



Wellbeing of Future Generations

Annual Report 2019-2020

Cwmaman Town Council

Introduction

The purpose of this report is to communicate to our community the work and activities we have undertaken over the past 3 years in response to the whole-community consultation undertaken in 2017 and all subsequent consultations up to May 2020. We hope this communication will be 2-way and look forward to hearing residents' thoughts and ideas inspired by the content herein.

Within this report the Council has sought to provide a full and clear update on the progress made over this time and to recognise the key actions, people and priorities that have formed our provision of service to the community we represent.

In addition, this report acts as Cwmaman Town Council's Annual Wellbeing Report in line with our duties under the Wellbeing of Future Generations Act (Wales) 2015. We have identified this legislation as a supportive framework within which to provide, and improve upon, the services, opportunities and advocacy available for all residents of Cwmaman. It has allowed us to see clear areas for improvement, align these to the voices of our community members and to develop our community in ways which both meet current needs and ensure that the needs and lives of future generations are protected.

Although this report is a reflection upon the past 3 years, it should also be seen as a foundation for the next year of work by Cwmaman Town Council. We operate an ongoing consultation and engagement methodology and will always seek new views, ideas and needs from all within our electorate.

The beginning of 2020 has been a very difficult time for many within our community and globally with the Covid 19 pandemic affecting so many lives both directly and indirectly. This has had an impact on the Council's operations and has resulted in some projects being postponed or otherwise delayed as we work to meet the immediate demands the pandemic had presented.

This has included:

- the organisation of volunteers in collaboration with champions within the community,
 - collaboration with partner organisations such as Hywel Dda Health Board and local GP clusters,
 - the development of the Frontline 3D Print Farms, through joint working with Dr. Dimitrios Pletsas and our "Amman Valley MakerSpace" project, to produce face shields and other items for medical staff and members of the public,
 - the development of the Cwmaman Food Bank which has supported so many in the community thanks to highly committed volunteers,
 - the return of the Meals on Wheels service,
 - the sharing and promotion of important community services and updates during the height of the pandemic,
 - delivery of modified services wherever possible and in-line with the Covid legislation,
- ... and so much more thanks to the commitment and community spirit shown by so many within Cwmaman.

Although there have been significant challenges for the community and us as a Council as a result of the pandemic, we have also seen a significant increase in the desire to support each other, to be engaged in community life and the realisation that we all, as a community, benefit from working together. This has both humbled and inspired us as a Council and we thank each and every person who has assisted their fellow residents when most needed. You have inspired us in regards to the future projects planned and shown what a strong community Cwmaman is. Moving into the future we aim to support and retain this strength and work with you to ensure that, from the unpleasant experience we have faced, a brighter and prosperous community is the longest lasting impact of recent events. We welcome all comments on this report, our work as a council and other issues or observations from our community.

Robert Venus
Community Development Officer
Cwmaman Town Council

Statement from Cllr. Victoria Sparano Mayoress of Cwmaman Town Council

As I reflect on our journey over the last few years, and more specifically over the last few months, I can't help but feel a sense of admiration and pride; when I think of how Cwmaman as a community has shown its generosity of spirit and togetherness as we face a global pandemic. It isn't really such a surprise. After all, growing up in the Cwm had instilled in me this sense of community and working together for a common good, and further called to me when I began my volunteering journey five years ago. I remember attending a meeting at Cwmaman Community Centre as a member of the public to show my support to the Town Council in their bid to save the centre from possible closure. The Centre meant a lot to me in my youth. I have very fond memories of youth club, discos, classes and summers spent at play scheme and it stirred up a desire to want to help preserve community assets for generations to come.



Little did I know that would be the catalyst in my journey from community volunteer, to then standing and successfully being elected as a Town Councillor for the Grenig ward and subsequently becoming the youngest female, and first Independent Mayor of Cwmaman. I am delighted and honoured to be able to serve the community and work alongside my fellow Town Councillors and Officers and to share in the achievements outlined in this report. I'd like to thank every member of our team and external partners for their time, generosity and unwavering dedication to the development of the community; without whom a lot of our successes would not have been possible.

"TO THE VOLUNTEERS, WHO ARE AND WILL ALWAYS BE AN INTEGRAL PART OF THE SUCCESS OF OUR COMMUNITY ENDEAVOURS, FOR THEIR ENTHUSIASM, KINDNESS AND CONTINUED SUPPORT WE AS A COUNCIL ARE TRULY GRATEFUL."

I believe the report is a strong starting point for us as a Council and something we will strive to build upon in bold and innovative ways for the wellbeing of our community. It is important to us that the community feel heard and I feel confident this can be achieved through the 'You said, we did' approach that has been adopted and evidenced in this report. It is clear that having a shared vision, one which is inclusive and empowers people is an important part of moving forward; sharing knowledge, supporting each other and helping the community to help themselves is key and something that we are very passionate about.

We still have many challenges to face, but I believe wholeheartedly that with our combined efforts as Council and residents we can further develop a cohesive community that will sustain, nurture and support each other for years to come

Community ❖ Stronger ❖ Together



Member Statement: Cllr. Kevin Madge

(Member - Cwmaman Town Council, Member for Garnant Ward - Carmarthenshire Council Council)

I have been a member of the Town Council for 41 years and County member for 25 years. It's remarkable the progress over the last 3 years regarding community development in the Cwmaman area.

The Town Council has developed with regards to a strong working partnership with County Council and local County members over the 3 years and working with other organisations including universities, schools, sports clubs, private businesses and 3rd sector organisations.

Over the last 3 years as County member I have supported many schemes in the community including the green infrastructure project with Swansea, Carmarthenshire County Council, Neath port Talbot Councils and Small Woods. I also supported the Artisan Plastics projects and the "Formula3D" project with Ysgol y Bedol, Amman Valley MakerSpace and Dr. Dimitrios Pletsas from Swansea University.; It was a pleasure to attend the final race event at Carmarthen Park.

I also supported the Local ecology and conservation activity as a member of the Brecon Beacons National park. In regards to ecology and conservation work in our community I would like to thank Robert Parry (INCCC) for all of his efforts within our community and further afield.

Over the last 3 municipal years I have raised 293 County Council enquiries relating to the Garnant ward and over the last 3 years I have undertaken 52 surgeries at Ysgol y Bedol and Garnant Club.

In 2017-18 I worked with the Town Council and County Council to complete the safe routes funding for Cwmaman. The Cwmaman scheme includes a new footway along Folland Road and zebra crossing outside Ysgol y Bedol, parent waiting shelters and cycle racks at the School.

Also, in 2017-18 I worked closely with the Cwmaman Bowls Cub securing a new mower with a cash injection of £7,000 from Betws Windfarm community benefit fund.



In the last 3 years I have worked with the community and campaigned as the Chairman of Amman Valley Hospital's Action committee to stop the Trust cutting beds at Amman Valley Hospital and campaigned for a new x-ray machine to be located at the site. I would like to thank all of those who have been involved in this community effort and to all of the staff who have served our community so well at the hospital.

In 2018-19 I have been working closely with the Town Council on Bishop Road play area with a cash injection of £10,000 from Betws Windfarm Community Benefit fund and £8998.19 for Cwmaman Community Centre for new furniture.

I also been working with Cwmaman Town Council and Carmarthenshire County Council on the transfer of play areas, other outdoor spaces and assets in the community over to the Town Council. This places ownership and control of these assets closer to the community they serve; now and into the future.

In 2019 I supported the planning application for an "Eco-village" by Garnant Golf Club working in partnership with Town Council creating new jobs working with partner organisations in the community, the young people and providing local economic wellbeing.

This year I am the Chairman of Garnant Family centre working towards a new all-weather canopy in the community garden for children to play outside in bad weather all the year round with a cash injection of £9,000 from Betws Windfarm community benefit fund.

In 2019-20 I had the honour of being the Chairman of Carmarthenshire County Council, and I celebrated 40 years as a Councillor. In my year of office, I attended over 220 engagements all over the county raising a total of £4,000 for the food banks in Ammanford, Llanelli, Carmarthen.

Since March of this year, in response to the Corona virus emergency in the Amman Valley area, I set up a scheme aimed to provide hot meals and regular human contact for residents who were self-shielding. I also worked closely with the Community Development Officer to establish volunteer groups to help address needs from prescription collection to welfare calls throughout the Amman Valley area.

In reference to the Meals on Wheels service, I am pleased to be able to say it has been very successful with 93 individuals having benefited over the last five months. My thanks go out to all of the volunteers and staff who have allowed this essential service to be undertaken.

It is a pleasure to serve the community that I call my home and look forward to working with you all to achieve more improvements and services that benefit us all over the coming year. There may still be challenges ahead but as a community, working together, we have and will continue to overcome them.

Member Statement: Cllr. David Jenkins

(Member - Cwmaman Town Council, Member for Glanamman Ward - Carmarthenshire Council Council)

It gives me pleasure to contribute to the Cwmaman Town Council, Wellbeing of Future Generations, Annual Report 2019 -2020.

Born and bred in Glanamman and after an interesting and varied working career, which included a five year term as a regular in the Royal Air Force, I decided to put my name forward to be a Councillor on the Cwmaman Town and Community Council in 2002 to represent Grenig Ward under the Plaid Cymru Banner. In 2008 I successfully stood to be a County Councillor representing the Glanamman Ward again under the Plaid Cymru Banner. I have and continue to serve my community in both of those roles, and it is an honour and a privilege to do so.

Since 2015 there has been a Plaid/Independent coalition leading the Authority in Carmarthen and I was honoured by Emlyn Dole the Leader of the County Council to be appointed to the Executive Board with responsibility for Finance & Budgets, Property/Asset Management, Housing Benefits, Procurement, Revenues, Statutory Services, Contact & Customer Service Centres. I am also honoured and humbled to be Carmarthenshire's Armed Forces Champion..



The “Community Covenant” is about a commitment by all organisations which have signed the pledge to provide the right support at the right time for all members of the Armed Forces and their families, past or present, and to recognise and remember the sacrifices they have made and continue to make for us all

I also serve as LEA Governor at both Ysgol y Bedol and Ysgol Dyffryn Aman, I have also been appointed a Trustee at the National Botanical Garden of Wales and a Director on the Board of Egni Sir Gar a Carmarthen County Council arm's length operated company.

I take my responsibilities for both Authorities very seriously and am committed to do my utmost to help all residents of the community irrespective of gender, age, political allegiance, ethnicity, religion and ability. Although we are currently living within the grip of a Corona virus Pandemic we as Councillors must, not only do our utmost to mitigate the effects of this viral infection on our community, but also take a longer view to try and plan to establish a cohesive community in which all residents are kind and considerate to their neighbours and look out for each other. The biggest asset we have in our community is our people and by working together I am convinced that we can achieve the type of community we can all be proud of.

We as Councillors, under the leadership of the Mayoress and her Deputy, and working hand in hand with our Officers will do our utmost to deliver what it is that the community desires. Please remember that, as your elected representatives and Officer, we are working for you and will always work with your interests and needs at the forefront of our duties.

Our Vision:

As the council representation for our community we base our vision upon the needs evident and expressed by our residents.

We are committed to supporting our community as a whole, and the individuals or organisations within it, to:

- become more sustainable;
- becoming increasingly cohesive;
- create opportunities for all;
- support our most vulnerable;
- prevent people from becoming vulnerable;
- to strive for potential and be ambitious.

We are committed to providing the best service possible to all of our residents, visitors and partners who we see as being essential in the future success of Cwmaman. We embrace the differences within our residents and recognise that each individual has specific needs and desires. We see it as our duty to facilitate opportunities for these to be applied in a way that benefits both the individual and their fellow citizens.



Response to Covid:

The Covid pandemic has highlighted both negatives and many positives within our community; along with the rest of Wales. We now see it as vital for us as a Council, and the wider community, to learn from this experience. Ensuring we are stronger and better as a result.

Our Aims as a council are:

To raise the profile of Cwmaman as a place of natural beauty, strong community bonds and supportive of new technologies and innovation.

To level the playing field between what our residents, in a rural community, have access to and aspire to and what those from larger and/or metropolitan communities have access to.

To support local individuals, groups and organisations to thrive and encourage innovation and entrepreneurship through strong skills, supportive services and advocacy.

To assist and aid the most vulnerable within our community and ensure they are supported to access services, achieve their potential and live active, healthy and rewarding lives.

To ensure that all Cwmaman residents are supported in becoming “active citizens” within the community and are able to apply their skills, where they wish, to benefit their fellow residents.

To develop initiatives that help to broaden horizons, raise aspirations and enhance skill to both improve well-being and each person’s access to high value/high reward careers and social activity.

To deliver our statutory duties in the most efficient and effective ways possible whilst also delivering non-statutory services to support our community as needs; with the long-term aim of supporting the delivery of these services through new or existing third sector organisations.

To play a supportive and motivational role in our residents’ lives from birth until old age. To ensure their needs are met and that we act as an advocate when needed.

The 5 Ways of Working

To achieve our vision for our community, it's important for us to work in ways which allow this to happen. The Well-being of Future Generations Act* lays out a set of core principles which we will adopt throughout our work:

Sustainability: both internally and within the projects, services and partnerships we develop as an organisation. Furthermore, we aim to advocate and campaign for a more sustainable Cwmaman, Amman Valley, Carmarthenshire and Wales. We will deliver our services within our budgets as a Council and ensure that spend is directed at need based on evidence and justification; for the "now" and long-term benefit of our community.



Integration: through effective application of policies through to regular and meaningful consultation with our residents, visitors, businesses and partners. We will seek to ensure that all members of our community are supported to have a voice and access to the services, facilities and social opportunities they require. We will ensure that our services, projects and actions are delivered in a way which avoids duplication and compliment existing provision from our schools, charities, healthcare providers, County Council and others.

Collaboratively: although we represent Cwmaman (Glanamman and Garnant) and will focus first and foremost on collaborations within our community, we do not see ourselves as an island. We intend to work with partners within the local area and Carmarthenshire whilst also embracing opportunities that arise with neighbouring counties and partners across Wales. We see partnerships, across all sectors, as being a key aspect of sustainability and improving the outcomes for each and every person we represent. To ensure our young people realise the potential they have in adulthood, we will also seek to develop international collaborations and shared learning where these help people to realise our role in a global community.



Proactively: we consider instances where problems have already arisen and require urgent attention as less than a success. We intend to work in a manner which identifies short, medium and long-term potential problems and to directly deliver, or deliver in partnership, actions to prevent these issues arising.

Inclusively: through the design of projects to the scheduling and commitment of events and services, we shall ensure that all residents are able to benefit from the work we do as a Council. Through our Community Development Service, we shall support the development of new community groups, support the future sustainability of existing groups and ensure all are supported to enrich our community through their work. We will continue to strive towards a community where people are able to come together under shared interests and as a community as whole.



The Ways We Work

The Wellbeing of Future Generations Act is, as with all legislation, very general and broad in its content. It's the duty of organisations, such as Cwmaman Town Council, to develop and modify their own ways of working to meet both the legal requirements of the Act and the needs of the community or service users they represent.

Below are some examples of how we have embraced the Act and endeavoured to meet local needs.



Long-term

All projects undertaken within Community Development are assessed against the current needs of the community we serve (current/recent consultation), current financial and resource capacity (budgets, staffing, partnerships, community assets) and future trend predictions based on available data-sets (education attainment in children, key statistic trends, health indicators etc).

This allows for the development of services, projects and initiatives which meet current needs whilst ensuring, even where these measures will not specifically continue to have benefit into the future, that they establish improvement foundations for future development within our community.

We have/aim to have the following strategic policies to support the long-term aims of the Council and community as a whole:

Cwmaman Assets Feasibility Study

Cwmaman Place Plan

Cwmaman Well-being Actions Plan

Community Development Strategy for Cwmaman

Arts and Culture Strategy for Cwmaman

Environmental and Green Infrastructure Strategy for Cwmaman



Tree planting session with community members at Golw yr Aman.

Construction of a scale model of the Severn Bridge in partnership with the Institute of Civil Engineering, TRJ Construction, Ysgol y Bedol and Cwmaman Town Council.





Prevention

Through our Community Development Of cer's close contact with local schools, social care teams, police and our Well-being Professionals Network, which we established in 2016, we ensure that we identify issues early and work to prevent further escalation as quickly as possible. This has been further complimented over the past 12 months through the development of working partnerships with the Probation Service, the Drugs and Alcohol Service and 3rd/private sector organisations working with some of the most vulnerable within our community.

In regards to direct delivery, this may be seen within our MakerSpace project which seeks to prevent the evidenced downturn in STEM related education attainment, retain graduates within the local area, support raised awareness of high value career options and reduce the low access to cultural provision. Prevention, of both an environmental and social sense, is also a key driver within the Artisan Plastics, Green Infrastructure and Frontline 3D projects.

Through our support and advocacy work, it's shown within the support we of er to the development of organisations such as Shadows which provides depression and anxiety support services.

Our Community Development service is also engaged with 3 county council partners and a third sector organisation in the delivery of the "Green Infrastructure Amman Valley" project which seeks to prevent environmental harm occurring within our communities.

The Amman Valley MakerSpace project, through our Community Development Of cer, has developed a strong relationship with university representatives and other education partners. Through this we seek to prevent youth unemployment and lack of "industry relevant" skills. This will be achieved through the delivery of projects such as the Formula 3D competition, MakerCamps and the Artisan Plastics project.



The "Formula 3D" project which saw the Community Development Of cer working with pupils of Ysgol y Bedol, in partnership with Dr. Dimitris Pletsas of Swansea University, to produce a 3D printed Formula 1 RC car and racing against other schools at the Carmarthen velodrome.

Amman Valley MakerSpace provides community access to this new technology, and traditional equipment, to raise aspirations and develop new skills.



Volunteers from the community helping to clear the site of the new "Artisan Plastics" project. This will see a new asset created which will allow waste plastics to be recycled, by community members, into new items intended for long-term use. Turning single-use litter into appreciated new products.



Integration



As stated previously, we have developed a network of organisations and partners within our Community Development work. This, combined with our Community Development Officer's ongoing monitoring of data and priorities, allows us to develop services and projects which meet the widest range of National Indicators, across all goals, as possible within each activity. It also allows us to identify where an existing organisation or community group may be able to enrich our delivery, or ours theirs, and achieve greater efficiency through integration.

We have also developed a number of collaborative projects which ensure that our aspects of said projects are integrated within the service delivery of our partners.

The Green Infrastructure Amman Valley project involves the creation of the "Amman Valley GI Charter" which will allow organisations and individuals to "sign-up" to the charter and its guiding principles. Many of these are founded firmly on the Indicators and Goals of the overarching *Wellbeing of Future Generations Act* legislation and the Carmarthenshire PSB Wellbeing Plan. Through this, we hope to actively involve the private and community sector in attainment of measures linked to the Wellbeing Plan; something they may otherwise ignore as they have no legal duty towards it.



Collaboration

Our Community Development Officer established a Well-being Professionals Network in 2016 and, for any given project or issue, seeks to identify partners for delivery of any related activities. Over the last 2 years we have developed projects that have allowed us to work with organisations including universities, schools, healthcare providers, sports clubs, private businesses, 3rd sector organisations and national bodies.

Collaborative Projects developed thus far have included:

- Green Infrastructure Project (*Swansea Council, Carmarthenshire County Council, Neath Port Talbot Council and Small Woods*)
- Artisan Plastics Project (*Ysgol y Bedol, Ysgol Dyfryn Aman, Keep Wales Tidy, Carmarthenshire County Council*)
- Inter-generational Project (*Cwmaman Young People, Age Concern, Age Cymru*)
- Amman Valley Volunteer Hub (*Workways, CAVS, Cetma*)
- Fformiwlâ 3D Project (*Swansea University, Ysgol y Bedol / Amman Valley Children, Hyundai*)
- Habitat Improvement Projects (*INCC, Wildlife Trust*)
- AED Placement (*Welsh Hearts, Dyfed Powys Police*)
- Amman Valley Community Information Hub (*Gwalia, Shadows, Workways, Adult Learning Wales*)
- Amman Valley Community Learning Hub (*Adult Learning Wales, Agored, Learn Direct*)
- Local Ecology and Conservation Activity (*INCC, WAWR, National Botanic Gardens of Wales, Brecon Beacons National Park*)

The Community Development Service is developing a strong working partnership with the Probation Service to ensure that community payback activities bring as much benefit to both the community and the offender as possible. Data suggests that positive and meaningful experiences during community payback can reduce the risk of re-offending. Moreover, the unpaid workers are significantly expanding the capacity of the service to deliver projects and works requested by our residents.



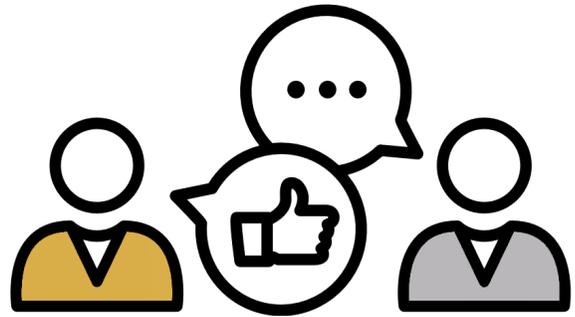
Involvement



As part of our Community Development activities we have undertaken a range of traditional consultation activities which have provided a baseline of data and evidenced 2 key issues in regards to Involvement within our community:

1. Traditional approaches are not desired by the majority of our community;
2. There is a lack in the variety of opportunities for members of our community to come together and share their views.

This has encouraged us to embed community consultation and engagement (involvement) at all stages of our Community Development activities. Within this there's a particular focus on ensuring each project creates greater opportunity for our residents to come together around a shared interest which wasn't serviced previously. We have also developed a range of social media platforms, community website, working groups and project networks; all of which ensure that we encourage involvement in all projects where possible.



The Community Development Officer is currently supporting a proactive group of local volunteers, inspired by Covid 19, to constitute as a formal "Community Association" to represent the community voice of both Cwmaman and the wider Amman Valley area. This will ensure a sustained and broad range of inputs into our actions as a Council whilst also helping to release the skills in our community (Asset Based Community Development). Thus far the CDO has supported with the development of their constitution, advice and guidance of methods of operation, bank account opening and identification of potential funding sources.

Pop-up MakerSpace Marquee at the Cwmaman Carnival allowed for engagement with a wide range of residents who may otherwise be seldom heard.

In partnership with INCC, a locally based ecology charity, a number of sessions have been delivered to produce nesting boxes. These have provided opportunities to talk with a wide range of residents from older people through the pupils of Ysgol Dyfryn Aman. Providing these opportunities for involvement, around a shared interest of enjoyable activity, allow for far greater consultation for us as a Council.



Asset Based Community Development



Each person within our community, regardless of age, gender, health or other factor, is an asset that can bring benefit to the whole community. In some cases these benefits go unrealised in communities as opportunities for people to see themselves as “valued”, “relevant” or “needed” go untapped.

Many can also feel isolated or feel that there aren’t others within their community that share their needs, interests or passions.

In order to ensure that Cwmaman isn’t a community where no potential goes unrealised, we commit to;

Being **CITIZEN-LED**: Activities and outcomes are inspired by and, where community assets are available to do so, co-delivered with community members. All activities are based upon the evidence of need and demand within the community we represent.

Promoting **RELATIONAL POWER**: Community capacity, sustainability and resilience improves through the development of relationship-oriented delivery and activity.

Working with **ASSET-BASED DELEGATION AND CO-DELIVERY**: Where strengths are identified within individuals or relational groups, these are supported to take the lead on aspects of project/action delivery.

Ensuring **RELEVANCE TO PLACE**: Actions, decisions and interventions undertaken respond to, and work in harmony with, the people and physical spaces

within which they are delivered; from the local (Cwmaman/Amman Valley) to the super-local (individual streets, groups, individuals or distinct natural spaces) and extend to regional and national focus where this benefits the community we represent.

Striving for **PROACTIVE INCLUSION**: Both local residents and those from neighbouring/feeder communities are supported to become involved within activities and are supported to feel "welcome", "involved" and "part" of the specific project and community as a whole.



You Said... We Did

In the following section we focus on how we've striven to meet the needs and desires of our community once we gathered your views on key issues. In some cases the quoted text is verbatim and in others it's been written as a unified representation of numerous comments received.

"Nothing going on during the weekends like theatre, musicals, plays etc." & "Dance and drama classes." & "Clubs for kid's i.e drama classes, creative arts, dance classes." & "A Singing/Drama and Dancing School for better careers later on."

Outdoor space at the Centre for use by groups and cafe users. "Community Garden Space"

"Café, Arts equipment, performance space and information on local jobs and volunteering" & "A nice, welcoming and fashionable cafe would be good. Just a space for people to meet over a coffee without it costing the earth" & "Updated cafe with possible shop for local artists"

To help address these community requests, the Community Development Of cer developed a scheme and secured funding to improve provision at the Community Centre and the Hearth Workshop. The stage has been refurbished, cafe renovated and upgraded lights and audio systems installed in the main hall and cafe. We have also asset transferred a small piece of land to the rear of the Centre, at the foot of Gelli Werdd, to create an enclosed community garden space.

The Hearth Workshop and Amman Valley MakerSpace now provide a wider range of creative and "making" tools and equipment that are available for use by the whole community once inductions has been completed. One of the most unique and varied provisions of its kind in Wales.

"More activities for children and young families that promote healthy lives" and "more activities that encourage older residents to remain active"

In order to meet the community demand for a greater use of our natural spaces, we have embarked on a number of projects which will promote positive use and engagement with our natural assets.

These have included educational activities for adults and children, habitat improvement, planting schemes and modifications to how we manage grassland. We have also become a Keep Wales Tidy Litter Picking Hub to allow residents easy access to the litter picking equipment.

The Artisan Plastics project will make use of some of this litter to allow other community members to produce "Community Products" which can be sold to raise funds for other community activities.

"Activities that help to keep our community clean and improve the look of the place we live" and "greater use of our outdoor spaces for enjoyment and education purposes"

The Green Infrastructure Amman Valley and Volunteer Hub initiatives will also help to promote healthy, active volunteering which benefits both our community and those who volunteer.

"Improved outdoor spaces, less litter and more use of the natural assets that surround our community"

“More activities for children in the community, particularly boys” and “alternative and more varied activities for young people not interested in sport”

In addition to the Amman Valley MakerSpace “MiniMaker” activity sessions, we have also reached out to create partnerships with other providers. These have led to the Formula 3D Race Car challenge which introduced primary aged children to 3D printing, electronics and design.

We have also worked in collaboration with “Mess Up the Mess” theatre group to provide training days, prop and scenery building session and theatre performances for the local community.

Children and young people also sit at the heart of the Artisan Plastics project and the Green Infrastructure project with both having related educational resources as well as scheduled activity days planned. We have already provided 3 workshops with children from the community to build nesting boxes for local birds and 3 sessions to introduce them to laser cutting and design software.

Improved access to arts, crafts and creative activities for children and young people and “experiences for children that make them more motivated and “job ready””



Children involved in one of the MakerSpace MiniMaker sessions.



Young people, family and staff from the Mess Up the Mess theatre group involved in a sharing session at Golwg yr Aman park in Garnant.

The stage should be used more too. Plays, comedy, music... and building props and learning other stage skills.

Seeing the local demand for theatre and stage related events, along with the desire to learn the associated skills, the Centre Staff and Community Development Officer have worked to provide a range of opportunities over the past 12 months.

These have included a number of stage performances, costume and prop building workshops and the delivery, in partnership with Mess Up the Mess theatre company, a series of theatrical light and sound engineer workshops.

Going forward we intend to continue to provide more of these opportunities whilst also investigating the potential to establish work-spaces for creatives with prop making and costume making being among those disciplines catered for.

To improve the exterior of the centre we have also been working with a mosaic artist to produce series of honeycomb panels, each representing a different group within the community, that will be installed as a large mosaic mural”

“costume and prop builders, theatre productions and set building”
“theatre productions”
“Dance and drama classes”

“The outside of the centre looks quite dull”
“Maybe a mural could be added to the building to welcome people”

“Outdoor classes and opportunities to make use of the 'tip' woodland area behind the centre”

“Try to ensure that only the rooms in use are heated to a comfortable temperature with the other rooms only maintained at a safe level”

“L.E.D based light-bulbs in rooms”, “Solar panels to reduce energy costs” and “Cut down on electricity use and use less paper”

The Community Centre has now been fitted out with new LED lighting to help reduce energy costs. We have also installed a heating control system which works to control the heat for each room within the centre independently. These changes, combined with the installation of solar panels and a more efficient heating/hot water system, have dramatically reduced the carbon footprint and overall energy costs associated with the facility.

In addition we have asset transferred land to the rear of the centre to create a community garden space for use by both Community Centre users and the general public. The space has been divided into two sections to allow one to be used by dog walkers and one to remain safe for use by children and adults with additional learning needs. We have also developed the Green Infrastructure project to make further use of the Gelli Werdd park (the “tip”) as place for recreation and learning.

“The local scenery is amazing which is possibly not always appreciated so we need to increase awareness of the benefits of “getting out” and appreciate nature more”

“...beautiful landscape of the area but were concerned that local hotspots were neglected. e.g. local parks which are not being adequately maintained. Overgrown footpaths are an issue, the bike track, riverside walk, fallen trees etc.”

“Better parks their terrible and not worth playing in”

“The footpath from Grenig Road to Brynllloi is being neglected and is in a very unkempt condition with overgrown brambles open ditches, and litter and dog mess scattering the actual footway.”

Cwmaman Town Council now employ two caretaker groundsmen who undertake regular inspections of all play areas and parks under the Council’s ownership. They also undertake routine maintenance and grounds-keeping works across these and the various “green spaces” cared for by the Council.

In addition we contract a local arborist to undertake any works required; ensuring local economy support and retention of timber felled through essential maintenance.

The Community Development Of cer has also developed a strong relationship with the Probation Service who have undertaken numerous cleanup and clearing activities along our network of footpaths and tracks.



In Depth... Artisan Plastics

The Artisan Plastic concept has been proven in numerous projects across the globe. However, there are very few fully equipped versions in the UK.

The project will see the creation of a dedicated workspace where community members can reprocess waste plastics into new, long-life, products using machines which are themselves built by community members.



The Shredder

The development of the machines, is being done in partnership with community members, local schools and FE / HE education providers. Along with industry contacts.

These machines will then be located within two shipping containers which will serve as:

1. A community production project where volunteers, vulnerable groups, local creatives and students of all ages can create products from waste materials.

2. A source of income, through the sale of these items, to support further development of community projects within the Amman Valley.

3. An educational venue which will provide a tangible and engaging opportunity to promote recycling, reuse and waste reduction to local schools and people throughout our communities.

4. A means of promoting engagement with science, technology, engineering and design which will seek to compliment the work of local schools and colleges whilst promoting these fields to those who may never see themselves engaging with such activities.

5. A mobile venue which can be taken to other communities in order to:

- Encourage them to develop their own projects similar to this.
- Provide a sense of achievement to the local children who will be invited to come to these other locations and talk about their project.
- Enrich other community events by recycling, in real-time, the plastic waste generated at them. E.g. turning drinks bottles into bracelets at a carnival.
- Support community clean-up events by providing an unusual and exciting opportunity to see waste become something functional, decorative or playful.

The Press Former



The Injection Former



Extruder Machine



The project will be owned by the local community from the earliest stages. Indeed, the concept has resulted from recent consultation within another project being delivered by Cwmaman Town Council. This will continue throughout the project by:

1. Involving local school children in the design of the interior and exterior of the shipping container along with the design of the interpretations board and information sheets.
2. Planned inclusion of volunteering opportunities for local residents within the refitting of the shipping container. E.g. supporting a retired welder to support younger volunteers.
3. Identification and development of Community Champions within the project. These will be volunteers from the local community that develop a passion for the project and can act as advocates for it going forward.



4. Once developed the project will provide on-going volunteering opportunities for local people for years to come. This will be developed in a way which provides the greatest benefit to both the individuals volunteering and to the wider community. Some examples of the ideas proposed during consultation include:

- Local young people producing items for sale to support youth projects and events.
- Partnership with mental health support services to provide personal development opportunities for their clients whereby they can contribute to their community whilst seeking to overcome their personal barriers within a supportive setting.
- Retired or older residents utilising the skills from their previous employment to make a positive and rewarding contribution to their community; either through the production of items or by supporting others.

How it works...

1. Collection of waste materials through community clean-ups, school collections, community donations or collections and commercial waste streams.
2. Processing of materials using plastics identification codes.
3. Shredding of plastics using the "Shredding Machine"
4. Storage of materials by type, colour etc.
5. Processing of the material into a "Community Product" by using one of the other machines; "The Injections Machine", "The Extruder Machine" or "The Press Moulding Machine".
6. Display of the completed "Community Products" at the venue, local craft stores, community venues and on the community website.
7. Sale of "Community Products" with all income being used to further develop the project and to support other community activities which may otherwise struggle to be delivered.

TO CREATE THE SPACE, MACHINES AND COMMUNITY TO...

TAKE THIS...



INTO THIS...



AND MAKE THIS...



TO HELP SAVE THIS!

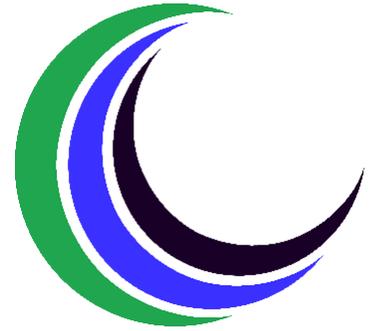


WITH YOUR HELP... FOR OUR COMMUNITY AND OUR FUTURE.

In Depth.... Cwmaman Community Centre

Cwmaman Community Centre has been an anchor within our community for generations and has played a key role in the lives of individuals, families and the community as a whole.

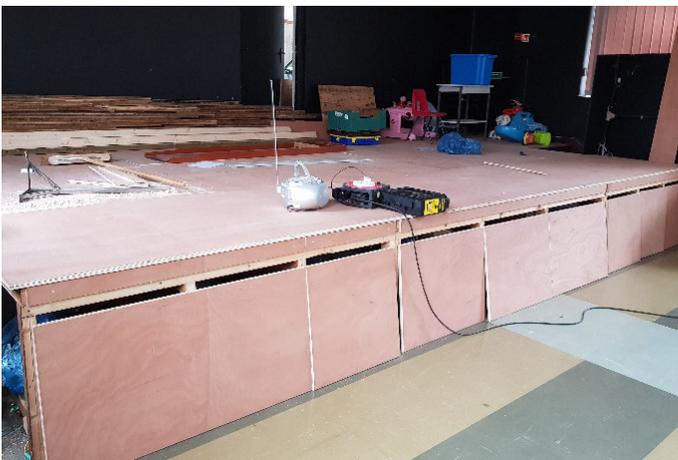
In 2016 Cwmaman Town Council began the process of asset transferring (taking into its ownership) the Community Centre from Carmarthenshire County Council in order to retain it for the community and ensure the benefits it has brought previous generations are retained for those to come.



In order to support this process, to ensure the Centre and its services were improved, the Community Development Officer undertook an application to the Rural Communities Development Fund. Following the success of this application a range of improvement works were undertaken to the building which included the installation of double glazing, improved heating and control system, LED lighting and decorating works. This fund also saw the purchase of a range of new assets to compliment the MakerSpace, Technology Hub and Community Cafe aspects of the Centre.

Subsequent improvements to the Centre and its facilities were made in 2018 and 2019 through successful applications to GrantScape; additional development of the MakerSpace/Workshop, improved sound and light system for the stage and hall along with the creation of the Community Garden space to the rear.

Since the transfer of the Centre to Cwmaman Town Council a total of £83,489.20 in additional funding has been brought into the community to improve the Centre in ways that are led by the community engagement and consultation work undertaken.



The old stage was in a bad condition so was replaced with a new plywood surface and improved storage.



The new stage, sound and light system installed along with new stage curtains.



The old stage boards, having been a part of the centre for so many years, were retained and re-purposed as a timber wall within the cafe space.



In keeping with the sustainable and reclaimed materials theme, cafe tables and a coffee table were produced using the MakerSpace equipment - along with leather sofas donated to the community centre.

Cwmaman Community Centre aims to:

- Improve the quality of life for the local community.
- Provide an accessible, welcoming venue and focal point for the community. A place for people and local organisations to meet and socialise.
- Sustain and develop our activities that connect and engage people with their communities to help tackle isolation and loneliness.
- Provide educational, recreational, social and cultural activities that are accessible to local people in response to local need.
- Provide a local resource which promotes and encourage learning and development.
- Promote and advocate the needs of groups based in the centre and provide opportunities for more integration and inclusion between users.
- Act as an informal information hub on activities and services.
- To maintain strategic relevance with partnerships, local authority and funding bodies.



Provision of groups, classes, clubs, activities and events continue to grow at the centre in response to local need and interests. The most recent of these include:

INCC collaboration -bird watchers /afternoon tea

In collaboration with INCC Initiative for nature, Conservation Cymru organised walks in the community providing expertise on the wildlife in the area. They also held workshops making Bird boxes. INCC taught our Mini makers about wildlife and they learned woodworking skills whilst making bird boxes. Mini makers which is our arts and crafts play-scheme for children had the opportunity to make and decorate their own to take home

Breast feeding café

The breastfeeding café was developed out of a local need for new mums to meet in a safe environment to discuss any issues around breast feeding. Garnant family centre facilitated the event and collaborated with Chris Phelan-O'riordan who is a lactation consultant at Glangwili to provide support for members. As well as support. We offered the group activities such as ceramic painting workshops to create keepsakes with their babies.

Threshold open day.

The Community centre organised a Threshold open day/recruitment day with local third-sector organisations such as Calan DVS, Gwalia and Shadows to promote courses in confidence building, arts and craft for wellbeing and peer mentoring. Threshold is an organisation that provides support for those affected by domestic violence.



Community MakerSpace

During August we host mini maker classes for children which consists of arts, crafts, and computer programming workshops. Each day there were two different workshops that varied in skill-sets whilst having fun and making new friends.

Outreach work

During this year we supported our local school aged between 4-11 years old. The children were able to learn new skills which they really enjoyed. The School has requested we return to do more classes.

In November we held workshops whereby the infant school choir decorated umbrellas with lights and decorative art. The children used these props whilst singing Carols in the community garden as part of our 'light switch on' event. The event was a huge success.



Mess up the Mess - cabaret weekend

The community centre has been working with Mess Up the Mess Theatre group since 2016 and are grateful for their ongoing support both to ourselves and young people throughout the Amman Valley.

In the run-up to Christmas 2019, we collaborated with the youth theatre group 'Mess up the Mess' to develop a three-day event to deliver bilingual workshops for Children.

The performances were outstanding and it is clear that we have much talented within the community.



Other classes that explore creativity at the centre are:

- Art on a Tuesday is for anyone who wants to explore different mediums of art whilst meeting new people and reducing social isolation.
- Ink drawing classes for those wishing to learn new skills and use a different medium.
- Knitter & natter. A social group for those interesting in knitting and socialising with others.
- Woodcarving is a popular class for those wishing to learn how to carve objects from wood. A fun, inclusive and friendly class.
- Children's Arts and Craft. A number of classes are held throughout the year offering different classes to help children develop self-confidence, socialisation and learning new skills.

Cwmaman Food Bank

In response to the social issues arising from the Covid 19 pandemic, Cwmaman Town Council have undertaken and supported a wide range of response and support activities. Among these is the development of the Cwmaman Food Bank which was delivered as a collaboration between Cwmaman Town Council, the Community Centre, Tair Carn Community Spirit (a volunteer association arising from the Covid volunteer group) and Carmarthenshire County Council. Financial support has been received from Carmarthenshire County Council, Western Power "In This Together" fund and the outstanding support of local residents and volunteers throughout the valley. The community have fully supported this initiative by donating, making collections, and delivering food parcels. We have also worked with the pastoral teams from the local schools who helped deliver parcels thereby retaining a link with school children during this difficult time. The support has been overwhelming and has demonstrated that community spirit is alive!



The financial support received, to-date, for the Food Bank effort has been:

- Community Development - Western Power: £7,300
- RDP Carmarthenshire: £1,000
- Carmarthenshire County Council - Monthly Payment: £500
- Admiral Insurance: £400
- Centre Management Committee - Western Power: £200
- Amman Valley Coronavirus Support Group - Public Donations: £51



The Carmarthenshire Wellbeing Objectives

Although the Wellbeing of Future Generations Act includes 7 Wellbeing Goals, see below, Carmarthenshire have adopted the “4 Wellbeing Objectives”. These are; “Healthy Habits”, “Early Interventions”, “Strong Connections” and “Prosperous Peoples”.

We as Cwmaman Town Council continues to support these objectives in the following ways:

Healthy Habits

Ecology and Environment Projects:

We have undertaken a number of projects and actions to ensure that our natural spaces, wildlife and ecology is both improved and protected. These have included small scale habitat development activities through to large scale projects in collaboration with national organisations and County/City councils.

We continue to maintain and improve the parks and play areas we asset transferred from the County Council to ensure they are sustained for our community and those who visit our community; providing easy access to natural spaces for both mental and physical well-being.



MakerSpace/Hearth Workshop:

The Amman Valley MakerSpace project has provided the opportunity for a wide range of local residents to socialise, learn new skills for education and enjoyment whilst ensuring that our residents are supported in accessing both modern technology (digital health) and informal signposting as needed through our key volunteers and Community Development Officer. The MakerSpace has also been key in the response to the Covid pandemic.

Community Centre Provision:

We have undertaken an asset transfer of Cwmaman Community Centre and have been successful in a redevelopment grant under the Rural Communities Development Fund to both improve the buildings look and energy efficiency and provide access to improved community facilities. The Centre now provides a wide range of activities for local residents and others from as far afield as Newtown and Pembrokeshire.

Well-being Professionals Meetings:

Through collaboration with healthcare professionals within these meetings we have been able to access data and identify needs that would have otherwise gone unknown to us. This has then allowed us to, where possible, prioritise and include these issues within our projects for the benefit of all service users.

Volunteering Hub:

We continue to provide and develop the Volunteer Hub and have undertaken a number of volunteer based activities in the past 12 months. These have ranged from community planting days through to the community volunteer response to the Covid pandemic. We are currently supporting volunteers to constitute as a formal association.

Community Information Hub:

Within our consultation process in 2016 we identified that many local residents struggle to access the information they need before their issues escalate to the point of requiring the statutory services to support them. Amman Valley Information Hub provides both face-to-face support with partner organisation and access to online/hard-copy resources via our Centre staff and Community Development Officer.

Green Infrastructure and Artisan Plastics:

Both of these projects have been designed to increase local volunteering activities and time spend in the natural environment. This will help to improve people's general health whilst also providing learning opportunities on wider health related topics such as healthy foods, air quality, the importance of sustainable living and building stronger social networks. Through both projects we hope to create a passion for the outdoors which carryover into everyday life.



Early Interventions

Continuous Consultation

To allow us to identify issues within our community at the earliest moment possible, we continue to utilise each of our projects and activities as a means to gather views and needs of our residents. This “soft” consultation doesn’t rely upon a form being filled or a meeting being attended but utilises discussion and casual feedback together key points. We have found this to be far more effective in regards to both the breadth of views and the quality of input from residents.

Examples of where this has been important are the development of the Green Infrastructure project, the Artisan Plastics project and the intention to develop more youth related activities in the future.



Project Sustainability

Within each of the main new projects being brought online we are building in factors which will help to ensure they’re sustainable for the future. These have also been developed to provide early solutions to future problems related to access to funding, skills availability and physical/mental health.

Some examples of how this has been achieved are explained below:

Community Product

Within the MakerSpace, Artisan Plastics and Green Infrastructure project we are intending to develop a range of products which can be produced using locally sourced materials. These will either be produced by members, to offset membership fees, or by volunteers utilising the facilities for another reasons; e.g. the Probation Service. These products will then be sold to generate income to help sustain the projects and cover the costs for other activities within the community.

Locally Sourced Materials

Wherever possible within the projects we will seek to use materials sourced locally. This will include waste plastics to stock the machines at the Artisan Plastics project or timber sourced from essential tree felling using the newly acquired bandsaw mill within the Green Infrastructure project. This will help to reduce the impact of waste upon our environment and the unnecessary carbon footprint of bringing in timber material. We will also involve volunteers within this process to increase social interactions and help address physical/mental health issues.

Project Sharing and Replication

Many of the projects we’re developing are unique or rare in Wales and the UK. As such, we recognise the potential to support other communities in addressing their own issues through replication of these projects. This will also support us by generating income for each project and through the empowerment of community volunteers as “Project Champions”; thereby improving their confidence, employability, skills and ownership over these projects.

Partnership Working

Nothing has proven the importance of effective partnership working better than the response of our community to the Covid pandemic. Not only does this way of working ensure issues are shared early but it also allows each partner to play to their own unique strengths to ensure that the solution is found quickly, developed in an effective manner and delivered as soon as possible. We have continued to develop partnerships with both local and national organisations over the past 12 months to ensure that our community can benefit from the presence of skilled and quality service providers. Examples of this have included collaborations with Stanford University, local businesses and the Hywel Dda Health Board to develop Covid related safety items through to the excellent work delivered by Small Woods under the Green Infrastructure project. Each of these partnerships has ensured that issues have been prevented or reduced in their impact.



Reduced Environmental Impact

As a public body that represents our community we recognise that we must lead by example. To this end we have undertaken a range of actions which seek to reduce the Councils impact upon the environment. These have included the installation of solar panels on all buildings where feasible, reduction of paper consumption in favour of digital documents and devices, development of environmental projects, improved recycling and the agreement to utilise reclaimed materials within as many projects as possible. We have also modified our grounds maintenance procedures to allow for stronger ecosystems and support important insect species whilst simultaneously improving the aesthetics of the community’s natural spaces. Within the GI project we are embedding strong aspects of education and information sharing to help promote a greater understanding of the local environment and encourage more organisations to adopt eco-positive policies through the “GI Charter” initiative.

Strong Connections

Community Groups and Events

The Council supports, in any way needed, the development and delivery of numerous community groups and events. These range from small scale groups of 4-5 people through to large, whole community events. The assets we now hold, as a result of the asset transfer process, have supported this as we now have spaces available for such work. We see these actions as being key to providing opportunities for our community to come together to celebrate, share interests, socialise and develop a greater sense of place. Over the past 12 months we have seen the development of nature focused groups under the GI Project and work of INCC. We have also welcomed the development of a mother and baby breastfeeding group at the Centre. Although perhaps the most impressive development has been the volunteer group that came together initially in response to Covid and has now formally constituted as "Tair Carn Community Spirit"; a community association for the whole of the Amman Valley with working groups being developed in each Town and Community Council area.

Ongoing Support for Community Groups

The Community Development Officer meets with any community group within Cwmaman when they request his attendance. Where there is no request over a period of time then the CDO proactively makes contact to see if there is any support they require. This service has included support with funding applications, development of promotional materials, legal and organisational structure and support with formally constituting. The aim of this is to help such groups to become sustainable as we recognise them as key providers of social interaction opportunities for our residents; for many of whom their weekly group meeting is the only social activity they participate in.



Cllr. Mal Walker volunteering with INCC to create nest boxes for distribution throughout the Amman Valley.



Mr. D Jones, Head of Design and Technology at Ysgol Dyfryn Aman. Just one of the 50+ volunteers who came together under the "Frontline 3D Print Farms" group to produce emergency Covid supplies.

The CDO also identifies when there is a shared need/interest within the community based on casual consultation. He then discusses the idea of the individuals coming together as a group around their shared need/interest. Where this is desirable, he then offers space, advice and guidance and, should they wish, assistance with becoming a formally constituted group. To date the CDO has supported 10 groups to become constituted which has provided social connection for around 230 individual residents who were missing regular social interaction.

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Prosperous People

Community Skills and Learning

The Each of the core projects being delivered by the Council has the development of our residents at their heart. We recognise that a person's skills, be they practical or emotional, provide a key foundation for both economic and personal wellbeing. To ensure we meet local need, and interests, we work with a range of partners to provide these services.

Key examples of this over the past 12 months have been:

Woodland Skills

Working in partnership with Small Woods we have delivered a number of both casual and certified woodland skill sessions using the easily accessible Golwyr Aman Park. The feedback from participants has been excellent and they have now established their own community group to ensure they can keep learning together. More information on the outcomes achieved through this project can be found on page XXX



One young artist developing her creative skills at the children art group.



Adult learners during the "Introduction to Woodturning" course delivered at the Hearth Workshop, part of the Amman Valley MakerSpace.

Collaboration with INCC

Not only is INCC (Initiative for Nature Conservation Cymru) a locally based charity but it's also been one of our most proactive delivery partners over the past 2 years. In addition to the practical skills sessions mentioned previously where children and adults have been producing nest boxes, they have also provided a number of guided walks and talks through our natural habitats in the valley. This has provided the opportunity for participants to socialise, become more physically active and to develop a deeper understanding of the nature and wildlife that surround us.

In addition, the Council is developing the "Education Hub" which seeks to provide localised access to learning in any form desired by the learner. This has ranged from formal qualifications through partner organisations through to very informal skills development sessions in the MakerSpace/woodlands through volunteers happy to share their knowledge. We are currently investigating formal education centre registration with a number of examination boards and developing a relationship with a number of external providers.

We also wish to support the schools in the area by providing holiday activities that compliment the curriculum and through the provision of formal and "soft" staff development on themes such as 3D design, arts and nature.

The CDO has also developed relationships with further/higher education providers and he is signposting local residents to them once they feel confident enough to undertake the next step in their education. We also aim to support FE/HE learners by providing them access to equipment and technologies which they may need to use in college/university. Where these learners progress to a point of proficiency we then hope to further empower them by supporting them to share their knowledge and skills with other community members who are currently where they were; these will be known as "Community Learning Mentors".

Community Information Hub

"Information is power" is even more accurate when applied to a community which suffers with poor access to services. Cwmaman doesn't have good public transport connections to Llanelli or Carmarthen and falls significantly short in regards to the third sector provision present within each of those larger towns. To help address this issue we have developed the Community Information Hub project which will localise the delivery of advice services through external partners. This advice will cover areas such as business start-up, benefits and banking, education and careers advice; all sessions are informed and delivered by expressed community needs.

The Ten Towns Project

Cwmaman are pleased to be one of the towns involved in this project which seeks to ensure that traditional social and business centres are economically, socially, environmentally and culturally sustainable in the future. We will work with Carmarthenshire, our residents and the surrounding villages to develop an individual plan for rejuvenation. We will also work with key anchor institutions to encourage more local procurement of goods and services so that we can build a robust foundational economy and strengthen the Cwmaman both economically and socially.

The Sylfaen Project

We're pleased to be one of the organisations involved in this project which seeks to improve both the skills and capacity of organisations with an environmental focus or duty. Based on the principle that natural assets need to balance the interests of the environment and local communities with achieving long-term financial security, the project looks to improve; forward planning, financial management, human resources, legal compliance, Board governance, public accountability, marketing and communications, and environmental responsibility. This learning is open to other organisations that we work with in the community and we recognise that through the development of the Council the community as a whole can benefit.

Frontline 3D Initiative

In addition to the core aim to provide relief during Covid, the initiative has introduced a number of people to the practicalities and potential of 3D design, engineering and rapid prototyping. These are experiences which are usually restricted to those in schools, colleges or universities yet F3D has allowed people to gain a deeper insight and develop skills from their own homes. Four volunteer "Print Farmers" are now investigating employment opportunities and the initiative as a whole is developing an education and employment development focus.

In Depth - Green Infrastructure Amman Valley

The Green Infrastructure Amman Valley project is the Cwmaman Town Council aspect of the the larger “Connecting Green Infrastructure - South West” project; a partnership between Cwmaman Town Council, Carmarthenshire County Council, Neath Port Talbot Council, Swansea Council and Small Woods.



Within the first year of the project, administered by the Community Development Officer, the project has drawn down £29,095.77 of funding to support workshops, research, purchase of equipment and staffing costs.

So far the project has:

- Delivered of 4 x cross-sector engagement events.
- Delivered of positive volunteering opportunities for 26 community members previously not engaged with.
- Delivered of 4 x child and young person workshops to improve the local habitat.
- Delivered and development of a dedicated module of work with Dyfryn Aman secondary school.
- Integrated GI within the Council's Environment Policy and Well-being of Future Generation Plan.
- Developed new community groups dedicated to woodlands and nature-based activities.
- Provided a social and eco-active group opportunity for 32 local residents.
- Provided a new opportunity to 62 local children to engage with their natural environment and wider community.
- Improved the sense of ability to inform local decision making for 26 community members.
- Improved sense of happiness with the community in which they live for 26 community members.
- Undertaken a wide range of engagement and information gathering activities to help inform the future progression of the GI Charter for the Amman Valley.
- Secured additional community ecology improvement grants as a result of the data gathered.
- Received excellent feedback from community members which reflects improvement against sense of place, pride of place, happiness with community and other associated Well-being of Future Generations Act National Indicators.



Children engaged in producing plaster moulds for making “woodcrete” Swift nesting cups.

Community members involved in the Small Woods workshops delivered in Golwg yr Aman park. A range of single themes sessions were delivered along with a 6 week certified course.

The project, although being a environment sustainability driven activity from the outset, has helped to support sustainability in the wider sense for the Council and our community.

Since the launch of the project we have developed the following key additions which will support the long-term sustainability of the Green Infrastructure project in the Amman Valley:

- Developed relationship with the Probation Service who are currently making use of the Hearth Workshop 1 day per week in the delivery and development of the GI project and associated activities. The aim is to increase this to 3 days per week and to develop a specific project aimed at the prevention of ending/re-occurring.
- We have developed a strong working relationship with Ysgol Dyfryn Aman, one of the largest secondary schools in the county, who have adopted the GI project into their curriculum for Year 7, Year 10 and Canolfan Amanwy.
- We have embedded Green Infrastructure within internal policies and short, medium and long-term planning.
- We have established the only community accessible bandsaw mill within the project delivery area. The Probation Service and community volunteers will make use of this to produce sustainable materials through our Community Product scheme and relationship with local land owners and tree surgeons. Use of the mill by individuals, or the milling of timber for individuals, is also available for a fee; which will go towards project development.
- We have supported the development of a new Woodlands group for the community who are already delivering their own projects and activities on a weekly basis.



Community volunteers and council members improved a number of green spaces through clearing and planting projects across the community.



Small Woods session producing "Shrink Pots".

- We have accumulated valuable data to help inform additional funded projects – including a micro-scale litter plastic recycling and remaking facility for and with the community.
- We have established a development agreement with local press to provide regular coverage of the GI activities, and other environmental projects, within the locality to aid promotion and engagement.
- We have developed a strong working relationship with the local social prescribing service who will be working with us going forward to further establish GI within their service provision.
- We have secured the target number of GI Charter early adopters in the planned sectors.
- We have improved 2 areas of woodland space with continuation projects developing to target an additional grassland and waterway.
- We have established an environmental policy which clearly aligns to the findings and direction established by this project.
- We have identified 4 areas of priority habitat within the community which will be embedded within future works.
- The project has allowed us to procure equipment and infrastructure assets which mean we are now fully sustainable in this regard for the next 5 years in the area of woodland management.

The “GI Charter”

We have elected to develop a charter to support the long-term sustainability of the GI Amman Valley project as we recognise that members of the public, businesses and other organisations within our community can benefit from our natural spaces. The Charter will allow individuals and organisations to sign-up to the project and engage in organised activities, receive support in becoming more environmentally sustainable and support wider activity that seeks to maintain and improve our community for current and future generations.



In addition, we hope to utilise information gathered from members of the Charter to advocate for further community projects, funding and actions to help protect our natural environment and improve our community for all.



Education will be a key aspect of the Charter package and we are developing a range of localised education resources which apply earth science, geography, ecology and Eco-School topics to local spaces. We hope this will allow more children to engage directly in practical application within these subjects through field trips that don't require long or expensive journeys.

These resources will also be made available to the general public and home schooling parents; allowing them to benefit from the same learning opportunities, promoting healthy engagement with nature and strengthening of family relationships and the well-being of both adult and child.

The Partnership is, at time of writing, awaiting a response from Welsh Government on the application for an additional 3 years of funding. This will, should Welsh Government support the initiative, allow for the employment of a dedicated Environment Engagement Officer to work within the community, the creation of an outdoor learning space and a range of other developments on the success of the past 12 months.

Dedicated Spaces & Equipment

The project has allowed us to purchase a wide range of tools and equipment for use by community groups engaged in activities that improve our outdoor spaces; ranging from basic hand-tools through to the bandsaw mill. We have also purchased 2 shipping containers to house equipment and provide a activity launching point. We are seeking to place one of these adjacent to the community centre where it can support activities at Gelli Werdd and benefit from the facilities available at the centre.



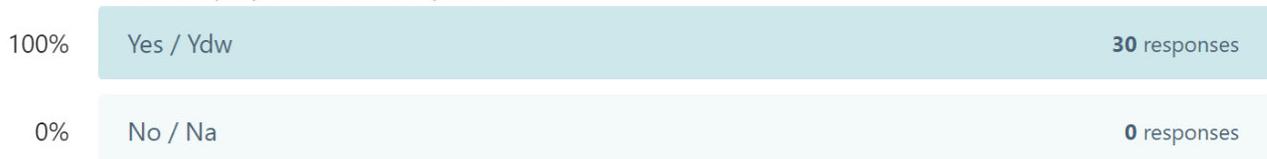
Outcomes for Participants

Each project delivered by the Community Development Officer is intended to help improve the "people assets" within our community and help create a more cohesive, resilient and healthy community for all. To ensure we achieve against our intended goals we monitor each project closely; the GI project is no different. We have conducted our own research into the impact of the project and our partner Small Woods has done the same. Below you can see some of the key findings from this work.

Cwmaman Woodland Group Responses:

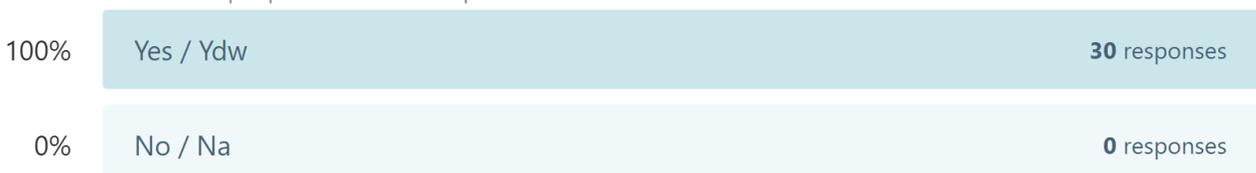
Has your involvement in the project allowed you to become more involved in the community? A yw eich rhan yn y prosiect wedi caniatáu ichi chwarae mwy o ran yn y gymuned?

30 out of 30 people answered this question



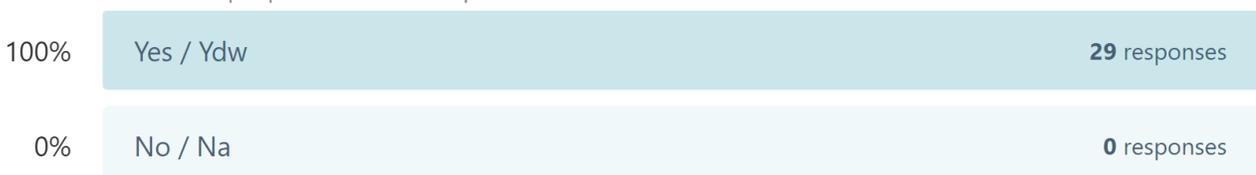
Has your involvement allowed you to develop an interest in "Green Infrastructure"? A yw eich cyfranogiad wedi caniatáu ichi ddatblygu diddordeb mewn "Seilwaith Gwyrdd"?

30 out of 30 people answered this question



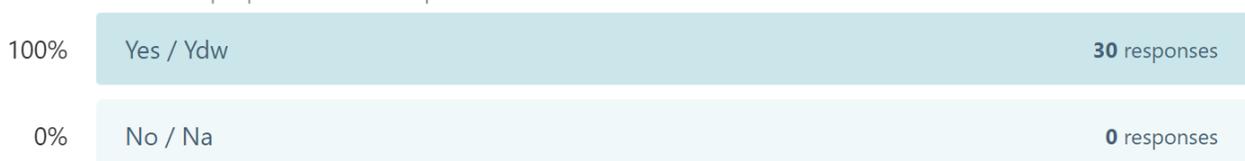
Has the project allowed you to access new services/activities? A yw'r prosiect wedi caniatáu ichi gyrchu gwasanaethau / gweithgareddau newydd?

29 out of 30 people answered this question



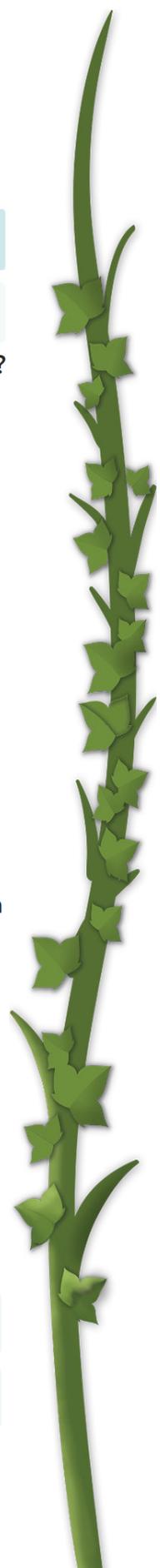
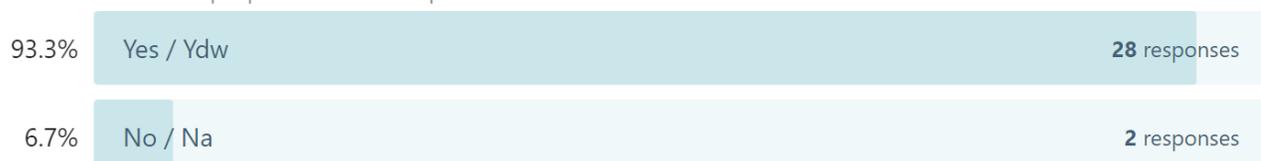
Has the project allowed you to feel able to influence and be involved within activities within their community? A yw'r prosiect wedi caniatáu ichi deimlo eich bod yn gallu dylanwadu a chymryd rhan mewn gweithgareddau yn eu cymuned?

30 out of 30 people answered this question



Has the project allowed you to "feel involved in the decision-making process of activities" within your community? A yw'r prosiect wedi caniatáu ichi "deimlo eich bod yn rhan o'r broses benderfynu ar weithgareddau" yn eich cymuned?

30 out of 30 people answered this question



Cwmaman Woodland Group Responses:

On a scale of 1 to 5, how much do you agree with this statements: "I have developed new skills during the project"? Ar raddfa 1 i 5, faint ydych chi'n cytuno â'r datganiadau hyn: "Rwyf wedi datblygu sgiliau newydd yn ystod y prosiect"?

30 out of 30 people answered this question

Avg. 4.9

0%	1	0 responses
0%	2	0 responses
3.3%	3	1 response
3.3%	3	1 response
6.7%	4	2 responses
90%	5	27 responses

On a scale of 1 to 5, how much do you agree with this statement: "I feel more able to make change happen in my community"? Ar raddfa o 1 i 5, faint ydych chi'n cytuno â'r datganiad hwn: "Rwy'n teimlo'n fwy abl i wneud i newid digwydd yn fy nghymuned"?

30 out of 30 people answered this question

Avg. 4.7

0%	1	0 responses
0%	2	0 responses
10%	3	3 responses
10%	4	3 responses
80%	5	24 responses

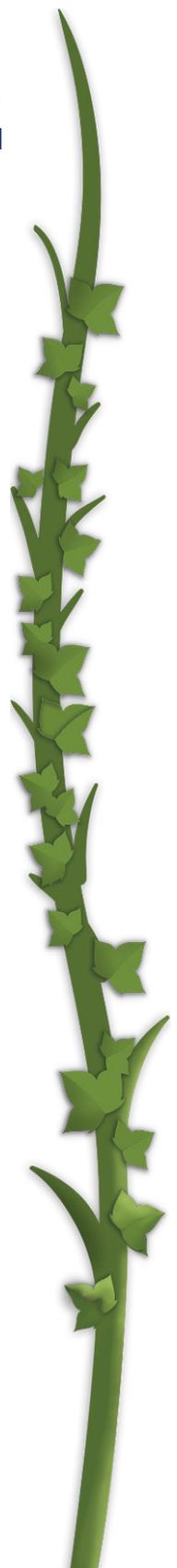
Thinking of quality and not quantity, to what extent has the project allowed you to grow your social network within the community? Gan feddwl am ansawdd ac nid maint, i ba raddau mae'r prosiect wedi caniatáu ichi dyfu eich rhwydwaith cymdeithasol yn y gymuned?

30 out of 30 people answered this question

50%	Medium / Canolig	15 responses
43.3%	A lot / Llawer	13 responses
6.7%	A little / Ychydig	2 responses
0%	Not at all / Dim o gwbl	0 responses

%	Enjoyable	New friends	New skills	New Knowledge	New recipes for healthy eating	More connected to green spaces	More part of the community	Happier	More physical activity	Making greenspace better	Motivated to do more
Strongly Disagree	0	0	0	0	0	0	0	0	0	0	0
Disagree	0	0	0	0	0	0	0	0	12	0	0
Neither/no change	0	11	5	11	59	5	21	0	28	32	5
Agree	5	26	21	37	29	47	37	21	28	32	42
Strongly Agree	95	63	74	53	12	47	42	79	32	37	53

Key Indicators of Change - responses following project engagement.



"It has surprised me as to how much is going on behind the scenes. I have made new friends, gained useful skills and developed new interests that I would like to develop further"

"Sharing resources and expertise is forging a stronger and more resilient community. I feel much more positive about the locality as I get to meet new people and get active in projects that help both myself and others"

"Meeting new people and learning new skills. Gaining confidence in new skills by applying them. Starting a momentum to be involved in planning and delivering future related projects"

"We have lived here for over 20 years and I think this is the best idea or project to happen in that time"

"Has made us aware of provisions available that we were unaware of. Has allowed us to get involved with community projects to help others and share our skills while learning new ones and meet others within the community"

"Made new friends, helped look after the local nature and let me see that others have the same interests. Suffering from anxiety and depression often makes large social activities really stressful. I'm not interested in sport and I'm a recovering alcoholic. Not much about before this activity started and I'm really thankful that it has. More of this kind of thing is needed so that everyone has somewhere to meet others. Being lonely is horrible and I really look forward to the activities we've been doing"

"This project has definitely improved the community by creating friendships, allowing a new group to develop in a very short time and by motivating local people to take care of their environment"

"A great experience with brilliant people. Of course it improved the community as there was nothing like it before. I've done things I haven't done since I was in the guides (a long time ago!) and it's been really good fun. Plus we have made a step towards protecting the wonderful wildlife and nature we live in"

"This can make a real impact on the locality"

"I never realised how much our Town Council was doing until getting involved in this project. The facilities and opportunities offered are unlike anything I've experienced at this level anywhere I've lived in England or Wales. Even more pleased I moved from the city now! Give me coffee over Starbucks any day. I hope the Councillors realise just how hard staff are working and how connected we now feel as a result. Keep it going. You're doing good things!"

"Yes, the project has greatly improved my view of the local community. I moved to the area about a year ago, and was finding it hard to meet people and establish that sense of community that I was looking for. I wasn't sure if I was going to go to the first session, as I am quite shy in social situations and I thought that it might be awkward, but I am so glad that I did. Not only did I meet some lovely people, I was also introduced to five or six other projects in the area that I did not know of; I know this is the case for others in the group, too"

Community Hubs

Within the scheme of projects developed in response to our community's input through consultation, we have developed 4 distinct "hubs" which are based at Cwmaman Community Centre, The Hearth Workshop and throughout the community in the form of outreach and partnership working.

Each hub progresses at the rate of demand within the community and will, it is hoped, become increasingly community led as local capacity, confidence and knowledge are developed.

Community Information Hub:

Threshold open day:

A Threshold open day/recruitment day was held at the Community Centre to showcase the provision offered by Threshold. To ensure that the greatest number of people possible were made aware of the services available, we worked with partnership organisations from the third-sector. These included Calan DVS, Gwalia and Shadows. A lot of the courses were for confidence building, arts and craft for wellbeing and peer mentoring.

Wellbeing National Indicators: 19, 29, 30



Threshold



A safe place for anyone
affected by domestic abuse.

Breast feeding café:

The breastfeeding café was developed out of a local need for new mothers to be able to meet in a safe environment and discuss openly any issues around breast feeding. This was a collaboration between Cwmaman Town council and the Garnant Family Centre who provided an outreach worker who gave support on breast feeding. Chris Phelan-O'riordan, a breast feeding specialist from Glangwili Hospital, also supported the development of the group and consulted with us in setting up the provision.

As well as the very specific support for the mothers, we also offered the group activities such as ceramic painting workshops to create keepsakes with their child.

Some members of the group have now expressed a need for a mother and toddler group to enhance the provision at the Centre. It was also identified that there are currently no mother and baby groups open on Friday afternoons.

Wellbeing National Indicators: 6, 27, 30, 35

Grant Support Services:

Cwmaman Town Council recognise the importance of developing strong and resilient partners within the local community. To support this aim the Community Development Officer provides advice, support and data to support funding applications developed by such organisations. Over the past 12 months the CDO has supported 9 organisations with grant applications which have secured additional community income in the region of £26,000.

Wellbeing National Indicators: 3, 5, 8, 11, 14, 23, 24, 29



Community Education Hub:

Initiative for Nature Conservation Cymru Collaboration:

INCC, through their Chief Executive Officer and local resident Robert Parry, have been collaborating with Cwmaman Town Council for a number of years to ensure the local natural spaces and wildlife are supported. This has been achieved through a wide range of engagement work with local residents of all ages and has provided the opportunity to develop knowledge around ecology and practical skills.

A number of nature walks have been organised which have provided an insight into the local environment which left many attending surprised at the range of wildlife and habitats present within the Amman Valley. Furthermore, they have been holding workshops for local residents and children from local schools to produce habitat support items such as nest boxes and bat boxes.

One such activity took place as part of the Amman Valley MakerSpace MiniMakers sessions where children were supported to make their own nest box, decorate it and take it home to place in their gardens.

Wellbeing National Indicators: 3, 5, 8, 11, 14, 19, 23, 24, 29, 30

The Bowls Pavilion

The bowls pavilion is operated by Cwmaman bowls club for 8 months of the year. Its location is in Cwmaman park adjacent to the river Amman and Golwg yr Aman. We are looking to develop a community café, shop and bike /equipment /muga hire centre at the Pavilion. There currently is no provision available to serve the needs of the community using this area and it is felt that the regeneration of the pavilion will increase tourism to the area and help increase membership of the bowling club.



The Glanaman Signal box

Glanaman signal box is situated on Station road Glanaman (one of the wards that make up Cwmaman) and sits along the mineral line that went through the Amman Valley.

Cwmaman Town council are in the process of applying for a grant to refurbish the signal box. If successful with the grant the refurbishment will enable Cwmaman Town Council to hire the space to organisations that will look at the heritage of the area including the railway as well as working with local wildlife groups that utilise and research the inhabitants of our natural environment.



Cwmaman Youth Resource Centre

Cwmaman youth Resource Centre is situated on Station Road Glanaman. It is the home of Cwmaman Youth Club who meet on Tuesdays and Thursday. The resource centre also has a bunk house, which can be hired to groups, families or individuals who seek affordable accommodation. Its location at the edge of the Beacon National Park makes it a perfect location for those wishing to embrace the beautiful countryside that surrounds Cwmaman. As part of an outreach project the Community Centre and MakerSpace worked with the Youth club to create some ceramic tiles.



In Depth.... I.N.C.C

MENTER AR GYFER
CADWRAETH NATUR CYMRU



INITIATIVE FOR NATURE
CONSERVATION CYMRU

The Initiative for Nature Conservation Cymru, INCC, is an evidence-based nature conservation charity, formed as a direct result of the sustained and ongoing losses to habitats and wildlife in Wales. Our vision is of 'a Wales with more wildlife in more places, created by a society that intrinsically values the natural world'.

Before registering INCC as a charity, we had to identify the gaps in the nature conservation sector and how we could best fill them. We asked a number of professional conservationists, politicians, academics and members of the public to help us answer the question. A variety of gaps were identified but a continuing theme throughout the consultation process was the need for a truly independent nature conservation organisation, one that could speak out and challenge environmental decision makers for the benefit of wildlife. So, on that principle, INCC was founded in 2018.



A word from INCC's Honorary President – Iolo Williams

"Environmental leadership in Wales is lacking at the highest levels of Government. As a result the future for wildlife looks bleak. To change things, Wales needs a truly independent organisation like INCC to stand up, speak out and challenge decision makers to do more for wildlife".

Iolo Williams



So that INCC can remain impartial and able to challenge environmental decision makers, it was decided by Trustees that we would not seek or accept funding from Welsh Government or its statutory agency Natural Resources Wales (NRW). Therefore, INCC relies on the generosity of individual supporters and donations as well as grant giving trusts and foundations.

Much of INCC's on-the-ground nature conservation delivery has been undertaken in the Amman Valley. The Valley has been recognised by INCC as a Landscape of Importance for Nature Conservation (LINC) due in part to its rich diversity of habitats and species. As well as its wildlife, the communities of the Amman Valley have shown a dedication and determined commitment to learn more about the wildlife they share their valley with so that more nature conservation action can be done.

Since 2018, INCC has been working with communities in the Amman Valley to bring about a greater awareness of the wildlife they share their valley with. The work has highlighted the ecological value of the landscape, and the commitment from local people toward wildlife and nature conservation.



Working alongside Cwmaman Town Council, landowners, community groups and volunteers INCC has been able to develop and deliver several targeted nature conservation projects throughout the landscape, including:

Pied Flycatcher Nest Box Scheme

Throughout spring 2019, INCC, with support from the Brecon Beacons National Park and community volunteers was able to build and install 140 Pied Flycatcher (*Ficedula hypoleuca*) nest boxes in five woodland habitats within the Amman Valley. Prior to the project, no biological records for Pied Flycatcher existed for the Amman Valley despite suitable upland oak woodland habitat. Surveys and monitoring at two of the five woodlands within the project revealed a total of seven occupied nest boxes in 2019.

The Pied Flycatcher is a species of conservation concern in the UK, showing severe declines in population in recent decades. Thanks to the ongoing commitment from local landowners and volunteers from the community, the project can continue to monitor the nest boxes and the Pied Flycatcher population over the coming years, as well as find new locations for more nest boxes.



Community Nature Conservation

To inspire communities about the valley's wildlife, a series of guided wildlife walks were organised throughout 2019. The walks, coupled with volunteer days making woodland bird nest boxes provided a stepping stone for people of all ages to explore the valley's wildlife take a greater interest in its conservation. The activities have enabled local people to not only learn more about wildlife, but to also do more in terms of direct nature conservation. Many participants have undertaken training days and ecological surveys as well as written to their local Assembly Member to urge more conservation action for local wildlife.



Funding from the Awards for All Community Fund in 2019 has contributed toward the ongoing development of community nature conservation action. Working in partnership with Cwmaman Town Council, the fund has helped install a community polytunnel dedicated to growing wildflowers.

For more information about INCC and the work we do, please visit <https://natureconservation.wales/> or contact Rob Parry on rob.parry@incc.wales.



In Depth.... Covid Response: Amman Valley MakerSpace and the Frontline3D Initiative

The Amman Valley MakerSpace scheme, which provides community access to new technologies, laser cutting and 3D printing equipment, teamed up with Dr. Dimitrios Pletsas, of Swansea University, to produce over 14,000 face shields for medical and frontline staff during the heights of the Covid pandemic. Around 40 printing farms across three counties produced the face shields, which have passed clinical tests at Hywel Dda University Health Board. These “farms” are all run by volunteers from their own homes or places of work. Particular thanks must go to Damian Jones (Head of Design and Technology, Ysgol Dyfryn Aman) who has been part of the initiative from very early on and has been a great support to Robert Venus (Community Development Officer, Cwmaman Town Council) in ensuring the Amman Valley print farms were productive throughout. Thanks also to Glanamman resident, Justin Driver, and local business Black Mountain Fishing and Camping who contributed a significant number of face shields to the effort. In order to achieve this support was required with fundraising, purchasing and logistics. Special thanks to Andrea Traylor, Tracey Morgan Nicola Maliphant and Noémi Hilaireau for all of their support with this.

Prince Philip Hospital, in Llanelli, Glangwili General Hospital, in Carmarthen and Morryston Hospital and Singleton Hospital, in Swansea, have all received deliveries of the face shields. They will also be worn by staff in local pharmacies and by district nursing teams. As have Garnant House and Glangarnant care homes in Cwmaman.

The product is reusable and is biodegradable and environmentally friendly.

Robert Venus, project lead for the Amman Valley MakerSpace scheme, said:

“This initiative has shown the true value of cross-sector collaboration and innovation. It has shown how essential creativity, design, engineering and making skills are to both an individual’s wellbeing and society at large. We will maintain this initiative post-Covid as the energy and positivity are far too good to let slip away”.



Several local companies have donated products, including Haydale Limited (see image above), which donated its entire stock of 3D filament for the shields. Brechfa Forest West Wind Farm Community Fund also donated towards 3D printers and consumables for the masks.

In addition to the face shields, Robert Venus has worked with health care professionals and members of the Stanford University Prakash Labs global collaboration, to design, produce and test a full-face respirator, intubation tent concepts, 3D printable respirator and components for medical devices affected by supply chain issues. Particular thanks must go to Maurice Clarke and all at CR Clarke, Ammanford, for their support with design queries and the development of their own CPAP machine in response to the pandemic.

Thanks also to the Brechfa Windfarm Fund who made accessing the fund in the midst of the COVID19 pandemic an incredibly fast and efficient process. The funder appreciated the urgency of the situation, had engaged promptly with ourselves as the project delivery team, but also with medical staff at the local hospital to assess the need of our proposed project, i.e. to obtain 15 new 3D printers and expand out capability to produce face shields and prototype items from our innovative ideas development stream.

Minister for Economy, Transport and North Wales, Ken Skates, said of initiative:

“Coronavirus has had a major impact on all lives and continues to pose unprecedented challenges. However, we are seeing the very best in people, businesses and organisations who keep going above and beyond to try and meet them head on. Amman Valley MakerSpace is helping to protect our frontline healthcare heroes so they can focus on saving the lives of others. Incredible efforts such as theirs shows what is possible with innovation, collaboration, and urgency. I would like to thank them for all they are doing.”



38 FARMS
Currently producing

We have produced more than
15,000
FACE SHIELDS

@f3dinnovate



@f3dinnovate

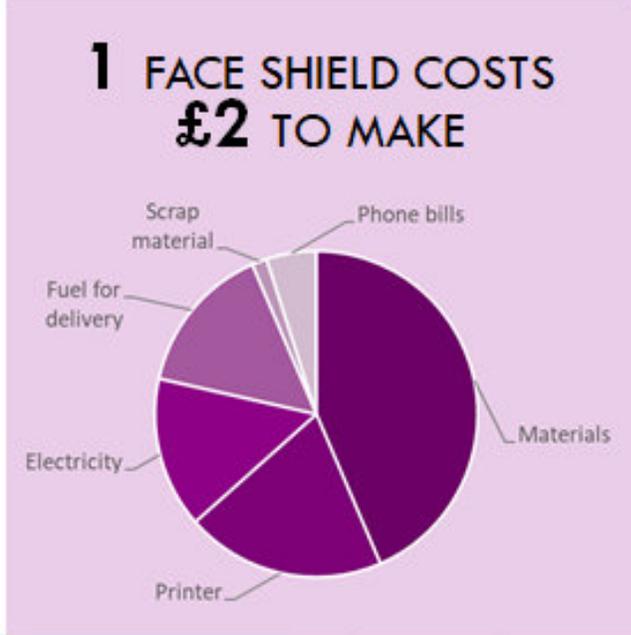


@AWMANYVMS

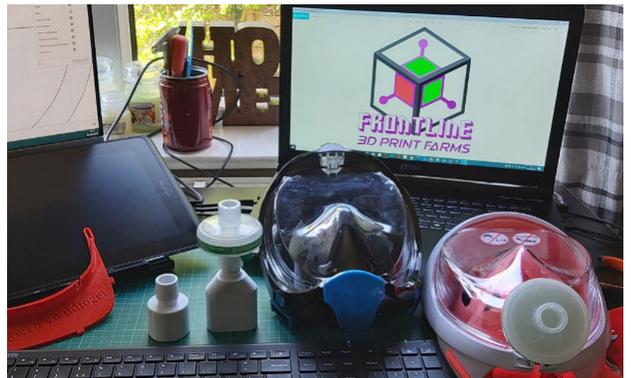


20 DRIVERS
Help deliver to you

45 VOLUNTEERS
Making this possible

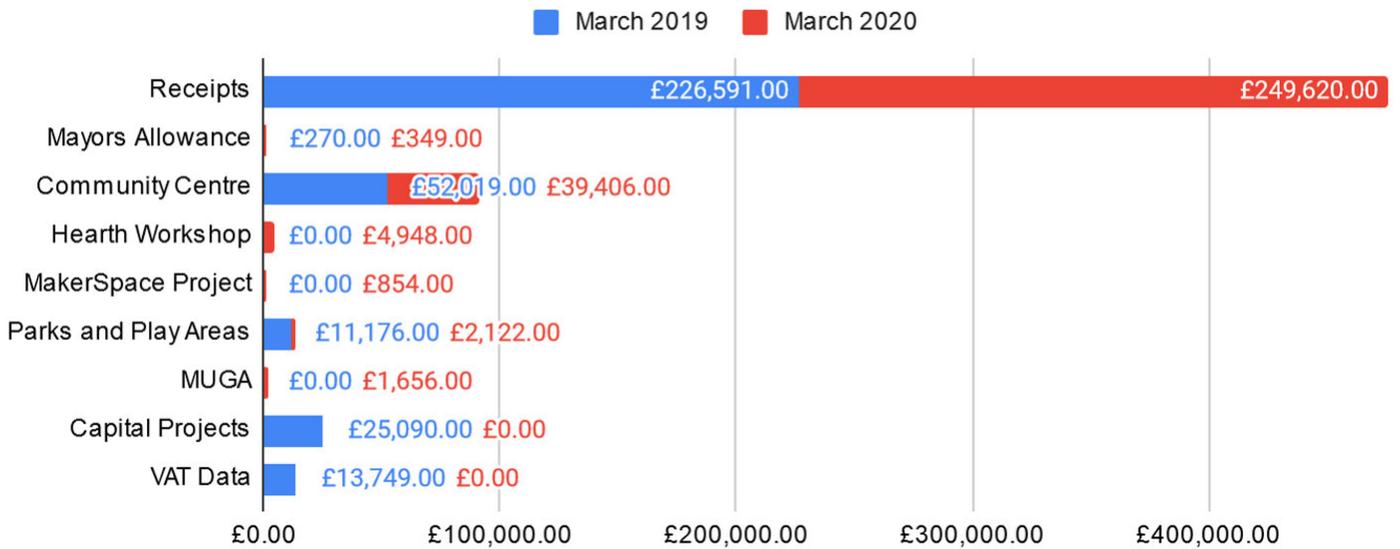


Canolfan Gymunedol Cwmaman Community Centre

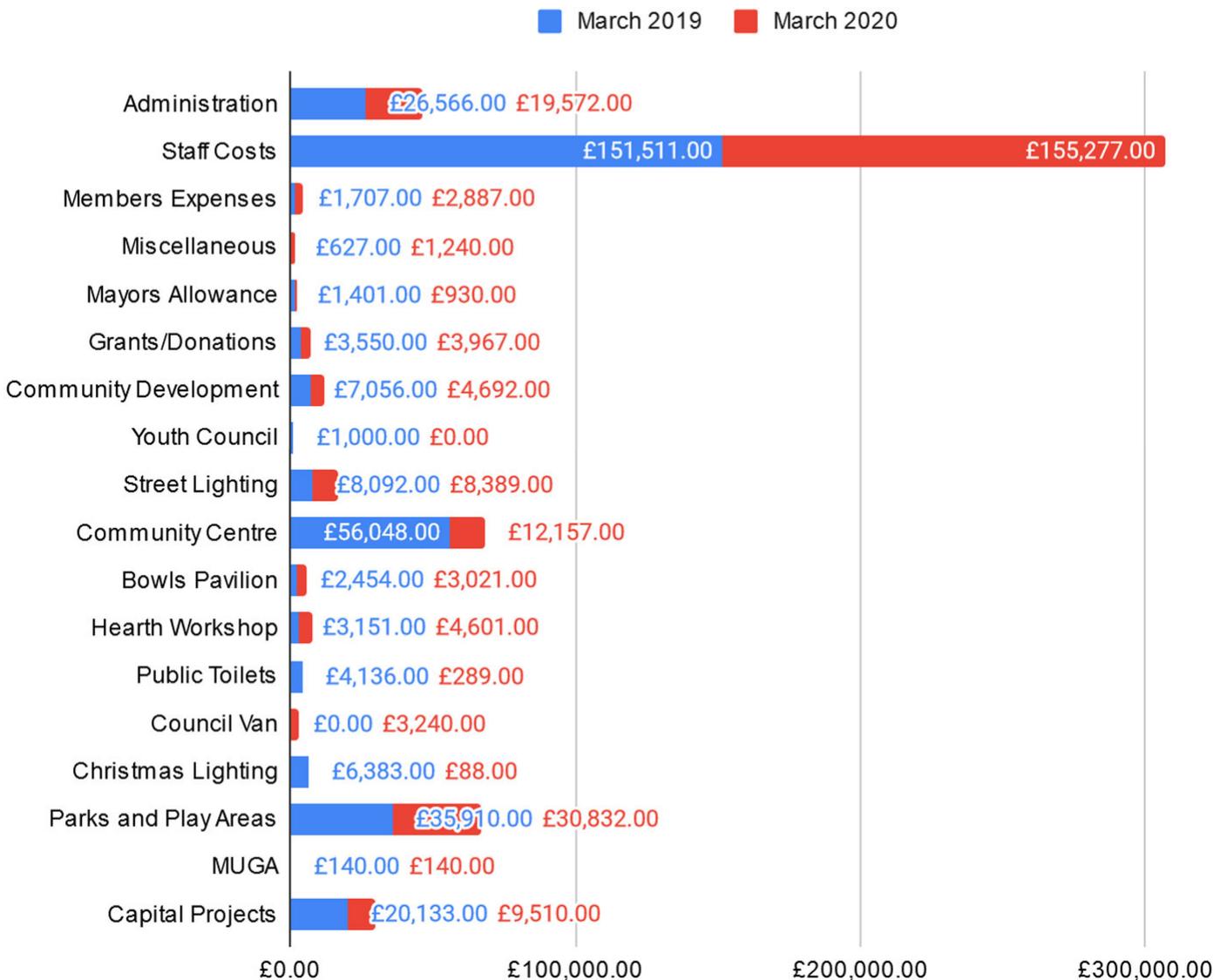


Key Financial Information

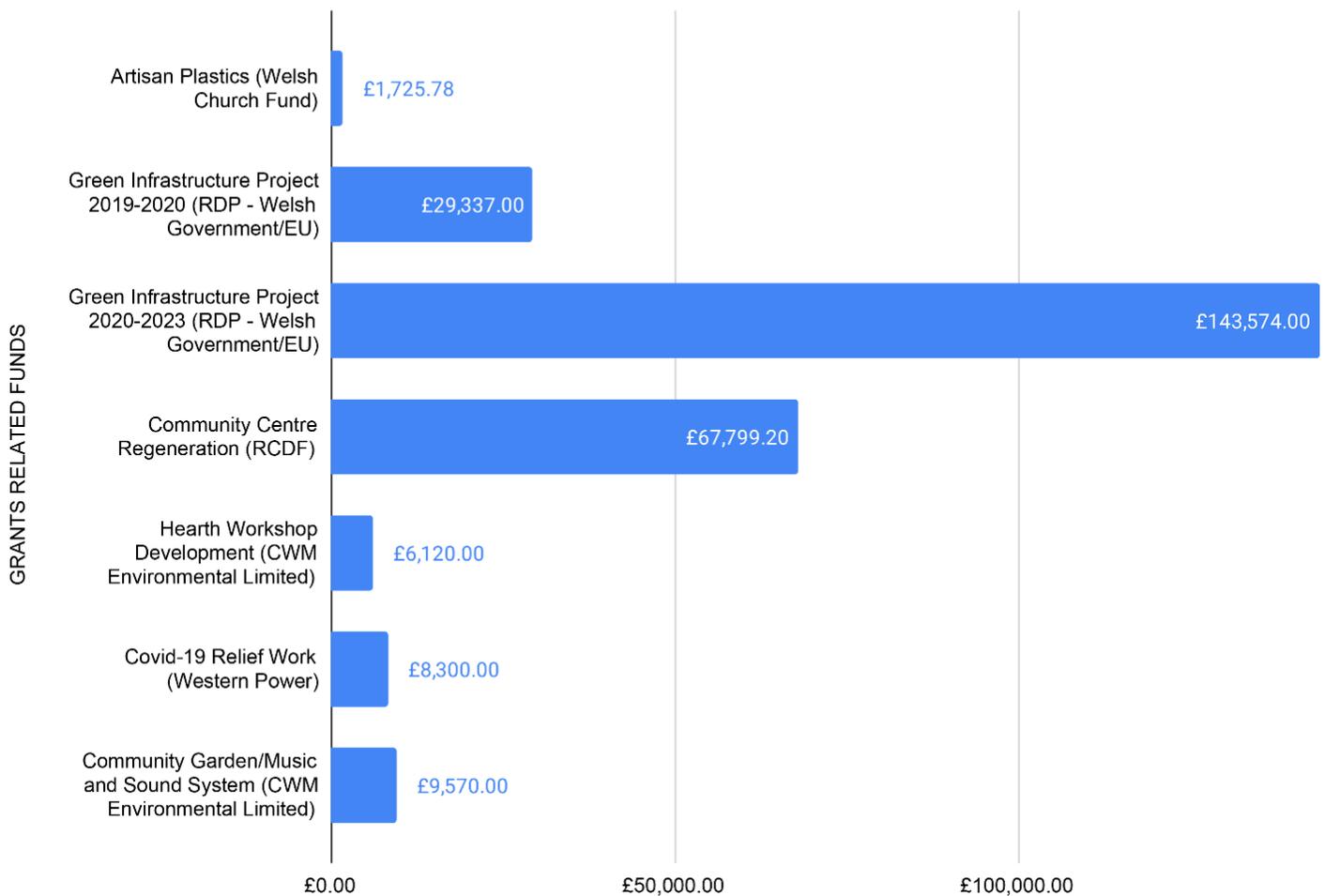
Income - March 2019 and March 2020



Expenditure - March 2019 and March 2020



GRANT FUNDING SECURED - 2017 to 2020



Income, Expenditure and Grants Totals

	March 2019	March 2020	Difference (2020>2019)
Income Total	£328,894.00	£298,955.00	-£29,939.00
Expenditure Total	£329,866.00	£260,831.00	-£69,035.00
Total Grants	£276,425.98		

Feedback and Contact:

Cwamaman Town Council welcome feedback on the content of this report, other work of the Council and contribution to our ongoing policy of community engagement and consultation.

Contact details for each Council Officer, and their respective portfolio, can be found below:

David Davies - Clerk

All queries relating to the duties of the Council, planning enquiries and to submit communication and queries to Councillors for consideration.

Email: clerk@cwamamantc.org

Robert Venus - Community Development Officer and Safeguarding Officer

Information and queries relating to community development, Council projects, funding and organisational support within Cwamaman. Concerns relating to Safeguarding, within the Councils work, can also be raised with Robert Venus.

Email: clerk@cwamamantc.org

Marissa Sweeney Aris - Assets Manager

All queries relating to Council owned assets including, but not limited to, Community Centre, parks and play areas, Youth Resource Centre. Also queries relating to activities as any of the Council's facilities.

Email: marissa@cwamamantc.org

Ongoing Consultation

To contribute to the Council's ongoing consultation, all residents of Cwamaman are invited to complete the online feedback form below. You can also request a hard-copy of this form by emailing Rob Venus at the email address above.

To complete the online form, please visit this [link](#).





**CYNGOR TREF
CWMAMAN
TOWN COUNCIL**