

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

12041

Name of your organisation: Ananda Marga Universal Relief Team (AMURT) UK	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hackney	
Contact person: Miss Sarah Bentley	Position: Project Coordinator of Made In Hackney
Website: http://www.madeinhackney.org & www.amurt.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 327216
When was your organisation established? 09/06/1986	
<p>Aims of your organisation:</p> <p>The aims of AMURT UK are:</p> <ul style="list-style-type: none"> -To relieve poverty, distress and sickness among persons resident both in the United Kingdom and in the majority world. -To empower communities to advance and improve their health and wellbeing through affordable, healthy and accessible means (e.g. improvement of hygiene, nutrition, natural cures for diseases prevention and treatment & instigation of local food systems) -To relieve homeless persons in London. -Nurture economic and community development through training and employment to uplift communities through projects devised by the communities they aim to serve and that are line with their cultural, religious and social needs. -Provide education and training opportunities both in the UK and the majority word <p>The motto of Made In Hackney (the project of AMURT UK that would deliver the program we are asking for funding for) is: "We believe everyone should have access to healthy, affordable food that's good for people and planet."</p>	

Main activities of your organisation:

One main project and two smaller projects.

1: The Made In Hackney Local Food Kitchen (MIH)

In our pioneering educational, eco-kitchen we deliver cookery courses to community groups - many low-income, marginalised or vulnerable. We work with partner organisations to reach out to these groups and have worked with over 16 organisations including Family Action, Action For Children, Catch 22, Inspire, Kids Company, Lea House and North London Muslim Cultural Centre. We offer pay-by-donation cookery classes led by volunteers which are open to all and advertised to Housing Associations, hostels and local charities.

2: The Homeless Feeding Program

Weekly mass feeding of homeless people using donated food from Spitalfield market that would otherwise be wasted.

3: Small Grant Making

Profits from not-for-profit health food store Food For All awarded in form of small grants (usually around £1000) to projects of independent AMURT chapters (not AMURT UK) in West Africa and Eastern Europe where small sums have a large impact.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	4	5	43

Property occupied by your organisation

Is the main property owned, leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
Owned	

Environmental Impact

City Bridge Trust wants to help voluntary sector organisations to have a positive environmental impact. Please tell us how much your organisation is already doing to have a positive environmental impact using the definitions below to help you decide.

Green champion: We promote environmental excellence through all our activities and raise awareness with users.

Grant Request**Details of grant request**

Under which of City Bridge Trust's programmes are you applying?

Reducing Poverty

Which of the programme outcome(s) does your application aim to achieve?

Fewer Londoners experiencing food poverty

More Londoners with a greater knowledge and understanding of the 'green' environment and biodiversity

Please describe the purpose of your funding request in one sentence.

Give people suffering from food poverty the shopping, food/herb growing and cookery skills to eat a healthy diet that's good for people and planet.

When will the funding be required? **01/04/2014**

How much funding are you requesting?

Year 1: **£25,634**

Year 2: **£26,408**

Year 3: **£27,195**

Total: £79,237

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to fund it?

We would like to achieve this by creating revenue streams such as selling tickets to Masterclass events, hiring out the kitchen (which we own), selling branded Made In Hackney aprons and shopping bags, raising money from individual donors and charging larger organisations for our service provision.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Not applicable

Summary of grant request

Over a 3 year period we will deliver 75 x 6 week Cooking For Life courses (one class p.week) attended by 600 people and 78 x pay-by-donation Community Classes (bi-weekly, two hour class) attended by 936 people. Participating will be groups suffering from food poverty accessed through job centres, housing associations and charities supporting low-income individuals, vulnerable young people and low-income families.

Courses begin with an introduction to food/herb growing and then cover skills for eating well on a low budget e.g. shopping tips, reducing waste, plant based sources of protein, cooking with cheap nutritious ingredients and home composting. All dishes will be costed out and recipe sheets available. We will sign post the Healthy Start voucher scheme.

A new Food Bank opens every week in the UK. Food Banks give out highly processed, unhealthy foods. Long-term dependency on food banks will lead to ill health (both mental and physical) and a subsequent greater dip into poverty. As an alternative people need the growing, cooking and shopping skills to make as nutritious and healthy meals as their budget allows -- and to feel inspired to do so.

This project is needed in Hackney. All wards are among the most deprived 10% in the UK and according to Campaign To End Child Poverty over 44% of children in Hackney live below the poverty line.

The courses will be delivered at the Made In Hackney Kitchen and when appropriate, in other Community Centres. Our cookery teacher will prep the courses including researching costs and ingredients sourcing. Outreach to local community groups will be done by our project coordinator. Promotion of Community Classes will be conducted at Food Banks, Job Centres, Community Centres and Ridly Road market.

We will equip 1536 people suffering from Food Poverty with growing, cooking and shopping skills to eat nutritious, healthy meals on a low budget -- and feel inspired and empowered to do so. This will have a subsequent impact on improving their health and wellbeing and employment prospects. At least 40 staff/community leaders from organizations and charities (who attend with their service users) will be able to pass on this knowledge to future service users.

Since opening in October 2012 we have established relationships with over 22 local community groups -- many of which are people on low incomes suffering from food poverty. Local Housing Officers promote our programs. We have a fully equipped educational kitchen. We have a solid network of 43 plus volunteers.

The outcome of fewer Londoners experiencing food poverty will be achieved as 1536 people will have the resources and skills to grow, cook and eat nutritious, healthy meals on a low budget. We will also have equipped 40 plus community leaders/staff with growing and cooking skills -- along with sets of resources - which they will pass on to future service users.

Service users are involved in Made In Hackney via volunteering, fundraising, attending classes or being part of our steering committee. They are all requested to give feedback at the end of sessions.

We welcome people from all backgrounds and value diversity. This is reflected in the relationships we've formed, our staff, volunteers and service users. We value and support volunteers with agreements, training, appraisals, expenses and regular thankyou gatherings. Made In Hackney is grounded in environmental sustainability. We compost and teach all participants how too. Our energy provider is Good Energy, our bank is Triodos, we use low watt LEDS, our produce is local, seasonal and organic. We use bicycle trailers. We teach the environmental and health benefits of a predominantly plant based diet.

Outputs and outcomes

What are the main activities or outputs you want to deliver? Please include no more than 5. By activities or outputs we mean the services, products or facilities you plan to deliver. If you plan to deliver work over more than one year you should include activities over the full grant period requested. Try to be specific.

Courses: Delivery and evaluation of 75 x 6 week Cooking For Life courses (one class p.week over six weeks) over 3 year period attended by 600 people suffering from food poverty or vulnerable of suffering from food poverty. Also attended by 40 staff/community leaders from local organisations/charities.

Community Classes: 78 x pay-by-donation Community Classes attended by 936 people suffering from food poverty or vulnerable of suffering from it due to low income. Skills covered will be cooking with leftovers, reducing waste, meals for specific budgets, preserving, baking and cooking with low cost nutritional ingredients.

Creation of Resources: Creation of recipe sheets, shopping and menu planning cards for people living on food budget of £10-£25 per week. These resources will be distributed to local community groups and be available online for free and to all participants who attended the classes and courses.

Volunteer Opportunities: Creation of 606 meaningful volunteer opportunities in the form of class hosts (assisting cookery teacher to deliver the lesson and support community groups participating) and Community Class leaders who will prep and deliver the pay-by-donation cooking sessions under guidance of the Made In Hackney team.

Environmental Skills: 1536 people will be taught home composting skills, wise water usage in home/kitchen, best eco-choices for kitchen cleaning products (and how to make your own), how to grow cut and come again salads and herbs in containers and environmental/health benefits of predominantly plant based diet.

What main differences or outcomes do you hope the activities you have described above will achieve? Please include no more than 5. By differences or outcomes we mean the changes, benefits, learning or other effects that result from the work your project would deliver. These might be for individuals, families, communities or the environment.

600 people suffering from food poverty or vulnerable of suffering from food poverty along with 40 staff/community leaders from local organisations/charities will be given vital food growing, cooking, sourcing and composting skills that empower and inspire them to eat well on a very low budget.

600 people suffering from food poverty or vulnerable of suffering from food poverty along with 40 staff/community leaders from local organisations/charities to receive resources of menu cards, recipe sheets and weekly shopping lists which they can use and share with friends, family and neighbours after they've finished the course.

600 people suffering from food poverty or vulnerable of suffering from food poverty along with 40 staff/community leaders from local organisations/charities given vital food composting, energy and water efficiency skills to reduce bills, energy and water usage.

936 people who are unable to commit to attending a full course but can attend a Community Class given vital introduction to cooking, sourcing and composting skills that will inspire and empower them to eat better on a low budget.

Health and well being of at least 1576 people suffering from food poverty improved due to increase in practical food growing, cooking, sourcing and composting skills. Due to impact of these new skills being spread to partners, children, friends, neighbours and family the impact will be much higher

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year?

832

In which Greater London borough(s) or areas of London will your beneficiaries live?

Hackney (100%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

All

What will the ethnic grouping(s) of the beneficiaries be?

A range of ethnic groups

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

31-40%

Replaced

Funding required for the project

What is the total cost of the proposed activity/project?

Expenditure heading	Year 1	Year 2	Year 3	Total
Cookery Teacher	12,750	13,133	13,526	39,409
Project Coordinators 1 (3 days) & 2 (2 days)	31,864	32,820	33,805	98,488
Finance & Admin Officer (1 day)	5,600	5,768	5,941	17,309
Electric	1,500	1,545	1,591	4,636
Herb Plants & Compost	2,500	2,575	2,652	7,727
Ingredients, Jars & Container Costs	4,150	4,275	4,403	12,827
General Kitchen/Office running expenses	1,200	1,236	1,273	3,709
Volunteer Expenses (Hosts & Apprentices)	2,314	2,388	2,455	7,158
Publicity, Marketing & Website Updates	1,220	1,257	1,294	3,771
TOTAL:	63,098	64,996	66,941	195,035

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Tudor Trust	24,718	25,460	26,224	76,402
Hackney Council	12,746	0	0	12,746
	0	0	0	0
	0	0	0	0
TOTAL:	37,464	25,460	26,224	89,148

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Cookery Teacher	12,750	13,133	13,526	39,409
Project Coordinator 1 (3 days) & 2 (2 days)	0	0	0	0
Finance & Admin Officer (1 day)	0	0	0	0
Electric	1,500	1,545	1,591	4,636
Herb Plants & Compost	2,500	2,575	2,652	7,727
Ingredients, Jars & Container Costs	4,150	4,275	4,403	12,827
General Kitchen/Office running expenses	1,200	1,236	1,273	3,709
Volunteer Expenses (Hosts & Apprentices)	2,314	2,388	2,455	7,158
Publicity, Marketing & Website Updates	1,220	1,257	1,294	3,771
TOTAL:	25,634	26,408	27,195	79,237

Finance details

Please complete using your most recent audited or independently examined accounts.

Financial year ended:	Month: October	Year: 2012
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Income received from:	£
Voluntary income	64,844
Activities for generating funds	0
Investment income	0
Income from charitable activities	0
Other sources	0
Total Income:	64,844

Expenditure:	£
Charitable activities	52,343
Governance costs	0
Cost of generating funds	0
Other	8,821
Total Expenditure:	61,164
Net (deficit)/surplus:	3,680
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	0
Investments	99,829
Net current assets	13,430
Long-term liabilities	0
*Total Assets (A):	13,430 13,529

Reserves at year end	£
Endowment funds	0
Restricted funds	13,430
Unrestricted funds	0
*Total Reserves (B):	13,430

* Please note that total Assets (A) and Total Reserves (B) should be the same.

Statutory funding

For your most recent financial year, what % of your income was from statutory sources?
0%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2010 £	2011 £	2012 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	60,000

Previous grants received

Please list the grants received by your organisation from charitable trusts and foundations (other than City Bridge Trust) during the last THREE years. List source, years and annual amounts. Please include the 5 largest only.

Name of Funder	2010 £	2011 £	2012 £
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

Declaration

I confirm that, to the best of my knowledge, all the information I have provided in this application form is correct. I fully understand that City Bridge Trust has zero tolerance towards fraud and will seek to prosecute and recover funds in every instance.

Please confirm: Yes Full Name: **Sarah Bentley**

Role within **Project Coordinator of Made In Hackney**
Organisation:

Funding required for the Project

What is the total cost of the proposed activity / project?

Expenditure headings	Year 1	Year 2	Year 3	Total
Cookery Teacher	12,750	13,133	13,526	39,409
Staff (Project Coordinators, Finance, In Kind, Training)	38,631	39,818	40,983	119,432
Electrics	1,586	1,634	1,683	4,903
Herbs Plants & Compost	2,500	2,575	2,652	7,727
Ingredients, Jars and Containers	4,150	4,275	4,403	12,827
General Expenses (Telephone, Stationery, Print, Insurance)	5,275	5,433	5,596	16,303
Volunteer & Apprentices Expenses	2,314	2,388	2,455	7,158
Publicity, Computers/Website, Accountancy Fee, Equipment	2,983	2,493	2,567	8,042
Premises Costs (Rent, Building Insurance, Concil Tax - In kind)	6,726	6,928	7,136	20,789
Total	76,914	78,675	81,002	236,591

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Tudor Trust	16,946	17,454	17,978	52,377
Volunteers In Kind	14,811	15,284	15,713	45,809
Premises Costs In Kind	6,726	6,928	7,136	20,789
Trading Income from Masterclass (Expected) & One off Masterclass	7,200	7,416	7,638	22,254
Course Fees, Class Donations, Product Sales & Kitchen Hire	6,190	6,190	6,190	18,570
Total	51,873	53,272	54,655	159,800

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
				0
				0
				0
Total	0	0	0	0

How much requested from the Trust?

Expenditure headings	Year 1	Year 2	Year 3	Total
Cookery Teacher	12,750	13,133	13,526	39,409
Staff (Project Coordinators, Finance, In Kind Staff, Training)	0	0	0	0
Electrics	1,500	1,545	1,591	4,636
Herbs Plants & Compost	2,500	2,575	2,652	7,727
Ingredients, Jars and Containers	4,150	4,275	4,403	12,827
General Expenses (Telephone, Stationery, Print, Insurance)	1,200	1,236	1,273	3,709
Volunteer & Apprentices Expenses	2,314	2,388	2,455	7,158
Publicity, Computers/Website, Accountancy Fee, Equipment	1,220	1,257	1,294	3,771
Premises Costs (Rent, Building Insurance, Concil Tax - In kind)	0	0	0	0
Total	25,634	26,408	27,195	79,237