

Cyngor Gwledig LLANELLI Rural Council

Clerc i'r Cyngor
Mark Galbraith A.C.I.S.
Clerk to the Council

Adeiladau Vauxhall, Vauxhall, Llanelli, Sir Gaerfyrddin, SA15 3BD
Vauxhall Buildings, Vauxhall, Llanelli, Carmarthenshire SA15 3BD
Ffon / Tel.: 01554 774103
E.bost / E.mail: enquiries@llanelli-rural.gov.uk

Fy nghyf:
My ref:

Eich cyf:
Your ref:

Gofynnwch am:
Please ask for:

6 Ebrill, 2022

Annwyl Gyngorydd

Gelwir arnoch i gymryd rhan mewn Cyfarfod o'r **CYNGOR** a gynhelir yn Siambr y Cyngor, Adeiladau Vauxhall, Llanelli, a thrwy bresenoldeb o bell ar Ddydd Mawrth, 12 Ebrill, 2022, 6.00 pm.

Yr eiddoch yn gywir

CLERC y CYNGOR

AGENDA

1. Derbyn ymddiheuriadau am absenoldeb.
2. Derbyn Datganiadau o Fudd Personol gan Aelodau o ran y materion sydd i'w trafod.
3. (1) Cadarnhau ac arwyddo'r Cofnodion canlynol fel cofnod cywir o'r cyfarfod:-

Y Cyngor	8 Mawrth, 2022	Tud. Rhif: 233 - 234
Y Pwyllgor Lles a Hamdden	15 Mawrth, 2022	Tud. Rhif: 235 - 237
Y Pwyllgor Polisi ac Adnoddau	16 Mawrth, 2022	Tud. Rhif: 238 - 240
Y Pwyllgor Cynllunio a Chyswllt	21 Mawrth, 2022	Tud. Rhif: 241 - 243
Y Pwyllgor Cyllid A Dibenion Cyffredinol	23 Mawrth, 2022	Tud. Rhif: 244 - 246
Y Pwyllgor Dinesig a Seremonïol	4 Ebrill, 2022	Tud. Rhif: 247 - 248
Y Pwyllgor Cynllunio a Chyswllt	11 Ebrill, 2022	I gael eu trafod

- (2) Ystyried unrhyw faterion sy'n codi o'r Cofnodion er gwybodaeth yn unig.



Mae Cyngor Gwledig Llanelli yn croesawu gohebiaeth yn Gymraeg neu yn Saesneg
Llanelli Rural Council welcomes correspondence in Welsh or English



4. Cynllun Hyfforddiant y Cyngor - i ystyried adroddiad y Clerc sy'n gofyn am gymeradwyo cyhoeddi cynllun hyfforddiant cychwynnol y cyngor ar wefan y cyngor cyn gynted ag sy'n bosibl ar ôl 5 Mai, 2022.
5. Banc Bwyd PBP - nodi er gwybodaeth gohebiaeth a dderbyniwyd oddi wrth Banc Bwyd/CETMA.



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Your ref:


Gofynnwch am:
Please ask for:

6 April, 2022

Dear Councillor

You are summoned to participate in a **COUNCIL** Meeting to be hosted at the Council Chamber, Vauxhall Buildings, Vauxhall, Llanelli, and via remote attendance on Tuesday, 12 April, 2022, at 6.00 pm.

Yours sincerely


CLERK to the COUNCIL

AGENDA

1. To receive apologies for absence.
2. To receive Members' Declarations of Interest in respect of the business to be transacted.
3. (1) To confirm and sign the following Minutes as a true record of proceedings:-

Council	8 March, 2022	Page Nos: 233 - 234
Recreation and Welfare Committee	15 March, 2022	Page Nos: 235 - 237
Policy and Resources Committee	16 March, 2022	Page Nos: 238 - 240
Planning and Liaison Committee	21 March, 2022	Page Nos: 241 - 243
Finance and General Purposes Committee	23 March, 2022	Page Nos: 244 - 246
Civic and Ceremonial Committee	4 April, 2022	Page Nos: 247 - 248
Planning and Liaison Committee	11 April, 2022	To be tabled

- (2) To consider any matters arising from the Minutes for information purposes only.



Mae Cyngor Gwledig Llanelli yn croesawu gohebiaeth yn Gymraeg neu yn Saesneg
Llanelli Rural Council welcomes correspondence in Welsh or English



4. Council Training Plan – to consider the Clerk’s report seeking approval to publish the council’s inaugural training plan on the council website as soon as possible after 5 May, 2022.
5. PBP Foodbank – to note for information correspondence received from PBP Foodbank/CETMA.

ITEM NO. 4

To the Chairman and Members of Council

Date of meeting: 12 April 2022

Dear Councillor

COUNCIL TRAINING PLAN

1. PURPOSE OF REPORT

- 1.1 To seek member approval of the council's first training plan and to publish it on the council website as soon as possible after the 5 May 2022 local government ordinary elections.

2. BACKGROUND

- 2.1 The council has a statutory duty under section 67 of the Local Government and Elections (Wales) Act 2021 to make a plan setting out what it proposes to do to address the training needs of its councillors and staff. This duty takes effect from 5 May 2022.
- 2.2 The purpose of the training plan is designed to ensure that collectively, councillors and staff possess the knowledge and awareness needed for the council to operate effectively. It is not necessary for all councillors and staff to have received the same training and develop the same expertise.

3. TRAINING PLAN

- 3.1 A draft training plan is attached as an appendix to this covering report for consideration. While the duty to prepare and publish a training plan takes effect from 5 May 2022, the council has until 5 November 2022 to publish its first training plan.
- 3.2 The plan has been drafted in such a way so that it can be revisited later in the financial year, once new councillors have become accustomed to their roles and responsibilities. Thereafter it is the intention to update the plan periodically over the five year term of the new council. This will allow the council to publish the plan as quickly as possible while building in a review period once new councillors' training requirements have been further assessed later in the year and subsequent years thereafter.

4. LONG TERM IMPLICATIONS

- 4.1 Community and town councils have commenced on a journey to improve capability and capacity. This journey forms part and parcel of Welsh Government's public service reform agenda.
- 4.2 A new training plan must be put in place after each ordinary election of community councillors to reflect the training needs resulting from changes to the council membership and to provide for the election of new councillors. However, all members are expected to participate in some form of training going forward from May 2022. Therefore, the council's training plan will evolve over time and will impact all members.

4.3 Welsh Government has identified three areas to address to ensure the council has sufficient skills and understanding. These are:

- Basic induction for councillors
- The Code of Conduct for members of local authorities in Wales
- Financial management and governance

4.4 Other training subjects will bolt on to Welsh Government's list and members serving on larger community councils will be required to attain further additional skills in order to support general governance arrangements generated by increased responsibilities.

5. SUSTAINABILITY AND WELL-BEING CONSIDERATIONS

5.1 Preparing and publishing a council training plan to address the needs of councillors and staff will support the following aims, core values and well-being goals:

Strategic Aim	Core Value	National Well-Being Goal						
		1	2	3	4	5	6	7
Community Development								
Serving the Public	STP6, STP7, STP10, STP11	✓		✓	✓		✓	✓
Acting as a Local Voice								
Quality of Life	QL2				✓			✓
(1) Environment								
(2) Social Inclusion								
(3) Safe and Healthy Places								
Sports, Leisure and Cultural Activities								
The Local Economy								
Local Democracy	LD1, LD2, LD3				✓	✓		✓
Partnership Working								
Communication	C1, C6	✓		✓	✓	✓	✓	✓
Health and Safety	HS4	✓		✓		✓		✓
Resources	R2		✓					✓
Management and Control								

6. PUBLIC INVOLVEMENT

6.1 There are no public involvement opportunities to be identified in this report. However, the publishing of the training plan on the council's website demonstrates public accountability and transparency by raising general awareness of the council's plans to improve its capability and capacity in the community.

7. COLLABORATION OPPORTUNITIES

7.1 Future training opportunities will be entered into with external training partners to help deliver the council's training requirements. Initially the council will seek to collaborate with Carmarthenshire County Council in regard to organising members' code of conduct training.

8. PREVENTATIVE MEASURES/CONSIDERATIONS

8.1 Member approval of the training plan and its subsequent publication on the council's website will facilitate compliance with the law. The council has a statutory duty to prepare and publish a training plan.

9. RECOMMENDATION

9.1 That members approve the draft training plan for publication on the council's website.

I look forward to receiving your views at the meeting.

Yours sincerely,

CLERK TO THE COUNCIL

6 April, 2022

COUNCIL TRAINING PLAN

The council has a statutory duty under section 67 of the Local Government and Elections (Wales) Act 2021 to make a plan setting out what it proposes to do to address the training needs of its councillors and staff.

The purpose of the training plan is designed to ensure that collectively, councillors and staff, possess the knowledge and awareness needed for the council to operate effectively. It is not necessary for all councillors and staff to have received the same training and develop the same expertise.

A new training plan must be put in place after each ordinary election of community councillors to reflect the training needs resulting from changes to the council membership and to provide for the election of new councillors. This is the council's first training plan but hereinafter it will review the plan from time to time to keep it up to date and relevant.

In regard to council staff, annual performance appraisals identify individual training opportunities on an on-going basis, whereas in determining councillors' immediate training priorities an initial training assessment has been made of the essential skills needed and whether the council feels there is sufficient coverage and depth across the council for it to operate effectively going forward from May 2022. The council has a dedicated team of experienced and qualified staff. Consequently the council is confident staff knowledge and expertise will help guide and support new members during the first 6 to 12 months of their term of office. However, a further assessment of councillor training needs will be conducted later in the financial year, when new councillors have had more time to settle-in and have become fully accustomed with their roles and responsibilities. Notwithstanding this, there are core areas to address to ensure the council has sufficient skills and understanding. These are:

- Basic induction for councillors;
- The Code of Conduct for members of local authorities in Wales;
- Financial management and governance.

In addition to these areas, the council will want to consider if there are new challenges and opportunities it may wish to explore for example, such as those offered by the General Power of Competence. In which case it may decide there are new skills for councillors and staff to attain going forward from the publication of this inaugural training plan.

The council has approved the publication of this training plan having identified its initial requirements to take the council forward following the local government ordinary elections on 5 May 2022. The plan is a snapshot of the training requirements at this point in time and will be revisited and updated periodically over the next five years and leading up to the next set of local government ordinary elections planned for May 2027.

In terms of the council's initial plans these are set out in the following table:

WHO	WHAT	HOW	WHEN	COMMENTARY	OUTCOME
New and returning councillors	Basic induction to the council	Informal training delivered by council staff	May 2022	Basic induction comprises a series of governance presentations and site visits to council properties and facilities and will provide an understanding of how the council operates. A member	

				information pack will also be issued to all councillors to support the induction programme.	
All councillors	Bespoke training session on the Code of Conduct for Members	Formal training presentation /webinar	By no later than September 2022	The initial training will be topped up with annual refresher training opportunities provided by Carmarthenshire County Council.	
Clerk to the Council	Continuous Professional Development	Attendance at sector specific local council conferences and training seminars throughout the financial year	By 31 March 2023	The Clerk possesses one of the sector specific Clerk's qualifications in holding the Local Policy Certificate in Higher Education and is also a qualified professional Chartered Secretary specialising in Local Government.	
Technical and General Operations Manager	Certificate in Local Council Administration (CiLCA)	Formal qualification	By 31 March 2023	The Technical and General Operations Manager deputises for the Clerk to the Council when absent and so requires a general understanding of all aspects of local council administration.	
Finance Manager	Financial Introduction to Local Council Administration (FiLCA)	Formal qualification	By 31 March 2023	The Finance Manager is the council's Responsible Financial Officer and the role demands an understanding of local council financial management and governance arrangements.	

Subject: FW: PBP Foodbank Report
Attachments: CETMA-PBP-Project-Report-Jan-2022 (1) (3) (1) (1) (1) (1).docx

-----Original Message-----

From: oevans@cetma.org.uk <oevans@cetma.org.uk>
Sent: 24 March 2022 13:10
Subject: PBP Foodbank Report

Good Afternoon,

My name is Orianna Evans, I am the manager of PBP Foodbank and I have attached our report from the work we did in 2021.
Here at PBP Food bank, we would like to thank you all for your continued support of our food bank and look forward to future collaborations.

Kind Regards,
Orianna Evans

--
Orianna Evans

Pronouns - Her/She

Tel: 01554227540

Email: oevans@cetma.org.uk

www.cetma.org.uk

Company No: 06737296

CETMA, CETMA Business Centre, Marsh St, Llanelli, SA15 1BG

LLANELLI RURAL COMMUNITY COUNCIL	
DATE	25 MAR 2022
FILE REF.	
PASSED TO	CL

Cetma, Community Engagement, Media, Technology & Arts. Any surpluses that the company makes will be ploughed back into the company's aims.

This e-mail and any attachments are confidential and intended solely for the use of the individual to whom it is addressed. If received in error please notify the sender immediately, delete the message from your computer and destroy any hard copies. The e-mail should not be disclosed to any other person, nor the contents acted upon. Any views or opinions expressed are those of the author and do not necessarily represent those of Cetma. You should carry out your own virus check before opening any attachment. We accept no liability for any loss or damage which may be caused by software viruses or interception/interruption.



PROJECT REPORT



JustGiving



1) CONTACT INFORMATION:

PBP Foodbank is based in CETMA Kidwelly.

Email: pbpfoodbank@cetma.org.uk Tel: 01554227540
07780 02259

Main Office:

CETMA, CETMA Business Centre, Marsh St, Llanelli, SA15 1BG
Tel: 01554772056

Other Office:

CETMA Kidwelly, Banc Pendre, Kidwelly, SA17 4TA
Tel: 01554227540

Email: info@cetma.org.uk

Web: www.cetma.org.uk

Company No. 06737296

2) INTRODUCING CETMA

CETMA or Community Engagement, Technology, Media & Arts is a social enterprise that Provides Social Engagement, Training, Health and Wellbeing through the development of unique sustainable projects for individuals, organisations and businesses.

Our current projects are:

- Carmarthenshire LGBTQ+ Project
- CETMA Community Training
- Mental Health Support
- CETMA Surplus Food
- PBP Foodbank
- CURAD (Clothing Upcycling, Recycling, & Distribution)
- Jumpstart
- Megan and the Food Squad
- Feed A Family for Xmas Day
- PBP Home Growing Project
- Kidwelly Community Fridge

<https://www.facebook.com/CETMAWales>

Through our projects, we are enhancing the lives of all people through encouraging them to participate so that volunteers can discover the joys of community engagement and reap the benefits e.g learning new skills and meeting new friends.

3) ACTIVITIES

The Food bank started in March 2022 and will be 2 years old by the end of March 2022. Still covering Pembrey and Burry Port, Llansaint, Ferryside, St Ishmaels, Kidwelly, Mynyddygarreg, Trimsaran, Carway, Pontyates, Ponthenri, Five Roads, and Pwll. However, still receive a lot of organisation referrals to deliver in Llanelli.

In March 2021 we moved from the vestry in Burry Port to the Old Police Station in Kidwelly. This has allowed us not only to expand our food bank but also allowed us to do many other projects, it also allowed us to link with other projects.

Our mission is to feed those in need and not to leave anyone without food who is struggling to meet the basic nutritional needs of themselves or family members. We have not turned anyone away that has no local food

bank. To those whom we have identified a local food bank, we have given them details so they can access food from there.

We also have our Surplus project. We are trying to reduce the amount of food that is wasted from shops. We pick up the food that is unable to be sold but is still edible. The food that is collected from these shops will assist PBP foodbank to add to the hampers delivered. We also put together community surplus bags and give them out to the community, which allows families who do not require a full food hamper to receive some extra help. Our main aim is to make sure that food that is still edible does not go to landfill, instead it goes out to help the community.

We also give some surplus bags in our food bank hampers, this allows us to give our clients some fresh produce. In every food hamper there is a pack of recipe cards which is a way of encouraging people to cook their own meals and try some new recipes.

At Christmas time we have our Feed A Family for Xmas Day project, the project's aim is to give families who struggle at Christmas time a 3 course Christmas dinner and some Christmas treats. We do this to take away one stress surrounding struggling families at Christmas time. Families are only able to be referred from organisations as for this project we are not taking self-referrals. In 2021 we fed a total of 828 people for Christmas day.

3a) FUTURE

We will be looking at extending our lease with Dyfed Powys Police for the current building we are in. We currently have our lease until September 2022.

We are hoping to help our clients even more with extra support they might need by linking with even more projects and organisations

We are currently in the process of setting up a Carmarthenshire Trans Support Group drop in session every 2nd Monday of the Month we will be hosting an in-person meet-up at Kidwelly Cetma branch at 5.30pm, anyone who is trans, non-binary, genderqueer etc. or questioning their identity is welcome to attend. The meet-up will include a safe space for all and a space to meet other trans+ people and ask questions or seek assistance. The meet-up will also give the opportunity to raise any requests for events or activities we could hold; e.g. tea and coffee, book club, walking groups etc.

This meet-up will also be available via Zoom to those who may be unable to attend in-person. The zoom link will be uploaded on Facebook, or sent via email to those who request, earlier in the day of the event.

4) OPERATING THE FOODBANK

Currently the Foodbank is run by Orianna Evans who is a Team Leader, and is responsible for managing the foodbank and volunteers. There are currently 12 volunteers involved in running the foodbank. This figure does not include support staff and volunteers from other CETMA departments.

Foodbank volunteers are also:

DBS checked

Have training in Health and Safety, manual handling, and Food Hygiene and Food Allergies.

Provided with PPE and cleaning fluids

4a) Referral Process

Referrals are currently received in three ways. An individual can self-refer, or a family member or via an approved organisation can refer.

Organisations become approved by contacting the food bank and then receiving their own identification number alongside the link to the online application form. The form automatically uploads onto Foodbank data and we are notified via email that an order has come through. This gives us the ability to track client numbers per organisation. We follow all GDPR Laws when handling and storing the data.

Organisations have the option to contact us by using a telephone when they have technical issues. Self-referrals are accepted to ensure all individuals and families who are experiencing extreme hardship at this time are supported with their health and wellbeing. We have linked in with another of our projects, Jumpstart, which is a project that gives people advice on how to budget and we also refer clients to other organisations such as Citizens Advice. Anyone who comes through the foodbank as a self-referral will speak to one of the people on the Jumpstart project and then they refer them over to the food bank and discuss in what way they can give them more support.

We work like other food banks who have an application form to go through each time they access the foodbank, in general we work on the guidance that individuals and families can access the food bank 3 times within a 12-month period. During these unprecedented times we have been more flexible with that approach and a few families and individuals have had additional hampers however these hampers are reduced in days provided, matching when their funds will be available to restock themselves. We also give clients contact details of organisations that can help them with their finances or other support as needed.

4b) Registered Organisations

Current registered referral organisations.

- Bubbles
- Jobforce Wales (G.V.C.E. Ltd)
- Homestart Cymru
- Trimsaran community council
- Hywel Dda University Health Board
- Carway & District Welfare Hall (Association)
- SSAFA The Armed Forces Charity
- Kidwelly Town Community Hall
- Princess Gwenllian Centre
- Burry Port Family Centre
- Education Welfare Service
- Carmarthenshire County Council (Substance Misuse Team)
- St Ishmael Community Council
- Kidwelly Community Hub
- Carmarthenshire Flying Start
- Carmarthenshire County Council
- Threshold Domestic Abuse Services
- Llannon Community Council
- CETMA
- National Association for the Care and Resettlement of Offenders
- Carmarthenshire Citizens Advice
- Community Drug and Alcohol Team

- NHS

4c) Distribution

We are currently providing a delivery service across all of the areas that we cover. This makes it easier for us to comply with government guidelines with regard to cleanliness and social distancing for the recipients, especially those who are shielding. We offer a COVID-19 safe delivery service which keeps our volunteers safe when delivering to COVID-19 positive households.

5) DONATIONS

We currently receive food donations from:

Organisation name	Area	Items
CO-OP	Burry Port, Kidwelly and Pontyates	Donation point and surplus
Lidl's	Llanelli	Surplus Food
Aldis	Llanelli	Surplus Food
Individual donations	All areas we cover	Weekly from various areas within the ward
Greggs	Llanelli (Parc Trostre)	Surplus Food
Asda	Llanelli	Surplus Food

5a) Funding the Foodbank

Our aim at PBP Foodbank is to become self-reliant as much as possible. However, during the pandemic, we have received support from grant funders such as:

- National Lottery Community Fund
- Prince's Countryside Fund
- CFIW Wales Coronavirus Resilience Fund
- Neighbourly
- Tesco Bags for Help
- CKs

We've also benefited greatly from the support of the local COOP network, most notably COOP Burry Port. Other donations have been funds from local businesses, Rotary Club, and from individuals donating food items.

6) MANAGEMENT

CETMA has processes and policies in place to help with the overall management of the Foodbank and Company. We've got experience of many different grant funding schemes and commercial revenues. All of our staff and volunteers have done a food allergy course and 3 members of staff are trained with Level 3 food safety.

6a) Financial management

We have a purchasing system in place which means that project workers require the authority of the Managing Director before they can go ahead and purchase an item. Currently the Foodbank Team Leader is

able to purchase items up to the value of £100. Then up to £1000 for the Managing Director and any amounts over that will go to the Management Board.

The Foodbank admin asst monitors the daily spend of the project and works with CETMA's finance department to monitor all outgoing. We have a Natwest Account which is linked to the QuickBooks Accounting Package which deals with all of our accounts. These accounts are also able to be accessed by Taxassist Accountants Llanelli (our accountants) who are on hand to answer any queries that we may have. Cheques and payments need to be signed by 2 employees/directors who are registered with Natwest to sign. One person is employed solely to deal with the accounts.

6b) Volunteers

All volunteers and employees have a thorough induction once they join the company and receive yearly appraisals where we can find out and help with any problems or training issues they have. Volunteers and staff on the project meet weekly to keep each other informed of what is planned and clear lines of communication are kept throughout the company.

We also cater for the social aspect of volunteers and staff by arranging events where they and their children, grandchildren or even nieces and nephews can attend.

We have the following policies in place to help staff and volunteers.:

- Volunteering Policy
- Volunteering Handbook
- Code of Conduct
- Conflict of Interest
- Equality and Diversity
- Health and Safety
- Welsh Language
- Safeguarding
- GDPR

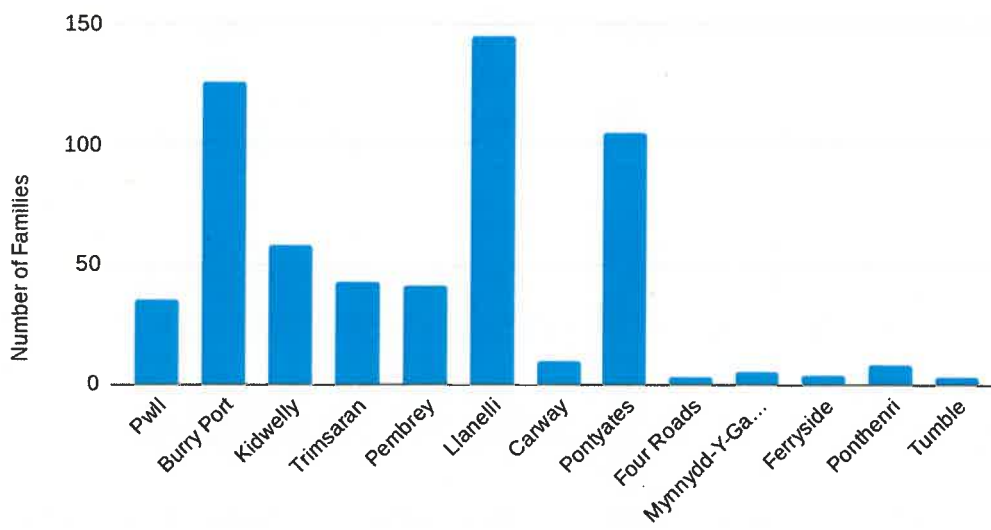
7) STATISTICS

Below you will find a table reflecting our numbers of adults Children and pets from January 1st 2021 to December 31st 2021.

Adults	Children	Pets
992	635	650

We have also helped a number of local farms with any surplus food we get that is not suitable for people to consume.

7a) Area Breakdown



8) OTHER PROJECTS

At PBP Foodbank we have other projects running alongside it:

CURAD (Clothes Upcycling, Recycling and Distribution)

Our CURAD project has many different projects running within it.

We have our Baby Box project which is where we supply parents or carers with some extra baby supplies. Anyone is able to get in contact with us to request a baby box. This is linked with the food bank, if we get a family through with a baby they have a baby box with their food hamper.

We also have our school uniform project, which is where we have a supply of school uniforms from lots of local schools which are given to us second hand and in very good condition from the community. Anyone is welcome to come to the foodbank to see if there is anything that might be fitting for their children.

We also are helping the homeless people in our area by supplying them with a suitable food parcel and coats, blankets and pillows to keep them warm.

We also have our Sewing and Growing project which links both CURAD and another of our Projects which is Megan and the Food Squad. Sewing and Growing is a project in which people have the opportunity to learn some new things, such as, Sewing, crocheting, jewellery making, gardening. This project is to help improve people's mental health by giving them something new to learn. The project is also a way of trying to encourage people to interact with each other again post COVID-19.

CETMA SURPLUS FOOD

Community Fridge

A Community Fridge is a way for us to help combat food waste. A Community Fridge is a space that is available for everyone and everything inside is free to take. All food in the fridge will be either in date or have a best before date. There is no criteria the only thing we ask of anyone wanting to use the community fridge is to sign a disclaimer form which states that they adhere to the rules of the Community Fridge.

Megan and the Food Squad

Megan and the Food Squad is a means in which families can learn about growing food and eating well. The project will be to help the people to learn about :

- Food Waste
- Growing Food
- Eating Healthy Food

We will do this by providing people with hints, tips and recipes

9) MEMBERSHIPS

The foodbank is a member of the following organisations and networks.

- Social Businesses and Sustainable Food Networks from Social Business Wales
- Carmarthenshire Foodbank Network
- Independent Food Aid Network
- Megan's Network
- Neighbourly
- Fareshare
- Fareshare Go

COMMUNITY FRIDGE



Where?

CETMA
KIDWELLY
Old Police
Station
SA17 4TA

When?

Monday to
Friday
10am - 3:30pm

How it works

Bring in a bag
and take a selection
of products from the
fridge

Who?

Everyone
is welcome



Surplus Food
DISTRIBUTION



FareShare
fighting hunger,
tackling food waste

Pre Loved School UNIFORM

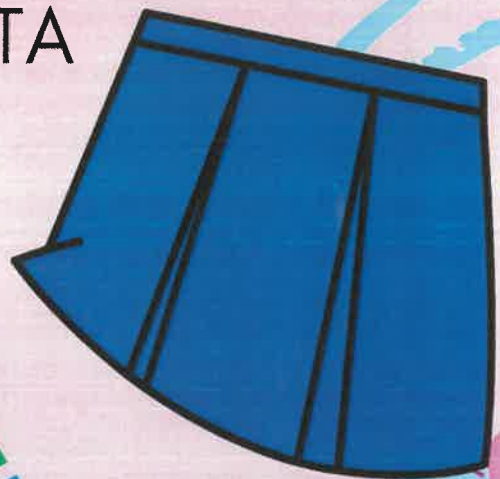
In very good condition.

Free to take

In PBP Foodbank

Old Kidwelly Police Station

SA17 4TA



MEGAN

and the

Food Squad

Providing people with hints, tips and recipes, ways of cutting down on food waste, and helping everyone eat healthy.

Megan's food squad. are:

Tomos the tomato, Lewis the leek,
Afon the apple, Sian the strawberry
Gwen the grape and Carwyn the carrot.

For communities of Kidwelly, St Ishmaels, Pembrey, Trimsaran, Llangyndeyrn,
and Hendy.

Contact details:

megan@cetma.org.uk

Search @CETMAWales or @Meganandthefoodsquad on Facebook
or ring 01554 772056





CURAD BABY BAGS

We supply Baby Bags for parents and carers each bag has hand made hat, blanket, booties and mittens and some other little bits for you too

**CETMA KIDWELLY, THE OLD POLICE STATION
KIDWELLY**

or contact gbras@cetma.org.uk

