



SIR BENFRO
PARTNERIAETH BWYD LLEOL
PEMBROKESHIRE
LOCAL FOOD PARTNERSHIP



PLFP Development
Grants 2023/4
Case Study

THEME: ENGAGEMENT &
EVENTS

GRANT AWARD: £3000

PLANT DEWI (ST DAVID'S DCSR)

PLANT DEWI MEN'S PROJECT - GROWING HOPE

Benefits provided

Supported the existing 'Growing Hope' project that facilitates fathers with children under 16 to grow produce which is then donated to a local Trussell Trust foodbank. The grant enabled the purchase of gardening equipment, materials, seeds and plants.

Impacts and outcomes

Over the last few months 24 fathers and 13 children have supported the Plant Dewi Men's Project in maintaining the plot, improving drainage, repairing pathways and constructing planters. The fathers and children have benefitted from the activities, increasing their networks of support and undertaking positive activities with their children in the outdoors. Participants have also learnt and shared skills as they have worked together in the project. The activities have engendered a sense of value, worth and hope as many of the father's struggle with mental health issues and challenges in their personal relationships.

Highlights

Fathers have supported and helped their children by encouraging them to see a task through to its completion. Children have been enthusiastic when they understand the project supports foodbanks with fresh produce as many already collect tins at their schools and are aware of the need.

Future plans

We hope to arrange more networking with interested community groups and partnering with local schools to increase learning opportunities to promote skill sharing and material sharing opportunities.





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Grantiau Datblygu
PLFP 2023/24
Astudiaeth Achos

THEME: Ymgysylltu &
Digwyddiadau

GRANT AWARD: £3000

PLANT DEWI (ST DAVID'S DCSR)

PROSIECT Y TADAU PLANT DEWI – TYFU GOBAITH

Y buddion a ddarparwyd

Cefnogwyd y prosiect 'Tyfu Gobaith' presennol sy'n rhoi cyfle i dadau â phlant dan 16 oed dyfu cynnyrch sydd wedyn yn cael ei roi i fanc bwyd lleol Ymddiriedolaeth Trussell. Trwy'r grant bu'n bosibl prynu offer garddio, deunyddiau, hadau a phlanhigion.

Effeithiau a chanlyniadau

Dros y misoedd diwethaf mae 24 o dadau a 13 o blant wedi cefnogi Prosiect y Tadau Plant Dewi i gynnal y llain, gwella'r draenio, trwsio llwybrau ac adeiladu potiau plannu.

Mae'r tadau a'r plant wedi elwa o'r gweithgareddau, gan gynyddu eu rhwydweithiau cymorth a gwneud gweithgareddau cadarnhaol gyda'u plant yn yr awyr agored. Mae'r cyfranogwyr hefyd wedi dysgu a rhannu sgiliau wrth iddynt weithio gyda'i gilydd yn y prosiect. Mae'r gweithgareddau wedi ennyn ymdeimlad o werth a gobaith gan fod nifer o'r tadau'n dioddef o broblemau a heriau iechyd meddwl yn eu perthnasoedd personol.

Uchafbwyntiau

Mae tadau wedi cefnogi a helpu eu plant drwy eu hannog i gwblhau tasg. Ar ôl deall bod y prosiect yn cefnogi banciau bwyd gyda chynnyrch ffres, roedd y plant yn awyddus iawn i gymryd rhan gan fod llawer eisoes yn casglu tuniau yn eu hysgolion ac yn ymwybodol o'r angen.

Cynlluniau yn y dyfodol

Rydym yn gobeithio trefnu mwy o rwydweithio gyda grwpiau cymunedol sydd â diddordeb a gweithio mewn partneriaeth ag ysgolion lleol fel bod mwy o gyfleoedd i rannu sgiliau a deunyddiau.

