

well  
together

# WASTE 2 TASTE



Waste2Taste received £3,000 from Well Together to run a range of community activities at their community café.



Waste2Taste run the activities at their community café in Oxford. The activities are community-led, and include arts & crafts sessions, community meals, bingo afternoons, chair exercise and intergenerational activities. Participants say that the activities give them access to joyful experiences in a dignified manner. The activities provide opportunities for people of all capacities and ages to socialise and build meaningful connections, which reduces isolation, provides physical activity, enables healthy eating and improves the mental wellbeing of all who come along.

## STRONG RELATIONSHIPS

Over 60 people attend the café and activities regularly. Many members of the local community have multiple health issues, with high levels of limited mobility and dementia, so Waste2Taste have been mindful that all activities are regular and reliable, staffed by friendly, familiar faces, enabling participants to build strong longer-term relationships.

“When I moved here, I didn’t know anyone. Coming here has really improved my movement, and mentally I feel so much better.”





## MORE THAN A CAFE - A COMMUNITY HUB

Waste2Taste's café is at the heart of what they do, and the additional activities build on that. The food they serve is fresh and delicious, and has the added advantage of using surplus ingredients, which reduces food waste.

Co-founders Marie and Sandra know that food is a great way of bringing people together, and as well as making tasty food creations, they create a warm and welcoming atmosphere in the café space.



Marie says, "For some people, creating or maintaining a feeling of belonging to the wider community can be tricky: health issues, disabilities and age can isolate individuals from their neighbours by creating obstacles and limitations to their capacity to participate in the community's life. Our café and the activities have made a huge difference to both the residents and to the local community."

Sandra says, "We have learned to tailor everything we do to allow for changing health conditions. People's health can change very quickly when working with older people in the community, and we are there for them."



**"Everyone here is so lovely, it's great to have a real sense of community with the exercise class, the café, the bingo, the craft classes, and the Christmas meal - you have GOT to come to the next one! It was the best ever!"**



**"Coming to the exercise class has helped me to get stronger. The doctor was amazed, she said coming to exercise classes like this really helps and can also help to prevent falls."**

