

WHAT'S ON AT COOPERATION TOWN HUB?

JOIN A COMMUNITY FOOD COOPERATIVE

Neighbours around Lismore Circus are saving money by organising together in community food co-ops.

A food co-op is a neighbourhood buying group, where members get quality items at very affordable prices.

Co-ops buy food and household products in bulk and, in addition, get free supermarket surplus.

Co-op members save up to 40% off their weekly food costs by organising with their neighbours.

Food co-ops are owned by the members, who together decide what to buy and how to run the project. No bosses, no managers!

Pop into the Hub to join a local food co-op. There are available slots on Tuesday - Friday.

THE GOSPEL OAK LIVING ROOM

The Living Room is hosted by five local community organisations, six days a week. Join neighbours for free freshly cooked food, hot drinks and healthy snacks + advice sessions and activities. Children welcome.

Monday – Bacton Tower TRA hall – 4-7pm
Tuesday – Cooperation Town – 11am-4pm
Wednesday – St Martin's Church – 10am-12pm
Cooperation Town – 4-6pm
Thursday – Wendling TRA hall – 11am-3pm
Friday – Ludham & Waxham TRA hall – 2-6pm
Sunday – Cooperation Town – 11am-2pm

Cooperation Town Hub
Wendling Estate balcony level
Haverstock Road NW5 4RA
www.cooperation.town/coop-town-hub

A FREE COMMUNITY LAUNDRETTE

The Gospel Oak Community Power Wash is a free neighbourhood laundrette.

Opening times
Tuesday 10am-6pm
Wednesday 10am-6pm
Thursday 10am-6pm
Friday 12noon-4pm

Bring your own washing powder / liquid. Last load is two hours before closing. Book your slot in advance, in person, at the Hub.

A SHARED GARDEN

We are growing food in our Gospel Oak community garden all year around!

Join us to find out about growing and caring for a variety of fruit, vegetables and herbs with local horticulture expert Chris Heath. Learn how to pick, cook and preserve garden crops with fellow cooperators.

Every Friday (in good weather), 12-3pm. Please bring suitable outdoor clothes and gardening gloves (if you have them).

OTHER ACTIVITIES

The Gospel Oak Menopause Cafe
Last Thursday of each month, 6-8pm

A monthly session to share our experience, invite guest speakers, source useful items and support each other.

Cooperation Choir
Every other Sunday (check website for dates)
Join neighbours for a guided singing session. No previous experience required. No need to book, just turn up.