

CAFÉ 1759

# OUR FIRST YEAR

SUPPORTING EMPLOYMENT & VOLUNTEERING, PROMOTING HEALTH & WELLBEING.



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# OUR FIRST YEAR

**After over a year of building works, Café 1759 opened its doors on Saturday 14 April 2018, and what a day it was! Our till began ringing as soon as we opened at 8.30am and didn't stop until the last cappuccino was served at 2pm.**

Café 1759 is a café with a difference - we're a not for profit community café, supported by volunteers. This means that we're able to keep our prices low and reinvest the money we make into the café and support community activities, volunteers and promote health and wellbeing.

We know that the activities we offer at the café have a benefit – but that's not always easy to measure. We use the HACT Social Value tool to attribute a monetary value to measure the impact of activities on individuals' wellbeing, from employment through to health.

In our first year, Café 1759 generated a social value of £57,864. This includes the positive impact from training, volunteer and employment opportunities created by the café. We're pretty pleased with this, as it doesn't even include the community activities we've led. We also expect it to increase as we're able to develop new projects and opportunities over the coming years.

The café is a key part of the Whitehill and Bordon Healthy New Towns programme and we're grateful for all the support we've had from partners locally to make this a successful year!

It's been a jam-packed year and there's plenty more to come, but here's everything we've crammed in since we opened...

**SOCIAL VALUE**  
**£57,864**  
.....

WE'VE SERVED

13,212  
CUSTOMERS



TWO

APPRENTICESHIPS  
OFFERED

WE SERVE AN  
AVERAGE OF  
306  
COFFEES  
PER WEEK



WE'VE GROUND  
OVER 150 KILOS  
OF COFFEE BEANS  
SINCE WE OPENED

EIGHT  
JOBS  
CREATED

793

HOURS  
HAVE BEEN  
VOLUNTEERED

VOLUNTEERS HAVE  
SUPPORTED THE CAFÉ



36

PEOPLE ATTENDED  
FOOD ACADEMY  
ACTIVITIES

ONE  
VOLUNTEER  
SUPPORTED  
INTO WORK

%

WE SELL REUSABLE  
CUPS - AND OFFER  
A DISCOUNT WHEN  
THEY'RE USED

WE HAVE A STRICT  
RECYCLING POLICY



OUR TAKEAWAY  
CONTAINERS ARE  
BIODEGRADABLE



We save our  
coffee grounds  
for a local  
resident who  
uses them  
for compost

# VOLUNTEERS

We were clear from the start that we wanted to offer opportunities for local people to volunteer at the café. We already had a good track record of supporting volunteers in our award-winning sister café, the Round About Café, in Southampton, and wanted to replicate that in Whitehill and Bordon. In our first year, six volunteers have given a total of 793 hours in the café.

Volunteers have come forward for all sorts of reasons. Here's some of their stories...

## JASON

Jason lives locally with his mum in a Radian home. He was one of our original volunteers, starting at the café in the first week we opened and initially volunteering four hours a week. He was looking for work, and the skills he gained from volunteering meant that when a paid Kitchen Porter role came up six months after starting with us, he felt confident to go for it. Happily, he was successful!

"Before I volunteered at the café, I wasn't doing much. I was very bored, stuck on benefits and I felt low. My mum saw the advert for volunteers in Radian's customer magazine, R Mag, and encouraged me to get in touch.

I was very nervous and shy before I started, and I feel like I've come a long way since then. Everyone's really nice.

"I'd not worked in a kitchen before, so I've learnt a lot – I help with food preparation, cleaning the catering equipment, using the dishwasher and even making some food to order. I've also been on a couple of training courses. Getting the Kitchen Porter role was really great. It's helped me to build confidence and feel more positive about things."

**"IT WAS ONE OF THE BEST THINGS I EVER DID - I ENJOY BEING PART OF THE TEAM HERE."**



## EMMA

Emma lives on her own in Whitehill and Bordon and came to the café from the Kingsley Centre's supported volunteering programme. After completing training in first aid and fire safety, Emma started at Café 1759 the first week we opened and has given 10 hours a week ever since. Emma has enjoyed working in a commercial kitchen,

serving customers and preparing sandwiches and toasties. Working in the café has given Emma new friends and she has been very happy, gradually growing in confidence and taking on new tasks. Emma is a much-valued member of the staff team and went on to win 'Outstanding Volunteer of the Year' at Radian's 2018 resident awards event!



## ALUN

Alun moved over to the UK from Colombia to live with his aunt in December 2018. He was studying physics at university there, but political unrest meant that his university closed. He hopes to pursue his studies in England when he is allowed to study again.

"I'm practising all the time with staff and customers and my understanding of English has definitely improved. I've also learnt a lot about handling British money – you have a lot of different coins!

**“EVEN IN THE SHORT TIME SINCE STARTING AT THE CAFÉ, I FEEL MY ENGLISH IS IMPROVING.”**

Alun started volunteering at the café in February, after hearing about the café from the Job Centre. He works two days a week and felt that it would be a good opportunity to improve his English and his CV.

"I've learnt how to make coffee and to use the till. I'm hoping to look for work when I feel more confident speaking English. I also feel happier in general - coming to the café twice a week gets me out of the house and interacting with other people. Without it I'd be stuck at home."



# HEALTH AND WELLBEING

As Whitehill and Bordon is part of the Healthy New Town programme, Café 1759 has a focus on delivering activities that promote health and wellbeing. Here's a selection of what we've been doing over the past year:

## SUPPORTING LOCAL GROUPS AND CAMPAIGNS:

- Since we opened, local running group Runny Honeys has been meeting on Friday mornings at Café 1759 for their 'chatty morning run'.
- We supported Deadwater Valley Trust to set up their monthly 'walkies' sessions, following feedback from customers who said they'd like to meet other dog walkers. The Saturday morning monthly walk around Bordon Inclosure gives dogs and their owners the opportunity to socialise and meet new people (and dogs)!
- Our Armed Forces and Veterans Breakfast Club meets twice a month at Café 1759, giving veterans and serving military personnel the chance to get together and share stories with others who were in the military.
- The Alzheimer's Society held an 'Elf Day' event at Café 1759 in December, inviting people with a dementia diagnosis and their carers to find out what support is available locally. This session also led to the creation of a local Sunflower Café, a support service for people living with dementia and their carers.
- As part of the 'Time to Change' mental health awareness campaign, we celebrated Time to Talk day in the café. This included mood boosting foods, conversation starters on each table and information about mental health. Over 50 customers visited during the day and engaged with the activities.
- For White Ribbon Day, which aims to spread awareness of violence against women, Café 1759 invited customers to donate toiletries for donation to a local women's refuge. A huge box-full were collected – thank you everyone for your support!
- Local bike shop Cyclesphere led a number of rides from the café and held a bike maintenance workshop to help people learn about basic bike maintenance.



## OUR OWN ACTIVITIES:

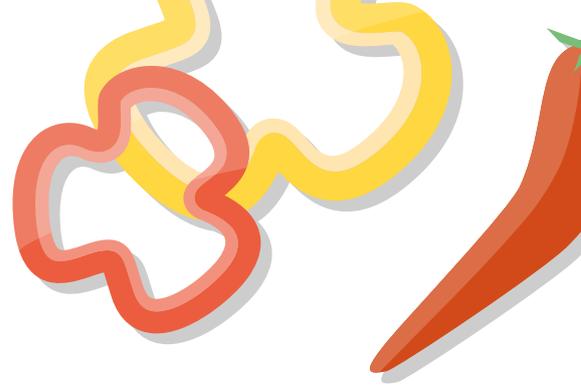
- Local GP Dr Leung provided a mobile health promotion service in September, offering blood pressure checks and general advice at the café. Nine customers had their blood pressure checked and feedback was very positive:

**“BRILLIANT IDEA – IT COULD SAVE SOMEONE’S LIFE.”**

- We installed our World War One nurse at the front of the café as part of the ‘There But Not There’ project - a town wide initiative to commemorate the centenary of World War One.
- We were successful in bidding for Section 106 funding to install table tennis in Barracks Square. Bats and balls are available from the café for customers to play.
- We supported the ‘Welcome to Whitehill and Bordon’ project, funded by the Heritage Lottery Fund and delivered in partnership with Radian and Hampshire Cultural Trust. This six-month project aimed to use Bordon’s heritage to connect with and welcome new residents moving into the area, particularly Quebec Park. Volunteers helped to capture memories of Bordon, which has a long history as a garrison town, to explore their own diverse, personal heritage and the area’s rich history. Pupils at Bordon Junior School took part in a series of workshops involving aspects of oral history, discussing the changes taking place in the area, object handling and local history. An artist created two large scale installations using past images from the local area and mosaics made by the pupils, reflecting the current changes taking place, which were installed at the café for everyone to enjoy. We also held a heritage event to mark the completion of the project, where we unveiled the mosaics and shared with the community all of the captured stories, artefacts and past and present images.
- Based on findings about social isolation in the area, we worked with Whitehill and Bordon Community Trust and Bordon Junior School to reach out to local older people, through a community Christmas card project. Local children and members of the community made Christmas cards, which we sent out to older people living locally to let them know someone was thinking of them, as well as promote local activities that they could get involved in.



# FOOD ACADEMY



We launched our Food Academy in summer 2018, a programme of events for children and adults to get involved in that promoted eating well, cooking from scratch and sharing knowledge. We ran the following events:

## KIDS FOOD ACADEMY

Our pilot course kicked off in the summer holidays with two six-week courses for children aged 4-11.

Funded by East Hants District Council, and delivered alongside Bordon Junior School, the aim was to empower young people with knowledge about food and healthy food choices, along with hands on experience in cooking together. 20 young people took part, making a huge variety of dishes including banana loaf, macaroni cheese, mini quiches and granola bars.



**“I LOVED IT. I MADE NEW FRIENDS AND LEARNT TO MAKE AND TRY NEW FOODS.”**

**“GREAT IDEA PROMOTING COOKING FOR CHILDREN. ENTHUSIASM WAS ABUNDANT. WELL DONE!”**



## FORAGING WORKSHOP

Delivered in partnership with Deadwater Valley Trust and wild food expert Adam Carew, this course saw a group of 12 adults be guided around Bordon Inclosure, identifying edible plants and fungi, learning what to avoid and plant folklore.

This was followed by a cooking demonstration and chance to try wild food recipes using foraged ingredients. We have more plans in 2019 for Food Academy activities for all ages, including children's cookery courses, family sessions and more – watch this space!

## OLDER MEN'S COOKERY COURSE

Our older men's cookery course, funded by Councillor Adam Carew, saw a group of men learn to make meals from scratch, using fresh ingredients.

They made a wide variety of dishes from soup, to stir fries, to smoothies! All of the men said the course gave them more confidence in trying new recipes, making healthier choices, portion sizes and cooking in general.

**“EXCELLENT COURSE. I USED THINGS I WOULD NEVER HAVE THOUGHT TO USE IN VARIOUS RECIPES.”**



# CREATING JOBS AND TRAINING OPPORTUNITIES

We're pleased to say that the success of Café 1759 has led to a number of new jobs for local people. We've recruited four permanent members of staff, two apprentices and four casual staff. Five of these are young people who could not find other work locally.

## NATALIE - CAFÉ SUPERVISOR

Natalie lives locally in a Radian home and has been working at the café since May 2018. Natalie had a long career in hospitality but gave this up as the unsociable hours and long commute didn't fit with family life. Just before starting at the café, she was working as a receptionist at a garage, but when the Supervisor job came up, it felt the perfect opportunity to return to what she really enjoyed.

didn't involve unsociable hours. Working with volunteers has been good for me as it's helped me develop skills in supporting people. I've only worked in commercial environments before so working here, where we meet all sorts of people with all sorts of backgrounds,

**"IT'S GREAT THAT WE CAN RESPOND TO WHAT THE COMMUNITY WANTS - WE'VE GOT LOTS OF IDEAS ABOUT WHAT WE CAN DO."**

"Working at Café 1759 doesn't feel like a job. I enjoy all of it and love working with the team. My skills are in front of house work, so I was pleased to find something that I would be good at that

has helped me to become more open minded. I think it's brilliant that Radian are supporting the café - as a Radian resident I also think this gives me a good perspective about community needs."



## ANNIE - CAFÉ APPRENTICE

Annie started as one of our apprentices in February 2019, her first job since leaving school in 2018. She tried college but found it wasn't for her and left.

"Everyone's really friendly. So far, I've learnt about making cakes, baking techniques, knife skills and preparing food. It's my first job



**"I LIKE A CHALLENGE AND THERE IS PLENTY TO LEARN."**

When this apprenticeship opportunity came up, she was intrigued. Annie studied food technology at school and her friends had been into the café and said it was nice and welcoming.

since education so I was a bit apprehensive to start. I felt like my confidence was pretty low before, but it's been a really good experience here and I really enjoy working in the team."

**We've also said goodbye to a couple of our Saturday staff, who have used the experience gained at Café 1759 to find other work.**

**As well as on-the-job training, our volunteers and staff have had the opportunity to complete fire safety, first aid, barista and food hygiene and safety training.**

## SOCIAL PRESCRIBING

We're very happy to support the social prescribing pilot project in Whitehill and Bordon. Social prescribing involves non-medical suggestions that connect people to beneficial activities or advice services in their communities, to improve their health and wellbeing. At the café we're keen to develop services that the community needs, which is why we're working with this project to make sure that the activities we deliver are those which are most needed.

**"THE WHOLE THING IS REWARDING. IT FEELS GREAT. I WISH I'D DONE IT YEARS AGO!"**



# THANK YOU

Thanks to all our wonderful customers income through café sales covers about half our costs.

Radian is committed to investing in local communities and by supporting the café, is able to deliver on its community impact. It's thanks to this support that we can provide all these brilliant opportunities.

## OUR PARTNERS

We're really grateful to all of our partners who have supported us to make this a successful first year: East Hants District Council; Community First; Deadwater Valley Trust; Furniture Helpline; Beacon Bordon Church; Badgerswood Surgery; Kingsley Centre; Phoenix Theatre; Whitehill and Bordon Regeneration Company; Whitehill and Bordon Town Partnership; Whitehill and Bordon Community Trust; Hampshire County Council; Rise n Shine Bakehouse; Whitehill Town Council; Cyclesphere



{ COFFEE

CAPPUCINO

• Reg £1.50

LATTE

• Reg £1.50

ESPRESSO

• Single £1.00

AMERICANO

• Reg £1.50

MOCHA

# DRINKS

FEE }  
}

CINO

1.90 • Large £2.50

.90 • Large £2.50

SSO

£1.50 • Double £1.90

CANO

.80 • Large £2.40

tea

HAMPSHIRE TEA

• Cup £1.45 • Pot £2.50

Homemade fresh:

• Lemon & Ginger tea

• Mint tea

Cup £1.65 Pot £2.60

HERBAL TEA

• See our selection at the



**Café 1759, Challenger Place, Bordon, GU35 0FP**



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