

# PEOPLE'S FOOD CO♀OP

10 p

## Lincoln Estate, Bow.

When you're all sharing the work at least you feel that you're doing something to beat food prices - you're not only helping yourself but you're helping other people.

You are solid against your husband: if he puts you down you've got something to answer back, constructively - ... just other women-cos you realize they go through the same changes.

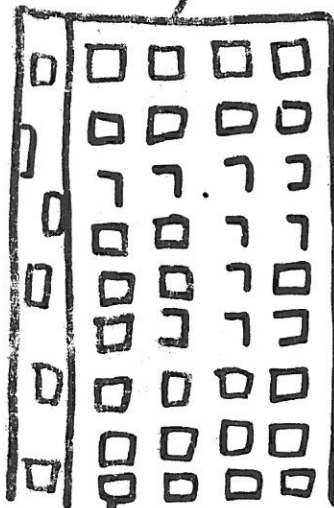
Women get all the dirty work in society now - we do all the menial jobs without which the upper strata couldn't survive, but we're despised for it. If we try and break out we're regarded as an exception - there's something funny about us.

Food's a very mundane part of life, we have to eat to sustain life - but with our life we want to do other things like helping change things in the world.

It bugs me out to know I'm not giving the storeman that extra 5p because why should he have a fancy car and fancy apartment when I've got nothing.

If I stay in I don't see anyone from when he goes out in the morning to when he comes back.

I was in Women's Liberation for a long time and I knew there were some experiences that all women shared in common across their class - but I couldn't find a way of working which expressed that - I didn't have a feeling of things going on steadily and growing.



# WHY DO A FOOD COOP?

## SAVES MONEY

"Buying it the way we do, it works out cheaper and when you don't have a lot of money -- I've got a big family - you get more for your money than even in the cheapest shops."

"You save a lot on prices, with all this inflation business. You save pennies, but the pennies you save go on that much more food, which can't be bad."

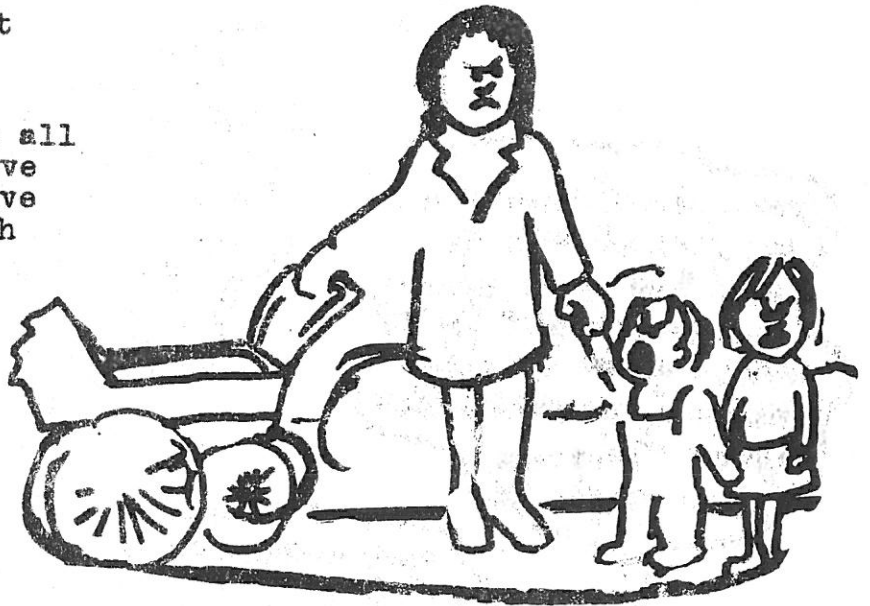
THE BONZERS POTATOES  
WAREHOUSE WHERE WE GET  
56 lbs OF WHITES FOR 80p



## LESS WORK

"I get fed up carrying heavy bags on my own and loads of kids, and this is like delivered to your door -- it's easier."

"I enjoy getting my shopping all in one lump."



## BREAKS DOWN ISOLATION

"I joined for the company, just to talk and get away from the house - I should go to a lot more things really."

"We wanted to get to know women in the area - women from very different situations and backgrounds - and doing something together which benefited us all seemed a good way to do this."

"Meeting the same people every two weeks you get to know what their problems are and how they manage to cope - you think sometimes you're the only one with problems and then it's good to talk to other people who have a lot of the same problems."

# WHY DO A FOOD COOP?



## CHANGES SHOPPING

"You put down one thing on your food coop order, but you have to expect that whatever you put down, you get the same sort as everyone else. You have to take it or leave it. It's not always the prettiest or the tastiest thing, it's just the cheapest, and that's the way you've got to do, communally agree on it."

"I always hated housework and it seems a bit less boring if you do it with other people."

"You go to the fancy beautiful store and the fancy packages and you get awestruck by the presentation and then you go and pay twice of what it's really worth."

"It buzzes me out to know that I'm not giving the storeman that extra 4 or 5p because why should he have a fancy car and a fancy apartment when I've got nothing along those lines, and I think we need it too you know, that's what I'm really against."

"Well the difference is.... myself I don't like crowds, I don't like shopping in the market, so therefore if I go to the local shop I've got to pay that bit extra. I never have liked shopping in crowds, and I think if you're inclined to go to these supermarkets you buy things which you don't really need. You generally find that if they've got an article with so many pence off, then you'll find another article that's got so many pence on it, so really in the long run you're nothing in pocket."

"You take part in the whole process - getting stuff from the warehouse or cash and carry and cutting it up, you're more involved, you don't just walk into a shop and take it off the shelf. You're aware just how much profit the shopkeepers are making."



## MAKES WOMEN STRONG

"You are solid against your husband, if he puts you down you've got something to retort back constructively;..it's just other women....."

"It's nice to know you're working in your own area - and it just makes you feel good to know you're doing something for a change besides doing all the things you have to do."

"It has brought a lot of people together and given them the opportunity to take some action about things, we've taken our own action over food prices."

"I think that community activity is very important, especially for women most of whom are very much shut up in their homes- I think it's a great aid to equality for women and a great aid for education too because so many women have been shut up in the home for so long, and they don't have a chance really to talk to other people."

"Since being in the food co-op I talk a lot more. I used to keep in myself more except when I'd had a drink, I don't seem to stop talking now."

# WHY DO A FOOD COOP?

## QUESTIONS HOUSEWORK



"My attitudes have opened out.... like you come home and your children almost have more mothers, have more people to be fond of and love."

"Raising children from babies is an important job and it ought to be regarded as a job. Men think it's a nice doddle, you're just enjoying yourself, whereas it can be a strain and it's very time-consuming. Women are taking a hell of a load off the state because we do need to replace the population, women are doing it all themselves with no pay and no recognition, in fact they get downgraded. Housework is something that's got to be done and people who live together should share it between them. I don't think that the husband and the children should load all the work onto one person who therefore is completely restricted."

"I think my job in the home is just as important as mens' jobs - in some ways it's more important."

"I think the nuclear family is a bit of a drag to tell you the truth because ideally I'd like to get out of this house and go into a large house and live communally... because that's the ideal form of how these tower blocks could be if people were really together - instead of having 100 kitchens have 10 kitchens used by the appropriate amount of people so that all the ladies can have time off 'cause they all do the same thing the same way and they're all as neurotic as hell all popping their pills and seeing their doctor twice a week - for what? - because of the agitation of the tower block. But really it could be so cool and nice if they really got together, if they forgot that one has the better possession than the other, because we should all be working for freedom and not just getting tied up with possessions and making money to buy more possessions that will tie us up even more. We'd only need one washing machine between us all - we'd cut the manufacturers production line because we'd only need few of the special things."

## AND FOOD'S JUST THE BEGINNING .....

"If we do more things people will become aware that there's more than just what's in their immediate life."

"Some of us have always hoped that the food co-op would be the start of women organising to fight for other things on the estate, maybe setting up a tenants' action group, getting back control of the tenants' hall, doing something about the sewage floods in the flats, the stinking drains and the insects --- but we know that we all need the experience of doing things together, to have the trust and confidence in each other to fight for what we want."

"I got discouraged with working round mass campaigns because I used to meet people for a short time and then never see them again, there was no way to draw together what we were doing - we seemed to be just mobilizing people around something which often we couldn't win and I didn't have a feeling of things going on steadily and growing."

"Each one of us's got their cliques and this what people do throughout life. We've all got different ideals in life, many of us have anyhow, but on one thing we agree, on what we eat which is a start. Something new, you know, it's really the beginning of a spiritual revolution that the world's got to take on, let alone us here in Bow. It's got to start somewhere, start materially, that's why I'm in it really, plus I know I'm helping people, you bring a smile to their faces when you say "Hey, can I turn you onto a lb. of raisins at 20p?" and you pay 40p in the shops, and a big smile comes from ear to ear."

It's obvious there should be more coming out of it because the way people spend most of the evening talking, they obviously want more social contact. It could be got over in an hour if we stuck stuck to the business of putting an order in, but as it isn't it shows that they want to get together for other purposes but no-one is very clear what they should be. Well, discussion is the most obvious thing and as most people complain the next step seems to be to take some action, but I don't know what this could be.



"There's a whole lot of other things besides food because food's a very mundane part of life, we have to eat to sustain life, but with our life we want to do other things like helping change things in the world...at the speed you make it, not at the speed they want to keep it, that's what the kind of political people that run it are doing basically. "

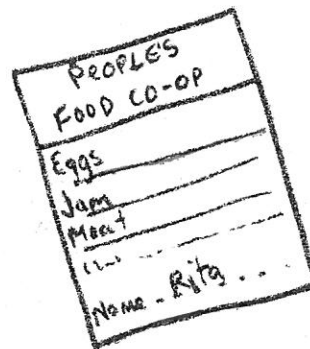
"It means more to me than just getting cheaper food together, it's the beginning of organising our lives differently. When I was first in the women's movement we used to talk about "revolutionising our lives" and "smashing the family" but we didn't really understand how you moved towards it in practice -- now I see it as doing things like not being so private about all your housework or your problems, letting your kids stay at someone else's place so you can go out. All this starts happening from doing something together like the food coop, I'm not saying it's all the revolution is about, but it's very much part of it."

# HOW IT WORKS

## WEDNESDAY EVENING

The meeting usually takes place in a different person's flat every fortnight. The first part of the evening is taken up with general chat and cups of tea. When everyone has arrived, the order forms are given out and prices are discussed - the meat prices vary from week to week, so someone will phone Cashmart beforehand, to find out the prices for that week. We discuss what things people want and what we're going to buy, then everyone makes out their order forms and the tasks for the week are shared out - each person puts enough money in the float to cover their order. When the business is finished a general discussion takes place - we may talk about anything from jobs, housework and lifts to abortion, prices and the Common Market.

"At first it was just discussing food - now they talk about different things they take part in - like marches - it's interesting because, myself, I've never been involved in anything like that!"



"Conditions on the estate is one of the main things that gets talked about - nobody's really happy with them. They were all going on about the Abortion Act and the Common Market - it's good discussing things like that!"

"We discuss children, playgroups, organising jumble sales - there isn't much we don't talk about - we talk about everything that's going on".

## WAPPING

On Thursday morning two people drive down to Wapping warehouse where we buy tinned food in bulk.

"There's a big difference in the prices of tinned foods - stuff from Wapping is terrific - really cheap - they take in the supermarket warehouse stuff that's overstocked and going a bit rusty".

"It's a dirty old dump - you can't see anything - it's too dark!"

"Wapping's like an amazing underground cavern - full of dust and cobwebs and smells... and the people are the same they're nice people and they know what they've got, which is surprising, because they've got so much stuff."

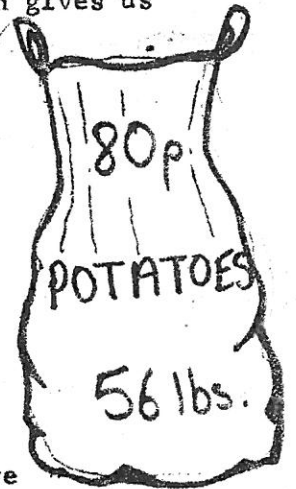


# BONZERS

On Friday someone gets the eggs, potatoes and apples, they come straight from a farm. Mr Bonzer is at least 80 and very friendly and he often gives us cabbages as an extra.

"It's very cold and spacious there, and it smells a bit earthy".

"Heaving sacks of potatoes has made me stronger - also I've learned how not to drop eggs".



# CASHMART

We get a lot from here - all basic groceries, meat and household goods. We go on Friday and keep the meat in someone's freezer overnight. You have to have a trading card but they are easy to get with a little bit of imagination..... (

"It's pretty good. Makes you bit sick though to see all that food and we can't afford to buy it. Everytime we go at the moment things seem to go up in price, you know. Tinned food -- petfood, beans-- there's quite a difference from what they sell it in shops, meat, toothpaste, soap, everything."

"It's a hi-fi food store, things start from the ground and go to the roof. A bit more of a consumer's dream than Wapping."

"It's very bright, piles and piles of consumer goodies wherever you look, and very narrow aisles."

"It's my idea of a nightmare, such a lot of choice and the quantities are so large you are scared of making a mistake"



# PACKING

On Friday evening two people pack up the food into boxes for each person's order. "It takes 2-3 hours, but it's much more enjoyable than shopping, you have a bit of a natter with whoever's doing it. It's not just walking into a shop and being served."

# SATURDAY MORNING

We fetch our orders and pay. Whoever's doing the meat brings it all wrapped and priced. People buy extras from what's over and someone takes the bills to check them.

"There has been some Saturday morning chaos but it's usually good tempered."

"People seem to be going in all directions, adding up aloud and talking at once, kids playing with the tins and inside the boxes."

## SHARING JOBS

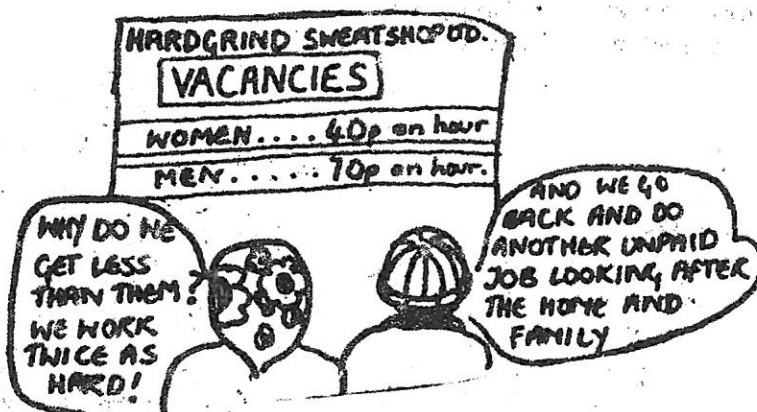
"It's been slow going to get the jobs shared out equally, only some of the Big Flame women can drive and though we've planned to teach people to drive we've not got round to that yet. The drivers have always felt more responsible, I used to get really fed up when no one offered to do jobs but now everyone is aware of who does what. But it's taken a lot of patience and effort to get to this point, and I know other co-ops have never succeeded in this respect at all."

"It seems that the ladies that do a regular thing are better at it because you know, practice makes perfect - the lady that does the meat she's got her system down to red and green lights, she can do it really quickly and neatly, and that's proficient, that's the way it should be really."

"It's as equal as it's applicable to women working fulltime with children, others having more time to spare. The shopping falls most heavily on a few people because most of us are working."

"We try to share out the work as equally as possible, different people have different things to do each time. But only a few people drive so they end up doing the same job quite often."

"It may be more efficient keeping the same jobs but it's more fun taking it in turns going to the different places - otherwise it gets humdrum, it becomes a chore."



"All the women in the food co-op knew places where it was best to buy things that they'd found out over years of shopping. At first people didn't want to share their 'special knowledge' with other people because they thought it made them better shoppers than the others. But gradually we shared everything we knew about the best places to buy things so that we could all benefit, and we found out the best places to buy food wholesale. Now, instead of "I know the best place" it's "Our food co-op knows the best place,"





# THE ESTATE

"There's nothing much for kids--no playgrounds--and it's really filthy. I dislike living up high, it makes me feel isolated and cut off."

"I wouldn't have moved in here in the first place if I'd had my way. We didn't have nowhere so we couldn't have turned it down or they wouldn't have given us anything else."

"Our rent's going up £1.62 in April, £1 for the rates and 62p for the hot water--£12 a week, they're really not worth it."

"It needs more facilities to make it a place to live in--it's a set of living units now, with no community sense."

"The women in the food coop are friendly, they don't snub you. When I first moved in the people next door they snubbed me and the one next to her she never talks to me, I don't like her, and then all up the other end, they don't talk to you, they think you're below them."

"You try and get anything done in these sort of blocks---some bloke came round here 3 months ago now and I never knew it, he came round to check the ventilation and the hot water and the heating and he said none of mine had been working right, so he said someone would come down the next week. So I waited in all that week and no one came and they have still not been done."

"I don't like the estate, it has no facilities and it's too far from the main road, we have only one transport in this area, no chemist nearby, no good shopping around, it's a long journey for a mother to go and do a little bit of shopping and the lift is always out of order."

"You could never say come in for a cup of tea. I mean where my Mum used to live there was always someone in my Mum's house having a cup of tea."

"The flats don't make it easy to talk...the architecture of these places makes it unnecessarily hard."

"I come back from work at 9p.m. and have to climb the stairs with my shopping."

"They're not bothered about anything, it's the mobile caretakers, they just don't bother. It's much better to have residential caretakers."

"I don't see why they should build high blocks around this area with no main road, the transport is no good and if you don't have your own car you have to be struggling."

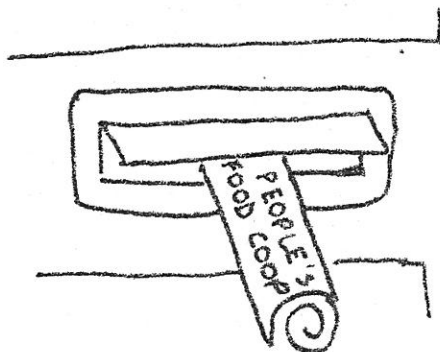
"One neighbour who's in the food coop is the only person I talk to. They're all divorced here--I mean there's nothing wrong with being like that, you seem to manage better half the time anyway, but some people won't talk to you because of that, maybe they think people will be nosy."

HELP!!

Lincoln estate was built about 10 years ago; it houses about 2,000 families, mainly in maisonettes, but also in two large tower blocks. The sewage system in these has a fault in it, and the smell of sewage comes up the kitchen drain and occasionally the sewage overflows into the kitchen sink -- as for the insects.....

# HOW IT STARTED

We (that is me and the other women in East London Big Flame) had the idea of doing a food co-op because round Xmas 1974 rising prices were really uppermost in peoples minds; we'd leafletted our local market but noone seemed to know how we could fight rising prices. A food co-op seemed to be something we could do with other women even if it didnt really hit at the cause of inflation. We got together with one or two women we knew on a nearby estate, talked about the idea and looked at the leaflets about the "Red Market" a sort of food co-op which was held right by a shopping centre in West London. We went over to see the "Red Market" which gave us the confidence that we could do it too. Then we wrote a leaflet explaining the idea of the co-op with a form at the bottom for people to fill in if they were interested and the kids helped us put them all round the estate - it took us a whole evening to write the leaflet because we hadnt much experience of doing it. At the first meeting there were 4 women from Big Flame, 3 from the Lincoln estate and one woman from a nearby estate whom we'd known from the "Save Bow School" campaign. We were worried that noone had turned up from the leaflet but we thought that if we bought more food than we needed just for ourselves and sold the extra on the green at cost price people would be able to see for themselves what the co-op was about and then they'd join us.



"I GOT A LEAFLET THROUGH MY DOOR, THE FIRST TIME I READ IT BUT TOOK NO NOTICE. THE SECOND TIME I SAID I'M GOING TO FIND OUT WHAT IT IS AND EVER SINCE THEN I'M IN THE FOOD CO-OP. THE WOMAN WHO ENCOURAGED ME HAS MOVED, I MET HER IN THE LIFT, SHE TOLD ME ABOUT THE MEETING AND TOLD ME I WAS WELCOME SO I JOINED"

## Who's in the Food Co-op

"I think we all get on very well, a very mixed group of women, not all from the local East End, with mixed backgrounds, some young, some old, some mothers at home, some working."

"There is a distinct polarity between the people that started it and obviously got it off the ground and the people who joined since. The people who started it come from Big Flame - fairly educated women from middle-class backgrounds going by the way they speak and their clothes. Others are working-class women by the way they speak and dress, and live in council flats though thats not a blanket thing any more - not that they don't get together and mingle together, but there is this disparity."

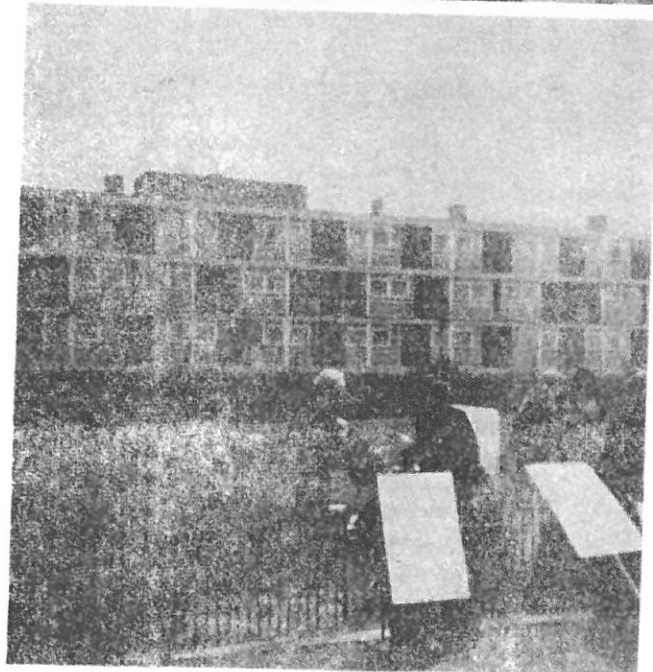
"People in the food co-op have all sorts of jobs - cleaning, secretarial, factory work, teaching, hospital workers, home helps, school meals assistant, shop-work."

"The women in Big Flame didn't see themselves as outside other womens experience like some left groups and didn't pretend they were exactly the same as the other women - they didn't deny there are differences. People are more honest so they have more chance of getting things together."

# selling on the Green



"I joined the food co-op through a friend, she took me to a meeting and we went and bought the stuff cheaply and we used to go out on the green and sell it. It was quite good actually, we used to set up a table, and everybody coming along we'd tell them about it and ask them to come to the meetings. But all the shopkeepers complained and they sent the police round a couple of times and told us that they were going to get onto the G.L.C. because we were selling on their property - and, well, we stopped doing that just really because of the aggravation."



"I was coming back from shopping and there was a stall and some women over on the green by some of the flats, and one of them approached me about the food co-op and asked me if I was interested and asked me to go and have a look at some of the things they had on display, to give me an idea of the things that they bought and I was very impressed and I've been going to the food co-op ever since.... and I find it makes a vast difference in my money."

"After we stopped selling on the green we stopped getting so much surplus stock and bought just for people who were actually in the food co-op and sharing the work. We started sharing the food out at someone's flat different every fortnight. But it was chaotic with 9 or 10 people trying to pick up their orders in someone's sitting room. Also humping potatoes to and from 15th floor flats was a real sweat. Then a woman joined who was

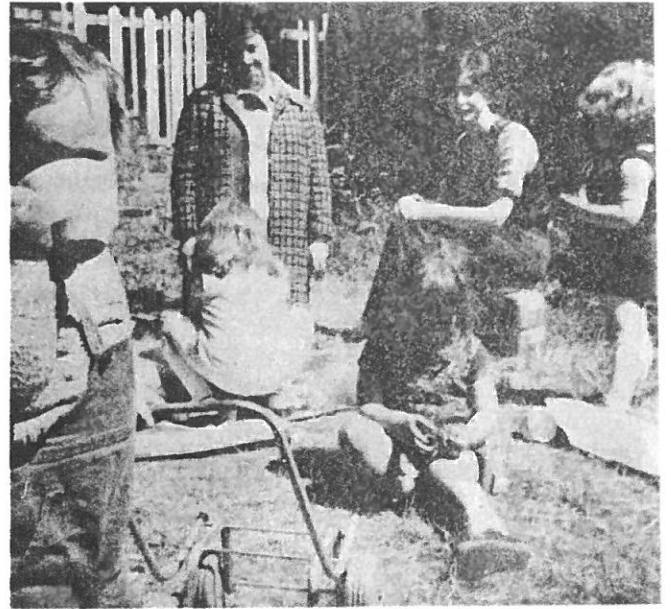
living near the estate in short life housing over a shopfront, and she lets us use the shopfront for storing stock and sharing out the orders on Saturdays. Her husband doesn't like being woken up Saturday mornings, but it's a lot better for the rest of us."



# WHAT IT'S LED TO...

## Playgroup

"Well there's a playgroup goes once a week now, in the afternoon, which is interesting 'cos it's a squatted house, and it's all free and collectively run which means that one week one girl does it, another week someone else."



## Women's March

Women and children from the food co-op took placards on the 1975 international Women's Day March which went through East London.

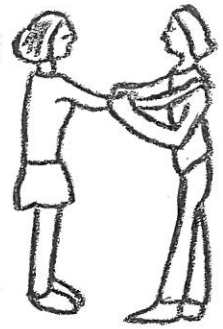


"I got something out of going on the march because I was a little involved in arranging things beforehand. I've been before - but I just went along and marched and went home and it didn't mean a lot - I didn't belong to a group, people cold-shouldered me, it was better to be in it in a more involved way"

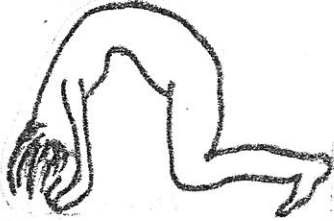
"It was really good, I felt really strong marching with a lot of women."

"It was a grand turnout on such a filthy day, so many women marching. There hasn't been a good demo in the East End for years."

# Self Help Therapy Group



"There are 4 of us in the group, 3 from the food co-op, we meet once a fortnight, we sort of discuss problems and try and work them out, it's really good, I enjoy that. If I'd never become involved in the food co-op I'd never have become involved in that. I find that from the food co-op lots of new things have opened out."



"We do physical exercises, relaxing exercises, stretching and breathing, they make you aware of your body, different parts of your body. Physical exercises make you more aware of your feelings - you have feelings you don't really expect to have and after a little while you can get into talking about them."

"You have a pillow to stand in place of somebody or something but usually somebody who's giving you trouble or giving you a problem, you use the pillow to speak to them in a way which normally you can't, so that normally you can never get into the depths of it."



Being a woman, even though you may be angry, you may be an aggressive person, you're always made to feel guilty about it. I don't feel guilty any more, it's part of the business of rejecting conditioned behaviour which I started a long time ago."

"Changing doesn't just happen through talking, it happens in a deeper way, in your guts, fighting the years of conditioning that keep us passive. We try to discover and express the feelings that the strain of daily life makes us have, which usually we have to repress. Too often women find individual escape routes (getting drunk, yelling at the kids, tranquillisers,) or turn our anger against ourselves (depression, suicide.) When we've recognised our feelings, we know better what we want and can do something about changing the things in the world that make us feel bad. We can turn personal anger into political anger - we need other people to help us do this."

## Jumble Sale

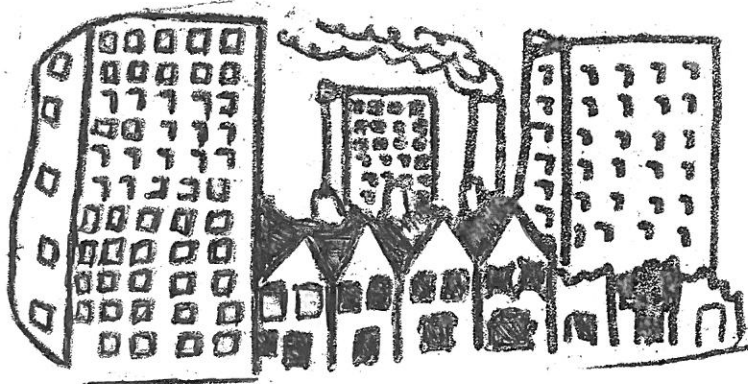
"We had a jumble sale to make money to go into the float---people dont have money on Wednesdays to pay for things they'd like at the week-end."

## Kids Club

"Probably without the food coop the Youth Club wouldn't have gone on, because some of the women from the food coop got together to reopen it. We wouldn't have spoken to one another otherwise."

# Tenants Hall

"The Tenants' Committee is confined at the moment to running the hall. It's not an elected committee, it arrived a long time ago and it's still there. Apart from running the hall they take no interest in anything local and when we applied for the hall they didn't want us to use it."



"They just don't want to know, they use it for weddings and functions. It would be the ideal place, we could help the OAPs. There's so much you can do if you've got facilities. It stands to reason the bigger place you've got, the more goods you could display, like we did on the green. We could also use it for our socials if we wanted to."

"I don't know who the Tenants' Committee are -- I didn't even know there was a tenants' hall till my neighbour told me. The money they get from Bingo, it should really go to the Youth Club, you know, I really don't think they do it, or socials, you never get a social here---well, if you do, you never hear about it. I reckon it's all the same sort of people that hear about these things. It's never sort of "anybody told".

"We tried to get a hall, it never worked out. I think if the people that run the hall, if they had some idea of what we were trying to do and became a little more interested in it, then they....but they just don't want to know".

## WHAT NEXT ?

More Food Co-ops

A Bigger Food Co-op

### MORE FOOD CO-OPS

"We've helped people to start other food coops, in Deptford, in Holborn at a mother and child centre, and they're planning one on the Isle of Dogs."

"I'd like to see it run on a fairly big basis--because as I say, everybody benefits, the housewife she wins all the time in the food coop. The bigger place we had, the more we could do."

"You don't think that you are the only one you know, because if each of these isolated groups get together, you feel you're going somewhere. Which is why we are doing these tapes so we can take these tapes to Scotland and the Scottish can even come down here."

"I'd like to see more people join to make it a bigger thing. Let the people see the difference from the shops, the more people the better. If they could get everything with more people, that would be to my benefit."

# Sharing Housework, Socials, other ideas

"We need more than just a food coop. It should be for education and for social occasions as well, a lot of the girls don't go anywhere."

"There's been various film shows that we've been to at London colleges that show other people round the world doing their thing along the same lines, and hopefully this new term of the food co-op will bring us more to go out together - the ladies - on a night out...not just stick to the same cup of tea or coffee, with or without sugar like."

"A social would be good, we could all get together and invite other people and let them know what we're doing as well."

"Baby sitting, a regular baby sitting stunt for ones that live singularly in these nuclear units, because I'm always hung up because I never can go anywhere because I never have a baby sitter. You do 2 or 3 hours for someone, the same week they do it for you too. Perhaps this involves having this place to have babies sleep over night, really."

"I'd like to see the spread of more community activity in general, and I'd like to see the start of a community association round here to discuss with the local people what we need."

"If some people find it hard to do their share of work for the food coop, maybe they could help others out in return by doing a launderette for them, taking something to the dry cleaners, collecting kids, doing some sewing, or sharing some housework with them in some other way that would be easy for them."

## Housing

Organising things collectively like in the food coop is one way of trying to fight the demoralisation that set in after the 1969 GLC rent strikes.

"The trouble with people in the East End is that they won't stick together, I was the last in my block to pay up, but you never knew who had paid and who hadn't".

Now squatters and tenants in Tower Hamlets are beginning to organise around housing again, like fighting about conditions on the estates. Opposite the Lincoln estate is the mass squat of Sumner House. People are trying to build links.

"Sumner House, I mean these places are really better than these flats, I think so, because everyone talks to everyone, my mate lives over there. If you done them up they'd be really good".

"I've got no qualms about these squatters, it's interesting having them around and the things that they discuss that I've never been involved in."

"We've talked about having a social with them and we organised a joint Christmas party for their kids and ours. I'd like to go along to see how they cope with their problems."

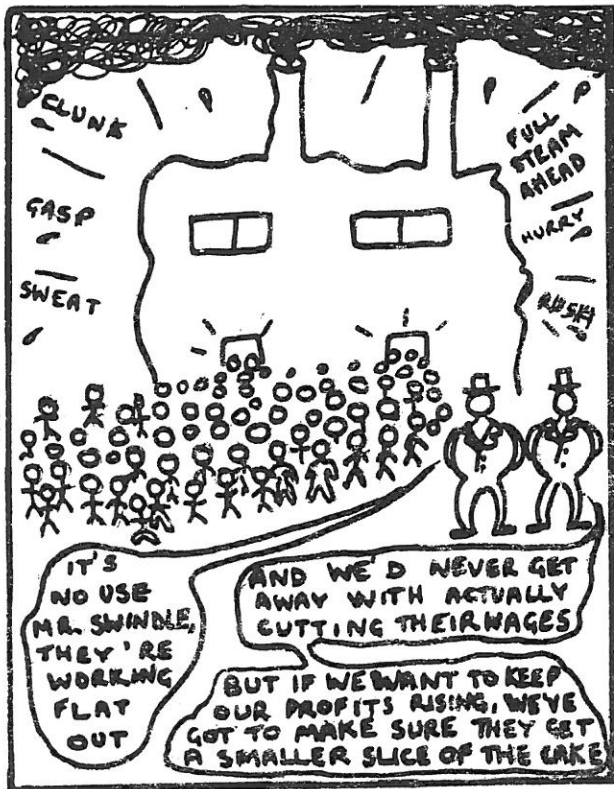
## Women organising in the area

"I'd like to see the food coop as part of a strong area support network for women. We've got the beginnings of this in the Women's Aid Centre, women's squatting groups, other food coops, tenants' coops and mass squats like Sumner House and Corfield St. At the moment these groups are separate and to some extent mistrustful. One way of helping to bring them together might be to start a women's centre with health groups, legal aid, films etc. We want to find ways of making it possible to channel women's individual rebellion and ideas of liberation and anger into a force for change. Starting from where women are at now, a really strong supportive women's centre could help make women's rebellion against their husbands into a force for change generally within the area, rather than something that makes women choose between being beaten up by their husbands or leaving the neighbourhood."

# THIS PAMPHLET

We wrote this pamphlet because we wanted more people to know what we were doing and why. We are also making a tape/slide show about the food co op. As soon as any group starts to write anything, problems of who is best at doing it and who s had most experience, come up. Those who dont participate in writing feel left out and distanced from it, those who do, feel over-responsible. We tried to get round this by "interviewing" each other on tape and putting what we all said in the pamphlet. A lot of unexpected and interesting things came out in this way and everyone could join in. This makes the pamphlet a product of all of us, if still an unequal one in some respects. We also think that this way of writing makes the pamphlet more lively and real than many political documents.

Food co-op address: 186, Campbell Road, Bow, London, E.3  
tel. c/o Dame Colet House, 01- 790- 5250



We have referred to Big Flame in the pamphlet without saying much about it. There is a local East London Big Flame group which several women in the food co-op are in. This group is involved in struggle around womens work at home, in the community, in factories; it is also involved in struggles at Fords Dagenham, and in education. It is a mixed group, but the women also meet separately. You can contact East London Big Flame at: 01-480-4233

There are other Big Flame groups in:

West London: 7 Norland Gdns. W.11 01-603 3275

Birmingham: 632 Bristol Rd. Selly Oak 29 021-472 7019

Manchester: 317 Bradford St. M10 061-205-5895

Liverpool: 66 Logan Towers L5 051-207 5400

Literature about Big Flame theory and practice includes Big Flame Journal no.1 and a pamphlet about women in the Tower Hill rent strike, Kirkby. These are available from Big Flame Publications, 632 Bristol Road, Selly Oak, B29.

Also Womens Struggle Notes, available from 13, Tadmor St. London W.12

**BIG FLAME**

