

Name of your Organisation:	Maymessy CIC
Name of the project TFN funded:	Cooking with adults with complex needs
Date Funded by TFN:	27th April 2022
Were you able to undertake your project as planned?	Yes
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>There have been life style changes with all of the 35 participants with complex needs:- For example;</p> <p>All participants have tried new ingredients and tasted food cooked in different ways. eg raw vegetables that were grated or oven roasted vegetables, puree etc</p> <p>All participants visited the Maymessy vegetable garden and depending on the time of the year, some planted vegetable seeds, some pulled out butternut squash to eat in the food they cooked. They learnt names of vegetables about plot to plate.</p> <p>All have a more varied, healthy diet with a substantial increase in vegetables and fruit.</p> <p>All participants learnt how to make bread from scratch.</p> <p>Staff who support the residents at Style Acre, have learnt how to cook a variety of meals using the same ingredients.</p> <p>Maymessy is in the process of making a cook book with all recipes for participants and care workers to keep and use in the future.</p> <p>There have been increased volunteering opportunities and we have a volunteer who spending her time sorting out the layout and proof reading text for the cook book. She is going to interview staff and participants from Style Acre for the book. We also have volunteer opportunities for Style Acre young people as we are holding a picnic for the participants and we have at least 4 volunteering to help set up, pack up on the day.</p> <p>Maymessy has Increased in staff size due to TFN funding as we employed 2 x people on free lance basis to support our classes with Style Acre and a 1 x volunteer to support with making the cook book. One of the free lance staff is a past participant of cooking class at Maymessy and is a survivor of domestic violence. Her confidence has increased significantly helping and working with young adults with complex needs.</p> <p>We have had an Increased number of projects with Style acre since the funding. We now have funding for 3 more classes with specific individuals from Style Acre that have come about due to TFN funding.</p>

	We have a new project with Style Acre through making a cook book specifically for Style acre participants and all its residents. We are focusing on individuals who have come here to cook, their personal stories, likes and dislike and food by professional food photographer. However, we hope this cookbook might appeal to other charities or individuals who have complex needs
What portion of the project did TFN fund?	1
How many direct beneficiaries did the TFN funded project reach?	35
How many indirect beneficiaries did the TFN funded project reach?	100
Were you able to leverage further funding as a result of TFN support?	Yes
If yes, how much were you able to raise?	£500 from Tesco to go towards Style Acre cook book £1,506 from OCVA to have Ricky and Charlie back to cook from Style Acre
Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?	Yes
If yes, please can you provide details of the support you received?	We have a new volunteer helping with the cook book We have in kind reduced rates from the food photographer who has taken pictures of the food with each group and shown each group how to take pictures. We meet the fundraiser for Style Acre We will met
How important was TFN funding in helping you achieve your objectives?	We wouldn't have been able to achieve our objectives without TFN funding
Has the training you received from TFN better prepared you in pitching your organisation to potential funders?	Yes
Has TFN increased your capacity to raise further funds?	Yes

<p>Can you tell us any personal stories to highlight the value of the project?</p>	<p>A quote from Charlie's mum via email (one of the participants)</p> <p>" I just wanted to write a personal email to thank you so very much for inviting our daughter to attend Maymessy. We have seen the photos of Charlie in action, and with your support, all that she has made. We are so proud of her. Charlie has always struggled being around food due to her cravings. To see her working with food in a calm and productive way, is something we thought we would never see, so thank you.</p> <p>Charlie has been asking to come again to Maymessy and so on her behalf I am writing to see if there was availability for her to come on a more regular basis? I appreciate that you have to offer spaces to many people and I'm sure you have a waiting list but I thought it was worth asking ."</p> <p>Ricky's carer "Ricky is a different person at Maymessy. He walks confidently into the kitchen and is able to maintain eye contact with Maia and Anna. HIs communications skills have increased and he is able to talk a little albeit in short small sentences. "</p> <p>Ricky was classified as 'non verbal' so we are thrilled with his chat and confidence. He also is the most amazing reader and can read all the recipes we use.</p> <p>Quotes from some of the participants</p> <p>Jake</p> <p>"I like shepherds pie and lasagne</p> <p>I enjoyed learning new stuff like vegetable muffins I like it here as it is like my old home and it is in the middle of nowhere. I never have middle of nowhere now. I used to live in a village.</p> <p>I like everything “ been nice to try new veg.</p> <p>I find it hard to speak in the morning "</p> <p>Gabrielle</p> <p>"I like baking bread at Maymessy. I like roasting vegetables “ I like grating carrots and chopping potatoes and peeling onions.I like cooking risotto .</p> <p>Maymessy is really quiet and really big and it does make me happy . I like the fresh air and exercise</p> <p>I dont like salad leaves but might try the spinach leaves in the green pancakes."</p> <p>Jamie</p> <p>"I have learnt more recipes and new skills learning how to chop and grating skills. I have tried new food like celeriac soup and did not know you could cook celeriac in different ways. I thought you could only cook one way</p> <p>I have enjoyed everything. I am loving cooking here."</p> <p>Chris</p>
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TFN IMPACT REPORT



	"I like making pizza flat bread. I felt brave chopping using the big green knife with Maia. I like sitting outside and eating our lunch."
Since presenting at TFN, has your organisation undergone any other significant changes?	No
Do you have any other comments or feedback on the experience of the TFN process?	A very supportive experience with my hand held throughout the process by the lovely Jennie Jeffery without whom I would not have got the £10,000 funding for Maymessy. I would like to thank all.