



Un Llais Cymru



One Voice Wales

Cwmaman Town Council Community Fridays Case Study

At a glance

Cwmaman Town Council recognised that in a rural community residents face challenges accessing services. The purpose of their Community Fridays is to provide much needed support by bringing those organisations together. Allowing discussions with several locally based organisations, regional support agencies and third sector organisations, the initiative was launched with an open day at the Cwmaman Community Centre on February 23rd 2024.

Partners include:

- **Cwmaman Community Pantry:** Providing low-cost, quality food to community members.
- **Cwm Environmental ETO Hub:** Providing refurbished second-hand furniture & electronic goods at affordable prices.
- **Hwb Bach y Gwlad:** Offers housing & benefits support.
- **Third-Sector Organisations:** Various third sector organisations attend to provide specialised advice & information on the assistance they offer.

"You are really providing an essential service and something that is really needed in this area."
Local Resident

Challenges

Cwmaman Town Council realised that many of their residents were unaware of the range of support services available to them. They also identified that people were often unable to access this support due to barriers such as the cost of travel or social isolation.

Solutions

In an attempt to bridge these issues for their community the concept of Community Fridays was created with the aim to bring together various organisations under one roof to offer essential services to residents on their doorstep.

"I'm proud to express our commitment to helping our community by launching Community Fridays. In these challenging times, it's crucial to provide essential support and resources to our residents. This initiative reflects our dedication to helping those in need and fostering a stronger, more resilient community." Cllr David Jenkins

What's available?



Advice & Support



Community Café



Volunteering



Re-use shop

- 1 **Community Fridays** are attended by up to 50 people accessing community projects; advice and support from various organisations. This initiative consolidates crucial services under one roof, offering a one-stop support hub.
- 2 The **Community Café** plays a crucial role in fostering social connections and enhancing the community life at the Cwmaman Community Centre. Clwb Bola Bach is a children's food club that is offered at the café providing nutritious and low-cost food options to families.
- 3 The project welcomes volunteers from **Aman Care**, who are looking to integrate into the community, and students from the local comprehensive school who are working on their ALN time planner or accumulating volunteer hours for their Duke of Edinburgh awards.
- 4 Reuse shop provided by **Eto** where people can purchase low cost refurbished items for their home including electricals, furniture, computers, paint and bikes.

Community Pantry



The **Community Pantry**, located within the Cwmaman Community Centre, plays a vital role in supporting residents by providing low-cost quality food and emergency food parcels to those in need. This service is designed to alleviate food insecurity and ensure that everyone in the community has access to nutritious food. The pantry is integrated with Community Fridays, enhancing the support network available to local residents

Cwmaman celebrate National Volunteers Week

A hugely successful event was supported by over 20 voluntary organisations promoting their projects and volunteering opportunities alongside Multiply, art, craft and wellbeing workshops. It was attended by approximately 120 people. It highlighted the vital role of volunteers and connected the community with meaningful opportunities to get involved.



“this gives us a chance to come out and show what services are available”
Rhian Jones
Age Cymru Dyfed

Cymorth mynediad oddi wrth:
Access Support from:

- Pantri Cymunedol Cwmaman Food pantri
- Cwm Environmental ETO Hub
- Hwb Bach y Gwlad
- Gwybodaeth gan sefydliadau'r trydydd sector
Information from third sector organisations
- Archwilio cyfleoedd gwirfoddoli.
Explore volunteering opportunities.

Bob/Every DYDD GWENER FRIDAY 10AM - 3PM

CYMMUNED YN GRYFACH CYDA'N GILYDD COMMUNITY STRONGER TOGETHER



Funding & Powers

Providing the Community Fridays incurs minimal costs to the Council outside of usual staffing and building costs. Additional expenses are attached to the provision of resources and food for a larger community event.

All community councils in Wales need specific legal powers that enable them to provide various services and support for their local communities. These powers, granted by legislation, allow councils to undertake a wide range of activities and initiatives to improve the well-being and quality of life for residents. Powers and justifications can differ, and councils should consider their specific circumstances.

For advice and guidance, councils may wish to contact their One Voice Wales Development Officer. admin@onevoicewales.wales

The Future

A **Winter Wellness**—stay warm, stay well stay connected Event is planned: this is a collaboration with **Connecting Carmarthenshire** and will tackle issues that concern individuals and families through the winter months.

Cwmaman Town Council will be collaborating with **Age Cymru**, who will be running a digital project to support both paid and unpaid carers, helping to support a crucial sector of the community by promoting digital inclusion.

A **collaboration** with the **Alzheimer's Society** to run their course, 'Live Well With Dementia'.

Want to Find Out More?

For more information on the **One Voice Wales Cost-of-Living Crisis** project contact the team at:



CoLC@onevoicewales.wales



<https://bit.ly/3KYHftK>