Community Meals in Llanrhystud

Llanrhystud Memorial Hall Committee want to work with community groups across generations to include everyone in community meals

Context: Llanrhystud village is located in Ceredigion, Wales. The Llanrhystud area has a population of around 1,544 residents, with approximately 15% under 15 years old, 30% over 65 and 55% in the 15-64 age bracket. The village retains a number of important community assets, including a primary school, memorial hall, church, local pub and other community facilities, which provide opportunities for residents to meet, participate in activities and maintain community connections

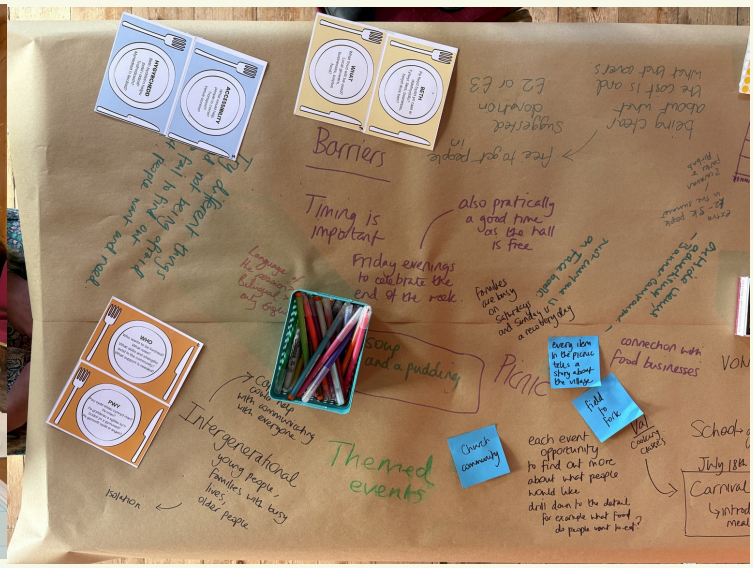
Although there are many activities that run at the hall, it is challenging to bring people together across different age groups. Timing and cost are key barriers to participation.

"Older demographic come to events but need to engage younger people and families."

- Ambition to "try different things and not being afraid to fail to find out what people want and need."
- "Each event is an opportunity to find out more about what people would like."

What did the committee have to say about community meals?
Members of the committee met to discuss their vision for community meals and explore ways to engage different user groups across the various settings.





What do people want most?

"To reach every part and group within the community. To be totally inclusive, work with community groups - schools, older generations, family, individuals."

"Community dinner - meet your neighbours integrate into the village. Advertise as a communal event. Diversify!"



What is the recipe for success?

The Llanrhystud Hall Committee members would like the meal atmosphere to be:

- Friendly - get to know people
- Attractive - decorate the hall
- Inclusive - all ages
- Relaxing
- Welcoming - meet and greet
- Promote local produce

"Not too formal, relaxed good tasting food, embracing dietary requirements and promoting local produce."

"Having a host aspect, where individuals and families are guided to settle and meet others."

MENU

What do people want on the menu?
A preference for **simple, varied, and local food**:

- Summer-themed, Carnival picnic
- Field to Fork meals
- Varied and encourage people to try new things

More than a meal.... The committee would like to provide experiences:

"Carnival picnic - every item in the picnic tells a story about the village."

- Cooking classes
- Music, local talent, chefs, talks
- Children's baking & cooking classes
- Discussions on food and producers

"Good tasty wholesome food. Inclusive to all."

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

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