



# Community Anchors: A Co-operative Recovery

## What is a Co-op?

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**A way to be more competitive** in low-wage industries in migrant and low-income communities. This can feature in sectors, such as domestic and commercial cleaning, childcare provision, and hospitality.

**Up & Go** is an app offering co-operative cleaning services in New York City, co-owned and co-led by the cleaning professionals.  
**Grasshoppers** is a childcare co-operative in London, allowing parents to be involved in all aspects of how the nursery is run, from social events and accounting, to gardening and DIY, with the opportunity to work at the nursery as part payment of fees.



**A viable work environment that supports ex-prisoners** to return to and work and stay employed. Working in a co-op provides economic independence and is a proven way to reduce reoffending rates.

**Tight Shift Labouring Co-op** in Washington is run by returning citizens, creating business opportunities and mutual support for the re-entry of incarcerated citizens into society.  
**ChiFresh Kitchen** is a food service-contracting co-operative in Chicago, giving formerly incarcerated Black women employment opportunities and empowerment through co-owning a business.



**An opportunity for young adults** who are not learning or earning to create new livelihoods, support their personal development, and transform their feelings of being powerless.

**Broken Spoke** is a co-op in Oxford founded by two young women who wanted to increase female involvement in bike mechanics, offers mechanical advice and training, with an open workshop of tools for DIY repair, and courses in cycle confidence and safety.  
**Blake House Filmmakers Co-operative** is a co-operative that makes engaging online videos for the third and public sectors.



**A response to food poverty** that directly addresses public health inequalities. Co-ops encourage a healthy and sustainable food system to counter the disproportionate medical health conditions, from obesity to diabetes.

**Mandela Food Co-op** is a California-based worker-owned grocery store, which is democratically led and sources food from local farmers, providing more jobs in the local area, and encouraging sustainable, community-based food culture.  
**Cooperation Town** is a network of community-led food co-ops, affordable buying groups where members collectively decide how to run the co-op based on their needs.



**An answer to the housing crisis**, offering affordable rent and secure tenancy to communities, from multi-generational and mixed groups to specialist spaces for older people, students, and women.

**Older Women's Cohousing** is a group of women over fifty, from different backgrounds and cultures, living in a co-operative community in High Barnet, London, managed by the residents.  
**SEASALT Housing Co-op** is a student-led initiative for affordable housing, democratic living, and long term sustainability in Brighton, Sussex.

