

Sunset at Aberffraw looking out to St Cywfan's Church

Beautiful Anglesey & Gwynedd

*Môn Social Enterprises Cyf is a trading company of the charity Agoriad Cyf.
Both are dedicated to our local communities by providing employment opportunities
and the development of sustainable local businesses to benefit the services and
product providers of Anglesey and Gwynedd.*



Môn
Social Enterprises Cyf
Mentrau Cymdeithasol Môn Cyf

What do you know about Seals?

If you want to see them at Holyhead then head out to the Breakwater Country Park

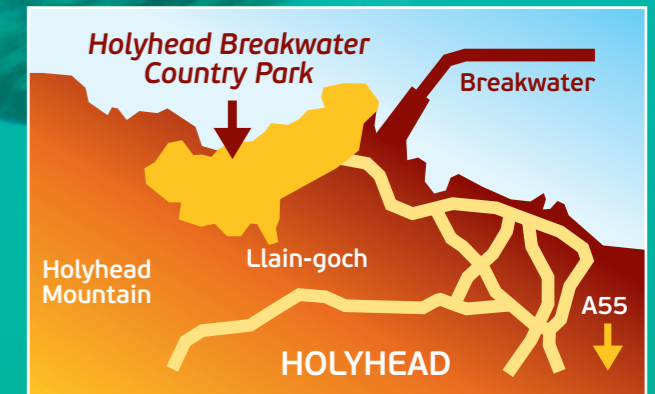
The Rocky Coast is a Site of Special Scientific Interest (SSSI) and contains flora and fauna typical of a coastal heathland, such as Heathers, Gorse, Bird's Foot Trefoil, Thrift and Spring Squill. Choughs and Oystercatchers can be found along the coast as well as Cormorants who can often be seen drying their outstretched wings on the rocks.

Along this spectacular stretch of coast line, look out to sea for Harbour Porpoises, and Common Dolphins feeding off the fish, eels and squid found in these waters. Grey Seals also frequent this area, coming ashore in the Autumn to give birth (or pup) and care for their pups. Grey Seals have preferred areas to pup and revisit the same stretch of coastline every year, and so there is a lot of activity along the Rocky Coast in Autumn.

The Grey Seal is a cheeky chap; he feeds on a variety of fish, around Holyhead sand eels are a big part of his diet, he dives down 200ft or more to feed and he's frequently below water as he needs around 12lbs of fish a day as his daily food requirement, although he doesn't feed every day and fasts during the breeding season.



The Grey Seal is Britain's largest carnivorous mammal, his thick insulating layer of blubber and waterproof fur allow him to survive happily in the cold Winter waters around Holyhead. Males can be as big as 10ft long and weigh as much as 800lbs and Mr Seal can live for around 40 years.



The Holyhead Breakwater Country Park is free to visit and great for families, birdwatchers, fisherman and people who just enjoy the stunning scenery - there's so much to see and do in an area of over 100 acres. You'll find the Park by following the map above or set your sat nav to LL65 1YG.

CAFFI'R PARC • HOLYHEAD

Caffi'r Parc

As you're enjoying all that Holyhead Breakwater Country Park has to offer, why not call in to Caffi'r Parc for a hot or cold bite to eat, ice cream or coffee.



Môn Social Enterprises Cyf converted the Old Wardens house into a modern and cosy café offering a great selection of food and coffee to go; if you want to take it with you as you explore the Park.

Tel: 01407 761317



HIRE A BIKE

Our Anglesey cafés are important hubs for bike hire, follow the QR code or go to www.cybi-bikes.co.uk to see the safe, scenic bike routes mapped out for your enjoyment.



www.caffirparc.org.uk

*Linda Austin is our Catering Manager. She's been part of the Agoriad family for over nine years, her cakes are famous on the Island and our **Llys Llewelyn Tea Rooms at Aberffraw** is the place to go to sample her selections; and here's her recipe for a special Welsh delicacy that you can try at home and compare with ours when you call in for a coffee!*

How to bake a Welsh Cake



LLYS LLEWELYN TEA ROOMS • ABERFFRAW



Come and visit Llys Llewelyn Tea Rooms and Café at Aberffraw the ancient home of the Welsh Princes.



Aberffraw lies on the South West Coast of Anglesey just along the A480, or follow the signs from the A55. In the middle ages it was the main court of the kings and princes of Gwynedd, historically one of Wales' most important places. Today it's a friendly place with beautiful sandy beaches - bring the family as you call and see us at our café and tearooms.

Tel: 01407 840847

www.llysllewelyn-tearooms.org.uk



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INGREDIENTS

225g/8oz self-raising flour, sieved
110g/4oz salted butter (preferably Welsh)
1 egg
Handful of sultanas
Milk (if needed)
85g/3oz caster sugar
Extra butter (for greasing)

INSTRUCTIONS

Rub the butter into the sieved flour to make breadcrumbs. Add the sugar, dried fruit and then the egg. Mix to combine, and then form a ball of dough, using a splash of milk if needed.

Roll out the pastry until it is a 5mm/¼" thick and cut into rounds with a 7.5-10cm/3-4" fluted cutter.

You now need a bakestone or a heavy iron griddle. Rub it with butter and wipe the excess away. Put it on to a direct heat and wait until it heats up, place the Welsh cakes on the griddle, turning once. They need about 2-3 minutes each side. Each side needs to be caramel brown before turning although some people I know like them almost burnt.

Remove from the pan and dust with caster sugar while still warm. Some people leave out the dried fruit, and split them when cool and sandwich them together with jam.

Preparation time: less than 30 mins

Cooking time: less than 10 mins

Makes approx. 20-25 cakes

There you have it... perfectly traditional Welsh cakes - enjoy!

Mineral water of such wonderful *purity* and *low sodium* content

Dŵr Cerist water, increasingly popular as people are happy to be associated with a business truly helping the disadvantaged and a genuine local quality supplier and contributor to the local North Wales economy.



Dŵr Cerist is a proper example of Social Enterprise; it provides opportunities for disadvantaged and disabled clients with real employment and vocational training.

Since the acquisition of the mineral water business by Agoriad in January 2009, around 25 employed and part time workers have been provided with work experience or employment in the Cerist workplace.

The ancient spring at Llawr Cae near Dinas Mawddwy in the Snowdonia National Park produces water of such wonderful purity with low sodium content - it is fast becoming renowned for its beneficial properties.

We offer it at all our café locations and it is increasingly available either as specially own-branded labelled or as Dŵr Cerist Natural Mineral Water in shops and supermarkets across the region.

www.dwrcerist.com

CAFFI COED-Y-BRENIN • BETHESDA



CAFFI COED-Y-BRENIN

Coming back or going to the mountains, call into the slate town of Bethesda and Caffi Coed-Y-Brenin.



The café has been part of our family for over six years and has a reputation for being a favourite for the residents of Bethesda. Specialising in its range of homemade cakes, teas and its all day Welsh breakfasts, Karen and her team will give you a warm welcome.

Tel: 01248 602550

www.cafficoed-y-brenin.org.uk



Caer Gybi, the Roman Fort at Holyhead, was built around the late third century as part of a chain of military installation to combat piracy from Ireland.

Roman warships of *Classis Britannica* (the fleet in British waters) would beach on the waterfront protected by the fort that extended its walls to the shoreline, offering protection to three sides.

The walls of the fort are still standing to an impressive height of over 4 metres. Built in the Roman herringbone style and originally having parapet walks linking to Round Towers at each corner, with a fighting ditch surrounding the walls.

Today the ditch has gone and the Towers have been modified, however the fort remains a rare example of a three walled military installation.

Constructed primarily as a small naval base to provide security and accommodation for the crews of the navy ships with storerooms and workshops, the fort would have limited seaward observation by its waterfront location. To compensate for this a watchtower was

built on the summit of the nearby Holyhead mountain providing the ability to observe all that was happening in the surrounding waters (it may also have served as a navigational beacon for ships at sea).

When military forces were withdrawn from Britannia in AD390, the fort was abandoned and

the use of the site in the decades and centuries that followed is not recorded but we do know in the sixth century it was given to St Cybi, the cousin of St David who had travelled preaching the gospel before settling on Anglesey. He established a monastery inside the former fort walls and was buried there after his death in November 555.

CAFFI FFYNNON CYBI • HOLYHEAD

**CAFFI
FFYNNON CYBI**

caffi a pharlur hufen iâ • cafe and ice cream parlour

You'll find Caffi Ffynnon Cybi just down the road from the Church of St Cybi at Stanley Terrace.



Call in and see us for a coffee and food - the comfortable interior has leather armchairs and plenty of space over two floors and there is a private meeting/dining area that's a perfect venue for your functions.

You will find plenty of parking space behind the café and opposite Stanley Street.

Tel: 01407 762158

www.caffi-ffynnon-cybi.org.uk



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The monastery is long gone but the medieval Church of St Cybi still occupies the site.

The Roman fort of Holyhead





Since 1992 Agoriad Cyf has been providing the platform for disadvantaged and disabled people who want to get into the work place and I'm pleased to say we have been very successful.

We have evolved as a business to offer other recruitment services for our communities (helping over 2,000 people into work during the period 2013 through 2016) and to develop our Social Enterprise Businesses, but our core objective has remained and is as important to us now as it was 24 years ago.

It's not always easy as there are preconceived ideas as to what the people we strive to help can achieve. However I will say that our dedicated and committed teams have come a long way in persuading the business community in North Wales to consider that the people we help to gain a foothold into the workplace can bring a long term advantage to their businesses.



Agoriad provides the training, the caring resource, the support to get people into jobs. Our business friends provide the opportunity which has been proven time after time to be beneficial to both the employer and employee.

It is only a small step to consider working with us to provide that real opportunity to give less advantaged people a chance to contribute through employment to your business.

As important to us *now* as it was 24 years ago

If everyone turned away, Agoriad would not have been successful all these years in helping to place disadvantaged people into the workplace. Thankfully so many have had the foresight to help us look after our own here in North Wales.

Be assured the Agoriad team will be with you all the way to encourage and continue to meet our objectives. Please take a little time to understand the work Agoriad does by visiting www.agoriad.org.uk.

If you are finding difficulty in getting into the workplace of you are in a position where you have a vacancy or will consider a job placement, please get in touch.

Arthur Beechey - CEO

Creating sustainable local social enterprise



Môn
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Mentrau Cymdeithasol Môn Cyf

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