



# IMPACT REPORT 2021-2022



# FOUNDERS FOREWORD

SARAH BENTLEY, MADE IN HACKNEY FOUNDER



**We turned 10 this year!  
Wow, a whole decade of MIH.  
A humbling and inspiring  
thought considering when we  
started we had no idea if we  
would last beyond the year.**

This year was a joy to be out of COVID-19 restrictions and back into consistent face-to-face delivery. Our new cookery school HQ Liberty Hall has been packed with classes of people learning to cook, grow and eat more plants. After the stop-start of the last few years, this was the time we really made Liberty Hall our home – class participants loving its natural light and stunning views across the common.

Sadly the challenges of COVID-19 slid straight into a cost of living crisis so our cookery classes and community meal service were needed now more than ever. The fact that the fifth richest city in the world sees so many people unable to nourish themselves properly is a travesty, but until things change on a wider economic and political scale we're committed to providing emergency food relief to our community. After all, having access to enough nutritious food of your preference is a human right, not a privilege.

This year saw the launch of not one but two new exciting projects. Plant Futures – our national influencing scheme – began a tour of ten UK cities delivering workshops to increase plant-based food knowledge and menu options across civil society and businesses. As part of the programme, we developed a new plant-based wholefoods burger for Fullers pubs. To date we've sold over 25,000 units of it and counting.

We also began work on Global Plant Kitchens – an online training course, toolkit and mentoring scheme to share our learnings from the last decade to accelerate a movement of plant-based kitchens around the world. The website is due to launch in Spring 2023 so watch this space.

Tragically the year ended with the devastating and sudden loss of our beloved Finance Assistant Amber Sinclair. Amber was a beautiful colleague, lover of people, inspired creative and the snappiest dresser of the MIH clan. We miss her dearly and were honoured to provide the food at her wake. Amber love, this year was for you.

Keep growing, cooking and eating those plants.

*With love,  
Sarah & the MIH family*



# ABOUT MADE IN HACKNEY

At Made In Hackney, our mission is to tackle health inequalities, food access, the climate crisis and bring communities together using the power of plants. Over the past decade, we have collaborated with communities to provide free nutritious meals and to share the skills to grow, cook and eat more plants to improve not only the health of people but the planet too.

We do this via education, support and influence in the plant-based food sector. Our core work supports people to improve their health, create communities that they want to be part of, and tackle the climate crisis through dietary change.

Our programmes include:

- A direct to door free community meal service
- Online and in-person cookery classes and courses
- One-to-one telephone health coaching

- Partnership working on community food provision
- Influencing organisations and businesses to go more plant-based

Over the last year our services have helped over 4000 people get through the aftereffects of the COVID-19 pandemic and to lead healthier, happier, more environmentally sustainable lives during an extremely challenging time. These people either attended a class, course or event (face-to-face or online), volunteered with us, attended a community feast, received community meals, or took part in our telephone health coaching service.

## Our three pillars of impact are:



HEALTH & WELLBEING



ENVIRONMENT



COMMUNITY

We predominantly work with communities who disproportionately experience health inequalities, whilst ensuring everyone can access a part of Made In Hackney's programme.

*“I'm eating foods I wouldn't normally eat. Diet normally consists of hard foods e.g. yam so trying new foods. It also gets me out of the house and supports my mental well-being. Otherwise, I can be in the house 7 days a week. Referred here by Sistah Space (and also doctor). I wasn't going to take the doctor's advice to come here but glad I did.”*

Aikedra, class participant



## Groups we worked with this year:

Low-income households • Cultural and religious groups • Girls and young women affected by the care system • Domestic abuse survivors • People with Type 2 Diabetes • Carers • Former prisoners • Young diverse women • School children • Youth groups • Women with menopause • Elders • Families

We also support people with health conditions such as asthma, IBS, high blood pressure, weight management challenges, Type 2 Diabetes, various types of cancer, SIBO sufferers, stroke survivors, schizophrenia, anxiety and depression, PTSD and bipolar disorder. People tell us our services have changed their lives and overall health and wellbeing for the better. In some cases people have said it's saved their lives.



# THE LAST YEAR AT A GLANCE

In our tenth year of delivery we have:



Worked with **4,003 people** as participants, meal beneficiaries and volunteers

Delivered **233 cookery classes** attended by **4,535 people**



Provided **45,828 free community meals** to 367 people



Delivered **14 volunteer inductions** for **57 new volunteers**



Successfully **raised £75,000** to fund our first global programme

Facilitated **8,794 volunteer hours** across the cookery school, meal service and Liberty Hall



Provided **1,874 meaningful volunteer opportunities** for **311** different volunteers

Made **360 welfare calls** to check in with people who access our meal delivery service



Hosted **21 team-building events** attended by **287 people**



*“I always look forward to the classes and love being involved at MIH. The classes I have attended have been inspiring, and I have cooked all the recipes from the classes at least more than once.*

*Emily, one-off class participant*



Provided **10 training sessions** to **128 professionals** working in a food service through our Plant Futures project

Completed **68 training courses** in food hygiene, child and vulnerable adult safeguarding and first aid



Hosted our first fundraising **Veg Dash race** which raised **£5,000** for our free meals

Continued to deliver a programme for Hackney Council Public Health of **58 classes** and **7 community feasts**

Hosted classes with over **40** different international cookery themes





# OUR IMPACT

## HEALTH



inspired to eat more healthily



inspired to eat more fruit and veg



felt their health conditions had improved



of volunteers said their mental wellbeing had improved



## COMMUNITY



felt more connected to their community



met new people



of volunteers felt more connected with their community



## ENVIRONMENT



inspired to eat less meat



knew a lot more about organic food

We do all this by promoting planet-friendly, plant-based and culturally varied food.

# WHAT WE DO

## Education

### Community Cookery School

This year we were fully able to run joyful in-person community cookery classes in the post-lockdown era and it was great to be back in full swing! The space provides a much welcome opportunity to bring the community together to develop skills, share ideas and connect over culturally diverse plant-based food. Many classes were part of our Public Health programme for Hackney residents with topics including International Cuisine, Cooking on a Budget and Eat Well, Be Well with Dr Sunni Patel.

**“My relationship with food has improved, I feel more ambitious and motivated to try new foods and ingredients, have started to enjoy cooking and am focusing more on vegan meals and healthy food options. I have also started researching fermented foods and gut health. I also got an allotment in January 2022, which has been great and has also encouraged me to cook all the wonderful plants I have grown.”**

Donna, Community class attendee





In February 2022 our popular six-week family-friendly international cuisine course returned to in-person classes after several months online. Throughout the year we continued to run our weekly Peng Patties youth programme as well as introducing other opportunities to work with new groups and parts of the community.

**“I rarely get out as I am a carer for my physically disabled mum and also for my daughter who has Autism and anxiety and doesn’t attend school. I had to give up my NHS job due to this so it’s nice to have contact with others and do something affordable and positive. I enjoy learning new things and making my own meals. I like the healthy eating focus in particular.**

**Kim, Community class attendee**

### Masterclasses

It was incredible to get our in-person masterclass programme back after a minimal delivery last year. We ran 19 masterclasses across the year, including a Middle Eastern Valentine’s Special, Fermentation and an Indian Pickles, Parathas and Chai class.

We continued our informative monthly Wild Food Walks, in collaboration with The Friends of Tower Hamlets Cemetery Park. Originally introduced as an alternative to in-venue activities, these continued to be popular post lockdowns as people were still keen to connect with nature and understand the benefits of the edible wild plants that grow in our communities.

### Online classes

Online classes continued as they provide us with a way to reach people that might not be able to come to our physical classes. So now we have a captive audience all the way to Australia! Numbers are much lower than during the height of COVID-19 restrictions, but we continue to offer these classes as an additional access point to our services and as a way to offer more affordable alternatives.



Online classes delivered this year include an international cuisine course for an elders group in Chatsworth, gluten-free bread making and a vegan haggis Burns Night class featuring poetry recitals from several children and adults in attendance – a truly magical evening.

### Celebrity webinars

We were so excited to host our first celebrity chef-led webinar in January 2022 – Palestinian Cuisine with Sami Tamini, co-owner of Ottolenghi restaurants and co-author of several cookbooks. This engaging session had over 100 participants tuning in from locations as far and wide as Australia and the US. Further webinars were held with chefs Anna Jones hosting Thursday night supper and Kwoklyn Wan on vegan Chinese takeaway classics, with many more in the pipeline.



### Over the year:

**440** people attended

**153** in-person community classes

**500** people attended

**23** online classes





## Community feasts

We delivered seven uplifting community feasts at both our Liberty Hall venue – taking advantage of the gorgeous park outside and good weather (we've been lucky!) – and a nearby church hall used by our venue partners Clapton Commons. These events bring many facets of the community together whilst serving up a range of culturally diverse food made by our chefs and teachers. A collaboration with The Amity Project saw song, dance and poetry added to the feast's magical format along with games such as dominoes, cards and more.

**“When I'm volunteering at the feasts it's like I'm in another world. It uplifts my spirits and is so, so good for my mental health. I just love them.**

**Julianna, Community feast volunteer**

## Windrush Day

Run in collaboration with The Amity Project, which tackles local social isolation, and Clapton Commons, we hosted a one-off class exploring cuisine from across The Caribbean as well as a series of classes with Sister System, a charity that supports young women through the care system.

## Sista Space

We ran a six-week course for Sistah Space, a charity that supports African and Caribbean heritage women affected by domestic and sexual

abuse. This included two West African Cuisine classes and a growing session for women to provide a holistic approach to food and demonstrate the health benefits of plants.

**“Nena is truly a master/queen of West African cooking. The food was truly excellent. Can't wait to attend another course with Nena and other excellent tutors too!**

**Oleander, one-off class participant**

## Working with schools

Our Public Health programme extended to sessions with local Hackney schools including a 6 week course with Urswick School's Key Stage 3 and 4 pupils and Oldhill School.



At Springhollow Special School we ran a bespoke Black History Month cooking class. Working with schools is a fantastic way to engage with younger generations to provide experiences that they may not otherwise get and hopefully inspire them to make more sustainable and healthy food choices. These sessions also enable us to advocate for more plant-based menus in education settings.

## Czech School Without Borders

Teacher and dietician Linda North hosted six cooking sessions in collaboration with London's only Czech school for children with a focus on veganising traditional Czech meals. These sessions were a popular addition to their cultural education programme.







## Youth sessions

Through direct engagement with youth partners, we extended our reach to informal education and youth work settings. This included bespoke sessions with Chatsworth Road Youth Club and Third Base Pupil Referral Unit (online) run by teachers experienced in working with children and young people. Legendary father and daughter duo Ekowa and Zahira continued to run the popular weekly Peng Patties classes which combines cooking and enterprise skills for young people.

## Hormonal health

Made In Hackney teachers and mother-daughter duo Nitu and Rohini Bajekal ran the first of several targeted

classes exploring hormonal health for women, with topics including cooking for menopause and perimenopause. These classes proved to be really popular, demonstrating that we are covering topics that are often neglected in food education.

## Diabetes support

In partnership with Hackney Diabetes Centre we continued to deliver our Cooking for Diabetes course across six weeks. Through this course, participants gained an understanding of how to manage their diabetes through nourishing and simple plant-based dishes. The sessions are delivered by two specialist teachers, a former NHS dietician and a nutritionist and naturopath.

**“About 4 years ago I was diagnosed as pre-diabetic. The first cooking class I came to, I thought ‘Oh what is this!’ It was my first experience of plant-based cooking, which I didn’t realise when I first came along. Although my diet isn’t too bad, I thought I’m never going to feel full up just with cabbage! I remember cutting up kale, and even after cooking the meal, I was still thinking what am I doing here. But I started eating the meal and felt full!**

**The biggest difference is that the classes have helped me plan my meals. Now I am always roasting vegetables, making sure there is something to eat in the house. Psychologically you feel better as you know you’re putting more vegetables in yourself. And everyone knows you should eat less meat. But to me there’s no point eating the best you can, if you don’t do any exercise. So I’ve started walking to work. All together it’s made me feel more energised, and that I can walk further than I thought.**

**I regularly test my blood sugar at the Diabetes Centre and my blood sugar is now within the normal range, which I struggled with for many years. It’s helpful to be in a class with people with similar needs, to make you feel you are part of something and it’s not just you in isolation.**

**Pauline, class participant**

## Class themes

The diversity of our classes continued to grow, ensuring that we meet the cultural needs of many people in Hackney, and beyond. Over the year we had over 40 different topics including:

Brazilian Carnival • Indian Brunch • Healthy Snacks • Fermentation • West African • Ethiopian • Herb Growing Without a Garden • Cooking for

Healthy Skin • Vegan Mexican Brunch • Korean Street Food • Middle Eastern Brunch • Vegan Phish and Seaweed • Vegan Haggis • Spring International Cuisine • Healthy Baking • Gluten-Free Bread • Punjabi Cuisine • For the Love of Veg • Italian • Southern Indian • Spelt Breadmaking • African Fusion • Nigerian and Caribbean • Christmas Diwali, Easter and Pancake Day.



## CASE STUDY *Peta*

Peta has been volunteering for Made In Hackney since around 2015 – first at the community cookery school and since 2020 has helped at the community meal service. When she first started volunteering she was an engineer working for British Airways but started to train in nutritional therapy in 2018. This is her story of how Made In Hackney supported her with that career change.

Volunteering (as an assistant chef) at the meal service has been brilliant, it was initially an opportunity to get out of the house during COVID-19 as I had just finished my nutritional therapy dissertation. I had stopped working so I didn't feel like I was achieving anything in my day. Volunteering helped me to feel like I was doing something useful for people once a week, which also helped my sense of worth.

It was my first experience of volunteering in a kitchen and I always wanted to help in a commercial kitchen. Volunteering helped me to make the switch from an engineer to a nutritional therapist by helping to confirm what I enjoyed and what's important to me. For example, I can tell the difference between when I've been volunteering and when I haven't. I realised I valued face-to-face time with the people you want to help and it makes you understand what work is needed and pressing. It's helpful for my new career to see how other people manage the kitchen and the participants.

Volunteering has also supported my wellbeing. I felt more useful working in the community kitchen during a period where I wasn't working. I felt actually valued once a week. You also had a sense of accomplishment as at the end of each shift you had made an impact (by sending out over 450 meals).



Rebecca Zephyr Thomas

**“Volunteering helped me to feel like I was doing something useful for people once a week, which also helped my sense of worth.”**



## Food Support

### Community meal service

Despite COVID-19 restrictions easing, this service continued to be a vital lifeline for the hundreds of people we support through it. In December 2021 we ran our second successful crowdfunder for the meal service securing over £175,000 to enable it to continue throughout 2022. As the cost of living crisis created additional pressure on households throughout the year, it was clear that this service must continue. We firmly believe that no one should go hungry and this service enables us to support that mission in Hackney.

We continue to offer six culturally appropriate meals a week delivered by cycle couriers direct to people's homes. People self-refer via our online form or telephone with referrals also coming from social workers, GPs, and other support professionals or

groups. The service has the capacity to support up to 200 people per week and there is some flux in the service as people who no longer need support leave and then others from a constant waiting list are added to the service.

**“I'm a single parent with young children. Sometimes I wasn't eating or feeding myself as I had to put them first. I'm able to know there's a meal I can eat. It makes me feel more of a person. Because we know there's meals in the fridge I don't need to be in the kitchen all the time. We can be more part of the community... my children can be more part of the outside world.”**

**Laura, meal service recipient**







We have continued regular welfare calls to meal recipients to gather feedback to provide the most relevant service, as well as being able to signpost people to other relevant services. Recipients continue to show gratitude for the meals, particularly the offer of culturally and nutritionally diverse dishes.

We have been fortunate to stay in the same venue for the duration of the year with the Queen of Hoxton nightclub providing the loan of their space completely for free two days a week. Without such generosity we would not be able to run the meal service and we are extremely grateful for the role this local business is taking to help support the community. In 2023 we will explore ways to adapt the service to ensure it continues to meet the needs of the community while enabling us to reach our overall mission.

**“A big part of the benefit of the MIH meals is that I wouldn’t have the ability/time to be able to cook all these kind of meals – it means me and the kids can sit down and eat together...as a single parent, before, when we weren’t getting meals, I would be having to clean up and I wouldn’t really get to sit with them. Makes a massive difference. Thank you very much.**

**David, Meal recipient in the community meal service**

## Pizza night

Our partnership with frozen vegan pizza brand One Planet Pizza continued until December 2021 with the brand providing free pizzas that we sent out to all households so they could enjoy pizza night at home.

## In-kind donations

We have developed several new partnerships with suppliers that provide produce for our meal service, enabling us to make more interesting and diverse dishes with ingredients we might not typically afford. This includes Natoora Wholesale who donate organic produce weekly, Wanis Wholesale who provide international grains and spices monthly, and Attis who provide dry goods as well as volunteer chefs and riders.

## Some famous visitors

In December 2021 we were lucky to have two celebrity visits to the meal service! First up was **Sami Tamini** who oversaw the scaling up of his chickpea aubergine bake and winter tabbouleh to feed over 150 people. He was very impressed with the team’s efforts and said it tasted great too!



**“People are having a tough time right now and I was really touched by the work and approach of Made In Hackney. Plus we all need to eat less meat and more plants for the planet, so I just loved what they do and wanted to show my support.**

**Sami Tamini**

The following week the **BOSH! guys, Henry and Ian**, joined the team to serve up the meals and see how the project worked. In the new year chef **Andi Oliver** came down as a new MIH ambassador and eagerly got involved in the kitchen and service – such an inspiration to our team!

## Volunteering

As Made In Hackney continues to grow, so does the work of our volunteers – a very special group of people that we could not do without. We have volunteers from all across London and some neighbouring boroughs who are inspired and motivated by our work so want to volunteer in Hackney.



**“The volunteers are fantastic, some are even like teachers, for example Linda – they work hard and are very humble and helpful. I feel very positive about MIH and like trying new things, and we all learn together.**

**Minh, Course attendee**

## Volunteer roles

Online Class Host • In-Person Class Host • Meal Service Kitchen Assistant • Meal Service Logistical Support • Liberty Hall Project Assistant • Meal Delivery Cycle Buddies • Meal Delivery Cargo Bike Riders

## Opportunities and challenges

In the meal service, several longer term volunteers have been supported to lead on recipes and scale-up dishes, which requires a lot of responsibility and skill. This not only empowers volunteers, it also brings more diversity to the service, as everyone brings their cultural or favourite foods to the menu!



Through this opportunity, volunteers have learned scalability in planning and cooking a plant-based dish, as well as leadership and delegation.

With increasing costs of living, volunteers who used to work part-time or flexibly have taken up full-time work or more work, so have less time for volunteering. It has been a challenge to get volunteers for weekdays during the daytime. Having companies with employee volunteering days has in part helped plug this gap, specifically in the meal service.

We've been lucky to have support from several groups of corporate volunteers including people from AXA XL, Sodexo and Apple. With more people going back to full-time work, there have been more collaborations with small-medium size companies with employee volunteering days, such as The Good Side, Too Good to Go, Atis, Stuart Deliveries, Higgins Trust, Social Value Portal, MAPP, Satigo, Ustwo and Provenance.

## Training and support

57% of volunteers agreed they had gained skills and experience enhancing their future job prospects. We offer our volunteers opportunities for self-development and employability skills training such as Food Hygiene, First Aid, Vulnerable Adult Safeguarding and Child Safeguarding. People also expressed great appreciation for the volunteer social events that we can now hold in-person again.



## Influence

### Plant Futures – MIH On Tour!

Our Plant Futures programme, funded by the Esmée Fairbairn Foundation and The Karuna Foundation, was officially launched this year. The programme aims to get more plant-based options on menus around the country by providing training and support direct to food service providers including school and hospital caterers, restaurants, cafes, community groups and places of worship.

The first workshops took place in Sheffield in February 2022 with the team visiting Glasgow, Manchester, Cardiff, Cambridge, Sunderland and Middlesbrough throughout the year –

reaching 128 people in total so far – with an additional four locations to visit before March 2023.

The workshops have been truly inspirational and have captured many powerful moments with people coming together to share their desire for a more sustainable food system.

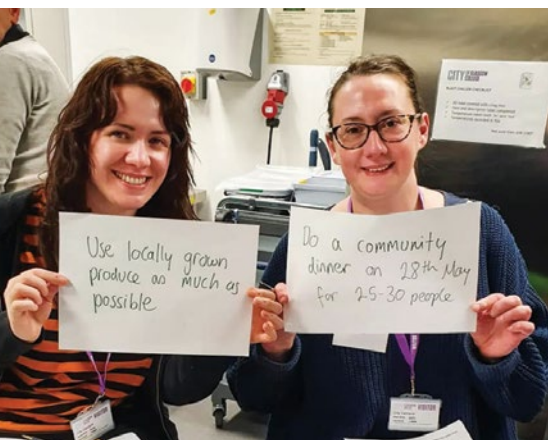
**“ [Following the workshop] I have fed plant-based food into skills development and will continue to have plant-based food on the menu. We have also held wellbeing events in which I have made plant-based food samples and had many requests for recipes.**

**Geoff, participant in Sunderland workshop**



At the end of each session we ask participants to make 1-3 plant-based pledges which we follow up with three months later. A full report will be created at the end of the project, but we are already seeing impact from the workshops:

- 100% of participants rating the workshops as good or excellent (93% excellent)
- 75% of participants increasing their knowledge of plant based cooking and food during the workshop



## Global Plant Kitchens

In early 2021 we secured funding from ProVeg and other international funders to develop our first global project! After 10 years of relentless work, it felt like the right time to use our experience and knowledge to support and inspire others who want to create a vegan community cookery school to make a positive change for the planet and their community.

Global Plant Kitchens will see MIH launch a national and global mentoring scheme to inspire and accelerate a movement of plant-based community cookery schools. Each school will be developed to respond to the cultural needs and requirements of its unique community while replicating the impact Made In Hackney has achieved in moving hundreds of thousands of people's dietary choices towards plant-based eating.

The programme will consist of an interactive online course that covers the essentials of establishing a successful plant-based cookery school covering topics such as community outreach, influencing civil society, securing venues, health and safety, funding and organisational set up. It will also provide one-to-one bespoke mentoring, a toolkit of resources and a platform for global plant-based cookery schools to connect and share resources, ideas, skills, recipes and expertise.

In February 2022 we employed our first employee based outside of the UK, a project manager in the Netherlands. Working closely with an experienced freelancer in the UK team, they spent the rest of the year developing the content and online structure for the learning platform. By the end of the year, all core members of Made In Hackney had been interviewed and resources were being gathered. The platform is due to be launched in spring 2023.



## Partnerships with Fuller's

In spring 2022 we established a flourishing relationship with English pub chain Fuller's, following a meeting between Sarah and their Director of Food. He was captivated by our mission to create healthy and sustainable options whilst supporting the community and he reached out to us to create a delicious wholefood burger instead of the alternative meat products commonly on the market.

We developed a flavour-packed burger of beetroot, quinoa, oats, sunflower seeds, mushrooms and jerk spices which was launched in August 2022 as their main burger in over 100 sites. 50p from each sale goes to Made In Hackney, along with an excellent opportunity to raise awareness about our work and the power of plants!

Through the partnership we also provided two training sessions to chefs, general managers and regional operations managers, as well as presenting to several of the group's senior leaders at a tasting event.







## Fundraising firsts

### Veg Dash

In October we held our first ever Veg Dash – an inclusive, family-friendly treasure hunt around Hackney to raise funds and awareness for our work. Teams were invited to (optionally!) dress as their fave fruit or vegetable and dash around Hackney to ten different stops. It was such a joyful day with everyone from our head chef Shaki dressed as a bunch of grapes to founder Sarah's son Rowan dressed as a little strawberry. We're already planning the 2023 edition and would love to see even more teams enter.

### Sustainable City Awards

This year we were honoured to receive a Highly Commended in the London's Community Changemakers of the Year category in the Sustainable City Awards. This recognised the work that we do to drive change for a green and thriving London, particularly through promoting inclusion in environmental and social action.

## Community partners

Felix Project • City Harvest • Edible London • Growing Communities • Café Morningside • Hackney Council • Clapton Commons • Oldhill Primary School • Urswick School • Chatsworth Road Youth Club • Chats Palace Elders • Hackney Circle • You Make It! • Czech School Without Borders • Sista Space • Homerton Hospital Diabetes Department

## Supporters

Queen Of Hoxton • Wanis • AXA XL • Angelina's • Pidgin • Mr Organic • Planet Organic • Clearspring • The Vegan Chef School • Enverus • CNM • The Fields Beneath • Atis • Zhero • Client Earth • Apple • Greenpeace UK • Sodexo • Mooshies • The Good Side • Octopus • Stuart Delivery • Motability Operations • Hewlett Packard Enterprise • Raw Living • Club Mexicana • Planthood • Better Nature • Pangaia • Vida • Pedalme

## Funders

Karuna Foundation • Esmée Fairbairn Foundation • Postcode Society Trust • L&Q Foundation • Bupa Foundation • Adobe Foundation • Sodexo Stop Hunger Foundation UK • David & Ruth Lewis Family Charitable Trust • MCKS Charitable Foundation UK • The Peter Stebbings Memorial Charity • London Borough of Hackney • The Worshipful Company of Insurers • Broadgate Community Fund • Investec • National Lottery Community Fund • Emergence Foundation • East End Community Fund • Notting Hill Genesis • Garfield Weston Foundation • Shoreditch Trust • The Holroyd Foundation • BBC Children In Need • City and Hackney Together • London Catalyst • Matrix Foundation • CH&Co • Rhiannon Trust • VegFund • Southall Trust • The Merchant Taylors' Foundation • The Arnold Clark Community Fund • The Harbour Foundation • The February Foundation • London City Airport • Co-op • Generation Foundation

## Our Trustees

### Chair:

Clare Preedy

### Treasurer:

Irina Nedashkovskaya Basile

### Secretariat:

Sarah Simpson

### Board members:

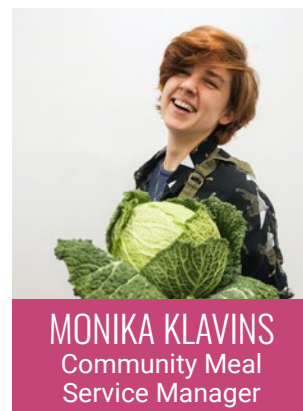
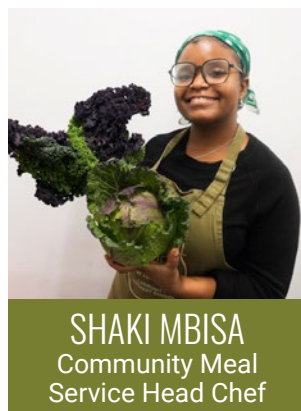
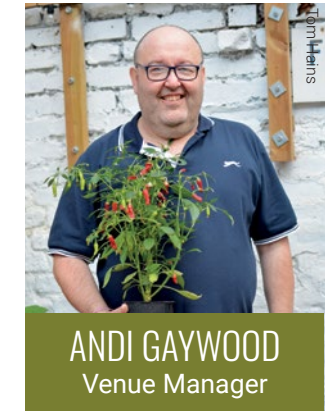
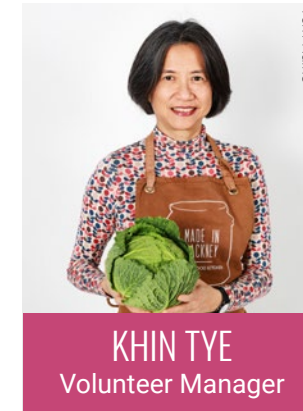
Jenny Chu • Ashley Pollock • Pranay Manocha • Ned Mendez • Melissa Saint Hill • Bianca Stewart

### Outgoing Board member:

Adama Sarr



# OUR TEAM



**REMEMBERING AMBER**

*This year we suffered the devastating blow of losing our Finance Officer and treasured member of the MIH family, Amber Sinclair. Besides being a finance whiz, Amber will be remembered for her amazing connection to people, creativity and fabulous outfits. We were honoured to provide the food for her wake and know she would have approved of Chef Flo's chocolate banana slices.*





## Our Community Meal Service Chefs

Jordan Bourzig • Marcus Byfield  
• Floella Francis • Selva Martinez  
(until March 2022) • Shaki Mbisa  
• Ekowa Paul • Sareta Puri (until  
December 2021)

## Our Teachers

Rohini Bajekal & Dr Nitu Bajekal  
• Oliver Bragg • Joel Bravette •  
Mark Breen • Marcus Byfield •  
Tess Christian • Emel Ernalbant  
• Flo Francis • Sharon Gardner •  
Shashi Ioannides • Lauren Lovett  
• Fiona McCallister • Zoe Marks •  
Duchess Nena • Michael Ninvalle  
• Bruna Oliveira • Ekowa Paul •  
Amanpreet Paul & Sandeep Paul •  
Zahira Paul • Sareta Puri • Melissa  
Saint Hill • Nishma Shah • Sara  
Shah • Samardo Sibley • Asa  
Simonsson • Woin Tegegn • Betty  
Vandy • Amandeep Verdding •  
Hannah Walker • Steve Wilson

## Our Ambassadors



DR RUPY AUJA



DR NITU BAJEKAL



JOEL BRAVETTE



ANDI OLIVER

## OUR FINANCES

	2021-2022 £	2020-2021 £
Grants and Contacts	341,674	402,041
Enterprise	72,735	46,266
Fundraising donations	252,229	96,563
Other	29,817	16,852
<b>Total income</b>	<b>696,455</b>	<b>561,722</b>
Total Expenditure	656,325	477,554
<b>Net Income (Expenditure)</b>	<b>40,130</b>	<b>84,168</b>
Asset	5,790	5,452
Depreciation	16,521	15,030
Net After Adjustments	50,861	93,746
Total Funds B/F	448,509	354,763
<b>Net Current Assets</b>	<b>499,370</b>	<b>448,509</b>

# 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 chefs and 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!



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