



# MADE IN HACKNEY



## ANNUAL REPORT 2016/2017







# FOREWORD

*There's no such thing as a quiet year at Made In Hackney...*

I'm continually humbled by the drive, dedication and commitment of both the staff, facilitators, volunteers and all our participants who are striving, often amongst very challenging circumstances, to improve not just their own health but that of partners, children, friends and the planet by learning how to grow, cook and eat more plants.

We are honoured to have expanded the variety of groups we have worked with; delivering courses to recovering addicts who are new mums at Comet Children's Centre, young adults with learning difficulties and people with long term health challenges – whether that be stroke recovery, diabetes, cancer recovery or weight loss.

This year seems to be the year of landmarks. We successfully delivered the final year of a three-year Food Poverty programme funded by Citybridge Trust – inspiring and giving the skills to at least 785 vulnerable people to eat well on the most challenging of budgets. We began the process of 'consciously uncoupling' from our parent charity AMURT UK to become a charity in our own right. And I was invited to represent the Made In Hackney family in Guernsey at a Ted X event, giving us our very own Ted X Talk.

Also for the first time in our history we have long term financial security, having won a Big Lottery Reaching Communities grant for five years 2016-2021. This gives us the opportunity to forward plan in a way we've never previously been able to do and what a wonderful and privileged position this is.

*Thanks for a wonderful year – let's keep that kitchen magic going!*



**SARAH BENTLEY**  
Founder and Project Director



# ABOUT MADE IN HACKNEY

Community cookery school **Made In Hackney** opened its doors in October 2012 as a project of parent charity AMURT UK. Over the last year we've been spinning out into our own charity in the form of a community interest organisation (CIO). Although this goes beyond the time parameters of this report, we are delighted to announce on January 16th 2018 we received our charity commission number.

**We are the UK's only 100% plant-based community kitchen and cookery school.** Through our programmes, communications and content we aim to inspire people to grow, cook and eat more plants.

Through our cooking and food growing classes we have **helped over 6000 Londoners** lead healthier, happier, more ethical and environmentally sustainable lives.

We work mainly, but not exclusively, with people most in need. These people include those with long term health challenges (visually impaired, hearing impaired, stroke survivors, recovering addicts); low income families, individuals and pensioners; young people in care, not in school or with caring responsibilities; ethnic and religious community groups and adults with learning difficulties.

Our three pillars of impact are:



HEALTH & WELLBEING



ENVIRONMENT



COMMUNITY





# THE LAST YEAR

In the last year Made In Hackney has had a big impact and made crucial steps into securing the organisations future. We have:

341

Delivered 341 classes attended by 2500 people

104

Delivered accredited training to 104 people

Created 523 volunteer opportunities

523

Trained 10 volunteer project apprentices

10

3

Successfully completed a 3 year food poverty programme for Citybridge Trust

£440k

Secured core funding for 5 years (2016-21) totalling £439,952 from Big Lottery Reaching Communities

Delivered a Ted X talk which has been viewed 2,754 times

2,754

Re-secured our contract with Hackney Public Health to deliver cook and eat courses across the borough



We have continued to develop strong partnerships with a range of third sector bodies ranging from council departments to charities and grassroots community groups. This year working with: Islington Youth Services, Action For Children Young Carers, Comet Children's Centre Hackney, Triangle Children's Centre (Haringey), The Lift Youth Centre (Tower Hamlets), Poplar Harca Housing Association, Genesis Housing Association, Elfrida Society, Inclusive Communities, Stroke Survivors Project, Manor House Development Trust, Octopus Housing Association, Hackney Circle, Blackfriars Settlement, Resource London, Camden Hub and Hubbub.

*"I'm trying to lose weight which the course has really helped with. I enjoyed the food and took home the recipes so I could make them again. I also met a lot of nice people and became friends. I still meet up with them on the weekends to go to the park or museum. I lost weight and gained friends. Perfect!"*

**Magda, Cooking for Life participant**



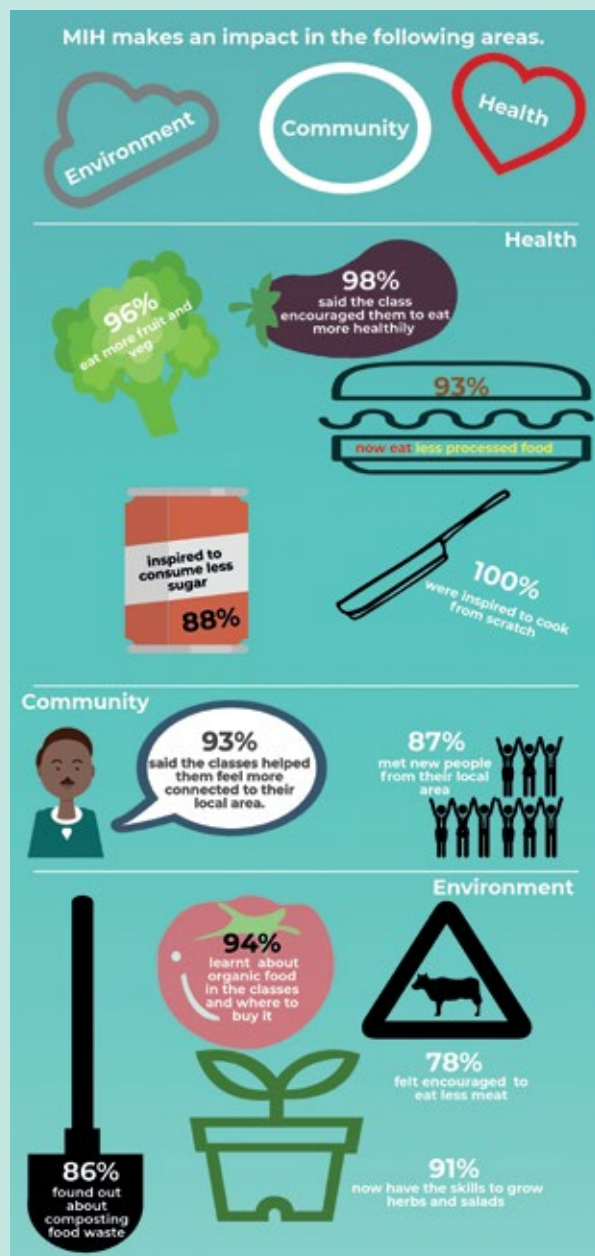


# OUR IMPACT

Our programme creates a big impact. Our participants and evaluation data tells us...

*"I thought the food was going to be horrible because it was all vegetables. But if you cook them the right way veg is tasty. I'm not working so I have to be careful. I was spending a lot of money on ready meals which I could have just cooked myself – that really surprised me."*

**Helen, Cooking for Life participant at Camden Hub**



# WHAT WE DO

We run a variety of cookery and food growing classes and courses, food education activities at community outreach events, offer accredited training and run a meaningful volunteer programme.

## Community food growing and cookery classes

In the last year we delivered **288** community classes for **836** participants. These classes were a mixture of 4-6 week courses (which we ran 42 of) and one off classes (which we ran 86 of).

Our classes and courses are fun, supportive, often life-changing experiences that give participants the opportunity to learn food growing, healthy plant-based cookery and composting skills. We work with local charities, community organisations, housing associations and support groups to ensure our courses are offered to people most in need such as low income families, children in care, teen carers, young people excluded from school, parents and children, and people suffering from diet related health problems.





Our teachers help learners develop the practical skills to feed themselves and their family as healthily and ethically as their budget allows. Classes incorporate discussions about reducing waste, eating seasonally, buying local, understanding certifications and how food choices can help tackle global issues such as climate change, global inequality and diet-related mental and physical ill health. A learning and social occasion, the classes end with a shared meal.

We are known for packaging up our healthy eating messages into exciting class themes that actively seek to address the most common barriers for eating healthily. This year's class menu included:

- Feed four for £3
- Fifteen-minute meals
- Sugar-free baking
- Healthy West African
- Mexican fiesta
- Pimp your veg
- Fermentation
- Festive feasts
- Life beyond cheese

Our core course themes are **Cooking for Life** and **International Cuisine**. This year we were excited to offer new baking courses Professional Bread Making and Daily Bread as part of a programme funded by Genesis Housing Association

delivered in partnership with Manor House Development Trust (MHDT), alongside new youth courses Street Food Enterprise (18-24 year olds) and Young Masterchefs delivered for Islington Youth Services.

In the last year we have received grant funding from the following funders to deliver these courses: City Bridge Trust (funding ended in this period), Big Lottery Fund (funding started in this period), Genesis, Manor House Development Trust and The Tudor Trust (funding ended in this period). We have also delivered a programme of courses through contracts with Public Health Hackney and Islington Council.

## Community outreach and food education

We send our team of professional cookery teachers and volunteers out into the community to educate and inspire people to make healthier plant-based food choices. Our stalls are a mixture of food activity, cookery, information, games and of course free food.

This year we have run outreach stalls at community fun days with Octopus Housing Association, Hackney Homes, Genesis Housing, The New Age Games, The Hidden River Festival, Vevolution Talks and Chilli Fest.

*Me and my friends came on the course and have been making healthier food since, including some of the recipes from the course.*

**Bessy, 15, Young MasterChef's course**





# CASE STUDY

## Jenifer

Attended Cooking for Life course at Cranston Recovery Centre



We've obscured Jenifer's face to protect her identity

I've had mental health issues for as long as I can remember. I'm on antidepressants and I suffer from alcoholism which started after the traumatic birth of my second daughter. The MIH course was a nice break from recovery. It wasn't just talking about how crap I am and I was able to focus on something that wasn't alcohol or drugs. I would just have to follow instructions.

There was so much camaraderie. The main thing was that, even though it was in the recovery centre, it was like we could just have a laugh and do something normal and make friends.

*After taking the course I got the courage to do my food safety certificate and sign up to do Crisis at Christmas.*

I gained [from MIH course] that confidence which I was lacking as a person, so I did that and it was brilliant. That's what my Christmases will be for the rest of my life. I've already booked for this Christmas.

After taking the course I got the courage to do my food safety certificate and sign up to do Crisis at Christmas. I did 5 shifts. It was hard work. I had

I moved out of a hostel recently and I have my own flat now. I'm just going to work so hard. The kitchen's the best place to be. I even brought my own peeler.

There's also the way it's helped my health. I have BRCA2 gene alteration which is what you need to stop cancer. I've just had an MRI scan and they advised me to look at my diet as a preventative thing. The classes were a real eye opener to all the foods I should be eating. The less crappy stuff I have in my body the less chance I have of cancer happening. The cancer specialist said I should stay off red meat, dairy and eat as many raw, fresh vegetables as I can. The MIH course showed me how I could actually do that. I wouldn't have had a clue otherwise. In the classes I was showed how to make mushrooms taste meaty and put cheese on pizza that wasn't cheese – it was squash. That was brilliant.

And it wasn't just the cooking, it was amazing to just be treated normal. I wasn't scared in the classes. I felt welcome. There were lots of different types of people on the course. People not long out of prison, higher society, famous and rich. I have a problem getting along with women sometimes so I wouldn't usually make friends with women easily. When we were kneading bread together

*It wasn't just the cooking, it was amazing to just be treated normal. ...The course has really helped to change my life.*

and throwing flour at each other it was just easy. We were concentrating on something else. We were bonding. It made for a beautiful, lovely and much easier group meeting when we went to our sessions and had to talk about the gritty stuff. It made it easier. I've since recommended it to anybody I have spoken to. The course has really helped to change my life.

*The classes were a real eye opener to all the foods I should be eating [and] showed me how I could actually do that.*





## CASE STUDY

### Bianca

#### Attended Cooking for Life course at Blackfriars Settlement

I signed up to the course because I'm trying to lose weight so I'm trying to eat right. It was excellent as I learned to cook recipes without meat and sugar – two things I love.

The teacher was really good, down to earth and supportive. I loved all the food – which surprised me. It tasted really good which I didn't associate with healthy food. I learnt lots of new skills over the six weeks – chopping, stirring, seasoning – mainly that you don't have to put meat in everything. It's actually easier and cheaper to cook without it. Because of this I now buy a lot more fresh fruits and vegetables than I was before the course and cook with those.

*I learnt lots of new skills...it made me want to cook more*

*I loved all the food...it tasted really good which I didn't associate with healthy food*

I never used to understand food labels but now I do – which is really handy. It's helped a lot with my budget as now I'm not forking out for loads of meat all the time my grocery shopping is cheaper. After I finished the classes I didn't feel so lazy. It made me want to cook more which was great. I did the course over six months ago now and I still feel the same way.



### Masterclasses

In the last year we held **35 Masterclasses** for **293** people. These are led by expert foragers, fermenters, nutritionists, artisan vegan cheese makers and chefs. These four-and-a-half hour sessions give participants the confidence and knowledge to incorporate these skills into their daily life. Over the last year we delivered themes such as:

- Live cultures and ferments
- Wild food
- Gourmet vegan
- Japanese
- Plant-powered fitness
- Nut cheeses

Participants pay for a place on these classes and the profit is then used to fund our programme of free and by-donation courses to vulnerable and low-income community groups.





## Volunteering

Volunteers are a big part of Made in Hackney. They lead and host classes, gain experience as project apprentices, volunteer at events to represent Made in Hackney or offer specialist skills such as photography or graphic design. We really value people who volunteer with us and invest in their development. Over this period, we worked with **10** fantastic project apprentices, **94** people completed training in safeguarding, food safety and first aid and **31** volunteers took part in training to be class hosts.

Throughout the year we offered **523** opportunities for volunteers to work with us.

*Since volunteering with Made In Hackney I've felt much more energetic, social and confident in public speaking and I've met with some really heartwarming projects, people and organisations. My life feels more grounded and harmonious.*

**Becca Dye, volunteer apprentice**

*I very much enjoy teaching and passing on my food skills to the community. It's always a very nice atmosphere and I feel good afterwards that I help people to eat right and stay healthy. I've had a lot of stress in my life over the last few years and the classes have helped me take my mind off it.*

**Jah Spirit, volunteer class host**



Since this interview Jah Spirit, a Made In Hackney supporter, volunteer and community class leader since 2012, has sadly passed away. He will be greatly missed by all of us and we will be erecting a photo memorial to him in the Made In Hackney kitchen.



**Clive Miller, volunteer class host and outreach stalls**

*I've really enjoyed volunteering...I've been off work sick but still wanted to do something positive with my time... It's helped me learn new skills, improved my public speaking. I've done food hygiene and social media training. It's given me a lot of different skills and experiences. I also really enjoy the social events. Great atmosphere and lots of delicious food.*

## Our Ambassadors

This year we were excited to welcome some high-profile ambassadors. **Doctor Rupy Aujla**, practising GP and author of The Doctor's Kitchen blog, as both a volunteer and ambassador to the organisation; **Rachel de Thample**, cookery book author and chef for River Cottage; and **Yasmin Khan**, author of acclaimed cookery book *The Saffron Tales*.



*Get involved by coming to a class, volunteering or donating to support our work.*



## THE FUTURE

Next year the plan is to do even more. After launching a successful crowdfunding campaign in October this will empower us to run even more community classes, expand our masterclass programme, do more community outreach and invest in specialist equipment for specific community groups.

Much of next year will be about laying the groundwork to ensure we are a charity that will still be here in decades to come. We will:

- Have a new 12-person strong board with a diverse skills set
- Employ new members of staff to increase our capacity
- Grow our fundraising potential
- Look for new accessible premises
- Work in more areas of London
- Do the preliminary work to launch community kitchen mentoring scheme



## THE FINANCIALS

	2016-2017 £	2015-2016 £
<b>Turnover:</b>		
Grants	93,815	65,480
Enterprise & fundraising	94,367	92,352
<b>Total turnover</b>	<b>188,182</b>	<b>158,668</b>
Expenses	183,986	157,832
Net for year	4,115	836
<b>Balance carried forward</b>	<b>61,733</b> as of 31/10/17	<b>57,618</b> as of 31/11/16

We are particularly proud that we generate 50% of our own income through a combination of enterprise (public sector contracts, class sales etc) and fundraising (sponsored teams, events) with the other 50% generated from grants. For an organisation of our size (full-time equivalent team of 2.8) this is an amazing achievement.

# THANK YOU

A big thank you to everybody we have worked with over the last year. The people who have attended our classes, the volunteers who give their time so generously, the cooking and growing teachers who share their valuable knowledge, our delivery partners, and to all of the people and organisations who have supported us financially. We couldn't do it without you!

[WWW.MADEINHACKNEY.ORG](http://WWW.MADEINHACKNEY.ORG)





## MIXED HERB PESTO

Pesto is so quick and easy to make, you can use a wide variety of herbs and any nuts or seeds you have around. For an 'activated' pesto you can soak the seeds overnight to deactivate the enzyme inhibitors in the seeds. We love using sorrel and pumpkin seeds but it's totally up to you!

### INGREDIENTS

100g mixed herbs  
50g nuts or seeds  
1 small garlic clove  
1 teaspoon apple cider vinegar  
Olive oil  
Pinch sea salt  
Freshly ground black pepper

### METHOD

1. For conventional pesto, toast the nuts/seeds in a dry pan on a high heat for 3 minutes shaking frequently and leave to cool. If making a raw 'activated' pesto, strain the pre-soaked seeds and turn onto a bread board to dry.

2. If you're feeling strong, crush the garlic with some sea salt in a mortar and pestle. Alternatively add to a blender and blitz.
3. Add the nuts/seeds to the mortar and pound, or to a blender and blitz for 30 seconds.
4. Finely chop the herbs and either add to the mortar and pound, or add to the blender and blitz.
5. Gradually add the olive oil until a loose but textured paste.
6. Add pinch of sea salt and pepper to taste.
7. Spoon into a sterilised jar and keep in the fridge for two weeks, topping up with olive oil when necessary.

For a more savoury taste add a teaspoon of nutritional yeast flakes when you are pounding or blending the herbs.



## XIMENA'S BANANA NICE CREAM

## INGREDIENTS

- 4 bananas
- 300g of dates
- 1 cup of water
- 1 tablespoon of nut butter, such as almond
- 1/4 teaspoon of sea salt

## METHOD

1. Peel and freeze the bananas overnight in a tupperware or sandwich bag.
2. De-stone the dates and place them in a blender with the other ingredients.
3. Add more water if necessary to make a pourable sauce.
4. When the bananas are frozen let them thaw for 5 minutes before cutting them into 2cm chunks.
5. Place them in a food processor and process until the texture of ice cream.
6. Place in small bowls and pour over the date caramel sauce.
7. Top with chopped hazelnuts

Photography: Faith Mason for Made In Hackney. Food Styling: Ximena Ransom for Made In Hackney







## TUMERIC LATTE

Known as 'golden milk' in India, this delicious coffee/tea alternative is warming and uplifting.

Makes two servings.

### INGREDIENTS

2 cups of non dairy milk  
(hemp works really well)  
2 teaspoons of coconut oil  
2 teaspoons of turmeric powder  
1 teaspoon of ground cinnamon  
1 teaspoon of ground ginger  
1 teaspoon of maple syrup (optional)  
Pinch of black pepper (*this is essential to activate the benefits of turmeric*)

### METHOD

1. Place all the ingredients in a small saucepan on a gentle heat and stir with a whisk.
2. Before the milk reaches boiling point take it off the heat.
3. Place half the milk in a cafetiere and pump the plunger until the milk is frothy. If you don't have one skip this step – it will still be delicious!
4. Pour the other half of the milk into two cups and then pour over the frothy milk.





# WINTER VEGGIE PIE

SERVES 4

## INGREDIENTS

2 tablespoons olive oil  
2 onions, sliced  
4 garlic cloves, finely sliced  
1 tin chopped tomatoes  
50g flour; 300g frozen peas  
1kg potatoes, cut into chunks  
200ml almond milk

## METHOD

1. Heat 1 tablespoon of the oil in a saucepan over a medium heat.
2. Add the onions and cook until softened, then stir in the flour and cook for another couple of minutes.
3. Add the garlic and cook until it begins to soften. (You can also add more veg.)
4. Tip the tomatoes into the pan along with a can of water. Simmer until the sauce has thickened and the vegetables are cooked.
5. Stir in peas.
6. Boil the potatoes separately until tender.
7. Drain potatoes, then place them back in the saucepan and mash. Stir through enough almond milk to reach a soft consistency, then add the remaining olive oil and season to taste.
8. Heat the grill. Spoon the hot vegetable mix into a pie dish. Top with the mash and drag a fork lightly over the surface. Place under the grill for a few minutes until the surface is golden.





**REST IN POWER  
JAH SPIRIT 1947-2018**

A stalwart Made In Hackney supporter, legendary ital food community class leader and all round inspiration. You are loved and missed.

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