

# Y Stiwdio

Hermon, Y Stiwdio SA36 0DX

This project has its very own building in Hermon and aims to offer a peaceful, multi-use, publicly accessible space made from natural materials in an inspiring design, which incorporates low-cost energy saving and generation technology, with a garden to grow food and flowers - a demonstration site of low-impact building materials, land-use and transport.

Y Stiwdio is for people to book for their workshops, classes, and social activities - especially those which require a practical workspace or are likely to be messy!

CARE aims to capture and celebrate local histories in Y Stiwdio - for example through exhibitions - and work with partners to deliver activities which encourage skills-sharing, community cohesion, and behaviour change with the use of resources, as well as promoting healthy sustainable lifestyles.

Contact Emma Baker -  
[stiwedio@cwmarian.org.uk](mailto:stiwedio@cwmarian.org.uk)



## Growing Better Connections

Set up in 2020, Growing Better Connections ran until March 2023, and will continue to find ways to regenerate our landscape together, with practical solutions that value heritage and recognise what we need now and tomorrow. Working with nature to protect and enhance habitats, and working with land managers to support their farms and enterprises. From 2023, GBC will work on the health of the river Nevern with the CLEAN project, and will be supporting community groups to develop public growing spaces in Carmarthenshire.

GBC's work is showcased in a short documentary found on the website.

[gbc@cwmarian.org.uk](mailto:gbc@cwmarian.org.uk)

## Community Meals

Community Meals started in August 2022 as a way of using community spaces for sharing meals together. Buying food from local growers, they offer delicious evening cook ups for all to join. Community Meals also offers affordable freezer meals for anyone who could do with a home-cooked meal pre-made for them, and is also running food skills workshops. The community freezer is in Tegryn, Canolfan Clydau and available Mon - Fri 10-4.

[meals@cwmarian.org.uk](mailto:meals@cwmarian.org.uk)

## Fruit & Bounty Sir Benfro

Our Fruit and Bounty project is focused on building and supporting a thriving fruit tree network in Pembrokeshire.

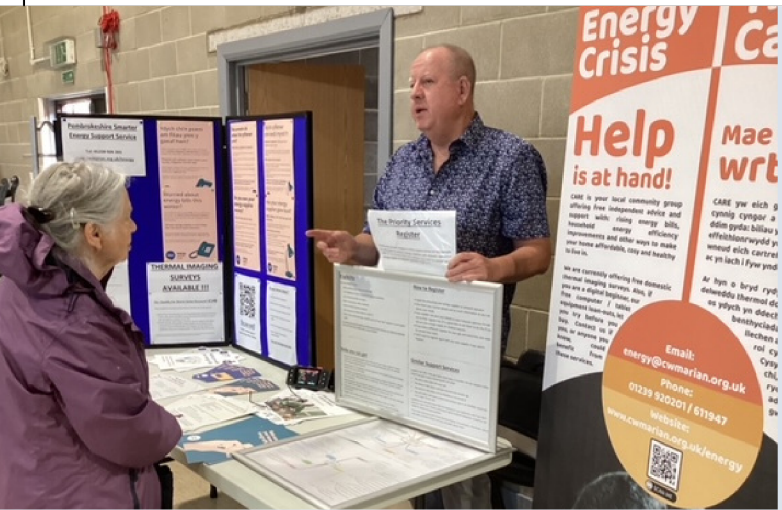
We're working with orchard and fruit tree businesses that make cider, sell trees, produce juice, sell fruit, bake fruit pies and more. We're helping them to build or strengthen their fruit businesses with training, mentoring and networking.

We're also creating a network of "Mother Orchards" around the county to give the public access to cuttings of fruit and nut trees that are best suited to West Wales. They can collect these cuttings for free, to propagate their own trees. Our forthcoming fruit tree variety sharing network opens this up wider, for everyone to offer out cuttings of the varieties of fruit and nut trees they'd like to share from their own gardens.

And we've also been out juicing apples! In 2022 we've run 16 community apple pressing days, pressing nearly 7 tonnes of apples.

Contact: Neil  
[neil@cwmarian.org.uk](mailto:neil@cwmarian.org.uk)  
07754896912





## Pembrokeshire Smarter Energy Support Service

Started in 2021 providing energy advice to Pembrokeshire & nearby communities. Support targeted to:

- Understanding energy bills & tariffs.
- Offer bespoke energy-saving solutions depending on a household's budget.
- Advise on the best use of existing heating controls.
- Inform of low carbon solutions for updating & retrofit projects.
- The benefits of smart meters.
- Local awareness of help provided by national & local government.
- Promote the Priority Service Registers.
- Referring eligible households to the NEST Scheme.
- Providing a 'Telephone Help Line' to offline householders.
- Keeping households informed of useful home energy information via social media and press articles

The team also offer thermal image surveys. (Funding dependent)

P-SESS are funded by Big Energy Savings Network (BESN) & National Grid (Energy Affordability Fund)

Contact: Gerry, Peter or Daniel  
[energy@cwmarian.org.uk](mailto:energy@cwmarian.org.uk)  
 01239 920201

## Heath & Hedgerow Sir Benfro

This project is running from May 2022 - June 2023. It aims to support land owners and managers to realise ecological and monetary value, and mitigate climate change, through managing organic material (natural biodegradable matter) and "waste" products.

**H&H AIMS TO:**  
 Pilot innovative uses for waste biomass.  
 Provide support and training.  
 Create networking opportunities.

If you are a farmer, land manager or individual interested in piloting the production and use of biochar, compost or alternative animal bedding get in touch!

Contact: Naomi, Nicky  
[biomass@cwmarian.org.uk](mailto:biomass@cwmarian.org.uk)  
 01239611943

## Community Wind Turbine

The community-owned turbine was the project that originally brought CARE into existence, generating enough green electricity to power 450 homes and in so doing, prevents the release of over 400 metric tons of CO2 annually. It is a potent and empowering example of how local people working together can both tackle climate change and generate resources for community benefit. CARE is currently trying to overcome the limitations of the national grid that prevent further renewable energy generation. It is working on a cunning plan to piggy-back a new solar array on to its existing wind connection. This will allow the turbine site to continue generating electricity during calm days when the sun is shining.

Contact: Daniel  
[daniel@cwmarian.org.uk](mailto:daniel@cwmarian.org.uk)



CARE are a Community Benefit Society determined to make a positive environmental impact for our local community in North-East Pembrokeshire.

Under the umbrella of CARE, operate different projects. Projects overlap in value, while holding different focus.

We are always looking for partners, new contacts and ideas. Get in touch to join the CARE mailing list, or follow us on social media - We would love to hear from you!



[www.cwmarian.org.uk](http://www.cwmarian.org.uk)

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