

Case Study: Big Bocs Bwyd at Cadoxton Primary School



WHY?

Our mission at Cadog's Corner is to support everyone to lead a healthy lifestyle and work towards the sustainable goals of No Poverty, Zero Hunger, Quality Education and Good Health. We want to make our community happy and healthy by helping them socialise, make friends and make healthy choices affordable.

Our main aims are -

- ❖ Health and Wellbeing
- ❖ Lifestyle choices – Health and Nutrition
 - ❖ Employability
 - ❖ Social Isolation

No human being should go hungry! Our café and shop works in collaboration with Fare Share where you can 'pay as you feel' for food that would ordinarily go to waste. This will help to feed and support many families within these communities and reduce food waste!

HOW?

First we set up a 'pay as you feel' shop within a small corner in our local community centre. It was evident how beneficial this was to our community and the 'need' increased so we explore options that would allow us to grow and expand. We came together as a group of passionate volunteers and created a road map plan of what we wanted to achieve! We filled out lots and lots of grant funding application forms in hope that people would see the impact that this would bring to our community.

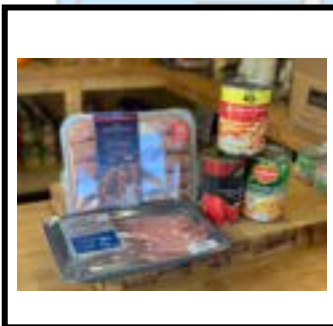
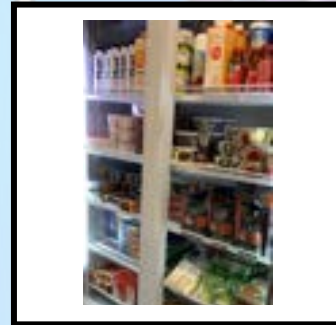
We dreamt, believed and then it came true!

WHO?

Community Engagement plays a key role within the whole school. However we have a group of passionate volunteers that support and are on the committee of 'Cadog's Corner Development Group'.

Challenges and Barriers

- *Belief – Getting others around you to believe in what you are doing.*
- *Purpose and Aims – Sharing and understanding the purpose and the aims and pushing out further within our wider community.*
- *Volunteers – Getting the buy in from people!*
- *Grant Funding – Needing grant funding to pursue the dream!*



Benefits of our BBB!

- Upskilling parents that will support them within employment.
- Stronger Relationships – Our community has grown closer together with one main aim of WELLBEING!
 - Food Literacy – Our families have developed their understanding of a healthy, balanced meal and lifestyle.
- Food – Supplying a basic need so that families can flourish.
- Exploration – Trying foods they may never have previously experienced.
- Supporting families with their food shops so they can spend their money on other essential things such as a train trip to the beach!
- Social Isolation – A central place in the community where you will be greeted with a friendly face and a smile

BBB Top Tips!

- Dream BIG
- Believe in what you want to achieve!
- If you are passionate about what you want to achieve, you will have like minded people want to be part of the journey with you!
- '925 million people worldwide will go to bed hungry tonight'.
- Each one of us can make a difference but TOGETHER we can make a change!