

The Evan Cornish Foundation

Grantee Progress Report

Name of Organisation	Cracking Good food
Project Title	Cooking for Life
Award Amount	£5000
Date of Award	14 January 2018
Today's Date	14th January 2019

1.	<p>What were the key aims and purposes of the project? What activities did you undertake in the last year to achieve these aims?</p>	
	<p>KEY AIMS</p> <ol style="list-style-type: none"> 1. Cooking under a gazebo with Reach out to the Community to raise awareness of the issues surrounding homelessness with the public. 2. To help support and nurture the newly set up Reach Out to the Community's aims & objectives. 3. To address the poor diet that those living in the hostel endure 4. To address the cooking skills needed for a person on a very limited budget & to enable them to learn how accessible it can be 5. To address the positive social activity and engagement that comes from cooking and eating together. 6. To develop confidence in cooking – it's easy when you know. 	<p>ACTIVITIES UNDERTAKEN</p> <ol style="list-style-type: none"> 1. We cooked under the gazebo for 5 weeks but were able to do this under another funding stream connected to community reporting. Soup cooked was either given to the public for a donation (given directly to ROC) or given to those homeless that night when they did their outreach work. 2. We were able to support ROC to do this with the funding as above – our cooking outside of their premises helped raise awareness of their specific mission. 3. We ran 15 fully participatory cooking sessions from 8 March until 27 June, almost 3 times as many. We honed our costs given the start that we had been allowed with other very small funding pots so were able to deliver them for a lower cost of £310. 4. We developed a cooking and eating together culture within the hostel that enabled residents to look forward to one great thing to happen to them each week. 5. We helped grow their confidence in their ability to cook and eat well on a very limited budget. 6. We made them believe in themselves again.
2.	<p>Have you achieved what you set out to do? <i>Please refer to each of the key aims/purposes and activities you outlined in Q1 and tell us when activities were completed and how they went. Please use numbers/hard facts (e.g. number of beneficiaries) where possible. If you have not achieved what you set out to do tell us why. Reflect on any evidence of the quality of the work.</i></p>	

We had already trained up the hostel's in-house cook (with a small pot of money to cover 6 hours of tuition) to cook with more nutritious ingredients, transforming methods of cooking like frying to roasting and boiling to steaming, utilising surplus unwanted food, so we began with a positive and enthusiastic supportive team member on board. We knew that she would allow residents to support her in cooking lunch if they showed interest in developing their skills.

We began by introducing a new bespoke session on the importance of a balanced meal, beginning at breakfast, but that did not work. The residents were not interested, felt they knew it etc. We realised immediately that their circumstances prevented them from having a perceived choice. We quickly cancelled the provision we'd set in place for them to train for a basic hygiene course. It was beyond their radar. They just needed to eat.

With a slightly false start we developed a plan to rotate every 4 weeks different meals : currys, pizzas, stirfrys and pies. This went really well and the sight of those eating their food together in the dining room encouraged those previously not interested to participate the following week.

However, when we got to week 3 or 4, the residents were changing, due to external circumstances beyond our control ; having to move on - 8 week maximum stay, finding a job/flat or being asked to leave for bad behaviour.

We also realised that their favourites were always the currys and pizzas, both of which provided very different skills from the mixing of spices with various pulses, vegetables and meats to kneading dough, making sauces and being creative with toppings.

We then decided to stick with what really worked – not pushing beyond or away from something that clearly was a great success. We continued then to roll out pizzamaking one week, and currys/naan and rice the next. We noticed that those who attended all 4 were so much more confident in cooking it second time around that our cook hung back to enable them to help teach those newcomers instead. It worked to such a degree that the residents and staff were very upset to see the programme finish as there was a constant influx of new people who wanted to start. From the [1 minute video](#) piece you'll see how the spirit in the kitchen was positive and alive.

On average we cooked with approx. 10 each night with 1- 2 members of staff. So 150 beneficiaries with some cooking for up to 3 - 4 weeks with us. There was also the added bonus of training up staff too, as many had equally as little understanding of cooking from scratch, and how affordable it is as well. This helped reinforce the rigor to help change the food culture into a better, more inclusive one for all.

Cracking Good Food Cooking Sessions Quotes from Residents & Coordinator

'I attended Robert's last two workshops and found them very informative and lots of fun. All of his ingredients were good quality and he meals delicious. I know from speaking to Robert how much he enjoys the sessions as well and it would be great if he was able to carry on in the future.

-Paul Guy

'I attended two of Rob's cooking classes and really enjoyed it. I found it to be a really good way to get to know other residents and it was great fun. I would recommend going to everyone.'

-Lisa Carroll

'During my time at The Longford Centre I have participated in activities such as painting and gardening. We also had a cooking evening with Robert, I was very dubious about the activity as I have never been able to cook for myself and never really had the desire to learn.

When Robert came to start the cooking evening I decided to join that evening and see if I liked it. I was surprised how Robert was with everybody, he was a lovely guy and everybody liked him, we made pizza and he was showing us all the correct ingredients and how to prepare them.

It was really very enjoyable and I was surprised how much I learnt and enjoyed it. Robert was liked by everybody and all residents looked forward to seeing him the following week. I am moving out shortly and cooking with Robert has taught me how to cook when I move out. Without Robert's knowledge I wouldn't be able to cook for myself.

Many thanks Cracking Good Food & Robert.'

- **Andy Rowlands**

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1 minute film: <https://vimeo.com/283026950>

Cracking Good Food have been a dedicated supporter of The Longford Centre since we opened in January this year. Robert has been delivering a variety of sessions over the last 6 months educating both staff and residents on the importance of healthy eating and homemade cooking. The sessions are also based on ethically sourced local produce and creating a healthy meal on a budget.

The residents have benefited in many ways from these sessions and it has been great to witness the development and cohesion these sessions create. I have seen the residents grow with confidence during the cooking sessions and friendships develop. Residents who have attended several sessions consecutively have built up the skills to help Robert lead a session developing their communication and leadership skills.

I can see the satisfaction on the residents faces when they pull the meal out of the oven they have prepared. The group excitedly portion out the meals for serving then all sit and enjoy the food together.

The sessions give the residents the knowledge and skills for when they move into their own tenancy to prepare healthy fresh meals and they always comment on how much they have learnt.

	<p>Cracking Good Food’s sessions have been a great asset to our weekly activity calendar and their knowledge and enthusiasm has had a huge impact on our residents and I hope going forward future residents at The Longford Centre will be able to benefit too.</p> <p>- Jeanette Park (Accommodation Volunteer Coordinator)</p>					
3.	<p>What have you learned? <i>E.g. Did you encounter any difficulties and how did you overcome them? What has gone well or how you might do things differently in the future?</i></p> <p>We learned that ‘development’ for developments sake is not always worth it. Despite wanting to train them up in basic hygiene, providing them with a qualification that could’ve provided employment possibilities, it was not for them at this time in their lives. This prevented our cooking activity to have taken place in the way that really worked, thus wasting two sessions which was unfortunate but it at least confirmed our belief immediately, that we had to stop and return to what DID work.</p> <p>We initially ran the sessions from 11 – 1pm but we changed this when we recognised that it was too unpredictable for some people to attend who wanted to. Cooking from 5.30 – 7.30 was the time when most were back at the hostel and hungry; a great way to encourage them to attend also.</p> <p>We found that comfort food like currys and pizzas, cooked healthily and affordably from scratch is a no brainer. They became so empowered and transformed in their attitude and spirit, that it became harder then for us to have to finish the programme.</p>					
4.	<p>Is the project continuing? <i>If so, will it be in a similar form or have you incorporated any major changes?</i></p> <p>We received a very small sum from the city council to run it for 3 more weeks, but that was it. Now it has stopped. The cook is still very on-board but cannot run the workshops as we did, as she has limited time to pull together lunch for up to 40 people. Few people in the morning are available when she is there due to interviews/work/appointments etc.. so the opportunity for them to develop their skills has not been so available, as those we’ve taught have moved on, so new residents haven’t been taught that vital bridge that we created, for them to get into the kitchen for more insight / experience.</p> <p>What we have created though is a recognition from hostels elsewhere in Manchester that they want us to follow suit, in their areas/hostels, having recognising the impact it created, hence us re-applying for a new funding to accommodate a wider geographical reach.</p>					
5.	<p>Please provide a breakdown of income and expenditure for the work funded against your original budget. <i>If this differs from your original income and expenditure budget please explain why.</i></p> <table border="1" data-bbox="245 1720 1414 2007"> <tr> <td data-bbox="245 1720 651 2007">Cooking outside Reach out to the Community under gazebo : 3 hour slots with hour to set up. Usually 12 - 3pm.</td> <td data-bbox="651 1720 1037 2007">2 members of Cracking Good Food, several volunteers and Steph/Becky from ROC. To include all cooking equipment/ storage / food/recipes/leaflets re Homelessness, publicity</td> <td data-bbox="1037 1720 1168 2007">£400</td> <td data-bbox="1168 1720 1294 2007">4</td> <td data-bbox="1294 1720 1414 2007">1600</td> </tr> </table> <p>We ran these very successfully https://www.crackinggoodfood.org/chorlton-vs-</p>	Cooking outside Reach out to the Community under gazebo : 3 hour slots with hour to set up. Usually 12 - 3pm.	2 members of Cracking Good Food, several volunteers and Steph/Becky from ROC. To include all cooking equipment/ storage / food/recipes/leaflets re Homelessness, publicity	£400	4	1600
Cooking outside Reach out to the Community under gazebo : 3 hour slots with hour to set up. Usually 12 - 3pm.	2 members of Cracking Good Food, several volunteers and Steph/Becky from ROC. To include all cooking equipment/ storage / food/recipes/leaflets re Homelessness, publicity	£400	4	1600		

[homelessness/](#) but not within the ECF funding as another bid expanded to incorporate some of these events within the film we made, plus additional very small £200 pots to top it up.

Steph / Becky from Reach out to the Community to develop their outreach support network, with specific drop in sessions to be privately run for those in critical need from 5 -6pm every day (Mon-Fri) after the shop is shut	They will seek more volunteers to help them deliver benefits advice, health checks, hairdressing, finance support & signpost/help during this 5-6pm daily slot plus delivery of donation parcels to those in hostels around the city. Cost per week.	£100	12	1200
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We managed to fundraise for ROC via our website as well as provide regular publicity through social media that reflected upon our actual cooking events there. They weren't able to run these sessions as they'd hoped anyway (it's still difficult to do). Instead their work is exclusively outreach. Therefore no funding was spent on this.

Delivery of cooking sessions to residents in hostel enabling them to cook their own dinner for themselves and others. 38 at one time. Inclusive of insurance/recipes/advice/guidance sheets for Cook as well.	To draw upon surplus produce available from Fareshare, 4 local allotments all willing and wanting to contribute, plus donations. Our teaching will enable/equip them with the creative resources to turn unusual/unexpected ingredients into meals that can also be frozen for meals needed at a later date.	£350	6	2100
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This is where the need lay and this is what we pursued with a vengeance. Instead of delivering 6 sessions at £350 we were able to deliver 15 at a reduced cost of £310, totalling £4650.

Basic cooking equipment purchases for Reach out to the community	A portable induction hob/pan for basic cooking when needed plus a Bain Marie to keep soup warm rather than still cooking so that nutritious warm soup can be served rather than tea/coffee that contains no goodness.			100
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We did not need to buy a portable cooker either so no cost there. Instead we spent it on Food costs per week @£20 totalling £300

We did not specifically factor in printing, insurance, laundry, finance so the remainder of the budget £50 goes towards that.

Signature	
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Date	14 January 2019

Please return this completed form via email to the Charity Administrator:
contactus@evancornishfoundation.org.uk

Please send via email wherever possible. If you need to send via post, our mailing address is: The Evan Cornish Foundation, The Innovation Centre, 217 Portobello Sheffield S1 4DP.

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