Woodlands Community Garden
Pop-up Café

Irina Martin
Community Food Development Worker
Derelict space rescued by the community and transformed into a community garden
Community Garden
Providing an outdoor space for learning and sharing.
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......

‘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 was 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.’
Woodlands Community Garden Café

• Opens every Monday.
• Average 65-70 people fed each week.
• 55 volunteers supported – 13 volunteers helping every week.
• Cookery workshops are run before food is served.
• CAB, Zero Waste Scotland, Home Energy and the Big Issue amongst agencies that actively support the café.
• Community cookery workshops outwith café (e.g. Flourish House, Queens Cross Housing Association).
Enabling communities from all backgrounds to socialise in a safe welcoming environment.
PLUS Making permanent changes in peoples’ perception toward good food.
Through cookery demonstrations and workshops
Through talking about nutrition, cooking on a budget, simple menus, KALE!
Through giving the best food possible
Providing support and training to volunteers.
Empowering people with skills and knowledge.
- Initial funding for 18 months only - work sustained through variety of different funders and a lot of hard work.

- Main funding comes currently from Big Lottery and Scottish Government’s People and Communities Fund.

- Other income from donations, crowdfunding and community events, small amount from NHS.

- Separate funding from Glasgow Connected Arts Network, Glasgow Life and ARISE for music activity.

- Fundraising Masterclass on Tuesday 13th September if want to know more about how we successfully developed garden and café.
- Almost 6000 healthy meals served.
- Over 1000 people participated in cookery workshops.
- 30+ volunteers trained in Health and Wellbeing.
- 20+ volunteers with Food & Hygiene Certificates.
- Great links created with local businesses and cafes.
- GPs referring patients to both our café and garden.
- Long term unemployed volunteers supported into paid work.
- Built and cultivating partnerships with wide range of organizations

+ since August 2016 : An appetite for Music Workshops
  – using music to increase confidence and participation.
More people are eating better food, cooking at home, improving their health, being active in their community, improving self esteem, reducing loneliness.

People that come to café are **happier** than before.
Thank you

‘Be the change that you wish to see in the world’
Mahatma Gandhi