



LCF Grant Monitoring Form

Final Report

Introduction

Monitoring and evaluating your funded work is important not just to us and our donors, but also to your organisation for planning and future funding applications. We greatly value the information you include in this form so please take time to familiarise yourself with the questions and do contact us if you have any queries. You will have been sent a copy of the questions and guidance on how to complete the form with your grant offer letter at the start of the funding. If you need a copy [please click on this link](#) or ask us by emailing monitoring@londoncf.org.uk please include your grant reference number

Organisation and contact details

Organisation

Name

Manor House Development Trust

Address

The Redmond Community Centre Kayani Avenue Hackney, null, London, N4 2HF

Phone

02088027580

Primary email

info@mhdt.org.uk

Contact

Name

Mrs. Carolina Correia

Email address

carolina.correia@mhdt.org.uk

Role at Organisation

Project Manager

Person completing this form

Above is the name of the main contact associated with the grant application - if this person has changed please enter the name of the new contact completing the form below

Provide Alternate Contact Details?

Yes

First Name

Valy

Last Name

Thorsteinsdottir

Role at Organisation

Project Manager

Phone

02038195616

Email

valy.thor@mhdt.org.uk

Grant Details**Grant Local Application Number**

A427582

Monitoring Due Date

29/6/2018

Local Application Number**Amount Awarded**

£9,920

Programme Name

Evening Standard Dispossessed Fund

Round Name

20 Food for London Open

Project Name

The Redmond Food Waste Project

Project Description

To deliver 12 months' worth of community meals and luncheon clubs for 200 beneficiaries.

How the grant was spent and what did you do?

Breakdown of the agreed project/activity budget

Project Budget

Staff Costs			
Requested:	£0.00	Approved:	£0.00
Breakdown: 1 project manager @ £31,464 per year 1 project officer @ £23,376 per year 1 day per week x 52 weeks			
Volunteer Costs			
Requested:	£1500.00	Approved:	£1500.00
Breakdown: Volunteer Expenses = £500.00 Volunteer Training - 2 training courses £1,000 per training for 15 participants Remaining costs - Venue Hire, refreshments will be covered by our organisation			
Operational Costs			
Requested:	£6720.00	Approved:	£6720.00
Breakdown: Food Waste Meals: Meal Leaders (meal leaders will collect food waste in local stores, facilitate the cooking and distribute evaluation forms) 5 Locations x 1 Once a Month x 12 Months @ £70 per session = £4,200 Additional Ingredients for meals (seasoning, dry ingredients that are not donated) 5 Locations x 1 Once a Month x 12 Months @ £10 per session = £600 Lunch Club Additional ingredients 2 Locations x 2 times per week x 48 Weeks @ £10 per session = 1,920			
Office Costs			
Requested:	£0.00	Approved:	£0.00
Breakdown: Desk for staff, overhead costs and utilities covered by Big Lottery Reaching Communities Fund			
Capital Costs			
Requested:	£1500.00	Approved:	£1500.00
Breakdown: New cargo bike for meals on wheels service = £1,500			
Publicity Costs			
Requested:	£200.00	Approved:	£200.00
Breakdown: Publicity for project - Flyers, posters T-Shirts for Meal leaders = £200.00 Graphic design provided by volunteers			
Totals			
Requested:	£9920.00	Approved:	£9920.00

Item Category	Item Description	Budgeted Amount	Actual Amount
Staff	Project Manager & Project Officer salaries covered by the Big Lottery Reaching Communities Fund	0	0
Volunteer	Training	500	500
Volunteer	Costs	500	495
Operational/Activity	Meal Leader's Fee + Extra Ingredients Fee	7020	7002.93
Office/Overhead/Premises	Desk for staff, overhead costs & utilities covered by Big Lottery Reaching Communities Fund	0	0
Capital	New cargo bike for meals on wheels service & food collection	1500	1500

Publicity	Publicity for project - Flyers, posters T-shirts & aprons for Meal leaders	400	376.79
		9920	9874.72

Has the grant been fully spent?

No;No

Please explain why this is the case and when you expect it to be fully spent

£45.28 has not been spent due to meal leaders not always having to spend the £10 extra ingredients allowance. We would like to spend it on extra ingredients for Luncheon Club for older residents at the Redmond Community Centre.

Living Wage

Did you pay all staff costs funded through this grant at the Living Wage? Please select N/A if this does not apply to you i.e. you did not use any of your grant to pay staff costs

N/A;N/A

Please provide any comments, positive or negative, on the impact of paying staff at the Living Wage

Are you an accredited Living Wage Employer?

Yes

Have you become a Living Wage accredited employer in the last year (Since 31st May 2015)

Yes

As a result of this grant and paying the living wage how many employees have received a pay rise?

Please tell us what you did with the funding. For example how many sessions did you run, what happened etc.

We ran 167 vegetarian / vegan meals, which we called PACT Meals, with six groups across four locations. This included 46 meals at the Redmond Community Centre open to all ages, 12 meals at the Newton Close Sheltered Housing for elderly residents, 9 meals / cooking sessions at the Edge Youth Hub for young people, 8 meals at the Woodberry Wetlands for the London Wildlife Trust volunteers. It also included providing ingredients for a free starter for 46 Luncheon Club meals for over 50s and 46 Luncheon Club meals at the Newton Close Sheltered Housing.

We intended to run meals at the Woodberry Down Primary School (as the fifth location) however, logistics and lack of volunteer & meal leader availability didn't allow for that to happen. Instead we increased the number of meals at the Redmond Community Centre with the weekly Supper Club, which proved to be very successful.

Meal leaders got paid £75 for their time cooking and preparing each meal, as well as £10 for extra ingredients when needed. All of the meals were prepared using surplus food from local supermarkets.

From June - November 2017 the meal leaders would collect surplus food from local supermarkets such as Fresh and Fruity, Seasons and Blossoms and the Woodberry Down Local Sainsbury's who nominated us as their charity of the year (2017 - 2018). Meal leaders would collect the surplus food using the cargo bike purchased with the funding provided or their personal vehicle if going long distances.

The cargo bike was initially intended for delivering meals to vulnerable residents, however deliveries were more practical to be made by foot and the cargo bike was used for collections instead. After an induction and training session, the cargo bike can be booked by the public for running errands and family excursions for those who do not have access to a car.

November 2017 was a turning-point for the project when we started a partnership with the Felix Project, a charity who collects surplus food from various supermarkets into their warehouse in Enfield and delivers to local charities. We were the first charity in Hackney to partner with the Felix Project. Receiving the deliveries reduced stress for the meal leaders and allowed them more time to focus on organising and preparing for the meals.

Part of the funding went towards volunteer costs and training. We organised a conflict management training for volunteers and meal leaders using the funding provided. We also organised a volunteer day trip to Windsor to celebrate our volunteers and thank them for the valuable support they've given the project. We also received free training from the Children's Food Trust and the Learning Trust including food safety and hygiene courses, emergency first aid, and courses to teach how to cook with food waste.

We ordered, flyers, aprons and t-shirts using the PACT meals branding including all logos.

How many people directly benefited from the work funded?

462

What percentage of beneficiaries identify as female

73

What percentage of the beneficiaries identify as male?

26

What percentage of beneficiaries identify as disabled

37

Estimate how many people indirectly benefited from the work funded

353

How many volunteers involved (excluding Trustees and/or Management Committee)?

138

How many of these volunteers were new to your organisation, as a result of this funding?

102

How many hours in total do you think your volunteers gave to this project?

1802

In which geographical area did most of the projects beneficiaries live?

Woodberry Down (N4, Hackney).

If you funding was for work in a specific area, please tell us how many people were from the area?

3974

Ethnicity

Primary ethnic group - select a single option to represent the primary ethnic group for this grant

All ethnicities

Please list any other ethnic groups who will benefit from your grant:

- | | |
|---|---|
| <input checked="" type="checkbox"/> African | <input checked="" type="checkbox"/> Any other |
| <input checked="" type="checkbox"/> Asian and Asian British | <input type="checkbox"/> Asian and White |
| <input type="checkbox"/> Bangladeshi | <input type="checkbox"/> Black African and White |
| <input checked="" type="checkbox"/> Black Caribbean and White | <input checked="" type="checkbox"/> Black and Black British |
| <input checked="" type="checkbox"/> Caribbean | <input checked="" type="checkbox"/> Chinese |
| <input type="checkbox"/> Chinese or other group | <input type="checkbox"/> Indian |
| <input checked="" type="checkbox"/> Mixed | <input checked="" type="checkbox"/> Other Asian |
| <input checked="" type="checkbox"/> Other Black | <input checked="" type="checkbox"/> Other Mixed Ethnicity |
| <input checked="" type="checkbox"/> Other White | <input type="checkbox"/> Pakistani |
| <input type="checkbox"/> White | <input checked="" type="checkbox"/> White British |
| <input type="checkbox"/> White East European | <input type="checkbox"/> White Gypsies and Travellers |
| <input type="checkbox"/> White Irish | |

Beneficiaries

Primary beneficiary

Local residents

Please list any other beneficiary groups who will benefit from your grant

- | | |
|--|---|
| <input checked="" type="checkbox"/> Black, Asian and minority ethnic | <input type="checkbox"/> Carers |
| <input checked="" type="checkbox"/> Children and young people | <input type="checkbox"/> Ex-offenders/offenders/At risk of offending |
| <input type="checkbox"/> Families/Parents/Lone parents | <input type="checkbox"/> Homeless people |
| <input type="checkbox"/> Lesbian, gay, bisexual and transgendered groups | <input checked="" type="checkbox"/> Long-term unemployed |
| <input type="checkbox"/> Men | <input checked="" type="checkbox"/> Not in education, employment and training (NEET 16) |
| <input checked="" type="checkbox"/> Older people | <input type="checkbox"/> People in care or suffering serious illness |
| <input checked="" type="checkbox"/> People living in poverty | <input type="checkbox"/> People with alcohol/drug addictions |
| <input type="checkbox"/> People with learning difficulties | <input checked="" type="checkbox"/> People with low skill levels |
| <input checked="" type="checkbox"/> People with mental health issues | <input type="checkbox"/> People with multiple disabilities |
| <input type="checkbox"/> People with physical difficulties | <input type="checkbox"/> Refugees/asylum seekers /immigrants |
| <input type="checkbox"/> Victims of crime/violence/abuse | <input checked="" type="checkbox"/> Women |

Age Groups

Primary age group

All ages

Please list any other applicable age groups for your grant.

- | | |
|---|--|
| <input type="checkbox"/> Early years (0-4) | <input checked="" type="checkbox"/> Children (5-12) |
| <input type="checkbox"/> Young people (13-18) | <input checked="" type="checkbox"/> Young adults (19-25) |
| <input type="checkbox"/> Adults (26-65) | <input checked="" type="checkbox"/> Seniors (65+) |

Issues

Primary issue

Health, wellbeing and serious illness

Please list any other issues that will be addressed by this grant

- | | |
|--|--|
| <input type="checkbox"/> Anti-social behaviour | <input type="checkbox"/> Arts, culture and heritage |
| <input checked="" type="checkbox"/> Building skills and improving access to employment | <input type="checkbox"/> Bullying |
| <input type="checkbox"/> Caring responsibilities | <input type="checkbox"/> Counselling/Advice/Mentoring |
| <input type="checkbox"/> Crime and safety | <input type="checkbox"/> Disability and access issues |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Economy |
| <input type="checkbox"/> Education, learning and training | <input type="checkbox"/> Emergency/Rescue services |
| <input type="checkbox"/> Employment and labour | <input checked="" type="checkbox"/> Environment and improving surroundings |
| <input type="checkbox"/> Financial exclusion and financial illiteracy | <input type="checkbox"/> Gangs |
| <input type="checkbox"/> Harmful practice | <input checked="" type="checkbox"/> Homelessness |
| <input type="checkbox"/> Housing | <input type="checkbox"/> IT / Technology |
| <input type="checkbox"/> Language, culture and racial integration | <input checked="" type="checkbox"/> Mental health |
| <input type="checkbox"/> Offending/At risk of offending | <input checked="" type="checkbox"/> Poverty and disadvantage |
| <input checked="" type="checkbox"/> Reducing isolation | <input type="checkbox"/> Refugees/Asylum/Immigration |
| <input type="checkbox"/> Religion | <input checked="" type="checkbox"/> Renewable energies and recycling |
| <input type="checkbox"/> Rural issues | <input type="checkbox"/> Sexual abuse |
| <input checked="" type="checkbox"/> Social inclusion and fairness | <input type="checkbox"/> Sport and recreation |
| <input type="checkbox"/> Stigma/Discrimination | <input checked="" type="checkbox"/> Stronger communities/Community support and devel |
| <input type="checkbox"/> Substance abuse and addiction | <input checked="" type="checkbox"/> Supporting family life |
| <input type="checkbox"/> Violence and Exploitation | |

Other Issues detail

IMPACT and Outcomes

As part of the acceptance of the grant offer you chose a number of outcomes and indicators, the next section asks you to tell us how you have done. This section has entered your initial target indicators from your original application. You need to tell us whether these indicators were achieved or not. Provide evidence for each where applicable, and comment where others may not have been achieved providing an explanation of why not. Please see the IMPACT ASSESSMENT guide for information on collecting evidence etc.

You need to tell us how you have monitored progress throughout the grant. Evidence could be - informal discussions with users, user surveys, semi structured interviews, user logs, focus groups, secondary data, observations, direct responses and informants, media tracking logs, timeline analysis, tracer methodology, perception surveys.

IMPACT Category

Advance people's physical and mental health, wellbeing and safety

The primary outcome selected for your project/activity

Improve health (physical / mental / emotional)

Number of activities promoting healthy lifestyles (e.g. healthy eating, smoking cessation etc.)

Actual value 167

Comments / evidence This included 46 meals with the Ital Vital Supper Club at the Redmond Community Centre open to all ages, 12 meals at the Newton Close Sheltered Housing for elderly residents, 9 meals / cooking sessions at the Edge Youth Hub for young people, 8 meals at the Woodberry Wetlands for the London Wildlife Trust volunteers. It also included providing ingredients for a free soup for 46 Luncheon Club meals for over 50s and 46 Luncheon Club meals at the Newton Close Sheltered Housing. For further evidence see invoices of meals from meal leaders.

Number of people who reported an engagement or re-engagement with social networks, support groups

Actual value 299

Comments / evidence 97% of survey respondents reported increasing social connections or widening their social networks through the project. This was according to three measures; interacting with people they would have not met otherwise at the activities, socialising with people from different age groups and backgrounds, and making new connections or friendships. 97% of the total beneficiaries (309) is 299. This is supported by interview data. One interviewee said: "It has opened up friendships, because women that I had not seen before and now...coming here I have struck friendships with about...gosh! I would say about how many....6-7 women, if not more. So It's made a long lasting impact. [We keep in contact outside of the Supper Club too]. It's just like a little family".

Number of people who reported improved physical/ mental/ emotional health

Actual value 194

Comments / evidence 69% of survey respondents reported good healthy eating habits and health according to 7 measures (overall diet rating, skipping meals, cooking at home, average fruit and veg portions per day, and how much salt, sugar and fat in diet). Whereas only an average of 45% of the general population report healthy eating habits according to two benchmarks (1. 23% of people in the UK eat 5 portions fruit/veg a day, NDNS Report, 2. 66% adults cook for themselves or others at least five days a week, Food and You Survey 2017). However, the project area is one of deprivation and fuel poverty. As part of a Health and Wellbeing study before the project took place (between May and June 2016) we consulted the local community to find out more about their lifestyle habits as well as assess the need for Health and Well being initiatives in the local area. Consultation took place at local community settings and enquired a total of 524 people, out of 60% reside in Woodberry Down Ward. A lack of advice/knowledge on where to buy healthy food cheaply (40%) and how to prepare quick healthy family meals (40%) was found as barriers to healthy eating. A total of 77% wanted a healthier diet. Thus, as 33% of people in the project area were already eating healthily, we can say that 36% (69 - 33) of respondents have improved their physical health through the project. This amounts to 111 people. When measuring social isolation and loneliness through surveys, we found that 72% of the sample felt socially included. In order not to duplicate people, we found 27% of the sample were socially included but had not improved their physical health through the project. Therefore, 27% of the total beneficiaries (309 people) equals 83 additional people who have improved their emotional / mental health on top of 98 who have improved their physical health. $111 + 83 = 194$ individuals who improved either (or both) physical, mental and emotional health. Through interviews with beneficiaries we found that the project improved general self-confidence and emotional and mental health. One beneficiary when interviewed reflected: "[Coming to the Supper Club has improved my] general wellbeing and self confidence! Because you are talking to different people, with different walks of life. So It has build a lot of self confidence".

The second outcome selected for your project/activity

Increase access to sport, exercise and leisure activities

Number of additional hours of sport, exercise & leisure activities currently provided by the project

Actual value 188

Comments / evidence The project provided 178 total additional hours of leisure and exercise activities, that had not been currently occurring before the project started. This included 38 hours of Reggaetivity (exercise class involving aerobics and yoga) which was linked to the Supper Club (see case studies for more information), 92 meal hours at the Supper Club, 16 hours of Wildlife Trust meals, 24 hours of meals at Newton Close, Sheltered Housing and 18 hours of meals at The Edge.

Number of groups providing health related activities

Actual value 6

Comments / evidence These groups included food-waste meals once a month at the Sheltered Housing at Newton Close and The Woodberry Wetlands with volunteers at London Wildlife Trust. As well as a weekly food-waste Supper Club at the Redmond Community Centre and cookery classes / meals at The Edge Youth Centre. It also included support to a Lunch Club at the Redmond Community Centre and Sheltered Housing.

Number of hours of sport, exercise & leisure activities currently provided by the project

Actual value 184

Comments / evidence As well as the additional hours of leisure and exercise that the project has provided as logged above, the project also funded 184 hours of leisure activities with the Luncheon Club that had been currently running when the project began. This provided additional ingredients and recruited more volunteers to the project in order to increase delivery capacity. We provided training and development to volunteers, by facilitating training in food safety, professional catering, leadership skills and conflict management. We also increased community engagement in order to involve more participants and created a "meals on wheels service" to deliver meals to elderly residents who cannot leave their homes.

Number of people taking part in sport, exercise and leisure activities as part of the project

Actual value 309

Comments / evidence We had 309 total beneficiaries who attended or took part in the the meals as leisure activities. This included 25 beneficiaries at the Wildlife Trust, 30 beneficiaries at the Supper Club and 165 beneficiaries at food-waste meals at events at the Redmond Community Centre (including 50 people at Black History Month meal, 50 people at the Give or Take Day meal, 40 people at 'The Challenge' meal and 25 people at our Mental Health awareness food-waste meal). It also included 8 beneficiaries at the Edge Youth Centre and 40 beneficiaries at the Newton Close Sheltered Housing meals and 40 beneficiaries at the Redmond Community Centre Luncheon Club and 1 recipient of 'Meals-on-Wheels' service.

The third outcome selected for your project/activity

Increase in beneficiary training, education, accreditation and employment

Number of people who attended training as part of the project

Actual value 44

Comments / evidence Level 3 – Emergency First Aid At Work (RQF) in collaboration with the Learning Trust: 10 participantsLevel 1 Award in Employability Skills & Level 2 in Food Safety in Catering By Work Skills Learning: 2 participantsConflict Management Training by: 12 participantsEconomy Crash Course delivered by Economy: 10 participantsCooking from Food Waste Training by Sainsbury's Let's Get Cooking & Children's Food Trust: 5 participantsMayor's Fund for London - Kitchen Social Training: 5 participants

Number of people who gain new skills as part of the project

Actual value 115

Comments / evidence According to survey data from our volunteers we have found that 84% of our volunteers have learned new skills through volunteering. 138 people volunteered on the project, 84% of this total volunteer population is 115 people.

Number of people who gained accreditation as a result of the project

Actual value 24

Comments / evidence Level 3 – Emergency First Aid At Work (RQF) in collaboration with the Learning Trust: 10 participantsLevel 1 Award in Employability Skills & Level 2 in Food Safety in Catering By Work Skills Learning: 2 participantsConflict Management Training by The Conflict Management Training Company: 12 participants

Number of people who gained sustainable employment as a result of the project

Actual value 5

Comments / evidence Two volunteers secured employment as a result of the project. One received a full time job at a local cafe / restaurant, and the other in costumer service. The three Meal Leaders, have all started taking on freelance projects in catering as a result of the project, for example for Hackney Council, various festivals and catering for private parties. MHDT works in partnership with Hackney Works employment office, which is based at the Redmond Community Centre. We refer job seeking volunteers and community members to their services. Unfortunately due to GDPR legislation we haven't been able to access information about how many of our volunteers have secured employment as a result of the project. Another reason for being below target, is that many of our volunteers are either young people, retired or employed already.

What difference has this grant made to the lives of your beneficiaries and the wider community? Please include any example if you have them. What lasting impact do you think your project might have? (E.g. improved education, health and wellbeing, etc.)

The grant has improved the health and wellbeing of the beneficiaries as explicated above. It has improved beneficiary's confidence in cooking, and using different ingredients. It has also encouraged them to cut down on meat and eat more vegetables and cook healthy meals at homes, as well as enjoying them as part of the project. A good diet is integral to both physical and mental health, and as such both of these aspects of health have improved in the beneficiary's lives and the lives of their friends and families.

The project has been very successful at increasing social connections of beneficiaries, reducing social isolation and loneliness in vulnerable populations, particularly in women, the elderly and young people through developing new social networks. This has had the effect of helping to develop a sense of community cohesion and resilience in an extremely diverse neighbourhood. By providing a space for people from very different backgrounds to share commonalities and differences over food, new understandings and friendships have been born. The project has been successful in fostering a unique sense of multicultural community through accessible spaces to gather and eat together.

The project has also been successful in educating those involved on environmental issues and the power and importance of reducing waste and reusing and recycling. Many beneficiaries noted they liked that the meals were vegetarian and vegan and were inspired to be more environmentally friendly through their diet and eating habits.

What impact, if any, has this funding had on your organisation?

The project has had an overall positive impact on the organisation as a whole. Various staff members have been able to enjoy the meals as well as learn about the environmental benefits of cooking from surplus vegan/vegetarian ingredients. It has also opened doors to other funding opportunities, and helped the organisation secure further funding for similar projects, such as the Community Fridge which is now open to the public at the Redmond Community Centre every day for people to collect & or donate surplus food. We've also been able to secure a 3 year funding from the Mayor's Fund for London to deliver the Kitchen Social Project: 20 free community meals for young people and their families at the Redmond Community Centre during school holidays.

Through delivering the project, we've been able to make valuable connections and partnerships with other organisations both within the community development sector and the voluntary sector around London, which will undoubtedly benefit the organisation and further our outreach for other projects in the future.

Were there challenges during the period of the grant, if so what did you learn from them?

Our biggest challenge was one of staff resources. The project would have benefitted from more staff capacity. At times we would have liked to provide more sustained support to meal leaders, yet due to a lack of staff time we were unable to give this continuous one-to-one support to meal leaders.

Although we have a large number of dedicated volunteers, we still require a dedicated volunteer co-ordinator to work part-time to manage and recruit volunteers. This is something we have learnt over the course of the project and we are now in the process of acquiring this funding.

We faced some challenges in reporting; most of the meals / sessions happened either out of regular working hours or outside of Redmond Community Centre where project staff are based. Meal leaders were time-pressed and focused on organising and delivering the meals and sessions, therefore it was a challenge for them to deploy surveys or collect attendance data when project staff couldn't be there due to logistics. This has taught us the need for flexible impact and research staff and strategy and we have employed 'Evaluation and Impact Manager' during the project who has helped by providing additional support and has been able to follow up on collecting data from the facilitators and evaluating the activities.

Were there any unintended or unexpected changes or outcomes (positive or negative) as a result of the funding? If so, what were they?

As mentioned above, the cargo bike purchased with the funding provided, was initially intended for delivering meals to vulnerable residents, however deliveries were more practical to be made by foot and the cargo bike was used for collections instead. After an induction and training session, the cargo bike can be booked by the public and other community groups for running errands and for family excursions for those who do not have access to a car. The bike provides great exercise and promotes physical and mental wellbeing. This was one of the unexpected changes we experienced during the project.

Will the work continue beyond the life of this grant if so, please indicate in what way and detail what funding you have secured or need to secure to deliver it?

Yes;Yes

If so, please indicate in what way and detail what funding you have secured or need to secure to deliver it?

The work will continue beyond the life of this grant.

We've received £6400 funding from The London Waste Authorities & Hubbub which has allowed us to run a Community Fridge at the Redmond Community Centre. Part of this funding will allow us to continue the weekly Supper Club that started as a result of the ESDF funding at the Redmond Community Centre, and has been very successful in connecting the community and bringing together people from diverse backgrounds.

The existing Big Lottery Reaching Communities fund which we received in 2017 for our three year project Woodberry Down for Everyone, will help fund PACT Meals for events and festivals we organise in the local area.

We will also be continuing our volunteer home deliveries from the Luncheon Club for older residents living locally.

We'll continue using the cargo bike to collect surplus food as we've done and encourage families and individuals to make use of it, as it provides great exercise and promotes physical and mental wellbeing.

We've recently secured £4500 (£1500 per year for 3 years) from the Mayor's Fund for London to run a Kitchen Social Project which will deliver 20 healthy balanced meals a year to young people and their families during school holidays. This will allow us to continue running Community Meals for young people, as we done with the ESDF funding at the Edge Youth Hub.

Has the grant enabled you to raise funds from other sources? Please select either 'yes' or 'no' in regards to whether the grant has enabled you to raise funds from other sources.

Yes

No

If yes, please give details: If so, please provide details of the funder and the amount secured.

Sainsbury's Let's Get Cooking Programme - Children's Food Trust: £300. Kitchen Social Project - Mayor's Fund for London: £4500 for 3 years. Hubbub & London Waste Authorities: £6400

Total raised Please let us know how much you have raised so far.

11200

Please enter the amount of additional that needs to be secured.

Please provide at least one case study of an individual benefitting from your work

Annie, The Supper Club, The Redmond Community Centre

Annie is a White-British woman in her fifties, she is a local resident who has lived locally in Hackney for 5 years. She is also a mother and home carer. Due to her obligations as a carer, Annie is socially isolated and doesn't get much time to herself. Annie has been coming to the Supper Club every week since September, a total of 10 months. The Supper Club has provided Annie with a much needed break and chance to get outside of the house and meet other women and socialise.

Annie says:

"I had seen the flyer before but I couldn't come to it because of the children. But that was about a year ago I think I seen it. But my son is that little bit older now so I can leave him for a few minutes until his Dad gets in".

She says she was motivated to keep coming to the Supper Club because:

"The food was amazing... the cook... I've never tasted food like that. It just tasted so nice and it just always tastes better when people cook it for you and plus it gave me a chance to mix with other people... I'm a carer and live in, so I don't get a chance to socialise much and they're such a friendly bunch they made me feel very welcome from the first week... I am chatting to people on a social level, whereas I wouldn't have had that opportunity before. So I mean there is always quite a few people here normally to talk to and connect with. A lot of them. So definitely yeah, [it's improved my self-confidence and well-being]".

As well as improving Annie's emotional health and wellbeing and creating a social network for Annie who she can call on outside of the Supper Club, she says it has improved her diet and her cooking at home for her family.

"It's made me want to be a vegan. Definitely eat less meat, because it's a vegan supper club and it's just amazing the dishes she makes! I always talk to Lydia, the cook and they are quite easy to recreate for yourself. When before it would be just the same old thing for me, sausage and mash (laughs) and mince, easy meat dishes, so I definitely eat less meat since I've been coming. Its educational, definitely educational!"

Overall she reflects:

"I think it's really nice for the people that are living on the estate. You know there is a lot of lonely people out there and that's the next biggest killer after smoking and alcohol is loneliness. You know it's a chance for people and a lot of people are struggling with money at the moment. So for it to be free as well that is amazing... You look forward to just sitting down and having a chat as well as the food."

(See attached document for more case studies).

Feedback

Comments

On a scale of 1 - 5 how would you rate your involvement with us? 1 poor to 5 very good

4

We welcome any comments (positive or negative) you want to make on any aspect of your involvement with us

We are very grateful for the support you have shown us and for the opportunity you've given us to bring the community together and raise awareness about food waste and environmental issues.

Feedback on contact with the Community Foundation

Mohima, our contact, has been very helpful when we've had to contact the Community Foundation.

Note: As requested, the original budget lines in this form need to be edited to the changes of expenditure approved in January 2018. The new contact for the grant is Valy Thorsteinsdottir Project Manager of MHDT.

How would you rate the grant scheme comments

Great. Thank you again.

Supporting Documentation

Supporting Documentation

Use the [Attachments](#) button at the bottom of the form to attach recent accounts or management accounts, copies of receipts to support grant expenditure and any additional information such as project feedback, case studies, photographs etc.

Please clearly label each document with a name and a short description of what it is.

If you experience problems uploading your documents please send via email to monitoring@londoncf.org.uk, or post them to **The London Community Foundation, Unit 7, Piano House, 9 Brighton Terrace, London, SW9 8DJ** - no more than two weeks after submitting this form - thank you.

Confirmation

Declaration

Please tick to confirm you have read and understood the information contained in the end of grant report.

Yes

Please tick this box to give permission for this supporting evidence to be used by our Community Foundation for marketing purposes (if appropriate).

Yes

