



Woodlands Community

**Irina Romero**  
**Community Development Food**  
**Worker**  
**April 2017**



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





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





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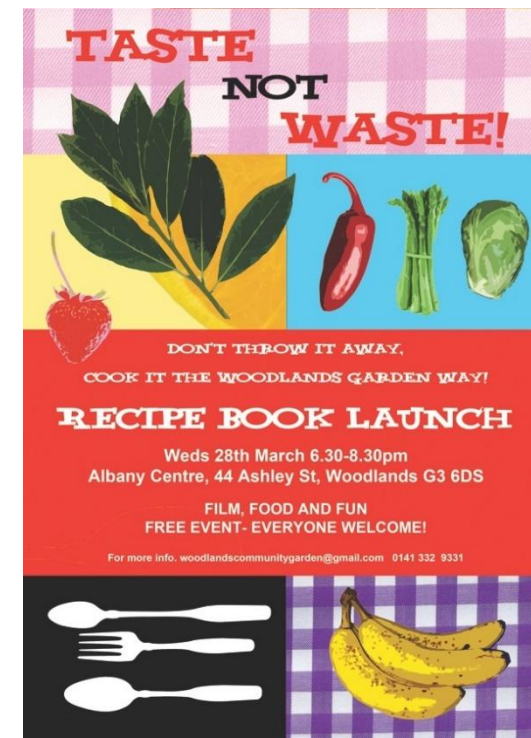
## TASTE NOT WASTE!



**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](mailto:woodlandscommunitygarden@gmail.com)  
0141 332 9311 / 07919 505256



**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**





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



- 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



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# So how did we do it?

**Woodlands Community Cafe**





# The Food





**The rescuing of fresh ingredients**





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# 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





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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



**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





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**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.**