Community Meals at Clynfyw, Boncath

Clynfyw Community Benefit Society wants to bring people together through food, friendship and community, creating a welcoming and inclusive space where people can connect and share experiences.

Context: Clynfyw is located near Boncath in north Pembrokeshire. Approximately 784 people are living in the Boncath area, with 19% under 18, 50% 18-64 and 31% over 65 years. The area is rural, with residents often spread across small villages and communities. While there are local cafés, pubs, village halls and community groups in other places, transport is a challenge, making it difficult for some people to access social opportunities and activities.

The community identified a range of community assets including local food producers, farmers, allotments and community growing projects as important resources within the area.

"It's so hard for people to get about in rural areas. – organise lift share, get a community transport minibus"

"Organising transport is essential."

- Communities are spread out making it hard to bring people together
- Lack of transport and cost is a barrier to some people

What did the community say about community meals? A relaxed community event was held at Clynfyw Care Farm on 27th April 2026. At least 17 community members attended to explore what successful community meals could look like. Participants used creative activities, maps, prompt cards and a "Recipe for a Successful Community Meal" questionnaire to share their ideas and experiences. Community meals were seen as an opportunity to strengthen social connections, create a sense of belonging and provide welcoming spaces where people can meet.





What do people want most?

A welcoming, safe and inclusive community space where people feel comfortable and valued.

"It's inclusive for people on their own."

"For friendship, talking, a sense of belonging."



What is the recipe for success?

Key ingredients are:

- A safe and welcoming atmosphere
- Friendly faces and allocated greeters
- Opportunities to meet and make friends
- Local, seasonal produce
- Inclusive dietary options
- Relaxed spaces for conversation
- Games and activities that help people interact
- Creating inclusive spaces that are supportive for all ages.

"A good chance to mix and meet people."

"Make sure that food is sourced locally – local gardens and allotments, possibly donating."

"No charge for those that have many calls on their resources BUT 'Pay on' for those who are able to pay something"



More than a meal.... opportunities for social activities, learning and entertainment:

- Music
- Games
- Arts and crafts
- Talks and discussions
- Educational sessions
- Climate-related talks
- Themed evenings
- Farm tours
- Community celebrations
- Opportunities for young people to become involved

"To be part of the community, to have a safe space."

"Friendly faces, easy access. Food not too clever or complicated."

Background: This project emerged from the Cymru Wledig LPIP Rural Wales project. Through Innovation Labs in 2025, participants explored how food can enhance wellbeing in rural communities. The vision was to support shared meal initiatives that use local produce, celebrate culture and bring people together, helping to strengthen wellbeing, community cohesion and rural prosperity. Acknowledgement: Special thanks to Ein Cegin and Sophie Bennett for providing mentoring and support to the communities. Contact: www.eincegin.org

CYMRU WLEDIG LPIP RURAL WALES

UK Research and Innovation

For more information contact:
Lizzie James: lizzie@clynfywcbs.org.uk
OR for LPIP: Amie Andrews: ama108@aber.ac.uk