

WELCOME



Eco art by ToveyArts
at our Community Garden

Greetings from the WestRaven Community Café and Garden. And welcome to this first edition of our newsletter. We'll be taking a peek behind the scenes with our community teams, to give you a glimpse into our world.

ABOUT US

We are a friendly team of community workers and volunteers. And we are here to support the people of the WestRaven community, and the wider Peterborough area.

We work in collaboration with our friends and partners. And we have a range of - indoor and outdoor - venues where we deliver all sorts of activities, events and workshops.

Together, we are working towards better health and wellbeing for our communities.



WestRaven
Community Café and Garden



CAFE NEWS

WestRaven Community Café is currently open weekdays for takeaway services. When possible*, the café is also available for people to visit at their leisure. Whether to relax on their own or with friends, or to grab a drink, or a bite to eat from our great-value menu.

The café often features local, homegrown produce from our community garden. From 'seed to plate'. And, when the times allow, the café also acts as a space to deliver sessions to the local community.

One of the many great features of the café is its community fridge. This source of fruit, vegetables and other fresh food is available for the community to use for free. It's also a great way of preventing good food going to waste, and reducing landfill.

Chris and the café team were recently praised in the local media for their hard work during the pandemic.

The team gave out over 100 food parcels a week to local residents in need during lockdown, free of charge. They also launched a takeaway service, with prices starting at £1.50. And a delivery service for people who are vulnerable and unable to leave home.

Over Christmas, the team provided 80 hot meals for homeless people, and rough sleepers. This was in support of Peterborough Homeless Helpers. They also provided meals to local people, many of whom were on their own over the festive period.

"I want to say a huge thank you for the food packages we have received for several weeks. We've enjoyed opening them up to find all the lovely things inside. The team have done a brilliant job providing this service to the community."

WestRaven resident - April 2020



Supper with Santa - December 2020



Chris - our café manager

GARDEN NEWS

"I love this place - it's so peaceful. A great escape from the challenges this year!"

Sam - September 2020

It's hard to believe that only five years ago our 1.3 acre community garden was wasteland. Now, it's a thriving urban oasis, with a rich and biodiverse habitat and ponds for wildlife. And there's so much on offer for all the community - children, schools, adults and families alike.

Our orchard and growing areas allow us to grow and sell fruit and vegetables direct from the site. We also offer fresh produce through our café. Our play and recreational areas feature accessible paths and swings. And we have an outdoor kitchen and classroom for delivering workshops.

"Kids love walking around the garden with their family, picking vegetables together."

Luke - WestRaven Community Garden Manager

Over the summer, we had some eager participants joining us for our Tai Chi classes. Aged from 50 to 92, they enjoyed their sessions in the beautiful and peaceful open space of the garden.

In September, we welcomed back some of our partners to the garden. This was to lead outdoor sessions with small groups from local schools. They made bird feeders and observed bugs and pond life. They also did lots of other activities around biodiversity.

We recently had support from Cross Keys Homes for a project to build a herb spiral. This was for people looking for their next job opportunity. The project aimed to build people's skills and confidence. It also gave people a reference to use in job applications, and a talking point for job interviews. Since the project finished, one participant has gained employment. And another has started with The Prince's Trust.



WestRaven Community Garden pond area, supported by Froglife



Herb spiral in progress

YOUTH NEWS

The WestRaven youth team deliver activities to support and inspire the next generation. Music, art and craft workshops, youth club, outdoor sports sessions, days out, and much more. During lockdown, the team gives out free activity packs to keep children entertained. So far, there's been 'grow your own' sunflower kits, 'build your own' snow globes, cooking and craft sessions. To name a few.

One of our most popular sessions is youth club. And we can't wait to welcome back our young members as soon as we can.

Youth club is a friendly and safe space for children and young people to spend time together. They have fun, open up about any issues they are facing, and catch up on their homework. All with the full support and encouragement of our youth workers, Danielle and Jamal.

"Yanis has missed the youth club so much. So to have these outdoor sports sessions with his friends has lifted his spirits."

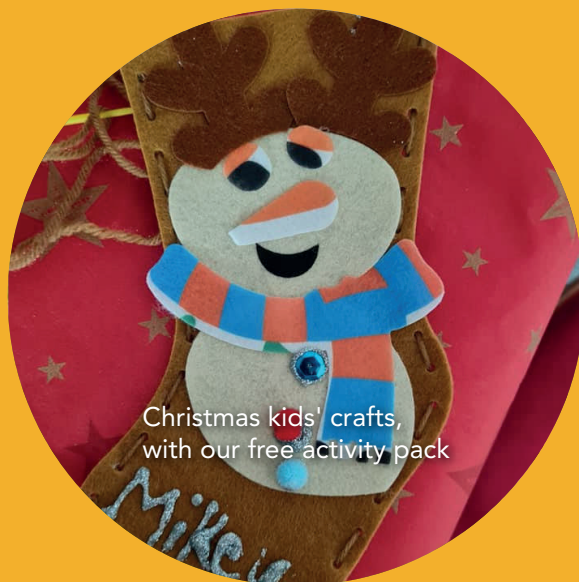
Yanis' Mum - Summer 2020

Many local children do not have a computer available to them at home. And a few of our youth club members told us they were getting into difficulty with their school work as a result. So, we've recently secured five new laptops ready for when we do open our doors again.

We also can't wait to get our music studio back up and running again, when the times allow. Our 'Inspire through Music' sessions give children the space - and time - to express their love of music. Our recent young participants have even been writing a rap about where they live, and how it makes them feel. We may decide to release a recording of this when it's ready, so watch this space.



Children visiting from local school - Summer 2020



Christmas kids' crafts, with our free activity pack

LOOKING AHEAD

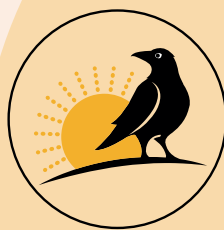
Hope you enjoyed this little taster of what we've been up to. We've got lots more to look forward to. And we can't wait to share it all with you in future editions of this newsletter.

Look out for...

The launch of a large new greenhouse for the garden, which will double up as some extra classroom space. New upcycling projects, and activities for health and wellbeing. Gardening clubs, herbology sessions, walking groups, cooking courses and much more.



Simon - one of our volunteers at the garden



WestRaven
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OUR THANKS

Thank you to you - our readers, our friends and partners, and all the people who work to make us proud of WestRaven. A special mention to our wonderful volunteers. Thank you for going above and beyond to make a difference to our community.

STAY IN TOUCH

Want to get involved in any of our projects? Got any ideas about how we can work together? Know someone who would like our support?

If so, please email us via:
adam.castleton@crosskeyshomes.co.uk



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