

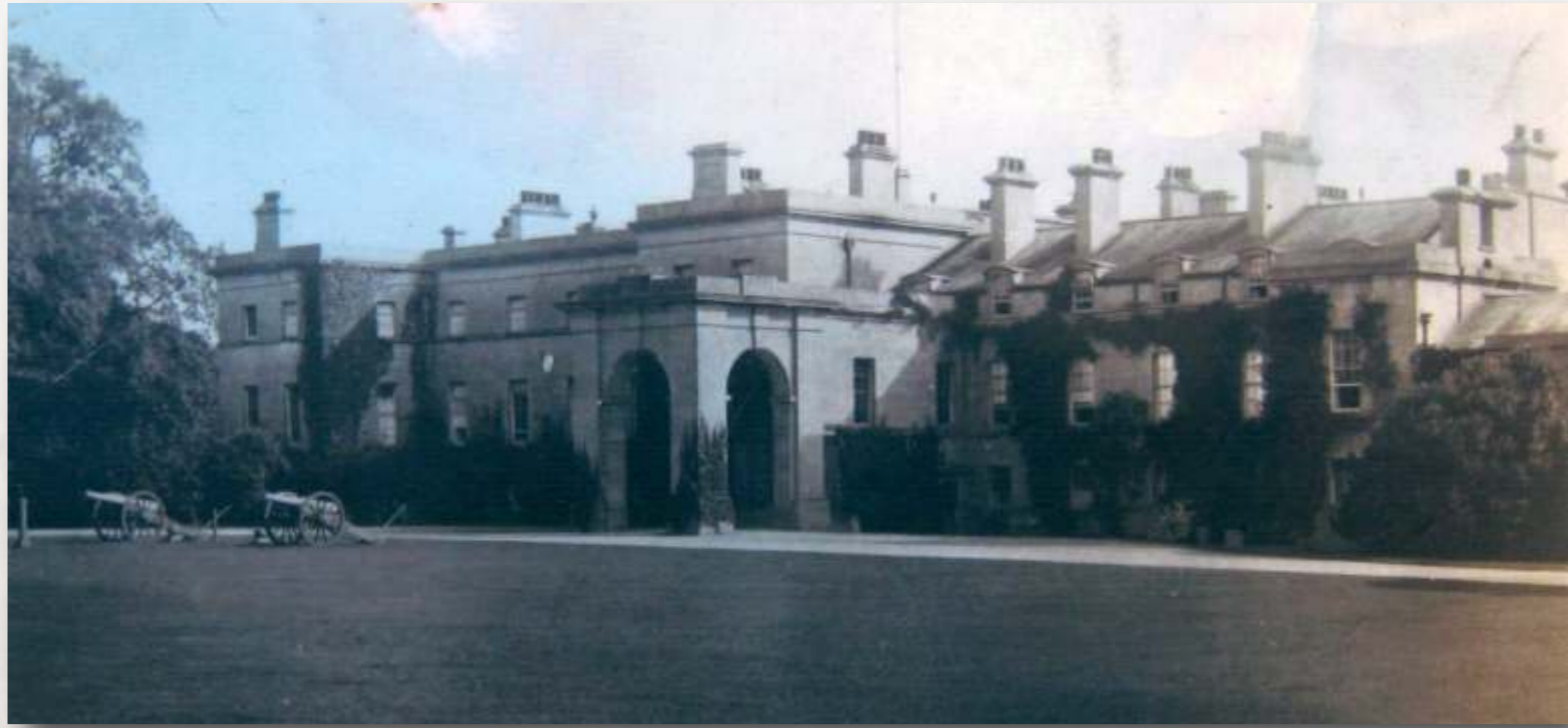
# Pembrokeshire Mencap Sir Benfro

The Citizen Curators oral history project traces the origin of the Pembrokeshire Mencap Ltd. charity and the development of its work and training facility at Stackpole Walled Gardens

Mae prosiect Hanes Llafar y Curaduron Dinasyddol yn olrhain tarddiad elusen Mencap Sir Benfro Cyf., a datblygiad ei gwaith a'i chyfleuster hyfforddi yng Ngerddi Muriog Ystagbwll

The Walled Gardens originally served Stackpole Court on the estate owned by the Cawdor family. The house was demolished in 1963 and the site was acquired by the National Trust in 1965.

Gardd at ddibenion Cwrt Ystagbwll ar ystad oedd yn eiddo i deulu'r Cawdor oedd y Gerddi Muriog yn wreiddiol. Dymchwelwyd y tŷ ym 1963 a chafodd y safle ei gaffael gan yr Ymddiriedolaeth Genedlaethol yn 1965.



A century ago a team of gardeners, led by Mr Frederick Garlick, kept the Cawdor family supplied year round with fresh produce: from potatoes to pineapples and prize-winning roses. In 1935 they won a top prize in the Chelsea Flower Show.

Ganrif yn ôl roedd tîm o arddwyr, dan arweiniad Mr Frederick Garlick, yn sicrhau cyflenwad o gynnyrch ffres i deulu'r Cawdor trwy gydol y flwyddyn: o datws i bîn-afalau a rhosod arobryn. Ym 1935 fe enillon nhw'r brif wobwr yn Sioe Flodau Chelsea.

Today just four gardeners care for the six acres. Our participants, all people with learning disabilities, are supported to grow fresh food for their own use and for Cawdors Tea Room on site.

Y dyddiau hyn, dim ond pedwar garddwr sy'n gofalu am y chwe erw. Mae ein cyfranogwyr, sydd bob un ag anabledd dysgu, yn cael cefnogaeth i dyfu bwyd ffres ar eu cyfer eu hunain ac ar gyfer Ystafell De Cawdor ar y safle.



Raised borders ensure people of all abilities can enjoy gardening.

Mae borderi wedi'u codi yn sicrhau bod pobl o bob gallu yn medru mwynhau garddio.



Exhibiting produce at Pembroke Show is a highlight of the summer and the gardeners are still winning prizes.

Uchafbwynt yr haf yw arddangos cynnyrch yn Sioe Penfro ac mae'r garddwyr yn dal i ennill gwobrwyon.



Students, staff and trustees have been interviewed for the Citizen Curators project. Listen to them on the 'sound posts' around the garden.

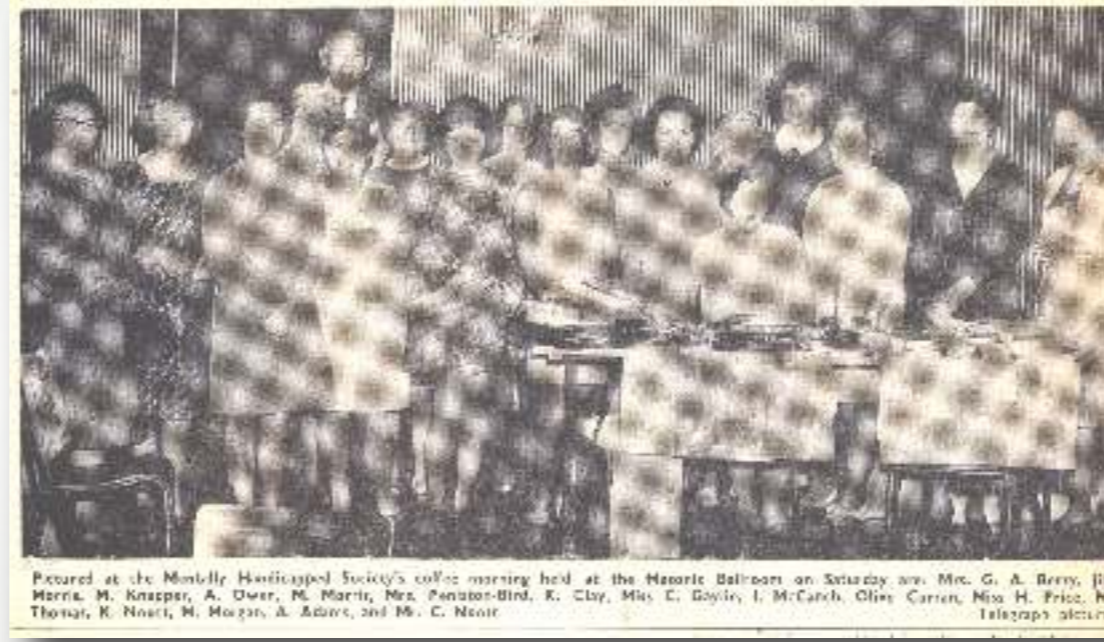
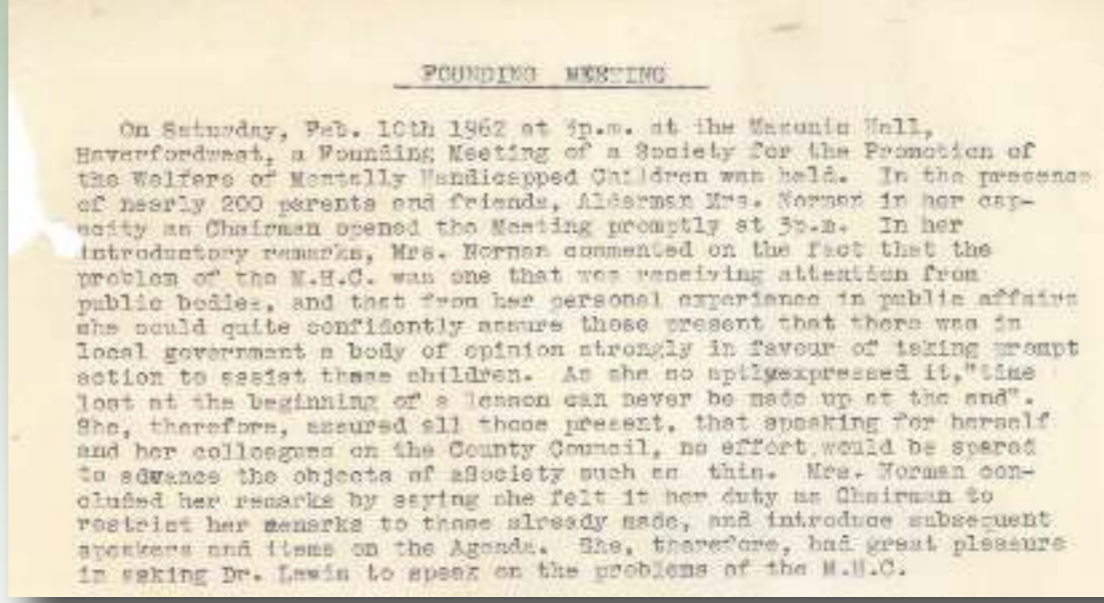
Cafodd myfyrwyr, staff ac ymddiriedolwyr eu cyfweld ar gyfer prosiect y Curaduron Dinasyddol. Gwrandewch arnyn nhw ar y 'pyst sain' o amgylch yr ardd.



# Pembrokeshire Mencap Sir Benfro

Pembrokeshire Mencap began in 1962 as the Society for the Promotion of the Welfare of Mentally Handicapped Children'. The founding meeting was attended by nearly 200 parents and friends.

Cychwynnodd Mencap Sir Benfro ym 1962 fel y 'Gymdeithas er Hyrwyddo Lles Plant Dan Anfantaes Fedyliol'. Daeth bron i 200 o rieni a chyfeillion i'r cyfarfod sefydlu.



The charity held numerous fundraising events like this coffee morning run by the families, which raised £59,131.0. Mr and Mrs Noott are pictured in the cutting above. Local groups also supported their work.

Cynhaliodd yr elusen nifer fawr o ddigwyddiadau codi arian. Byddai grwpiau lleol hefyd yn cefnogi eu gwaith. Cododd y bore coffi hwn, oedd yn cael ei redeg gan y teuluoedd, £59,131.0. Gwelir llun o Mr a Mrs Noott yn y toriad uchod.

Once established, the 'Society' was driven by the passion of parents Cecil and Kathleen Noott. Over the next 20 years it provided a great deal of support for children and adults with learning disabilities.

Unwaith roedd y 'Gymdeithas' wedi'i sefydlu, ysgogwyd hi gan angerdd y rhieni Cecil a Kathleen Noott. Dros yr ugain mlynedd nesaf darparodd lawer iawn o gefnogaeth i blant ac oedolion ag anabledau dysgu.



In 1985 a sub committee established a work experience and training facility in part of the six-acre Stackpole Walled Gardens, leased from the National Trust. In 2000, the south section of the garden was also leased and a trustee remembers peering through holes in the gates. One of the original gardeners recalls climbing a ladder to look over the wall at the 'wilderness' and sculptures like this crocodile in the undergrowth.

Ym 1985 sefydlodd is-bwyllgor gyfleuster profiad gwaith a hyfforddiant mewn rhan o Erddi Muriog chwe erw Ystafbwl, oedd yn cael ei osod ar brydles gan yr Ymddiriedolaeth Genedlaethol. Yn y flwyddyn 2000 cafodd rhan ddeheuol yr ardd ei osod ar brydles hefyd ac mae ymddiriedolwr yn cofio craffu trwy dyllau yn gatiâu. Mae un o'r garddwyr gwreiddiol yn cofio dringo ysgol i edrych dros ben y wal ar y 'gwylltir' a'r cerfluniau fel y crocodeil hwn yn llechu yno.

Working with the local authority, two tutors were appointed for four clients. Trustees and volunteers spent many hours clearing the land and planting crops. Locals knew it as the 'Mencap Garden' and enjoyed the new potatoes and 'pick your own' strawberries. Pembrokeshire College provided accredited learning. This combination of work and supported learning continues to this day.

Gan weithio gyda'r awdurdod lleol, penodwyd dau diwtor ar gyfer pedwar cleient. Treuliodd ymddiriedolwyr a gwirfoddolwyr oriau lawer yn clirio ac yn plannu cynydau. Roedd y bobl leol yn ei adnabod fel 'Gardd Mencap', gan fwynhau'r tatws newydd a'r mefus i'w 'casglu eu hunain'. Darperid Dysgu Achrededig gan Goleg Sir Benfro. Mae'r cyfuniad hwn o waith a dysgu gyda chefnogaeth yn parhau hyd heddiw.



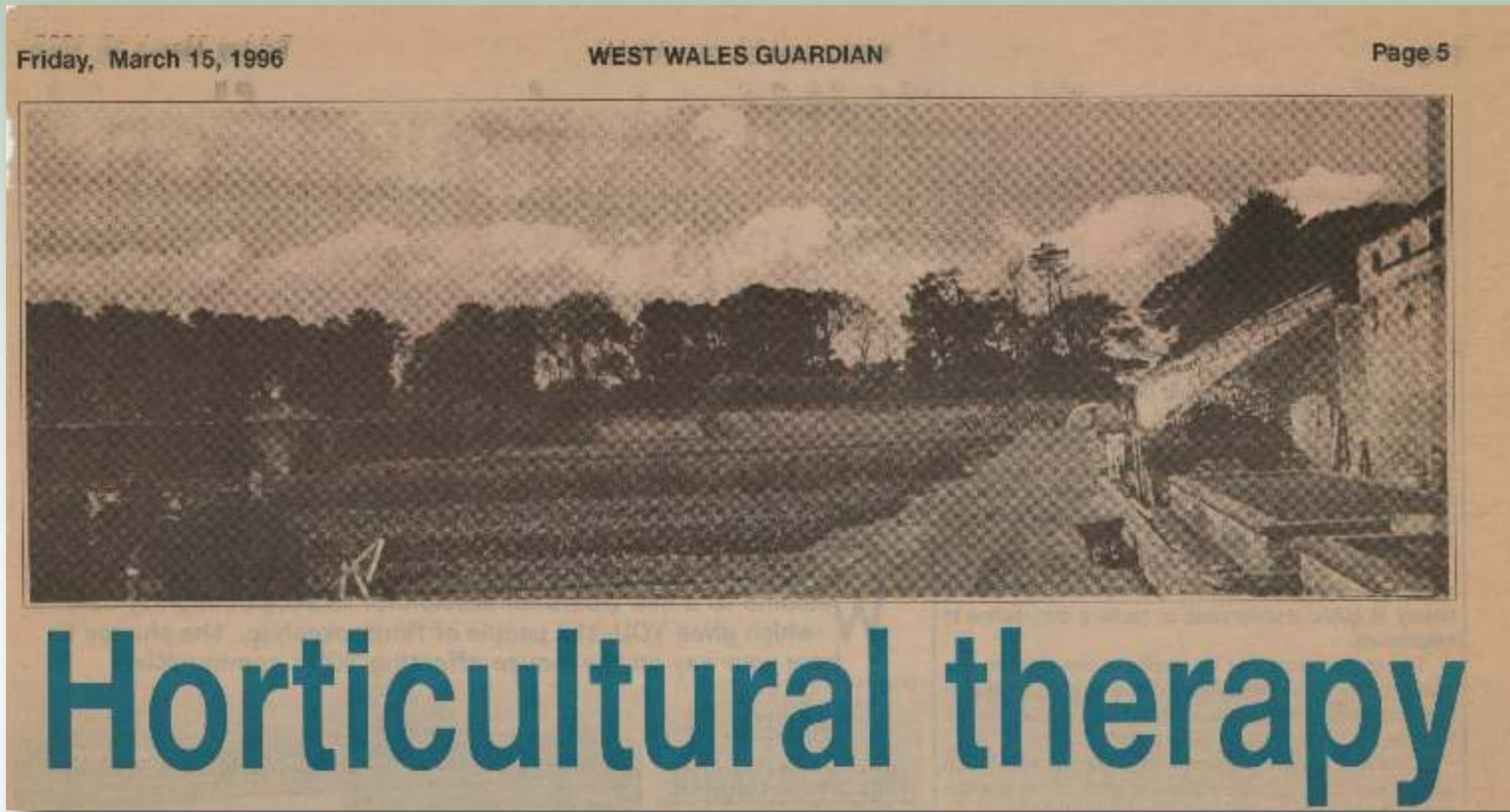
Martin, tutor at the time, demonstrating a task to one of the students.

Martin, y tiwtor ar y pryd, yn dangos i un o'r myfyrwyr sut i wneud un o'r gorchwylion.

Brian, one of the original students, recalls the garden was 'overgrown with nettles and brambles...you could not open the gate'. Springtime planting and summer harvesting became his favourite jobs.

Mae Brian, un o'r myfyrwyr gwreiddiol, yn cofio'r ardd yn llawn mieri a danadl poethion .... 'doedd dim modd agor y gât.' Daeth plannu yn ystod y gwanwyn a medi yn yr haf yn un o'i hoff orchwylion.

# Pembrokeshire Mencap Sir Benfro



A 1996 newspaper article titled 'Horticultural Therapy' celebrated a decade of 'helping the learning disabled' at Stackpole.

The article gives a snapshot of the organisation, referring to gardeners, George and John Bateman, alongside Martin Wood-Robinson who ran the accredited courses.

Dathlodd erthygl papur newydd a ysgrifennwyd ym 1996, dan y pennawd 'Horticultural Therapy', ddegawd o 'helpu'r bobl ag anabledd dysgu' yn Ystafbwl.

Mae'r erthygl yn rhoi ciplun o'r mudiad, gan gyfeirio at y garddwyr, George a John Bateman, ochr yn ochr â Martin Wood-Robinson a redai'r cyrsiau achrededig.

Everyone has their own plot personalised with pictures and names. They take their produce home, and the surplus, sold 'at the garden gate' prior to the shop construction in 2013, is used in the tea room.

Roedd llain o dir eu hunain gan bawb a byddent yn eu personoli â lluniau ac enwau. Aethant â'u cynnyrch adref a byddai 'r hyn oedd dros ben yn cael ei werthu 'wrth gât yr ardd' cyn i'r siop gael ei adeiladu yn 2013.



Martin provided an interview for the Citizen Curators oral history project, recalling those early days.

Darparodd Martin gyfweiliad ar gyfer prosiect Hanes Llafar y Curaduron Dinasyddol, yn edrych yn ôl ar y dyddiau cynnar hynny.



The benefits of gardening to health and wellbeing is today widely recognised. However, the newspaper article highlights another topical issue: budget cuts. A reduction of day services for people with 'a wide range of learning disabilities' would be a 'severe blow'.

Mae manteision garddio i iechyd a lles yn hysbys i lawer heddiw. Fodd bynnag, mae'r erthygl papur newydd yn amlygu pwnc llosg arall: toriadau i gyllideb. Byddai gostwng y nifer o wasanaethau dydd i bobl ag 'amrediad eang o anableddau dysgu' yn 'ergyd galed'.



A sense of a daily purpose and an opportunity to socialise is important. On wet days students take part in indoor craft activities. Many friendships have been forged and social activities enjoyed.

Mae ymdeimlad o bwrpas beunyddiol a chyfle i gymdeithasu yn bwysig. Ar ddyddiau gwlyb mae'r myfyrwyr yn cymryd rhan mewn gweithgareddau crefft. Mae llawer i gyfeillgarwch wedi'i ffurfio a gweithgareddau cymdeithasol wedi'u mwynhau.



The accredited learning programme became well established. To this day, success is recognised through an annual award event.

Pictured here are Debbie Drewett, the Stackpole Walled Garden Manager and Trustee, Tony Marmara, presenting Ritchie Veal with his learning achievement award.

Mae'r rhaglen dysgu achrededig wedi hen sefydlu. Hyd heddiw, caiff llwyddiant ei gydnabod trwy ddigwyddiad gwobrwyo blynyddol.

Yn y llun hwn gwelir Debbie Drewett, Rheolwr ac Ymddiriedolwr Gerddi Muriog Ystafbwl, a Tony Marmara, yn cyflwyno Richie Veal gyda'i wobwr o gyflawniad mewn dysgu.



# Pembrokeshire Mencap Sir Benfro

The charity's core aim of providing a quality workplace for people of all abilities is supported by visitors of all ages and abilities.

Entry to the Walled Gardens is free to ensure everyone has access to the peaceful surroundings. Visitors to the Estate enjoy the fact that it is still a working garden. Locals have always been supportive: many are Tearoom 'regulars' and others become garden volunteers.

Raising funds to sustain the charity is vital. Along with donations and bequests, events like craft fairs, weddings, Art in the Garden and Sunset Cinema highlight the charity's work and provide income. Although affiliated to the national Mencap organisation, all funds benefit Pembrokeshire people.



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Payment on day as singing picnics are weather dependent.

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We have a range of Freshly Harvested Vegetables, Pick Your Own Soft Fruit & Garden Plants for sale. Come and See!

The Mencap Gardens are situated just off the B4319 South of Pembroke. Follow this road 4 miles until you reach the Bosherton junction then take a sharp left turn down the Home Farm/Stackpole Centre road.  
Phone 01646-661442 for more details



Mae bwriad creiddiol yr elusen o ddarparu gweithle o safon i bobl o bob gallu yn cael ei gefnogi gan ymwelwyr o bob oed a gallu.

Mae mynediad i'r Gerddi Muriog yn rhad ac am ddim er mwyn sicrhau bod pawb yn cael mynd i mewn i'r amgylchedd heddychlon. Mae ymwelwyr â 'r ystad yn mwynhau'r ffaith ei fod yn dal i fod yn ardd weithio. Mae'r bobl leol wastad wedi bod yn gefnogol: mae llawer yn gwsmeriaid rheolaidd yr Ystafell De ac mae eraill yn dod yn wirfoddolwyr yr ardd.

Mae codi arian i gynnal yr elusen yn hanfodol. Ynghyd â rhoddion a chymynroddion, digwyddiadau fel ffair greffttau, priodasau, Celfyddyd yn yr Ardd ac uchafbwyntiau Sinema Machlud, mae gwaith yr elusen yn dod ag incwm. Er ei fod yn gysylltiedig â mudiad cenedlaethol Mencap, pobl Sir Benfro sy'n cael budd o'r holl arian.



All donations are gratefully received.

Byddwn yn ddiolchgar iawn am bob rhodd.



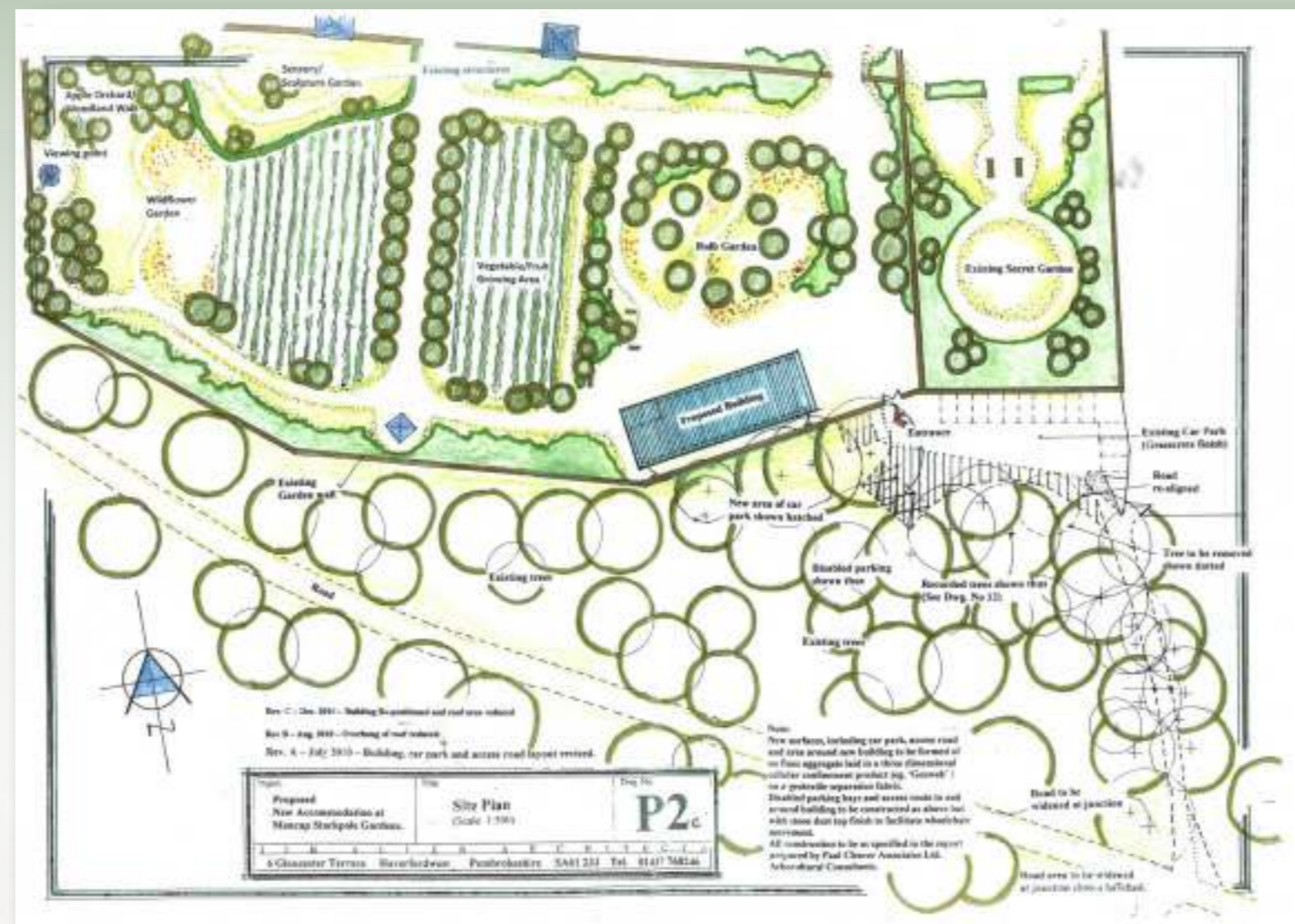
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# Pembrokeshire Mencap Sir Benfro

By 2005 it became clear to the Trustees that a steady income was needed to put the charity on a secure footing. Around this time the 'Society' became incorporated and officially known as 'Pembrokeshire Mencap'.

Old sheds and a caravan 'office' needed replacing. This sparked the idea for a new building incorporating a shop, office and tearoom.

In light of the historical setting and listed status, it was decided to use traditional materials to construct a new-era building.



Erbyn 2005 daeth hi'n amlwg i'r Ymddiriedolwyr bod arnyn nhw angen incwm rheolaidd ar droedle gadarn. O gwmpas yr adeg hon cyfunodd y 'Gymdeithas' â 'Mencap Sir Benfro' a than yr enw hwnnw y daeth i fod yn adnabyddus yn swyddogol.

Roedd arnyn nhw angen rhywbeth yn lle'r hen gytiau a'r garafan, a ddefnyddid fel 'swyddfa'. Sbardunodd hyn y syniad o gael adeilad newydd fyddai'n cynnwys siop, swyddfa ac ystafell de.

O ystyried y lleoliad hanesyddol, penderfynwyd defnyddio deunyddiau traddodiadol i godi adeilad yn null y cyfnod newydd.



An architect's impression brought the vision to life. The new facility was constructed from straw bales with lime mortar rendering. An air-source heat pump provided central heating and hot water.

Rhoddodd argraff pensaer fywyd i'r weledigaeth. Adeiladwyd y cyfleuster newydd o fynau gwair gyda rendrad cymrwd calch. Darperid gwres canolog a dŵr poeth trwy bwmp gwres ffynhonnell aer.



The new facility was opened by naturalist Iolo Williams in summer 2013. The launch was attended by Mencap's many supporters as well as all who worked on the project.

As hoped, it has provided a much needed income to sustain the charity's work, keeping faith with the vision of the families who attended the 1962 founding meeting.

Agorwyd y cyfleuster newydd gan y naturiaethwr Iolo Williams yn haf 2013. Roedd cefnogwyr niferus Mencap yn bresennol yn ogystal â phawb a weithiodd ar y prosiect.

Fel y gobeithiwyd, mae wedi rhoi incwm yr oedd ei fawr angen i gynnal gwaith yr elusen, gan gadw ffydd y teuluoedd a ddaeth i'r cyfarfod sefydlu ym 1962.



Local contractors and traditional craftsmen were involved in the building project. In the later stages, staff, students and trustees pitched in, as well as the Prince's Trust and local volunteers.

Contractwyr lleol a chrefftwyr traddodiadol oedd ynghlwm wrth y prosiect adeiladu. Yn ddiweddarach, roedd staff, myfyrwyr ac ymddiriedolwyr yn bwrw iddi, yn ogystal ag Ymddiriedolaeth y Tywysog a gwirfoddolwyr lleol.



Thousands of people enjoy the garden every year and learning more about the daily routine.

Mae miloedd o bobl yn mwynhau yr ardd bob blwyddyn ac yn dysgu rhagor am y drefn feunyddiol.



# Pembrokeshire Mencap Sir Benfro

Four decades of work and dedication have restored the Walled Gardens and provided countless hours of meaningful occupation, true to the vision of the charity's founders.

It is a peaceful green space in a busy world.



The Welsh Government promotes gardening as part of 'social prescribing'. During a visit in 2023, Julie Morgan, Social Services Minister for Wales, described the Walled Gardens as 'a very special place where great things are being achieved.'

Mae Llywodraeth Cymru yn hyrwyddo garddio fel rhan o 'ragnodi cymdeithasol'. Yn ystod ymweliad yn 2023, disgrifiodd Julie Morgan, Gweinidog y Gwasanaethau Cymdeithasol dros Gymru, y Gerddi Muriog fel 'lle arbennig iawn ble mae pethau mawr yn cael eu cyflawni.'

Mae pedwar degawd o waith ac ymroddiad wedi adfer y Gerddi Muriog ac wedi rhoi oriau di-rif o waith arwyddocaol, yn ôl gweledigaeth sefydlwyr yr elusen.

Mae'n lle gwyrdd heddychlon mewn byd prysur.



After the pandemic, the students spoke of missing their work and friends. They were keen to start new projects, including a pond and seating area.

Ar ôl y pandemig, dywedodd myfyrwyr eu bod wedi colli eu gwaith a'u ffrindiau. Roedden nhw'n awyddus i ddechrau prosiectau newydd, gan gynnwys pwll a lle i eistedd wrth ymyl eu



A 'person centred' approach encourages everyone to express their ideas and help make them happen. The pond is part of the newly designed student plot area. Visitors love watching the wildlife, especially dragonflies.

Mae'r dull 'canolbwyntio ar yr unigolyn' yn annog pawb i fynegi eu syniadau a helpu i wneud iddynt ddigwydd. Mae'r pwll yn rhan o ddyluniad newydd y llain. Mae ymwelwyr wrth eu boddau yn gwyltio'r bywyd gwylt, yn enwedig gweision y neidr.

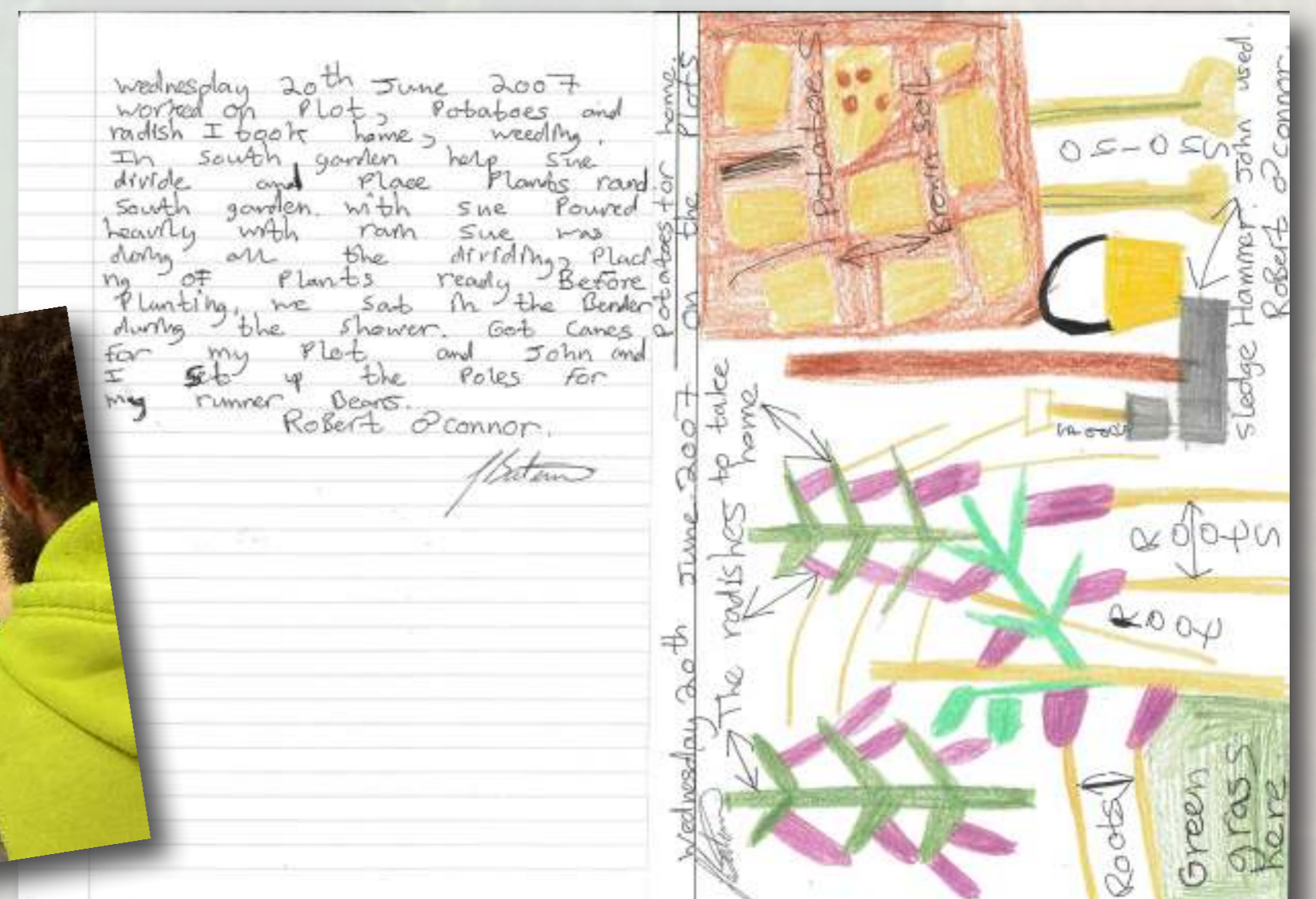
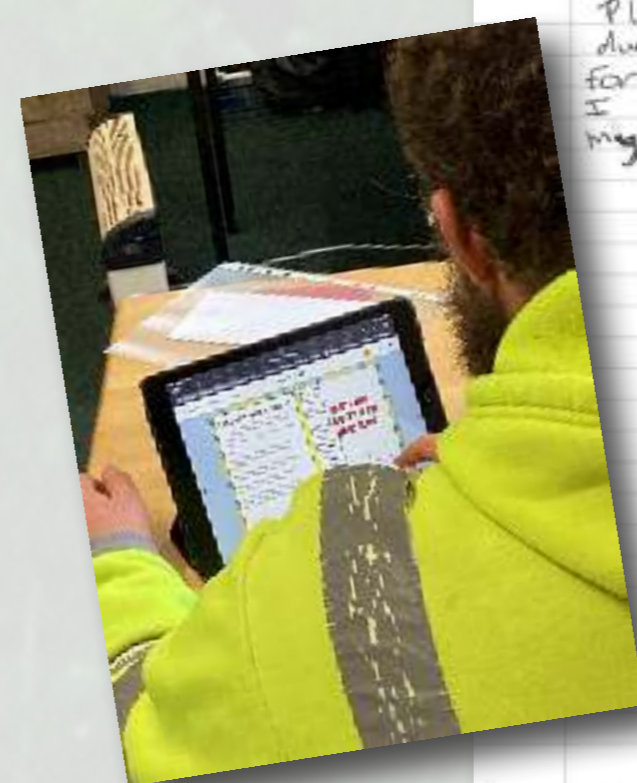
The Sensory Garden is another project which involved everyone having a say in the design. A new gazebo, scented planting and crunchy paths will add to the experience. One of the 'sound posts' is sited nearby.

Prosiect arall yw'r Ardd Synhwyraidd ble mae pawb yn cael cyfrannu at y cynllun. Bydd gwylfa newydd, plannu persawrus a llwybrau crensiog yn ychwanegu at y profiad. Mae un o'r 'pyst synau' wedi'i leoli gerllaw.



Past and present meet in the 'The Stackpole Walled Gardens Vineyard' established in 2023. Grapes were once grown in the glass houses which covered 8000 square feet. Now 1500 vines are nurtured within the shelter of the walls. This has provided new skills, while future harvests should bring an additional income.

Daw'r gorffennol a'r presennol ynghyd yng 'Ngwinllan Gerddi Muriog Ystargbwl' a grëwyd yn 2023. Roedd grawnwin yn arfer cael eu tyfu yn y tai gwyrdd a ymestynai dros 8000 troedfedd sgwâr. Erbyn hyn mae 1500 gwinwydd yn cael eu meithrin o fewn cysgod y muriau. Darparodd hyn fedrau newydd, a dylai cynaeafu'r dyfodol ddod ag incwm ychwanegol.



Many of the garden tasks follow the old ways but teaching methods are up-to-date. Instead of written journals, students use iPads and videos.

The Citizen Curators oral history project has brought a new way of exploring this historic site. Covid, cutbacks and the cost-of-living crisis have all taken their toll but the Walled Garden team is always planning ahead and looking forward to welcoming future generations.

Mae llawer o orchwylion y garddio yn dilyn yr hen ffyrdd, ond dulliau dysgu diweddar y ddefnyddir. Yn lle dyddlyfrau ysgrifenedig, mae'r myfyrwyr yn defnyddio 'iPads' a fideos.

Mae prosiect Hanes Llafar y Curaduron Dinasyddol wedi dod a ffordd newydd o anturio trwy'r safle hanesyddol hwn. Mae 'Covid', cyfyngu ar wario ac argyfwng costau byw wedi gwneud difrod mawr, ond mae tîm y Gerddi Muriog wastad yn cynllunio o flaen llaw ac yn edrych ymlaen at groesawu cenedlaethau'r dyfodol.



The Citizen Curators oral history project was run in partnership with Mencap Cymru with funding from The National Lottery Heritage Fund, made possible by National Lottery players.

Cafodd prosiect Hanes Llafar y Curaduron Dinasyddol ei redeg mewn partneriaeth â Mencap Cymru, gyda nawdd gan Gronfa Treftadaeth y Lotri Genedlaethol, a wnaed yn bosibl gan chwaraewyr y Lotri Genedlaethol.