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@unityen and @spooncafes

ALL WELCOME



Introducing Unity

What is a Spoon Café?

The Values, always the values.....

??? £££££ ???

We do better when we connect



Pride
House



Pay it
Forward



Sparks
Café



Inverclyde
Employability

Spoon
GLASGOW'S TASTIEST
SOCIAL ENTERPRISE

Doing more for our communities

The challenges

Isolation & Loneliness

Poverty

Health inequalities

Connecting in your own neighbourhood

Going forward....



What do we know?

Connected people live better, feel better and do better.

Relationships & resilience

Social prescribing – thinking differently

We all need a spoonful of something

What have we got?

Good friends and partners

Shared values

Varied experience and expertise

Welcoming space (a few!)

Aspiration and commitment

Pop in, chat!

Please stick around to connect.....



The Good
Stuff Fund

The Healthy
Living
Award

Employability
partnerships

Pop in, chat, connect!



Spoon
GLASGOW'S TASTIEST
SOCIAL ENTERPRISE