



Woodlands Community

Irina Romero

Community Development Food Worker

25th October 2017



2010
Derelict space rescued by the community and transformed into a community garden



**Community Garden
Providing an outdoor space for learning and sharing**



TASTE NOT WASTE!



DON'T THROW IT AWAY,
cook it the Woodlands garden way!

Learn how with **FREE**
Vegetarian Cookery Classes
Wednesday evenings 22nd Feb - 21st Mar

For more details and to book a place contact:
woodlandscommunitygarden@gmail.com
0141 332 9311 / 07919 505256



TASTE NOT WASTE!



DON'T THROW IT AWAY,
COOK IT THE WOODLANDS GARDEN WAY!

RECIPE BOOK LAUNCH

Weds 28th March 6.30-8.30pm
Albany Centre, 44 Ashley St, Woodlands G3 6DS

FILM, FOOD AND FUN
FREE EVENT - EVERYONE WELCOME!

For more info, woodlandscommunitygarden@gmail.com 0141 332 9331



2011-2013
Cookery classes held over winter months
Published Taste Not Waste Recipe Book
Classes shared food with night-shelter for asylum seekers



2013
More than just a garden
Growth of foodbanks
Time to feed our community with the best food possible



December 2013
Launch of weekly Pop-up Community Café
fresh healthy produce, volunteer support, shared meal

In their own words.....



Woodlands Community

'The food here is shared and in that sharing we are all made to feel equal. The Community Café is welcoming, supportive and nourishing in every way possible.'

'I enjoy the healthy food and coming out from my home where I feel alone and isolated.'

'I am disabled and often don't eat well due to fatigue. Coming to the café means I get good healthy food and a vegetarian food.'

'I came to the café as I can't afford to buy food and am relying on my friend every day to feed me and my daughter.'



“When I arrived I was struck by the range of ages, gender / ethnicity mix of those attending. The welcoming atmosphere and “buzz” of the place made me immediately realise this was a very special event.

It was clear that those attending looked forward to the evening not just for the meal they were about to receive but the social interaction.

A young parent with her 3 year old sat at the same table as a rough sleeper, a student (who had spent all his money for the week) some elderly local residents and an asylum seeker and all were enjoying a home cooked healthy vegetarian meal in a safe and welcoming environment.

Any organisation that I am supporting to start lunch clubs/ community meals I suggest “Go along to Fred Paton Centre on a Monday evening you cannot get a better model”.

Woodlands Community Cafe



- Over 10,000 meals since started, an average of 65-70 per week
- Café featured on BBC Radio Scotland as an example of an “imaginative community response to food poverty”
- GPs are referring patients to both garden and café
- Community cookery workshops outwith café
- 103 volunteers are registered
- Average 13 to 15 volunteers help every Monday
- 96 people benefited from our Volunteers training programme
- Changing people’s relationship to food

Woodlands Community Cafe

So how did we do it?

Woodlands Community Cafe



The Food



The rescuing of fresh ingredients



The Sharing



The feeling of singing out within a group was very uplifting emotionally and helped me calm anxieties that I have.

I am suffering with social phobia and agoraphobia and I had self medicated with alcohol and this is helping me stay sober.

I think that is really important - that it is not just about food- that we come together for other reasons. There is a joy that I don't get from eating food. I would not have come and been involved in this community of food had the music workshops not been offered. It has improved my overall wellbeing.

The Music



- Information stalls
- Drop-in Advice
- Maryhill and Possilpark CAB
- Increase in homeless and rough sleepers
- Two day week outreach worker
- Mapping food aid providers, homeless support
- Shared information resources and pooled training



The Advice



The VOLUNTEERS



1. Very informal approach
2. The project has to belong to volunteers
3. Training suitable for different needs and interests
4. Share responsibilities/delegate tasks/don't be a control freak
5. Communication, communication, communication
6. Listen, think and act
7. Access to one to one meeting
8. Identify talent because we all have one



So how do we involve, support and retain volunteers?



1. Think like a family
2. Always say thank you
3. Think that you work for them
4. Winter/summer volunteers outings
5. Remember their birthdays
6. Celebrate achievements
7. Celebrate diversity
8. Have fun



The Volunteer Ethos



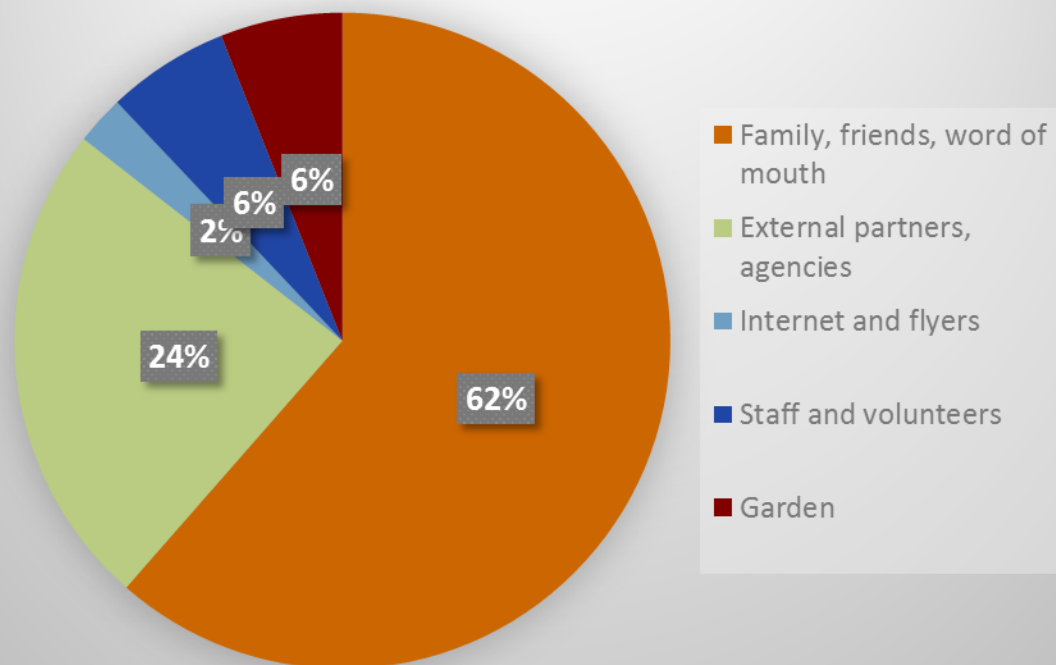
Woodlands Community

How do we measure impact?

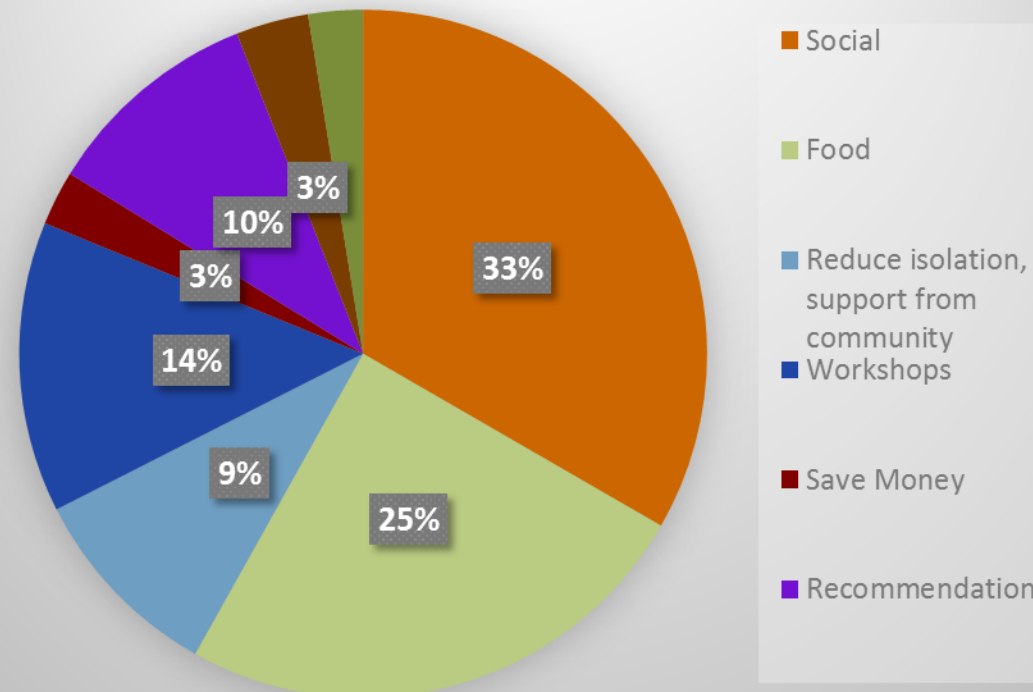
Woodlands Community Cafe



How did you hear about Pop-up café



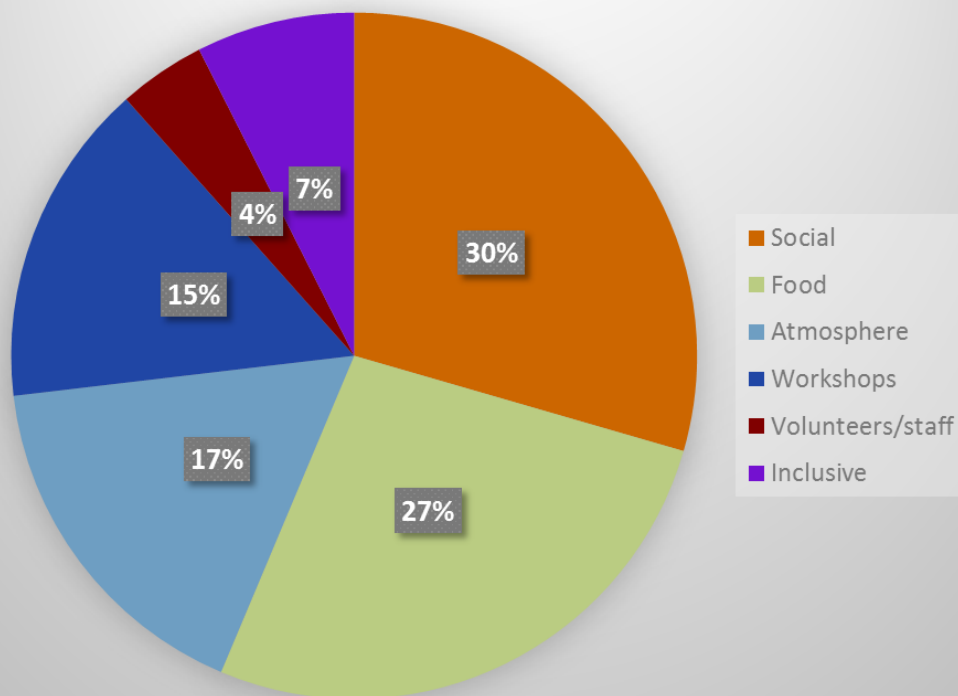
Why did you first decide to come along?



**Survey December 2016
Coming to the Cafe**



What three things you enjoy the most coming to the café

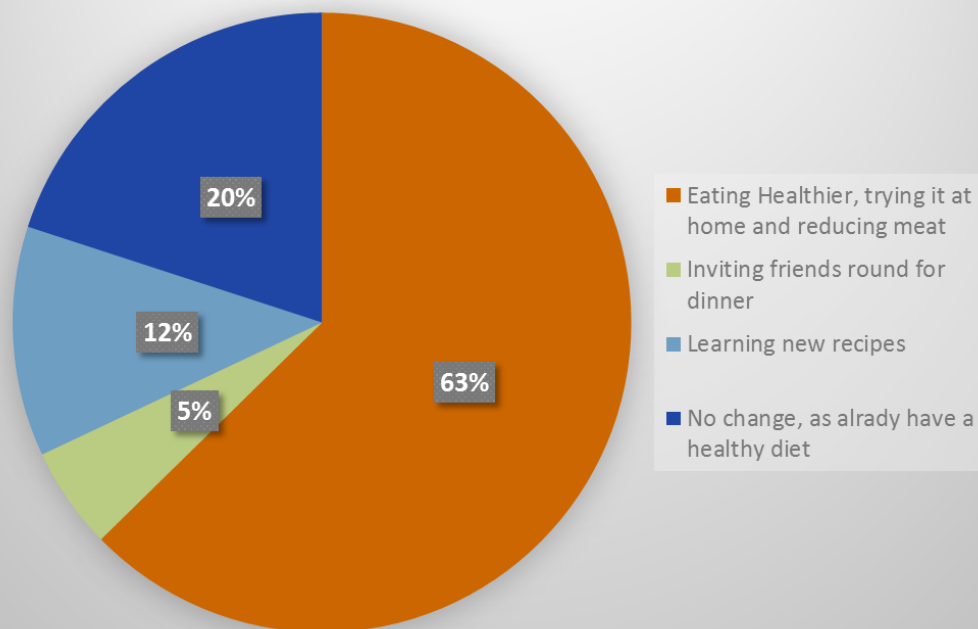


- Opportunity to come together with other people in the community, meet new people and eat a healthy, lovely, tasty meal together and this has built my confidence and helped me make new friends.
- My mental health is much better. I meet friends and have a chat over a lovely meal.
- It gives me something to look forward every week.
- I can get to know other people, hopefully become friends, enjoy good foods and learn a musical instrument.
- Sometimes it's the only full meal I will have in the week. Eg starter, main and sweet.
- The young people I work with get a full cooked meal, a feeling of belonging and a sense of being included.
- It allows me and my kids to enjoy a healthy meal together and the kids to take advantage of the music workshop. I also enjoyed the music sessions too and joined in as I felt comfortable in the environment.

What the café means to you



Can you describe any changes coming to the café has had on your diet at home?



- I have become vegetarian.
- I am now learning more and more about vegetarian food and love sharing it with friends.
- Fresh food has now become my mission of life and love learning more and more about it. I now feel so healthy.
- The health of my grandchildren has improved as they see other people eating the food and veg.
- I eat more varied fruits and vegetables and have a much positive attitude to food and vegetarian food as well as cookery.
- Makes me stay aware of the crap I eat and helps support me in moving forward to finally becoming a veggie.
- Experimenting more with ingredients and enjoying this in terms of creativity and enjoyability (of food) has all come from the café.
- I think I've gone about 2 months spending only about a tenner in meat.

Food & Diet



Woodlands Community



People are eating better food, cooking at home, improving their health, being active in their community, improving self esteem, reducing loneliness, gaining skills, entering employment, becoming happier, changing their relationship to vegetarian food.