



ANNUAL REPORT 2017/2018



FOREWORD



SARAH BENTLEY

Founder & Project Director

This year marked the beginning of a new era for Made In Hackney.

After founding and developing the project as part of parent charity AMURT UK, such was our success the two collectives 'consciously uncoupled' so that we could become a charity in our own right. A board of stellar trustees was recruited, a charity form chosen (we're a CIO), a constitution written and on 16 January 2018 we were elated to receive our charity commission number (1176690 if you're interested).

This landmark moment in our journey has been matched by our impact on the ground.

This year our programme of 100% plant-based courses, classes and events reached a staggering **4000 people** – that's double the amount of Londoners we reached last year being given the skills, inspiration and knowledge to grow, cook and eat more plants.

At the start of the year we raised an epic £76K during a crowdfunding campaign and consequently were able to grow our core team. We welcomed aboard a new Book Keeper, Enterprise Manager and Development Manager – a lot of managers we know, but look how many more people it's empowered us to reach. Although we don't believe in infinite growth as a concept, we're pretty chuffed with

how things have blossomed and you'll be pleased to hear we're not done growing just yet.

If you've been part of the MIH family for a while, you'll know the heartbeat of our operation is our courses with community groups. We are proud and privileged to have worked this year with more groups than ever, including young people in care, women in recovery, adults and young people with learning difficulties, pensioners, stroke survivors, people with long term health challenges, low income families, migrant groups, hostel residents and many other wonderful communities who now make up the ever expanding Made In Hackney family.

Despite all our success our work is far from done. A recent report by The Lancet sited the "global syndemic" of obesity, malnutrition and climate change as cataclysmic problems – all triggered by common drivers, and so requiring common solutions. This premise was what inspired the creation of Made In Hackney back in 2012, and until everyone has access to healthy, affordable food that's good for people and planet, we will keep doing what we do.

Thanks for being part of this journey. Now let's grow, cook and eat more plants – ideally local seasonal, organic ones!

ABOUT MADE IN HACKNEY

We are the UK's only 100% plant-based community kitchen and cookery school. We aim to inspire people to grow, cook and eat more plants. Ideally local, seasonal, organic ones.

We make a difference to:

- health and wellbeing
- environment
- community

Since opening in 2012 we've helped over 10,000 people lead healthier, happier more environmentally sustainable, ethical lives. We have done this through our programme of 100% plant-based food growing and cooking classes.

We work with, but not exclusively, people most in need. These people include those with long term health challenges such as:

- adults with learning difficulties
- ethnic and religious community groups
- hearing impaired
- homeless people
- low income families
- pensioners
- recovering addicts
- severe mental health issues
- stroke survivors
- visually impaired
- young people not in school
- young people with caring responsibilities
- young people in care
- ...and many more.

We became a registered charity in the form of a charitable incorporated organisation (CIO) in January 2018, having previously been a project of AMURT UK. Our charity number is 1176690.

Our three pillars of impact are:



HEALTH & WELLBEING



ENVIRONMENT



COMMUNITY



"My confidence has really been boosted, I was pretty crap at cooking – burning onions, burning pans, the whole shebang. I'm now cooking every day. Since the course I have been trying the recipes at home. I really enjoyed the atmosphere in the classes, there was good team work and it was fun. I value working together, team building and communication. And also the mixture of dynamics: different types of people from different backgrounds all working together and having a laugh, eating together as a community. There is generally a really good vibe. I'm going to start volunteering."

Richard, international cuisine course participant

THE LAST YEAR

In the last year Made In Hackney made a massive impact and made progress to continue to increase this impact in future. We:

✓ **Became a registered charity**

325 Delivered 325 classes and events attended by 3893 different people

Recruited and worked with 106 volunteers

106

72 Re-secured our contract with Hackney Public Health and delivered 72 classes

Delivered accredited training to 24 people

24

106

Delivered on our second year of core funding from Big Lottery Fund delivering 106 classes

Trained 11 volunteer project apprentices

11

£77k

Raised £76,693 from 553 supporters through our crowd-funding campaign.

Expanded our masterclass programme so we are running double the volume from last year

x2

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:

- Action For Children Young Carers
- Adobe Foundation
- Age UK Barnet
- Age UK Yalding
- Blackfriars Settlement
- British Red Cross
- CGL Camden
- Comet Children's Centre
- Grace House
- Hackney Circle
- Hackney Council
- Inclusive Communities
- Islington Youth Services
- Lambeth Food Partnership
- Manor House Development Trust
- Marians Court
- Oxford City Farm
- PRS Foundation
- Resource London
- Share
- Sickie Cell Society
- The Complete Works
- The Cultural Engine
- The Lift Youth Centre (Islington)
- The Redmond Centre
- Triangle Children's Centre (Haringey)
- Tyssen Children's Centre



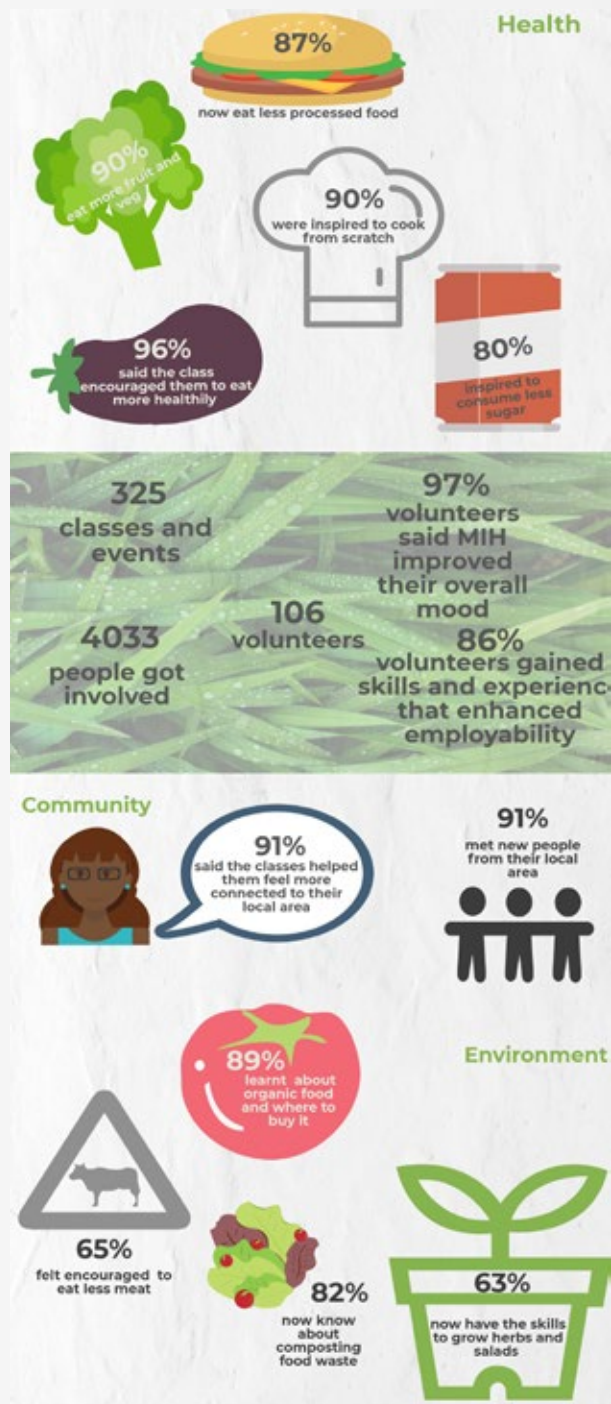
OUR IMPACT

Our activities create a big impact.

Our participants and evaluation data tells us...

"I appreciate the absence of tub thumping and proselytizing about the whole plant-based thing. We come here, cook lots of nice food with jazzy ingredients I wouldn't usually buy. Everyone's really kind. You have a great time. And you change us. It's very clever."

Anne, course participant



WHAT WE DO

We run cooking and food growing classes and courses, food education activities at community outreach events, give talks and workshops, certified training and run a meaningful volunteer programme.

Community food growing and cookery classes

In the last year we delivered **259** community classes for **933** different participants. These classes were a mixture of 4-6 week courses (which we ran 198 of) and one-off classes (which we ran 61 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 the people who need them most such as low income families, children in care, young carers, young people excluded from school, parents and children, and people suffering from both mental and physical health problems.



Our teachers and volunteers help learners to develop the practical skills to feed themselves and their families healthily, affordably, deliciously and ethically.

Classes incorporate discussions about reducing waste, eating seasonally, buying locally, understanding food labels and how food choices can help tackle global issues such as climate change, global inequality and diet-related mental and physical ill health. The classes provide a fun and relaxed atmosphere to learn and cook together. Each session always ends with a shared meal, which participants sit and eat together with the teacher and volunteers.

Learning about sustainability and healthy eating is delivered in classes where the focus is on flavour and fun. This year's [class menu](#) included:

- Barbecue season
- Bread making
- Let them eat carrots
- Family meals for £3
- Fermentation
- Fifteen minute meals
- Healthy breakfasts
- Healthy treats
- Intro to food growing
- New year health kick
- No-bake cakes
- Nut cheese
- One pot wonders
- Pancakes please
- Roll your own pasta
- Start of summer
- Venezuelan feast

“There is something very special about cooking and eating together, it was how I was raised. I came to live in this country in the mid-to-late '70s and I really missed that. Cooking here has restored some of that: it is very spiritual eating together which improves our mental wellbeing.”

Nina, course participant



The classes have introduced me to a repertoire of non-meat and fish ingredients and given me crucial confidence to use them creatively. My diet at home has had a huge shift away from particularly eating meat. This was important as my husband and I were suffering from ‘Western diet disease’ – a result of too much red meat and not enough fibre. The change in diet has improved our health no end.

Annie, international cuisine course participant

Our core course themes are cooking for life, family cooking and international cuisine. This year we were excited to offer two amazing cooking courses for young people, Hackney Young Carers with Action For Children and Young Masterchefs funded by Islington Youth Services. The focus in both of these classes has been on fun, whilst supporting the young people to develop good cooking and eating habits and working in a supportive way to produce tasty food.

In the last year we have received grant funding from the following funders to deliver these courses: Big Lottery Fund and Manor House Development Trust. We have also delivered a programme of courses through contracts with Public Health Hackney and Islington Council. In this reporting year we have just secured a new 3 year grant with Children In Need to deliver youth cookery classes – the programme going live in November 2018 (beyond the scope of this report).



Community outreach and food education

2,556 people got involved with Made In Hackney in the last year.

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 spoke at Vevolution, featured in Big Fat Gay Vegan's talk at Veg Fest, flyered Hackney Downs Market, held a Vegan Cheese Party and got Wholefoods shoppers involved as 5% of the store's profit came to Made In Hackney for a day.

Each year two of our biggest events are our summer and Christmas parties which provide an opportunity for people who have attended classes and courses to get together and enjoy games, competitions, live music and delicious food.

220 people came to our summer party and enjoyed a tasty Caribbean feast, many of whom had never been to a Made In Hackney class, but have since.

"I've started baking more now, as I feel more confident to try things I've never done before in the kitchen. My five-year-old has started to be more interested in preparing food, he always wants to help cut soft vegetables. My three-year-old always has her little hands in the dough and helps me with baking. She is much more involved in cooking and eating since we started coming to the classes. We've tried a number of recipes we learnt here at home and some of them might even become our family's staple dishes. I keep recommending Made In Hackney cooking classes and workshops to my friends. Thank you!"

Ivana, Vuk & Ida NB C4L

Masterclasses

In the last year we held **42** Masterclasses for **346** people.

These hands-on classes are led by expert chefs, artisan cheesemakers, foragers, fermenters, urban farmers and nutritionists. These sessions give participants the confidence and knowledge to deliver creative plant-based cooking to wow friends and family. Over the last year we delivered themes such as:

- **Homemade cosmetics**
- **Plant-powered fitness**
- **Fermentation and preserving**

- **Artisan nut cheese-making**
- **Tonics & teas**
- **Vegan Korean**
- **Wild food cookery**
- **Urban mushroom growing and cooking**
- **Gourmet vegan**
- **Artisan breadmaking**
- **The doctor's kitchen**
- **Vegan nutrition**
- **Gujarati cuisine**

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





Volunteering

The most important thing about Made In Hackney is the people who are involved. Volunteers are a massive part of Made in Hackney and we invest in their development. They spread the word about Made In Hackney at events, lead and host classes, gain experience as project apprentices or offer specialist skills such as photography or graphic design. Over this period we worked with **106** volunteers, including fantastic project apprentices.

96 people completed training in safeguarding, nutrition food safety and first aid and **24** volunteers took part in training to be class hosts.

Throughout the year we offered **106** opportunities for volunteers to work with us.

“Sometimes you can be having a really bad day, and not be in the mood to go all the way across London [for a class] but you always leave feeling positive. The classes breed a lot of kindness, in general you feel really positive by the end of it. You always know it’s going to be worth it because of the impact it has on the people there too.”

Victoria, volunteer

“I value feeling part of my community. Bumping into people that I’ve met through Made In Hackney has really made me feel part of the community. Connecting with people from different age groups and walks of life who you wouldn’t necessarily meet working in an office.”

Mary, volunteer



We are keen to understand the impact volunteering with Made In Hackney has on volunteers, this year we carried out surveys and focus groups to learn more:

52%

Made In Hackney holds on to its volunteers. 52% have been volunteering for over a year.

75% of volunteers suggested that their overall health and wellbeing had improved.

75%

86% of volunteers said the course had improved their cookery skills and nutritional knowledge.

86%

86% of volunteers stated that volunteering with Made In Hackney supported them to gain skills and experience that as enhanced their employability.

86%

97%

97% of volunteers said that being a volunteer at Made In Hackney improved their overall mood.

OUR AMBASSADORS

Our ambassadors are a fountain of knowledge, and are a great help for us in spreading the word about Made In Hackney.



DR RUPY AUJLA



RACHEL DE THAMPLE



YASMIN KHAN



JAY BRAVE

OUR TRUSTEES

We became a registered charity in the form of a community interest organisation (CIO) in January 2018, having previously been a project of AMURT UK. At this point we appointed a board of trustees with the knowledge, skills and experience to guide us.

Chair: Jean Carroll

Board Members

Amar Qureshi
Alex Elinis,
Anna Lucus
Damien Clarkson
Jessie Greer
Radhika Bhagat
Rowena Humphries
Tara Sukumar
Tara Waters
Yasmin Ahmed

OUR TEAM

Made In Hackney has a skilled and enthusiastic team of permanent and sessional staff, each bringing a unique blend of skills and expertise.



SARAH BENTLEY
Founder and
Project Director



NYNKE BRETT
Project
Director



**VERYAN
WILKIE-JONES**
Project Director



JAYSHREE BHAKTA
Finance
Director



**DILUPA
NANAYAKKARA**
Enterprise
Manager



FRAN HUMBER
Development
Manager



ANDI GAYWOOD
Venue
Manager



AGATHE GEIGER
Programme
Manager

Photography by Tom Hains www.tomhainsphotography.com

THE FUTURE

In the next year we plan to:

- Move into a new fully accessible venue.
- Increase our fundraising and income to secure the jobs of the Made In Hackney team.
- Secure funding to launch a national kitchen mentoring scheme.
- Run even more classes to help more people to eat health and affordable food that is good for people, the planet and animals.

THE FINANCIALS

	2017-2018 £	2016-2017 £
Turnover:		
Grants	114,455	93,815
Enterprise & fundraising	163,292	94,367
Total turnover	277,747	188,182
Expenses	234,672	183,986
Net for year	43,075	4,115
Balance carried forward	104,808	61,733 as of 31/10/17

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

REST IN POWER

This year our hearts were broken when we said goodbye to two Made In Hackney family members. Long term dedicated volunteer, board member and all round supporter **Radhika Bhagat**, and community class cookery teacher, activist and MIH pin-up **Jah Spirit**. Blazing in our hearts and at our hobs forever.





THAI PUMPKIN SOUP SERVES 4

INGREDIENTS

- | | |
|-----------------------------------------------------------------------------|----------------------------------------------|
| 1 butternut squash or small to medium pumpkin, peeled, deseeded and chopped | 3-4 tablespoons Thai red curry paste (vegan) |
| 1 onion, sliced | Lime juice, for seasoning |
| 200ml coconut milk | 1 red chilli, sliced, to serve (optional) |
| 500ml vegetable stock | 2 tablespoons coconut oil |
| 1 tablespoon grated ginger | A dash of tamari |
| | A pinch of black pepper |

METHOD

1. Heat oven to 200 celsius/gas mark 6.
2. Toss the pumpkin or squash in a roasting tin with half the coconut oil, then roast for 30 minutes until golden and tender.
3. Meanwhile, put the remaining coconut oil in a saucepan with the onion and ginger. Cook on a medium heat for 8-10 minutes until softened. Stir in the curry paste for 1 minute, followed by the roasted pumpkin, all but 3 tablespoons of the coconut milk and the stock. Bring to a simmer, cook for 5 minutes. Cool for a few minutes, then blitz until smooth. Return to the pan to heat through, seasoning with tamari, pepper, lime juice. Serve drizzled with the remaining coconut milk and scattered with chilli, if you like.

SWEET POTATO, BLACK BEAN & PLANTAIN CARIBBEAN CURRY

SERVES 4

INGREDIENTS

1 large sweet potato, large dice
 1 large plantain, peeled and sliced
 4cm piece of ginger, peeled and chopped
 2 onions, sliced
 2 cloves of garlic, chopped
 1 fresh red chilli (optional depending on if you like it hot or not), deseeded and chopped
 ½ bunch fresh coriander, leaves picked and stalks chopped
 2 tablespoons of coconut oil
 1 teaspoon turmeric
 2 tablespoons curry powder

METHOD

1. Put the coconut oil into a large saucepan and place on a medium heat. Add the ginger, coriander stalks, garlic, red chilli (optional) and onion, cook for 4 minutes.
2. Add the turmeric, curry powder, tomatoes, sweet potato and plantain. Cook until softened which will take about 20 minutes, if the pan needs some water to stop it drying out then add a splash.
3. Then add the coconut milk and black beans until heated through and well combined.
4. Scatter with coriander leaves.





CHINESE SWEET & SOUR STIR FRY SERVES 4

INGREDIENTS

2 tablespoons coconut oil
1 large onion, chopped
1 medium red bell pepper, sliced
Small handful of green beans
(frozen are fine and often more affordable)
400g can of tomatoes
200g can of unsweetened pineapple chunks, drained, juice reserved

200g extra-firm tofu or tempeh, large dice
Brown rice or wholegrain noodles, portion as recommended on packet

For the sauce:

1 tablespoon rice vinegar
1 tablespoon date syrup
1 tablespoon tamari

METHOD

1. Stir together all sauce ingredients in a small bowl.
2. In a wok or large frying pan, heat coconut oil over medium heat. Add onion and cook, stirring often, until golden, about 8 minutes.
3. Add bell peppers, green beans and tofu or tempeh, increase heat to medium-high and stir-fry for 5 minutes. Add tomatoes (with liquid) and pineapple chunks and stir-fry for 5 minutes (enjoy drinking the pineapple juice while you are cooking the dish).
4. Stir in the sauce and cook, stirring, until mixture has thickened slightly, 2 to 3 minutes.
5. Serve with wholegrain noodles or brown rice cooked to packet instructions.

BANANA AND PEANUT BUTTER FLAPJACKS

SERVES MORE THAN 4

INGREDIENTS

50g coconut oil, plus a little extra for greasing
 2 tablespoons smooth peanut butter
 3 tablespoons date syrup
 2 ripe bananas, mashed
 1 apple, peeled and grated
 100ml hot water
 250g rolled oats
 85g dried apricot, chopped
 100g raisins
 85g pumpkin or sunflower seeds

METHOD

1. Heat oven to 160 celsius / gas mark 3.
 Line a 20cm square tin (or the closest thing you have) with baking parchment. Heat the coconut oil, peanut butter and date syrup in a small pan until melted. Add the mashed banana, apple and 100 millilitres hot water, and mix to combine.
2. Tip the oats, the dried fruit and the seeds into a large bowl. Pour in the combined banana and apple and stir until everything is coated by the wet mixture. Tip into the cake tin and level the surface. Bake for 40 minutes or until golden. Leave to cool in the tin, before slicing and serving.

Recipe photography by Chelsea Bloxsome www.chelseabloxsome.com
 Food Styling by Jack Sargeson @Jackspacesargeson
 Styling by Natasha Middleditch @Nattamidd





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