

IMPACT REPORT

Cowherds | social café

2014-2015



Cowherds Café is a social enterprise that has an impact on the health and well-being of people by providing vegan and vegetarian cooking and food preparation classes, volunteering and work experience in a healthy and motivational environment, plus restaurant evenings.

Opened in 2014, Cowherds is a *vegan* based at pop-up venues throughout

Our vision is to create a vibrant, empowering enterprise that enables people to improve

living on a budget. We will bring people together and provide opportunities for learning and sharing about how to get the most from fruit, vegetables, whole grains and pulses. We will raise awareness about the benefits of healthy eating through increasing fruit and vegetable intake, and create an enjoyable opportunity for people to come together.

We want to raise awareness of the benefits of a healthy lifestyle



and vegetarian community café Salford.

food, cooking and motivational their health and wellbeing whilst

This report sets out what we have achieved so far and sets out **10** things you need to know about Cowherds:

1: Cowherds works in partnership and shares aims with other social enterprises and not-for-profits. We have completed 7 major projects with partners improving the knowledge and confidence of local people to improve their own health through improved diet. Overall, we have provided healthy food experiences for over **350** people.

2: Over the last 18 months, **Cowherds** has provided vegan/vegetarian cooking and food preparation & hygiene classes to **186** people and **285** hours of training through volunteering for **10** people.

3: **159** people engaged with the 'Love Fruit and Veg' demonstrations and tasting sessions.

4: As a result of our 'BlueSci' project **83%** of people reported a positive change in their health and well-being since eating Cowherds food and **100%** said they would continue to eat healthily after the course.

5: What our staff say about us:

'For me cowherds is for the right cause with the right people you have embraced me as a friend as well as a colleague... Spent a couple of years jobless, lost relationship, lost father, some depression now cowherds make me feel fulfilled in what I am doing I feel younger and have more energy on the vegan diet...'

Mark, Co-worker

6: We have upskilled **5** people through volunteering in the café. **3** people have gained employment as a result. **5** people gained their food safety certificate.

7: Cowherd's 'Let's Get Cooking' participants saw an increase from 'average' to 'confident' level of cooking healthy food AND an increase from 'average' to 'quite healthy' diet. **83%** attendees of the 1st course and **100%** of the 2nd reported a positive change in their health and well-being since completing the programme

8: From the buzz on social media

'I can't wait to eat at your amazing place. What a great message you are spreading!'

EatCleanCat

9: Cowherds project with Cheeky Monkey's Nursery worked with the chef and parents to improve nutrition for pre-school children, producing a 200 recipe cookbook and making food production healthier and more cost-effective.

10: All of **Cowherds** suppliers are local to Salford and all waste is recycled e.g. pulp from juicing gets donated to local growers. We taught **75** people to juice and how to reduce waste by juicing leftovers,

Cowherds are always on the lookout for new local projects to be involved with. And you can help us make a difference to people's lives by volunteering with us. **For more information, please contact:**

T: 07974 800711

E: hello@cowherds.org.uk

W: http://www.cowherds.org.uk