



# Northolt Library Edible Gardens

Growing Workshops &  
Community Health Cafe

# Volunteer Day - Garden Clear Up



# Feedback from Volunteer Day

- All service users we consulted with would like to see the Garden Transformed so that it can be used to grow and enjoy.
- Coffee Morning group have been using the Library since 1986 and would like to have use of the Garden and café
- We spoke to professionals, tutors, self employed and students who spend most of their time in the library and would use the café if had the option, to have something healthy to eat or drink.
- Families and groups who use the Library on Saturdays also showed interest to volunteer in the garden.
- All snacks and food that was bought into the Library were high in sugar, fat and salt, with most people drinking energy drinks.
- No where to eat as the Amazon lockers are in the eating area, library often smells of hot food bought in from outside.

# Opportunities

- To restore a once used sensory garden
- Add growing beds and planters
- Work with users to build a grand story telling chair
- Engage with local schools and groups to join in growing workshops.
- Community Café
- Provide volunteer opportunities
- Hold events in the Garden
- Provide information on healthy eating.

# Project Plan

- Apply to TYS
- Outcome of bid
- Secure match Funding
- Meet with library users, groups, residents, school and staff to form a working group.
- Agree and promote workshops
- Commence Project Plan in July



## Community Café

- Healthy Eating workshops
- Advice on clean eating and alternatives
- Fresh healthy vegetarian artisan snacks.
- Fresh Juices and Herbal Teas
- Cooking Workshops
- Promote and support healthy eating
- Providing healthy eating information and recipes
- Healthy Eating Events

# Sustainability

- Register community group
- Support group with training to maintain, grow and promote project
- Community Café
- Volunteer run supported by Library staff
- Garden Events - story telling / lunches /cooking / sensory garden/ gardening.