

Caffi Dai and Bryn Euryn Nurseries: A local project supporting disabled people through employment and nutrition



Abstract

- **Integrated Model:** Combines vocational training in horticulture, retail, and hospitality for disabled adults (Pickstock, 2025).
- **Core Aim:** Improving long-term nutritional health and employment prospects.
- **Scratch Cooking:** Reduces reliance on ultra-processed foods through “from scratch” meal production (Engelbrecht, 2025).
- **Barriers:** Addresses education and skill gaps in healthy eating.
- **Critical Findings:** High effectiveness in skill-building, but faces challenges with physical and systemic accessibility.



Source: Powell, D. (2024) / Yahoo News UK

Critical evaluation

Strengths

- **Co-located site:** Nursery and cafe on one site (Pickstock, 2025) creates a safe, calm environment conducive to learning (Jones, Jarvis and Stewart 2024).
- **Effective Model:** Scratch cooking improves nutritional intake (Engelbrecht, 2025).

Limitations and Barriers

- **Referral System:** Dependency on social workers/coaches limits access for those not in the system.
- **Scale:** Small enterprise capacity means the intervention does not reach the wider at risk population (Nuffield Trust, 2024).
- **Location:** Tucked away residential site reduces visibility and spontaneous healthy food choices.
- **Accessibility:** Limited parking and Blue Badge spaces act as physical barriers to attendance.

Introduction

- **Partnership:** A community initiative and social enterprise between Conwy County Borough Council and Hft charity (Pickstock, 2025).
- **Established:** 2024.
- **Primary Aim:** To provide work placements for disabled adults to learn vital life skills.
- 90% of meals cooked from scratch.
- Shifts focus from ‘greasy spoon’ style to health-focused meals by reducing processed additives (Engelbrecht, 2025).
- **Location:** Dinerth Road, Rhos on Sea / Mochdre, North Wales.



Source: Powell, D. (2024) / Yahoo News UK

Bryn Euryn Nurseries

- **Vocational Training:** Hands-on experience in plant cultivation and maintenance (Jones, Jarvis and Stewart, 2023).
- **Commercial Supply:** Provides professional floral displays for local councils and businesses.
- **Retail Skills:** Customer service experience gained within the onsite shop.



Source: Hft



Source: Powell, D. (2024) / Yahoo News UK

How it impacts health

- **Disease Prevention:** Reducing reliance on additives and preservatives lowers the risk of type 2 diabetes and chronic conditions.
- **Addressing Inequality:** Obesity and Type 2 diabetes are disproportionately high in the disabled community (Nuffield Trust, 2024).
- **Nutritional Quality:** Scratch-cooking with local, fresh produce provides a nutrient-dense alternative to processed fast food.
- **Physical Activity:** Gardening tasks like digging and walking around the nurseries help participants stay active and burn calories.
- **Mental Wellbeing:** Combining physical movement with the outdoor nursery environment significantly improves mental health (Jones, Jarvis and Stewart, 2023).

Barriers to healthy eating

- **Nutritional Literacy:** Lower levels of literacy due to a lack of accessible education (Silva et al., 2023).
- **Executive Function:** Challenges with planning, shopping, and the complex steps of cooking (Nuffield Trust, 2024).
- **Processed Reliance:** Barriers often lead to a dependency on ready meals and snacks.
- **The Solution:** Trainees are more likely to try and eat healthy food if they have prepared it themselves (Jones, Jarvis and Stewart, 2023).



Source: Hft

How it improves nutritional intake

- **Nutritional Impact:** Increases intake of essential fibre, vitamins, and minerals for both staff and the public.
- **Skill Building:** Breaks down cooking barriers by teaching participants how to prepare balanced meals from scratch (Silva et al., 2023).
- **Social and Rural Health:** Combines social inclusion with nutrition to tackle health challenges in a rural setting.
- **Home Transfer:** Skills learned at the project translate to improved dietary choices and cooking habits at home.

- Project manager Andrew Kelly mentions a commitment to fresh produce.
- Mentioned in the North Wales Pioneer article that staff ‘**cook our own hams here**’ (EngelBrecht, 2025).

Conclusion

- This project is a good business.
- Secure further funding for more training places is needed.
- This helps get more people into employment.
- Widening referral criteria is vital to reach everyone in Conwy.
- More Publicity so everyone knows about it.
- Extend opening hours to weekend to reach more people.
- Combats multiple things at once (Isolation, lack social skills, employment, serving customers).

Facts

- Makes homemade cakes such as Welsh fruit loaf Bara Brith.
- Coffee is provided by locally based micro roasters Mug Run (Pickstock, 2025).
- Registered as a breastfeeding venue with mums offered a free hot drink during visit.
- Recently awarded a 5-star food hygiene rating (Engelbrecht, 2025).

Engelbrecht, G. (2025). Conwy: Meet the team at this dog-friendly community cafe. [online] North Wales Pioneer. Available at: <https://www.northwalespioneer.co.uk/news/24899513.conwy-meet-team-dog-friendly-community-cafe/>. (Accessed: 10 April 2026).

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Silva, P., Araújo, R., Lopes, F. and Ray, S. (2023). Nutrition and food literacy: Framing the challenges to health communication. Nutrients, [online] 15(22), p.4708. doi:<https://doi.org/10.3390/nu15224708>.

