser rhwng TCG a'r prosiectau newydd, gan chwyddo'r risg y byddai Swyddog Prosiect yn chwythu ei blwc. Achosodd hyn hefyd bwysau o'r newydd ar le, offer, systemau a phrosesau a rannwyd, heb gynllunio'n ddigonol sut y byddai'r cyfan yn cael ei reoli. Mae strategaeth a phrosesau cynllunio traws-sefydliadol yn cael eu sefydlu, yn ogystal â rhestr eiddo, system archebu a gwell storfa, fel y gall gwahanol brosiectau o fewn CARE gydweithio'n agosach, i rannu syniadau ac adnoddau.

Nid oedd gan TCG fethodoleg ar gyfer mesur 2.1 yn ein Nodau Ehangach; 'Gwybod a yw gweithgarwch wedi gwella cydnerthedd ac amrywiaeth ecosystemau'. Dyma wers a ddysgwyd nad ydym wedi gallu ei gweithredu o fewn oes y prosiect ac yn gyffredinol mae angen arsylwi am flynyddoedd lawer er mwyn dod i gasgliadau defnyddiol. Mae sicrhau arian i estyn CLEAN yn 2023 yn manteisio ar y data a gasglwyd ar ddechrau'r prosiect ac mae'n ddefnyddiol ar gyfer monitro hirdymor.

Ar ôl llwyddiant un o brosiectau ychwanegol CARE, Prydau Cymunedol, gallai TCG fod wedi cyfuno'r rhain â chyfarfodydd cychwynnol ar gyfer prosiect Bwydo ein Cymuned i greu mwy o ysgogiad a chynnwys mwy o bobl yn y sesiynau dylunio a hyfforddi. Cafodd hwn ei gynnwys yn y cynnig i estyn y model hwn i Sir Gaerfyrddin, ac mae wedi llwyddo i gael cyllid.

Mae cyd-ddylunio prosiectau gyda'r gymuned yn eu galluogi i fod yn gynaliadwy yn y tymor hwy ac mae hyn yn dibynnu ar brosiectau yn cydredeg â'r hyn y mae pobl yn dymuno ei wneud. Gwelwyd y wers hon drwyddi draw yn ymarfer TCG ac mae'n cadarnhau ei ddull cyfan.

Drwy rannu sgiliau a dealltwriaeth rhwng cymunedau trwy hyfforddiant a dysgu gan gymheiriaid, rydym yn cryfhau'r ecoleg wybodaeth ac yn gwneud cydnerthedd yn fwy cadarn, gan drosglwyddo pob brwdfrydedd a medr ymhlith ein rhwydweithiau. Bu hon yn egwyddor ganolog drwy gydol y rhaglen ac mae'n llywio gwaith y dyfodol a gwaith arall sydd ar y gweill.

GWERSI A DDYSGWYD

BLWYDDYN 3: 2022-3

RHWYDWAITH GWEITHREDU AMGYLCHEDDOL LEFEL DALGYLCH

CLEAN

Mân Astudiaethau Achos

Datblygwyd Prosiect CLEAN (Rhwydwaith Gweithredu Amgylcheddol Lefel Dalgylch) mewn ymateb i'r her o adfer a gwella cynefinoedd iach yn Afon Nyfer ac ar ei hyd. Crëwyd Grŵp Llywio o sefydliadau cymunedol a chadwraeth natur, wedi'i gydlynu drwy brosiect Tyfu Cysylltiadau Gwell ac yn cynnwys cynrychiolwyr o Barc Cenedlaethol Arfordir Penfro, Ymddiriedolaeth Afonydd Gorllewin Cymru, Partneriaeth Natur Sir Benfro, Grŵp Amgylchedd Ardal Trefdraeth a Chynghorwyr Cymuned. APCAP a ariannodd y cam samplu hwn ar y cyd. Roedd camau cychwynnol y prosiect yn canolbwyntio ar gasglu data ac ymgysylltu â chymunedau, gan ddefnyddio pŵer gwyddoniaeth dinasyddion i gasglu gwybodaeth am ansawdd dŵr a dangosyddion amgylcheddol eraill ar yr afonydd a'r nentydd ledled dalgylch Afon Nyfer. Mae cynnwys y cyhoedd yn y materion hyn drwy gyfleoedd gwirfoddoli yn ffordd effeithiol o ddarparu cyfryngiad a llais i gymunedau gwledig. Yn ogystal, mae gwyddoniaeth dinasyddion yn parhau i gynnig ffynhonnell ddata nad yw ar gael fel arall i awdurdodau. Dros dri chyfnod samplu, bu 32 o wirfoddolwyr yn arolygu 211 o bwyntiau data ac yn profi 199 o samplau dŵr o'r myrdd o afonydd bach, llednentydd, nentydd a ffosydd ar draws chwe is-ddalgylch Afon Nyfer, a'r rhan fwyaf ohonynt yn anaml yn cael ymweliad gan awdurdodau monitro, os o gwbl. Yn ogystal, casglodd y gwirfoddolwyr wybodaeth arall, gan gynnwys arsylwi bywyd gwyllt a rhywogaethau estron goresgynnol. Ceir mwyfwy o gefnogaeth i'r prosiect hwn ac wrth i'r bartneriaeth gryfhau, sicrhawyd arian ychwanegol i barhau i samplu yn 2023.

LANSIWYD BWYDO EIN CYMUNED

Mân Astudiaethau Achos

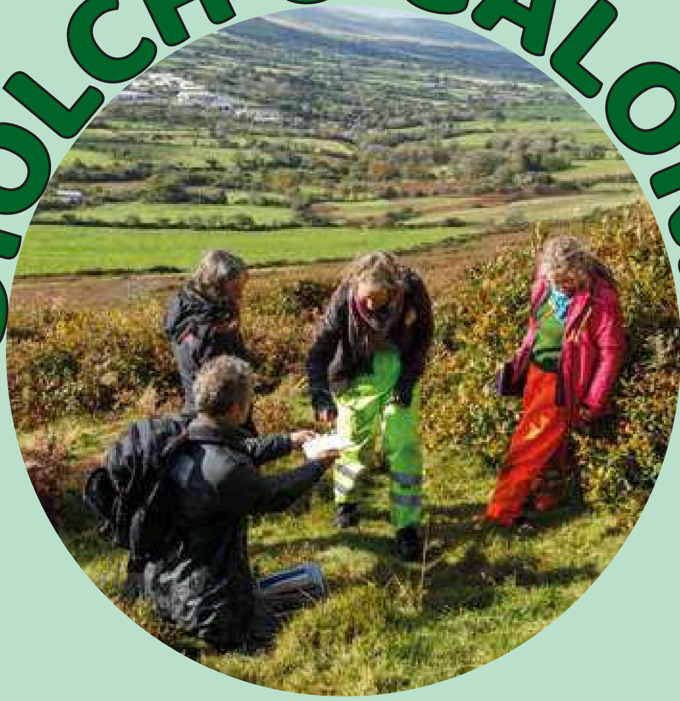
Lansiwyd Bwydo Ein Cymuned ar ddechrau 2022, gyda'r weledigaeth o addysgu a chefnogi ein cymunedau i dyfu, storio a pharatoi cynnyrch yn eu mannau cyhoeddus. Gan weithio gyda phum pentref yng ngogledd Sir Benfro, a gyrchwyd gan brosiect 'Helpu Neuaddau', y nod oedd hwyluso creu pum dyluniad permaddiwylliant ar gyfer eu mannau gwyrdd. Bu gwirfoddolwyr pragmatig a brwdfrydig o Ganolfan Clydau, Canolfan Maenclochog, Stiwdio Hermon, Canolfan Llanddewi Felffre a chae Llawhaden yn rhoi o'u hamser, eu syniadau a'u brwdfrydedd, drwy fynychu cyfarfodydd a sesiynau dylunio niferus drwy gydol Gwanwyn a Haf 2022. Roedd hyn yn cynnwys dau ddiwrnod llawn o sesiynau pobl-tirwedd a dwy daith o Ardd Goedwig Bruce Slark yn Nhrewyddel, i archwilio cysyniad 'Fforest Fwyd' gydnerth ymhellach a gweld yn uniongyrchol beth ellir ei dyfu yn ein hinsawdd yng ngorllewin Cymru. I dreialu rhan addysgu'r prosiect, cynhaliwyd tair sesiwn hyfforddi yn Field of Beans ym Mlaenffos ar theori Biodynameg, arferion garddwriaethol, a thechnegau paratoi a chadw bwyd. Gan weithio gyda gwirfoddolwyr o bob neuadd, cynhyrchwyd mapiau dylunio o ansawdd uchel i gefnogi'r gwaith o weithredu mannau gwyrdd a thyfu bwyd. Yn ystod y broses ddylunio, cafodd holl syniadau'r cymunedau eu casglu mewn cynllun gweithredu gan bob grŵp. Y bwriad yw arddangos y cynlluniau hyn ym mhob lleoliad cymunedol, i aelodau'r gymuned edrych arnynt, dysgu ohonynt, ac ychwanegu sylwadau atynt, gan alluogi cyfranogiad ehangach. Cyflwynwyd y dyluniadau terfynol i bob grŵp, a rhoddwyd cymorth ariannol i weithredu elfennau dylunio dethol, megis toiledau compost a stoc perllan. Dengys yr adborth fod y sesiynau amrywiol, ond eto cysylltiedig, wedi'u derbyn yn dda a'u gwerthfawrogi'n fawr. Er enghraifft, cafodd sesiwn 3 Garddwriaeth a Pharatoi Bwyd radd o 100% gan y cyfranogwyr ar holl nodau'r sesiwn (dysgu sgiliau newydd; lles; gwell dealltwriaeth o natur a budd ecosystemau; a threftadaeth lle). Fel yn achos teithiau'r Ardd Goedwig, mae sylwadau adborth yn dangos bod lefel uchel o fyfyrio wedi'i sbarduno a bod pobl yn teimlo'n hyderus i ddefnyddio'r sgiliau yn dilyn y sesiynau. I ddangos hyn, dyma gipolwg ar y sylwadau:

“"Wedi'i gynnal yn dda iawn. Difyr dros ben. Sylfaen wybodaeth a brwdfrydedd gwych. Diolch." "Dw i'n barod i roi cynnig ar bethau ar fy mhen fy hun." "Roedd y cyfan yn ddefnyddiol; roedd gan bawb ddiddordeb mewn tyfu a byd natur." "Sesiwn ddiddorol iawn, a dw i'n teimlo'n fwy abl i ddefnyddio'r paratoadau biodynamig fy hun."

Dechreuodd tri allan o'r pum prosiect yn ymwneud â phrosiect Bwydo Ein Cymuned weithredu eu Cysyniadau Dylunio yng Ngaeaf 2022.

MAE'R ADRODDIAD HWN YN GYD-GYNHYRCHIAD O DÎM TYFU CYSYLLTIADAU GWELL A GWERTHUSWR ALLANOL, SYDD WEDI BOD YN GYSYLLTIEDIG DRWY GYDOL Y BROSES. MAE'N TYNNU AR ADBORTH GAN DROS 200 O GYFRANOGWYR UNIGOL MEWN DIGWYDDIADAU, YN OGYSTAL Â RHANDDEILIAID ERAILL, FFILMIAU PROSIECT A RHYNGWEITHIADAU CYFRYNGAU CYMDEITHASOL, A CHOFNODION GWERTHUSO MANWL AELODAU STAFF TCG.

DIOLCH O GALON...



Mae GBC wedi cael y fraint o weithio gyda llawer o bobl ysbrydoledig, prosiectau a phartneriaid sydd i gyd wedi gwirfoddoli eu hamser i wneud Tyfu Cysylltiadau Gwell yr hyn ydyw, ni fyddem wedi gallu ei wneud hebddoch chi. Mae gormod o bobl i'w henwi yma, ond ar ran Ynni Adnewyddadwy Cwm Arian a thîm Tyfu Cysylltiadau Gwell, hoffem ddiolch o galon i chi i gyd.

TCG GRŴP LLYWIO:- Pembrokeshire Nature Partnership / Partneriaeth Natur Sir Benfro ... cadwch gymru'n daclus / keep wales tidy ... ... Coppicewood College

Llywodraeth Cymru / Welsh Government — Cronfa Gymunedol / Community Fund — Woodland Trust — I Dig Trees, OVO energy, TCV

Tesco Community Grants — Naturesave Insurance — Pembrokeshire Public Services Board / Bwrdd Gwasanaethau Cyhoeddus Sir Benfro

Helpu Neuaddau / Helping Halls — WWBIC — Ymddiriedolaeth Natur / Wildlife Trust South and West Wales / De a Gorllewin Cymru — Swansea University / Prifysgol Abertawe — Clydau Community Council

Teifi Strings — JON HUDSON ECOLOGICAL CONSULTANCY — Marc Pell — Bruce Slark

TCG GWERTHUSWR PROSIECT:- **JASMINE DALE OF BEING SOMEWHERE**

Cwm Arian Renewable Energy set out to deliver nature based interventions to support landscape and community resilience with a 'place based' approach, uniquely relevant to North Pembrokeshire. The overall targets for Growing Better Connections – to support woodland and other ecosystems, establish stakeholder networks, and provide practical training - have been exceeded. Underpinning these funder indicators, were a detailed range of broader aims, including stimulating enterprise networks, supporting landowners and local groups to action, collecting data to defend ecosystems and engaging local people in activities valuing creative, educational and wellbeing outcomes.

The wealth of projects and events achieved have established a well-earned reputation of respect and high regard in the county. GBC leaves a legacy of cooperative networks whereby people have come together to create collaborative groups, which meet both their needs and the needs of the landscape. GBC received £215,891 Sustainable Management Scheme (SMS) funding and received £24,113.95 in match funding. This is a relatively small resource in terms of the time it buys for project management and officer work, and a very limited budget for buying costly equipment, such as fencing. In this context, GBC has achieved a remarkable amount of meaningful community and landscape impacts. This is testament to the dedication, creativity and skill of the GBC team, their partners and valued volunteers, and the willingness and enthusiasm of participants.

In March 2020 Growing Better Connections began in the extraordinary context of the COVID 19 restrictions. The team deftly reoriented itself, showing an ability to adapt that has continued throughout the programme, remarkably delivering a diverse range of activities, events and landscape projects. GBC soon put down roots and developed a sense of what was popular and what was needed in the years to come. Evaluation consistently showed that skills were learnt, people felt better and more connected and that practical landscape projects were achieved.
Throughout 2021, GBC moved towards more focused training and volunteering opportunities based on the feedback received in Year 1, whilst continuing the commitment to connecting important wildlife habitats. This is compared to the wider range of activities offered to larger numbers in Year 1.

Significantly, the lessons learnt by the Growing Better Connections team in the first year were developed by CARE into three discreet projects with separate funding streams. The Resilient Enterprise Programme (REP), Fruit and Bounty (F&B) and the Heath and Hedgerow (H&H) project. One of the aims of both REP and F&B was to support small scale orchards to become viable businesses and support communities to produce their own apple juice. The popularity and importance of the CLEAN project, collecting data to support improving water quality in the Afon Nyfer, was observed and a second phase of activity completed.

With most of the original funding targets met by the end of Year 2, it enabled the Project Officers to branch out into complementary fields. A pilot study, Feeding our Community, was undertaken with 5 village halls to investigate the potential for designing public spaces for growing food. A series of workshops were held on many aspects of food growing and preservation, and training resulting in high quality landscape designs. As mentioned the CLEAN project entered a further phase and secured funding to continue until autumn 2023. With the support of local volunteers, sites were surveyed and selected as important for expanding a Woodland Habitat Network. This includes at least 1km of hedgerow linking the wildlife sites of Pengelli Woods and Ty Canol and builds on tree seed collection activities and planting days in Year 1. GBC ends with an exhibition of creative work from March 2023, showing more detail of the impacts and content of the work covered in this report.

A fixed project deadline of March 2023 means GBC will not continue in its current format after this date, although officers have managed to secure small pots of funding for various aspects of the project, namely Feeding Our Community and the CLEAN project. However, niches have been researched and are currently under development to provide consulting services under the 'umbrella' of CARE including food growing courses, design services, practical land management including hedge design, hedge and tree planting, ecological surveys and assessment, river water sampling, and engaging and retaining volunteers. In addition, as outlined below, new roles have arisen within CARE to take up opportunities identified by GBC Project Officers. These opportunities were developed into 3 separate projects and additional officers were appointed. The REP project worked to support social enterprises to develop, F&B nurtures a thriving fruit tree economy and H&H manages 'waste' biomass from land management in Pembrokeshire. These projects will continue after GBC comes to an end in March 2023 continuing the legacy and purpose of GBC.

GBC HAS DEMONSTRATED THE FOLLOWING PRINCIPLES CONSISTENTLY BETWEEN 2020 AND 2023 ACROSS ITS LANDSCAPE AND COMMUNITY PROJECTS AND EVENTS. HERE IS A SNAPSHOT TO ILLUSTRATE EACH:

ADAPTABILITY

GBC began in the extraordinary context of the Covid 19 regulations, adapting to comply with restrictions whilst providing exceptional opportunities for groups to be involved in nature-based activities during those uncertain and fearful times. Clear and consistent participant feedback is evidence of the value of these events. The careful attention to flexible and robust management systems has provided freedom for Project Officers to work to their strengths, manage their own projects, and apply for funding to bolster existing GBC activity. Procedures developed at the start for 'intervention' and events coordination were used consistently by Project Officers throughout and were replicated and adapted by CARE's other related projects.

GBC also planned its work in light of new understanding and feedback, seeking better evidence where relevant to further their land-based projects. This is shown clearly in the CLEAN project and the collection of data indicating the health of the Afon Nyfer basin. The Phase 1 CLEAN report 2021 stated there was an imperative "to broaden the survey parameters … and invest more time in a Phase 2 project." GBC was able to be flexible to the focus this required and committed resources to keep the work going.

SCALE

GBC has been adept at choosing an appropriate scope and approach in its activities relevant to the priorities of participants and places. They took into account micro and macro concerns i.e. both the individual wellbeing of people and species, and at a community and ecosystem level. A restricted geographical area (North-East Pembrokeshire) successfully enabled localised interventions, events, and ecological surveys, with Project Officers able to capitalise on existing local networks.
The original estimate for the amount of tree planting was larger than actually achieved, partly because fencing costs weren't taken into consideration in the initial bid. However, all of the projects surrounding woodland creation were sensitive to appropriate scale and combined detailed site surveys, with wider regional ecosystem research, and an understanding of the global threats of deforestation. Initiatives include propagating native tree seed, supporting a village scale woodland initiative in Hermon, and connecting habitat networks at a number of sites.

WORKING TOGETHER

Partnership working has been reliable and consistent throughout the programme and contributed to high quality, and informed suite of activities, events and project outcomes. Collaboration with key local organisations includes the West Wales Biodiversity Information Centre, Pembrokeshire Nature Partnership, The Woodland Trust, and Pembrokeshire Coast National Park. A supportive and enthusiastic board has been a core asset, with Marc Pell (board director) producing GBC short films – volunteering a percentage of his time to the project. A number of networks have been established including the steering group, CLEAN, and the Hermon Community Woodland group.
Detailed evaluation and listening to the views of participants and stakeholders has been a strong and consistent practice throughout the programme. The level of gratitude, thoughtful reflection and joy in the feedback from participants is evidence that a truly useful and relevant programme has been provided. At every step, reflection has informed the next landscape intervention, activity or event.

"We asked for more information on soil and biodynamic workshops and you did just that"

Bob Weatherhead, Volunteer. Commenting during a Feeding Our Community Horticulture and Food Preparation Session.

JOINED UP THINKING

GBC projects have consistently received feedback from participants that as well as gaining physical and practical skills, their knowledge, confidence, sense of connection and wellbeing was enhanced. This whole systems approach, combining the analytical, practical and scientific with creative, immersive and social activity has ensured an exemplary experience for participants as evidenced by detailed feedback.

"I really enjoy the events...gives me more positive vibes about the future...it's been really fun. I feel connected to my community, confident to go out and forage on my own or bash balsam...To get to ask experts in their field questions... it's fantastic"

Jayne Cartwright, Volunteer

RESILIENCE

This is shown in all the practical landscape projects, and the nourishing of community connections, and also in particular with a concern for future viability. From the start GBC has been mindful to avoid the pitfalls of short-term grant funded projects, by planning for its own end in 2023. REP, F&B and H&H will continue the legacy of GBC post March 2023, and funding is already secured for the CLEAN and Feeding Our Community elements of GBC, which will continue to support and create local networks.

Early feedback from the apple juicing events in Year 1 showed that a social enterprise, not reliant on volunteers, needed investigating. By Year 2 this became a community service for a small fee, supported by a Resilient Enterprise Programme researcher post. It has blossomed into funded staff roles for the Fruit and Bounty project, which amongst other things makes it possible for people to share fruit and nut trees with each other across Pembrokeshire. As GBC ends, the early lessons learnt now have the means to continue.

GBC resilience has been reinforced by access to support services in years 2 and 3 of the project through new posts created in CARE for a Communications Officer and a Project Support Officer. This has resulted in returning volunteers who are more engaged, supporting a more sustainable delivery process. It has also increased awareness of GBC's work through blogs, Facebook and Instagram posts and a higher profile locally and regionally. For example, with radio and media mentions including the project winning the 'Pride in Pembrokeshire' Award.

ACCESSING THE POWER INHERENT IN COMMUNITIES

The delivery of dozens of high quality events, drawing on the expertise of workshop leaders and the participants in our communities have given GBC a clear identity and respect across the region. From bug hotels, seed propagation, hedge laying and meadow management to agroforestry, soil care, food preservation and more, a rich body of learning and sharing skills has been catalysed. Project Officers, and in turn the programme, have benefited from local expertise through access to training including; ecological surveying, first aid, Non Violent Communication, an introduction to Welsh and volunteer engagement skills and training.

> "To be enabled as a citizen through monitoring the data....this gives us power to contribute to environmental solutions and it turns despair into hope and empowerment."
>
> ***Debbie Donnelly, CLEAN project volunteer***

LESSONS LEARNT

- Activities, such as apple juicing are very popular, yet too dependent on volunteers, rendering them vulnerable. GBC learnt that a social enterprise could build on the success of the apple juicing events to ensure the service is available in the long term and free from dependence on grant funding. This led to developing the 'Fruit and Bounty' project which now has fully funded staff roles that are in turn developing sustainable programmes.
- Secure match funding to maximise use of the Sustainable Management Scheme budget and explore additional funding for more flexibility in activities for newly identified needs. E.g. supporting social enterprise, and opportunities arising from new networks being developed. This was followed up with sourcing funds for the Resilient Enterprise Programme in Year 2 and the Fruit & Bounty and Heath & Hedgerow projects in Year 3
- Maintain momentum by keeping a focus on activity the team feel is most worthwhile. Make the most of the internal GBC systems to optimise the overall resources available to implement ideas, such as the Process Flowchart for working with landowners. Systems were tweaked and streamlined to assist the whole team's efficiency and effectiveness.

YEAR 1: 2020-1

LESSONS LEARNT

YEAR 2: 2021-2

Project Officer time is the most valuable resource for creating impacts on the ground. More people on the team means more can get done. The support of new roles within CARE - Communications and Project Support Officers - and additional funds gained has increased the capacity of the GBC team.

Negotiating with individual landowners and projects can require a lot of input. GBC learnt the importance of creating a clearer offer to landowners to maximise efficient use of people's time and energy. This learning was built into the Woodland Habitat Network landscape interventions in Year 3, joining Pengelli and Ty Canol Woods.

Project Officers are at the risk of burnout due to the number of Community Connection activities over and above the initial targets, driven in part by Project Officers' eagerness and enthusiasm to offer as many nature-based opportunities in their communities as possible. Hence in Year 3, fewer events were initially planned and workloads became more manageable as all activities where mapped out beforehand.

Aims of the project include promoting and valuing our local heritage, with a subtle shift of emphasis, heritage could be woven more into the land and wellbeing activities. In a number of subtle ways this was enhanced, such as complementing CLEAN activity with coracle crafts and drawing on the history of the villages in the Feeding our Community workshops.

LESSONS LEARNT

YEAR 3: 2022-3

- As CARE grew as an organisation, managerial input into GBC was sometimes diluted by demands of new team members and other project activity and there was not always immediate synthesis between GBC and the new projects, amplifying the risk of Project Officer burnout. This also caused renewed pressure on shared space, kit, systems and processes, with insufficient planning of how to manage it all. Cross-organisational strategy and planning processes are being established, as well as an inventory list, booking system and improved storage, so different projects within CARE can work more closely together, to share ideas and resources.
- GBC did not have a methodology for measuring 2.1 in our Broader Aims; 'Know whether activity has improved the resilience and diversity of ecosystems'. This is a lesson learnt that we have not been able to implement within the lifespan of the project and generally requires many years observation to be able to draw useful conclusions. The securing of funds to extend CLEAN in 2023 capitalises on the data gathered at the start of the project and is useful for long term monitoring.
- Having experienced the success of one of CARE's additional projects, Community Meals, GBC could have combined these with initial meetings for the Feeding our Community project to create more motivation and engage more people in the design and training sessions. This has been included in the proposal to extend this model into Carmarthenshire, and has succeeded in receiving funding.
- Co-designing projects with the community enables them to be sustainable in the longer term and this rests on projects aligning with what people wish to do. This lesson has been observed throughout in GBC practice and confirms their whole approach.
- By sharing skills and understanding between communities through training and peer learning, we strengthen the knowledge ecology and make resilience more robust, as each enthusiasm and skill gets passed along amongst our networks. This has been a central principle throughout the programme and informs future and other work in progress.

CATCHMENT LEVEL ENVIRONMENTAL ACTION NETWORK

CLEAN
MINI CASE STUDY

The CLEAN project (Catchment Level Environmental Action Network) was developed in response to the challenge of restoring and enhancing healthy habitats in and along the River Nevern/Afon Nyfer. A Steering Group of nature conservation and community organisations was created, co-ordinated through the Growing Better Connections project and including representatives from Pembrokeshire Coast National Park, West Wales Rivers Trust, Pembrokeshire Nature Partnership, Newport Area Environment Group and Community Councillors. PCNPA jointly funded this phase of sampling. The initial phases of the project focussed on gathering data and engaging communities; utilising the power of citizen science to gather information on water quality and other environmental indicators on the rivers and streams across the Afon Nyfer catchment. Engaging the public in these issues through volunteering opportunities is an effective way of providing agency and a voice for rural communities. In addition, citizen science continues to offer a source of data otherwise unavailable to authorities. Over three sampling periods 32 volunteers surveyed 211 data points and tested 199 water samples from the myriad of small rivers, tributaries, streams, and ditches across the Afon Nyfer's six sub-catchments, most of which are rarely, if ever, visited by monitoring authorities. In addition, the volunteers gathered other information, including observation of wildlife and Invasive Non-Native species (INNS). There is a growing well of support for this project and as the partnership strengthens, additional funds to continue sampling in 2023 have been secured.

FEEDING OUR COMMUNITY

MINI CASE STUDY

Feeding Our Community was launched at the start of 2022. With visions of teaching and supporting our communities to grow, store and prepare produce in their public spaces. Working with five villages in North Pembrokeshire, sourced by the 'Helping Halls' project, the aim was to facilitate the creation of five permaculture designs for their green spaces. The pragmatic and enthusiastic volunteers from Canolfan Clydau, Canolfan Maenclochog, Y Stiwdio Hermon, Canolfan Llanddewi Velfry and the Llawhaden field, gave their time, ideas, and fervour, by attending numerous meetings and design sessions throughout the Spring and Summer of 2022. This included two, full day, landscape-people design sessions and 2 tours of Bruce Slark's Forest Garden in Moylegrove, to explore the resilient 'Food Forest' concept further and to see first-hand what can be grown in our West Wales climate. To pilot the teaching part of the project, 3 training sessions were held at Field of Beans in Blaenffos on Biodynamic theory, horticultural practices, food preparation and preservation techniques. Working with volunteers from each hall, high quality design maps were produced to support the implementation of food growing and green spaces. During the design process, all of the communities' ideas were collated into an action plan by each group. These plans are intended for display in each community venue, for community members to look at, learn from, and add comments to, enabling wider involvement. The final designs were presented to each group, and financial support for implementation of chosen design elements, such as compost toilets and orchard stock, was given. Feedback shows the diverse, yet connected sessions were well received and much appreciated. For example, the Horticulture and Food Preparation session 3, received 100% grading from participants on all of the aims of the session (new skills learnt; wellbeing; increased understanding of nature and the benefit of ecosystems; and heritage of place). As with the Forest Garden tours, feedback comments show a high level of reflection was catalysed and people felt confident to use the skills following the sessions. To illustrate here is a snapshot of comments:

"Really well held. Really enjoyable. Great knowledge base and enthusiasm. Thank you." "I'm ready to try things on my own." "It was all useful; everyone was interested in growing and nature." "Really interesting session I feel more able to use the biodynamic preparations myself."

3 out of the 5 projects involved with the Feeding Our Community project started to implement their Design Concepts in the Winter of 2022.

THIS REPORT IS A CO-PRODUCTION OF THE GROWING BETTER CONNECTIONS TEAM AND AN EXTERNAL EVALUATOR, WHO HAS BEEN INVOLVED THROUGHOUT.
IT DRAWS ON FEEDBACK FROM OVER 200 INDIVIDUAL EVENT PARTICIPANTS, AS WELL AS OTHER STAKEHOLDERS, PROJECT FILMS AND SOCIAL MEDIA INTERACTIONS, AND GBC STAFF MEMBERS' DETAILED EVALUATION RECORDS.

A HEARTFELT THANK YOU...

GBC has been privileged to work with many inspiring people, projects and partners all of whom have volunteered their time to make Growing Better Connections what it is, we couldn't have done it without you. There are too many people to name here, but on behalf of Cwm Arian Renewable Energy and the Growing Better Connections' team, we would like to say a heart felt thank you, to you all.

GBC STEERING GROUP:- Pembrokeshire Nature Partnership / Partneriaeth Natur Sir Benfro ••• cadwch gymru'n daclus / keep wales tidy ••• ••• Coppicewood College

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Teifi Strings
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Bruce SlarK

GBC PROJECT EVALUATOR:- JASMINE DALE OF BEING SOMEWHERE