

Healthier West Wales Case Studies

Programme 7: Creating Connections for All

Kindness Acts/Stories: <https://www.connectt kindness.wales/stories/>

Intergenerational Projects

Penparcau Planting Project -Ceredigion

Penparcau Hwb have made the garden outside the entrance into a lovely new space managed by the local community blooming with flowers and vegetables. There has been a huge interest from the community and many local residents have helped convert the space into a blooming patch of flowers and sustainable vegetables for the community to enjoy. Communities have been building big planting pots for planting sustainable food sources within the streets of the community with the hard work and donations of community members, local businesses, local authority and more have donated things and time to the project to help the local community build better area for the community. Elderly residents who have not been able to manage the upkeep of their garden have also been offered the chance to use a section of their garden for vegetable patches in return for being able to benefit from the veg patch and the local community to upkeep their gardens. Community volunteers have expressed how much they have enjoyed taking on the community challenge whilst also tackling food poverty and creating a nicer space for the community to live in.

Before



After/ During

