



**cegin  
hedyn**

**Cegin Hedyn  
Volunteer Handbook**

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# 1. Welcome to Cegin Hedyň

Thank you for joining our community! At Cegin Hedyň, which translates to “**Seed Kitchen**”, we believe in the transformative power of food to connect people, nourish communities, and inspire meaningful change. This handbook provides you with all the information you need to make your volunteering experience rewarding and impactful.



## 2. Our Locations



- **Cegin Hedyn Community Kitchen & Canteen:** Housed in the **Lammas Street Centre**, which is part of & based underneath the **English Baptist Church**, the kitchen serves as a safe, welcoming space for everyone, providing nutritious meals on a pay-what-you-can basis.
- **The English Baptist Church**  
A Grade II listed building, the church was built in 1869-70 and is a striking example of classical chapel architecture in Wales. Designed by George Morgan, a Carmarthen architect and deacon, it is one of the most architecturally ambitious chapels in Wales.
- **The Lammas Street Centre:** For over 25 years, the Lammas Street Centre was a hub for community support and engagement. Its Cellar Café offered home-cooked meals and a warm, welcoming environment, maintaining a hygiene rating of 5 since 2013. However, the Cellar Café closed during the pandemic lockdowns, leaving the space

unused. Cegin Hedyn saw an opportunity to continue the centre's ethos by establishing itself in the existing space. Today, Cegin Hedyn carries forward the mission of offering affordable, high-quality meals and companionship, while remaining a secular, community-focused project. While Cegin Hedyn operates in the Lammas Street Centre, it remains a secular project focused on community needs.



- **Cegin Hedyn Allotment Project:** 5 Fields Allotments behind Tesco Extra.



- **The Warren:** Located in Carmarthen, The Warren is a sustainable restaurant co-founded in 2016 by Deri Reed. It serves as a support hub for Cegin Hedyn, with marketing, resources and customer contributions directly funding our community projects.

### 3. About Cegin Hedyn

Cegin Hedyn is a community kitchen, canteen, and allotment project based in Carmarthen. Operating on a '**pay what you can**' model, our mission is to ensure everyone has access to high-quality, seasonal, and organic meal



s.

While the **Lammas Street Centre**, where our kitchen operates, is under the **English Baptist Church**, **Cegin Hedyn is not a religiously-run project**. We are a community-focused initiative open to all, regardless of background, beliefs, or financial circumstances.

Cegin Hedyn saw an opportunity to build upon the legacy of the **Cellar Café**, which closed during the pandemic lockdowns. By establishing itself in the existing space, Cegin Hedyn continues the ethos of providing a welcoming environment for all, offering meals and companionship to those who need it most.

Our project thrives on grants, donations, and collaborations with local businesses and individuals, making it a true community effort.

## 4. Volunteer Roles and Expectations



### Important Volunteer Information

#### 4.1 Head Cook & Volunteer Coordinator

Sam Slimmings is the heart of our kitchen and a key point of contact for all volunteers. As our Head Cook and Volunteer Coordinator, Sam oversees the day-to-day running of the kitchen, ensuring meals are prepared to the highest standard while maintaining a welcoming and supportive environment for everyone.

Whether you're a new or seasoned volunteer, Sam is your go-to person for:

- Answering any questions about your role.
- Coordinating volunteer shifts and responsibilities.
- Addressing any concerns or challenges you might have.

If you need guidance, have feedback, or just want to discuss your experience as a volunteer, Sam is always happy to help. You can find Sam in the kitchen during opening hours or reach out via email at [samantha@ceginhedyn.org.uk](mailto:samantha@ceginhedyn.org.uk).

#### 4.2 Sign-Up Details

To help us coordinate effectively, it's essential that all volunteers fill out their current details on the volunteer sign-up page on our website before volunteering. Accurate information ensures we can contact you, assign roles suited to your preferences, and keep you updated about upcoming shifts, events, and news.

#### 4.3 Volunteer Roles:

- **Kitchen Helpers:** Assist with food preparation, serving, and cleaning.
- **Gardeners:** Maintain the allotment, tend crops, and manage composting.
- **Event Support:** Help organise and facilitate events.
- **Community Outreach:** Promote Cegin Hedyn and engage with local residents.

#### 4. What We Expect:

- **Commitment:** Arrive on time and honour your scheduled shifts.
- **Teamwork:** Collaborate respectfully with staff, volunteers, and community members.
- **Transparency:** Openly communicate challenges or ideas.
- **Responsibility:** Adhere to hygiene and safety guidelines.
- **Positivity:** Approach your role with enthusiasm and a willingness to learn.

#### 4.5 What We Provide:

- Training for your role (prior experience is preferred but not essential).
- An apron for your shifts.
- A **WhatsApp group** to stay connected, share last-minute updates, and coordinate shifts. To join, please speak to one of the team members on how to join.
- **Meals** - In recognition of your contribution, volunteers at the Café and Allotment projects are entitled to have their food and drinks at these locations free of charge if they so wish.

## Signing in

Please remember to sign into the signing in book when you arrive and sign out when you leave.

## 5. Opening Times

### Cegin Hedyn Kitchen

The kitchen is open to serve meals and welcome volunteers on the following days:

- **Tuesdays:** 12pm-2:00 p.m.
- **Thursdays:** 12pm-2:00 p.m.

### Cegin Hedyn Allotment

The allotment is open for volunteers and community members to participate in gardening activities:

- **Mondays:** 10:00 a.m.-4:00 p.m.

## 6. Reducing Food Waste

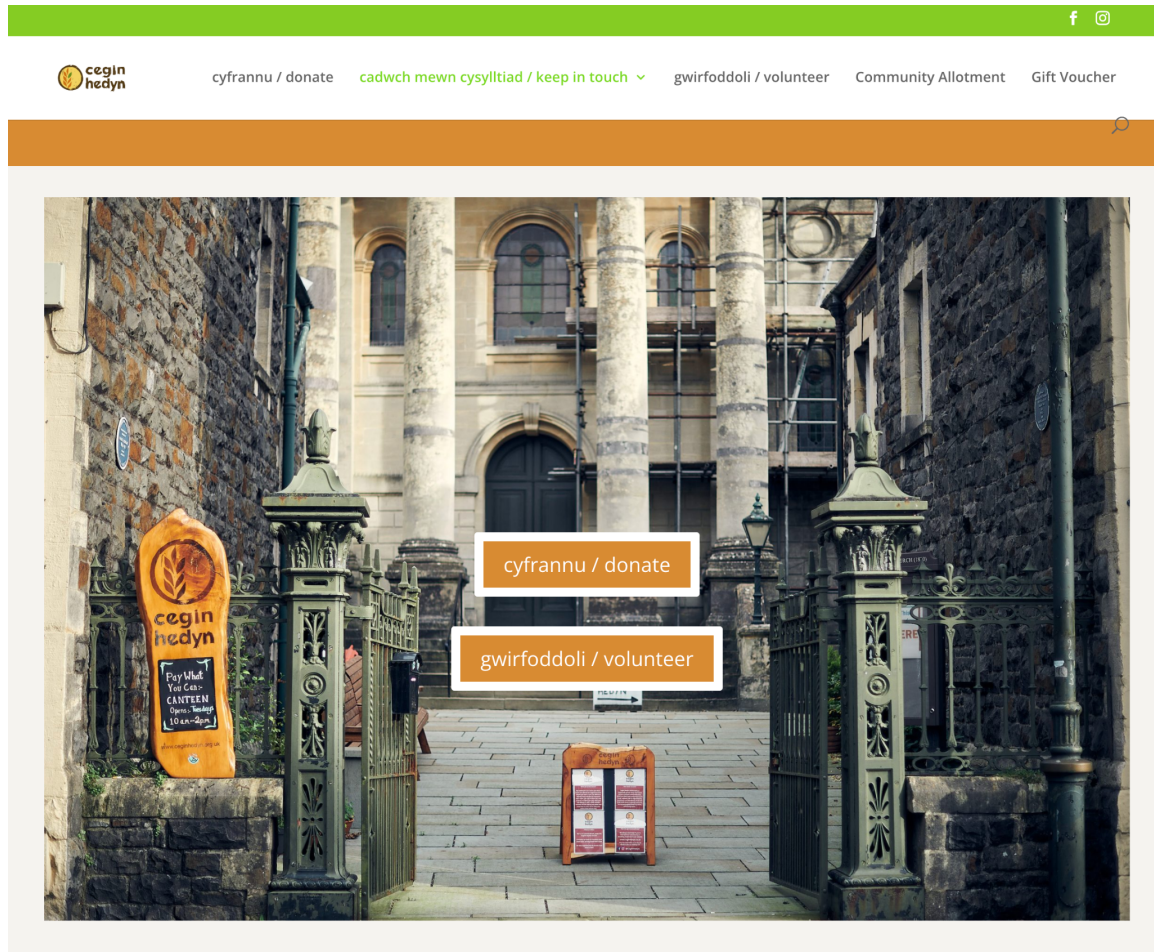


At Cegin Hedyn, we are committed to reducing food waste and promoting sustainability. We achieve this by:

- Cooking fresh meals from scratch on each opening day
- Packaging any unsold meals into containers for our community freezer, where they are available to anyone who needs them.

This approach not only ensures less waste but also extends our reach in supporting those in the community who may need an extra helping hand.

## 7. What's On Our Website?



Our website is a hub of information for volunteers, supporters, and the community. Here's what you'll find:

- 1. Volunteer Sign-Up Page**

An easy-to-use form for signing up to join our team or update your details.

- 2. Menu Updates**

Weekly menus for the kitchen are available, showcasing what we're serving.

- 3. Event Listings**

Details of upcoming events, gardening sessions, and community initiatives.

- 4. Donation Page**

A place for supporters to contribute financially to our project.

- 5. Stories and Updates**

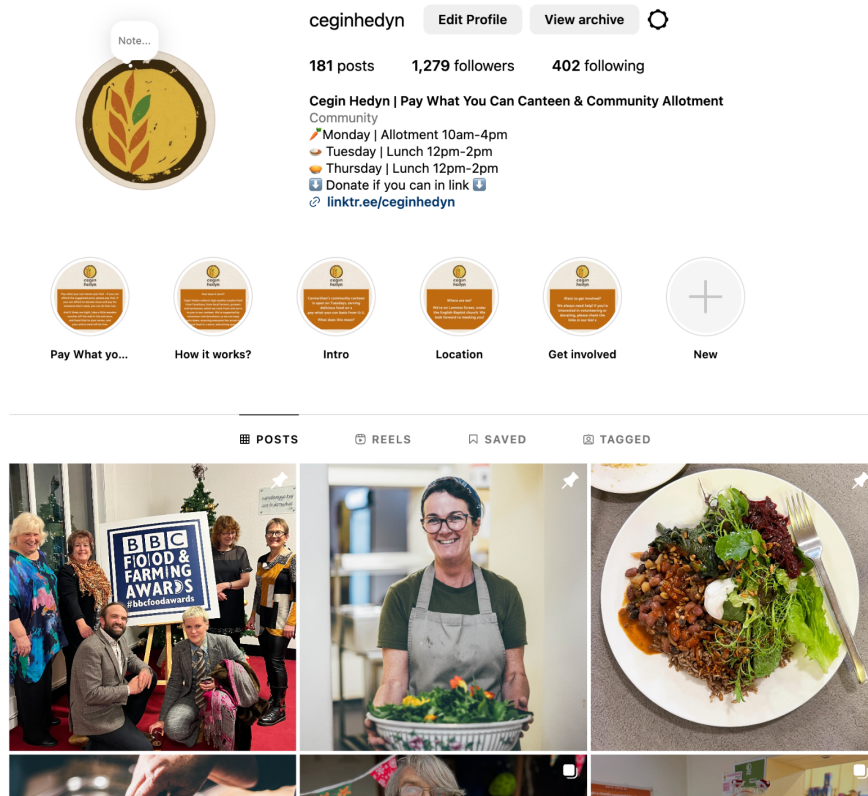
News about what we've been up to, including milestones, partnerships, and grant achievements.

Encourage others to visit our website to learn more about Cegin Hedyd and how they can get involved.

## 8. Social Media Channels

Instagram

- Home
- Search
- Explore
- Reels
- Messages
- Notifications
- Create
- Dashboard
- Profile



Cegin Hedyn is active on social media, and these platforms are vital for spreading the word about our project. Follow, like, and share our posts to help us grow the community. Here's how you can engage:

- **Share the Menu**

Help people discover Cegin Hedyn by sharing our weekly menus with friends, family, and local groups.

- **Raise Awareness**

Share posts about our mission, events, and success stories to inspire others to get involved.

- **Engage with Us**

Comment, tag us, or send us messages about potential collaborations, ideas, or questions. Social media is a powerful tool for connecting with the wider community. By engaging online, you help amplify our reach and impact.

[Instagram - @CeginHedyn](#) / [Facebook - @CeginHedyn](#)

## 9. Sign Up for Our Newsletter

### Cegin Hedyn CIC

Direct news as it happens straight from the team at Cegin Hedyn CIC, Community Kitchen & Canteen.

**Email Address**

**First Name**

**Subscribe**



[JOIN HERE](#)

Stay in the loop by signing up for our newsletter! It's the best way to:

- Keep up to date with what we're getting up to.
- Get the weekly menu ahead of time.
- Learn about upcoming events and initiatives.

Encourage others to subscribe too, so they don't miss out on the latest news from Cegin Hedyn.

## 10. Donations

**localgiving** | What we do Log in Search for a cause

**Cegin Hedyn CIC**  
Carmarthen | Health & Wellbeing

A Pay What You Can Canteen & Community Allotments in the heart of Carmarthen Town

[Donate now](#) [Share](#)

**What your gift could provide**

|             |                                         |
|-------------|-----------------------------------------|
| <b>£10</b>  | A hot meal, dessert & drink for someone |
| <b>£100</b> | Fresh, Local ingredients for the week   |

**£0** **40** **1**

**Raised in 2025** **All Donations** **All fundraisers**

One-time **£0**  
Monthly **£0**  
Gift Aid **£0**  
Offline **£0**

Cegin Hedyn (meaning "Seed Kitchen" in Welsh) is a project based in Carmarthen, Wales, aimed at security. Our mission is to offer nutritious, pay-what-you-wish healthy food accessible to everyone, regardless of their financial situation.

[Show more](#)

Individuals can donate directly to our Local Giving Page via our website. Every contribution helps us continue providing meals, maintain the allotment, and supports our community initiatives. [Donate here](#)

# 11. Engage with Us

We're stronger when the community comes together. Here are the key ways to stay connected and support our mission:

**1. Volunteer when you can**

Sign up for shifts, attend events, and share your skills.

**2. Engage Online**

Follow us on social media, share our menu, and spread the word about our project.

**3. Stay Informed**

Sign up for our newsletter to stay updated and receive the weekly menu.

**4. Join the WhatsApp Group**

Stay connected with other volunteers and the team for real-time updates.

**5. Visit Us**

Drop by the café for a meal or visit the allotment to see our gardening efforts in action.

Everyone is welcome to join us, whether for food, community, or both.

**6. Promote Inclusivity**

Help us spread the message that Cegin Hedyn is a welcoming space for everyone, regardless of background or financial circumstances. Share our ethos of inclusivity with your networks.

**7. Donate or Encourage Donations**

Share the donation link on our website to help fund our meals, allotment, and community freezer initiatives.

## 12. Guiding Principles



1. **Inclusivity:** We welcome everyone, regardless of financial means.
2. **Sustainability:** We source local, organic produce and reduce waste.
3. **Transparency:** We operate openly to ensure accountability.
4. **Community Empowerment:** We foster skill-building and self-reliance.

## 13. Our Founders & Directors

- **Deri Reed (Co-founder & Project Manager):** Widely known as “**The Ethical Chef,**” is a celebrated chef, activist, and sustainability advocate. He founded **The Warren**, one of the **Good Food Guide’s Top 100 Best Local Restaurants in the UK 2024**, and later established Cegin Hedyn to further his mission of using food as a tool for community connection and resilience. At The Warren, Deri encourages customers to “**pay forward**” to Cegin Hedyn, raising funds to sustain the project. Leveraging The Warren’s reputation.
- **Celia Strange (Co-founder):** Celia is a dynamic contributor with a wealth of experience, including: Midwife, police station representative, director of Carmarthen Bay Ferries, and active in Sero and Carmarthen Together.
- **Frank Duffy (Co-founder):** Frank Duffy is a graphic designer, illustrator, and creative mind behind Cegin Hedyn’s branding and website. Their artistic contributions bring our vision to life, helping us communicate our mission effectively. [About Frank](#)
- **Martin Dalling:** Martin is the **Minister of The English Baptist Church**, where the Lammas Street Centre is located. He is a key supporter of Cegin Hedyn, facilitating our use of the centre while respecting the non-religious nature of our project.
- **Phil Stevenson:** Phil is a **local farmer and manager of the Lammas Street Centre**. His leadership helps maintain the centre’s high standards and ensures our project’s success.
- **Dr. Llinos Roberts:** Dr Llinos Roberts is the **Lead for Community-Based Learning** at Swansea University’s Graduate Entry Medicine (GEM) and Physical Associate Studies (PA) program. Dr Roberts is passionate about food security and public health. She regularly writes medical articles and contributes to media discussions on healthcare topics. Llinos also helps us with our welsh translation.

## 14. Contact Information

- **Founder, Director & Project Lead:** Deri Reed – enquiries@ceginhedyn.org.uk
- **Volunteer Coordinator & Chef:** Sam Slimmings – samantha@ceginhedyn.org.uk
- **Canteen Address:** Lammas Street Centre, English Baptist Church, Carmarthen, SA31 3AD
- **Allotment Address:** 5 Fields Allotments behind Tesco Extra
- **Contact Number:** 07311235260

## 15. Complaints policy

We hope that you never have to complain, but in the unlikely event you have a complaint to make about your time volunteering at Cegin Hedyn, please do not hesitate to let us know. In the first instance try having an informal chat with the person who's leading the project on that day. If your issue cannot be resolved that way, our Volunteer Complaints Procedure has several stages. This gives volunteers the opportunity to appeal to higher levels of management. The order of the process is to request discuss the matter formally with

firstly: your own supervisor (the person in charge on the day)

secondly: your supervisor's manager (Deri)

thirdly: the board of directors

You are welcome to have a friend or other advocate present at all discussions.

## 15. Our Funding & Local Partnerships

Cegin Hedyn is funded by generous grants, donations, and local partnerships. Key contributors include:

### **Organisations**

Local Giving, LocalMotion, Bwyd Sir Gâr, Cwmpas, CAVS

### **Funders & Grants**

Carmarthenshire County Council, Carmarthen Town Council, The National Lottery Communities Fund

localgiving

Cyngor Tref  
Caerfyrddin Carmarthen  
Town Council

Cyngor Sir Gâr  
Carmarthenshire  
County Council

CRONFA  
GYMUNEDOL  
COMMUNITY  
FUND

CGGSG ~ CAVS

LocalMotion  
Caerfyrddin / Carmarthen

cwmpas

BWYD  
SIR GÂR  
FOOD

BBC  
FOOD &  
FARMING  
AWARDS

### **Businesses & Organisations**

Watson & Pratts, Blaencamel, Frank Duffy, Coaltown, The Warren, Old Oak Insurance, Glasbren, Plas y Maes, Waverley Stores, Castell Howell, Teifi Cheese, Sunrise Market Garden, Anne & Grayham, Mind Carmarthen, DrMz, Hyphae Mushrooms, Chris Thomas Fruit and Veg, Carmarthen Together, Banc Organics, Peas and Love, Moonbrook Farm, Supreme Master Ching Hai, Martins Garden, Celia's Garden, Coleg Ty'r Eithi, Crwst & many more.

# Thanks

Thank you for being part of the Cegin Hedyn family!

Together, we can plant seeds of change and grow a thriving, supportive, and inclusive community.

Cegin Hedyn Team

All photography donated by Aled Llywelyn .