

Camphill Milton Keynes Communities

WORKSHOPS

Work is seen as an important part of residents' lives; it helps them to develop their full potential and their sense of responsibility and dignity.

Each household's daily structure is very similar, and this 'rhythm' of the day is common to all Camphill communities, forming an important part of each resident's life.

On weekdays the day begins around 7.00 to 7.30 when everyone gets up. This is followed by breakfast. After breakfast there is a morning gathering, then work, college, support sessions and other activities.

The workshop day is divided into two sessions – morning and afternoon, each with a tea break.

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The Bakery



The bakery produces many types of loaves and bread for the whole Community.

Residents learn to bake, to measure out flour and use the weighing machine, to use the basic bread ingredients such as flour, yeast, liquids, sugars, fats, salt, eggs, and extras: they gain experience in kneading, using a food processor, testing the dough, shaping the bread, glazing, and using the oven.

They also learn bread-making problem solving, for example what to do if the bread rises too much, or if there's no time to finish the bread, or if the bread doesn't rise.

Our bakery is not only about loaves: residents are also shown how to prepare a variety of buns, croissants and quiches.

On community open days some of the bread is sold to visitors, and the Café serves our freshly baked bread to customers.

The Basket Workshop and Weavery



The basket workshop and weavery has many enthusiastic basket makers, spinners and weavers.

Some of the baskets and table covers are displayed in the Café for sale to the public. Many baskets have been sold at different events, including CMKC Open Days and The Great Linford Waterside Festival.

Our stall at an exhibition in Milton Keynes Central Library introduced local people to some of the basket-making techniques.

The Gardens



CMKC has a bio-dynamic gardens, at both Pennyland and Willen Park, where the residents help grow vegetables and fruit for everyone living in the Community.

The garden on the Willen Park site is the larger one, and needs more people to work it. The work varies with a multitude of tasks from weeding to planting, harvesting and storing.

The Pennyland garden is smaller, but provides a wide range of work to be done. It has a beautiful orchard with seven or eight varieties of apples. Twinkle, the garden cat, has volunteered to chase the mice away from the compost heaps!

Well deserved tea breaks provide time for a little friendly gossip.

The Food Processing Workshop



This workshop ensures that some of the fruit and vegetables sent from the gardens are processed, bottled and prepared for freezing, ready for use during the winter.

Everyone who works here has food hygiene awareness. Some of the products are sent to the Café for sale.

The Café



The Café is open Monday to Friday 10:30 to 4:30. It can seat 54 people inside, with outdoor seating for 35 people. The back room is available for private weekday bookings such as business meetings, working lunches or parties.

The food is vegetarian, freshly prepared on the premises and where possible we use Camphill grown or ethically sourced ingredients. Our aim is to create a peaceful atmosphere accompanied by good food and a first class friendly service.

The Café is a Workshop for members of the Camphill Community providing training in food preparation, food safety and customer care. You will usually find 3 or 4 residents, 2 co-workers (usually visiting foreign students living in Camphill Community) and 2 employees working here.

There is an ongoing training programme in the Café in the form of Health and Safety Talk Topics. This is delivered by the Café Manager who is also a qualified trainer for the Chartered Institute of Environmental Health. This is an opportunity to ensure everyone understands the safe methods required for working in this environment, and on completion of each subject or set of subjects a certificate of recognition issued.



Tools for Self Reliance



Tools for Self Reliance (TFSR) is a separate, national organization.

At the Pennyland workshop, CMKC residents and co-workers join TFSR enthusiasts in a tools refurbishing workshop with a good cause. Old tools donated by local people are mended and refurbished. The “good as new” tools are then shipped to different organizations in Africa and elsewhere, to be used by hundreds of craftsmen.