

NOVEMBER 2024

END OF PROJECT REPORT

**Edible
Mach
Maethlon**



**BWYD LLEOL I BAWB
LOCAL FOOD FOR ALL**

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 **CRONFA
GYMUNEDOL
COMMUNITY
FUND**

HIGHLIGHTS OF 2024

Edible bed volunteer Sessions

83

Edible bed volunteer hours

596

Cooking and growing workshops

37

Local Food For All Event Attendees

380

Family Seed Packs delivered

426

Solidarity Veg Supplied

£490 vouchers redeemed



HIGHLIGHTS OF THE PROJECT

Edible bed volunteer sessions

142

Edible bed volunteer hours

1131

Cooking and growing workshops

94

Number of workshop attendees (including repeats)

1271

Family Seed Packs delivered

1255

Event attendees

1268

Solidarity Veg Supplied

370 boxes delivered
£810 vouchers redeemed



THE STORY OF THE PROJECT IN 2024

We have continued to work broadening our reach into the community, working within school settings and alongside other organisations like Powys Together at our edible bed on the local housing estate, at the Community Hub and Bowling Club which has very different audiences and now latterly working with the 6th form students at the local high school on their Welsh Baccalaureate volunteering project.

The wet summer and staff changes was demoralising for some of the volunteers which further reduced numbers at our regular drop in volunteer sessions at the Plas and some of the regulars had other priorities which have taken them away from our sessions. However, as the wheel turns, we have had a few new regular volunteers who have been very helpful and brought with them different knowledge and interests in herbs and native planting and rewilding experience from Europe.

The School Gardening club has gone from strength to strength with a new cohort received in reception in September bringing with it a new influx of children and parents keen to get involved with the garden, harvesting tomatoes to share with families and the food surplus.



THE STORY OF THE PROJECT IN 2024 (CONTINUED)

Building on our seed pack project we ran several short workshops and demonstrations in local schools, sowing seeds in upcycled containers to make sure the children knew what to do when they took their seed packs home.

Having learned that the community has less time for volunteering on farms and other organisations have also been prioritising this, we have been supporting local growers in other ways through publicity of their produce through our comms channels (social media, newsletters and talks), promoting them at our events and running specialised workshops for local land workers.

Workshops continue to receive positive feedback with 83% of attendees who completed feedback surveys stating that they agree or strongly agree that the workshop improved skills in growing healthy food and 84% agreeing or strongly agreeing that the workshop has increased their connection to local food production. The bed guardians continue to generously care for the beds around town providing forage for passers by, improving biodiversity and lifting the look of the town. New signs remind the community that they are cared for by volunteers and groups such as the brownies and the library staff use the sites for activities for their users.



THE DIFFERENCES WE ARE MAKING

Project Indicators

200 families receive seed packs and evidence of their use

>100%

In 2024 426 family seed packs were given out via primary schools and the home education network.

Edible Mach staff delivered 12 seed sowing workshops with 200+ participants using the seed packs at schools and at our public sites to get the seed pack users off to a good start.



Outcome

LOCAL FOOD RESILIENCE WILL INCREASE

Small Scale Farms receive 300 hours of support

89%

Specialised training for growers

Local Growers run workshops and talks

Publicity for locally grown products through social media channels

Volunteering opportunities publicised

"I made new connections and friends important to my work and social links through my Land Army volunteering"
Suzanne, Valley Resilience volunteer



THE DIFFERENCES WE ARE MAKING

Outcome

LOCAL FOOD RESILIENCE WILL INCREASE



"Edible Mach.is doing a great job in educating on how to produce food locally and how to use it."
Tom, Edible Mach Bed Guardian,



Project Indicators

Free food grown year-round at 14 community sites.

>100%

Additional beds added on request at renovated public toilets and exhisting beds renovated

Polytunnel built at school garden to help raise more plants for other sites

20kg of tomatoes grown for families and the local food surplus

Beans, peas, potatoes, onions, kale and fruit regularly reported as being picked from public sites through volunteers and bed guardian whatsapp groups.



"Seeing food growing in public spaces around the town is a daily reminder of what can be grown locally, and encourages me in my own food growing. It's inspiring to see crops flourishing in our town, knowing they have been grown by volunteers who care about our collective well-being"
Katie, Volunteer



THE DIFFERENCES WE ARE MAKING

Project Indicator

**Supporting a voucher
scheme to enable 15
households access to
locally grown veg**

100%

Local Food for All has supported the Solidarity Veg group to:

- deliver 370 boxes of free veg to local households in Machynlleth who would be otherwise unable to access
- raise £5280 from local grants to pay for solidarity vegetables
- establish and build a relationship with Dyfi Food Bank and Advice Mid Wales, and launch the collaborative Solidarity Voucher Scheme, which has enabled food bank service users to purchase £810 of fruit and veg

Outcome

LOCAL FOOD EQUALITY WILL INCREASE



THE DIFFERENCES WE ARE MAKING

Project Indicator

50 workshop attendees say the experience has enabled them to increase skills to grow food and cook more healthily than before

>100%

Workshop attendees scored an average 9/10 for enjoyment of workshops

54 workshop attendees agreed "This experience has improved my skills in growing healthy food"

59 workshop attendees agreed "This experience has improved my skills in cooking healthy food"

Outcome

INCREASED SKILL LEVEL IN OUR COMMUNITY



"Exciting I feel inspired to come to volunteer sessions and have lots of ideas for my own garden" Garden Planning workshop attendee and volunteer



THE DIFFERENCES WE ARE MAKING

Project Indicators

50 volunteers report
increase in confidence,
wellbeing and
connection to food
production.

>97%

49/50 volunteers responded
"Volunteering with Edible
Mach has had a positive
effect on my wellbeing"

48/50 volunteers agreed "I
know more about local food
networks and/or feel more
connected to local growers
thanks to getting involved
with Edible Mach"

49/50 volunteers feel "I have
learnt something new about
growing food through
volunteering with Edible
Mach"

Outcome

SOCIAL COHESION AND LOCAL FOOD CULTURE WILL INCREASE



"Edible Mach consistently run
imaginative, engaging and
relevant events in our community,
bringing multiple strands of it
together around food. Looking
after an Edible Mach box supports
my mental health and connects
me to people (at the train station)
who I don't normally spend time
with."

Pippa, Bed Guardian Volunteer



THE DIFFERENCES WE ARE MAKING



"Rwyf wedi mwynhau fy amser gyda
Edible Mach yn fawr iawn ar
cyfeillgarwch a ddaw yn ei sgil."
**Kate, Edible Mach Event Volunteer
and Committee Member**



Outcome

**SOCIAL COHESION
AND LOCAL FOOD
CULTURE WILL
INCREASE.**

Project Indicators

**At least 3 large scale
events over the project**

>100%

We delivered a Spring Fair and Harvest Festival in 2024 with over 150 attendees at each.

Throughout the project we have delivered 7 large scale events including a Xmas community meal and 6 events where the public meet the growers and local food heroes.

The Havest Festival and Spring Fair have become part of the local foodie and gardeners calendar where people expect to be able to share plants and expertise and participate in interesting talks.

HOW WE ARE CHANGING

We are working with more families and children. This is where we meeting a broader section of the community including Welsh-speaking families and people from lower income families who may not normally prioritise an interest in organic or regeneratively grown food over price.

We are making stronger links between the growers themselves and the community workshops. We are inviting the local growers to pass on their skills to the community and raise awareness of the local food system through running and hosting workshops.

We are including messages about climate change and healthy eating following NHS nutritional training and climate literacy training at our activities.

We are developing other sources of funding. This includes looking at becoming a food business which can market products from surplus produce, put on paid-for events and offer a wider variety of workshops.

We are focusing on resilience in our committee and making sure we have voices from a broad section of our community to steer our projects. Responding to any weaknesses flagged in our recent strengths checker exercise.



HOW WE ARE INVOLVING PEOPLE

The Edible Mach Committee

The committee has evolved over this project to reflect changes in the direction of the work. We have had a town councillor and local growers on the Mach Maethlon board and recently parents, a librarian and a professional gardener have joined the committee

"It's been fantastic to see people coming together at the range of events that have been put on over these last three years. I am particularly encouraged by the work with young people at the youth club and the schools, both with growing and cooking food, and to have the Welsh Bac students come out to volunteer on the Edible Mach growing sites. Embedding an understanding of where food comes from at an early age will have a lifelong positive impact on people's diet and health and on the environment."

Matt, Mach Maethlon Treasurer & Committee Member

Stakeholder Events

A few times a year we run an activity for our stake holders - volunteers, parents, committee members and partner organisations to bring them together over something sociable. We also run activities at other organisation events. These events give us an opportunity to consult with the people who support our work already and ensure they know we are listening.

Thank you for involving Brownies and Rainbows in growing herbs for the local community. We love seeing them growing every time we visit the Coop, where (my daughter) is able to recognise and pick different herbs herself. A fantastic connection with food and our community.

Community Consultation

We take every opportunity to seek feedback at our activities, run consultation exercises in a broad range of places and prompt the public on social media to tell us what they think we should be doing.

Go team Edible Mach our community is richer for having you. Veg beds events workshops, talks connecting with local growers. You're an inspiration.

Thank you

Community Consultation Response

FINANCES

What we spent this year...

[illegible]

FINANCES

What we spent over the project...

Local Food for All Summary: Yr 1-3	STAFFING	DELIVERY:	Workshops	Events	Garden Sessions	Seed Packs	Site Maintenance	Translation	Promo	Training	Admin	Website	Valley Resilience	Other Materials
Lottery Payments	72,296.00	27,656.00												
Other Income for LFFA	1403.55	0												
Total Expenditure	73,678.74	27,678.38	5,675.70	2,936.82	4,790.33	3,078.83	3,994.24	1,131.48	820.35	695.20	3,434.52	326.39	131.98	662.54
End of Project Balance	20.81	(22.38)												
Total Final Balance	(1.57)													

LEARNING POINTS

This project has been amazing for testing different sites and partnerships but at times there has been too much flexibility.

In future we will set more structured plans from the outset of each year.

People want to eat at workshops and events. Where possible eat what has been made/grown.

Since the end of COVID the volunteering landscape has changed as people are time poor (as well as financially poor)

Incorporating sessions into other activities: school pick up; visiting relatives; child care; increases participation and ownership for the community.

Volunteer Sessions & workshops may need to be at different days and times to offer more flexibility. Yet...a consistent presence is important to build up ownership and trust with volunteers

The community want to be taught cooking by people that are well known to them and are can teach something a bit different..

Working in partnership with other organisations makes us all stronger

This project has been a big step up in funding for the Edible Mach committee, bringing together many strands of smaller projects. The committee did not fully predict the amount of additional financial and HR workload this would bring. In future we will include this additional workload into a paid role.

Schools and young people are a great way to broaden reach. If they are engaged in something interesting around food that message is carried home to the parents.

The school garden has been transformed in to a magical place where parents and children can connect, share and learn about growing food and how to create a diverse ecosystem that supports nature. We are both learning new skills and knowledge which we hope to put to good use at home.

Amy, School Gardening Parent and new Mach Maethlon Director



A huge thank you to The National Lottery Community Fund for enabling Edible Mach to explore and increase its impact in the community.

We wouldn't have reached so many people, in so many ways with local food without this support.

