



TFN Impact Report

Name of your Organisation:	Migrateful
Name of the project TFN funded:	Migrateful
Date Funded by TFN:	29 June 2017
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>Migrateful has come a long way since the YFN event. Back then, we were at an early stage of development, experimenting with offering cookery classes run by refugees and asylum-seekers.</p> <p>We now run weekly training sessions for refugees, asylum seekers and migrants, with an average of fifteen participants each week. Sessions begin with a group English conversation class. Participants then take it in turns to teach the rest of the group to cook their traditional cuisine, before all sitting down together to share the meal they have prepared, building connections and further developing their English. When they are ready, they are supported to deliver evening cookery classes to paying customers across London. These paid classes take place in cafes (in Peckham, Walworth and Angel) or customers can host a class in their own home for themselves and their friends. Each class lasts around three hours, with an average of 6-8 paying participants per class. The classes have wide appeal, attracting those simply interested in food as well as those wishing to support refugees struggling to rebuild their lives. Migrateful now has chefs from Syria, Iran, Albania, Eritrea, Ethiopia, Nigeria, Congo, Pakistan, Ecuador and Cuba.</p> <p>We have been operating now for twelve months and have:</p> <ul style="list-style-type: none"> • 12 chefs now regularly delivering paid cookery classes throughout London • 100 classes run to date • 800 participants attending • 2-4 classes per week being run <p>Migrateful has a demonstrable impact on its chefs' employability and wellbeing. In our 2017 monitoring questionnaire, 100% of chefs felt that delivering classes had improved their confidence and 86% reported that Migrateful had improved their English. Yohna, an Eritrean chef who was imprisoned and tortured for her Christian faith, explained, "Migrateful has helped me to feel more positive about myself, to realise I have a lot to offer. It's so nice that others want to learn about my cooking." Another said: "It feels that coming in this group we are not called a refugee or asylum seeker. We are called a person which means we get respect, love and care."</p> <p>Chefs are also supported to campaign for systemic international change, for example our 'Siege Soup for Syria' letter-writing event, run by a Syrian chef, attracted 70 people.</p>



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	<p>Migrateful also promotes better community relations. It offers a rare opportunity for those who would not otherwise meet the chance to do so, in a relaxed setting, on an equal footing and centered around the near-universal love of food. One customer told us: "I absolutely loved my class, especially hearing about our chef's culture, laughing and joking together. It felt like we were one big community!"</p> <p>Migrateful has had pro bono assistance to help it develop a fuller theory of change and understand its impact better. This will form the basis of a more detailed impact monitoring system, which will be implemented in the summer of 2018.</p> <p>The organisation itself has grown. We now have 6 part-time staff, including 2 class facilitators as well as 90 volunteers. We operate throughout London, and are beginning to explore expanding into Kent.</p>
What portion of the project did TFN fund?	10%
How many direct beneficiaries did the TFN funded project reach?	18 chefs have so far been trained and run cookery classes. Some chefs have now moved on, some to work in catering. Twelve are still involved with Migrateful.
How many indirect beneficiaries did the TFN funded project reach?	800 people have come to classes and had a chance to interact, in an intimate setting, with people they would otherwise have been unlikely ever to meet. Many of our chefs have dependent family members here in London with them. Any positive impacts on the chefs are likely to lead to indirect benefits for the whole family. However, we do not currently record data on other family members.
Were you able to leverage further funding as a result of TFN support?	Yes
If yes, how much were you able to raise?	£3,500 matched funding from Esmee Fairbairn Foundation; £5,000 from UnLtd; £5,000 from private individuals.
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?	Pro bono legal advice - 5 hours Financial and accounting advice - ongoing, 3 hours a week
How important was TFN funding in helping you achieve your objectives?	We would have found it difficult to achieve our objectives without YFN funding
Since presenting at TFN, has your organisation undergone any other significant changes?	One of the two founders left the organisation in November 2017.



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Do you have any other comments or feedback on the experience of the TFN process?	The experience has been a very positive one. On the back of the presentation we were offered valuable pro bono legal and financial advice and the funding received, augmented by matched funding from other sources, helped persuade us that our venture had a future and thus start us on our journey.
Can you tell us any personal stories to highlight the value of the project?	<p><i>Betty's story:</i> My name is Betty. I am 34 years old and I was born in Nigeria. I came to London when I was 16. It wasn't easy coming to a new country on my own, but I had to grow up fast. I don't like to call myself a victim. I am a survivor. The thing I found most difficult when I first came to London was realizing for the first time that I was different and that people looked at me differently here. I felt very alone. The first Christmas was the loneliest. I missed my family, especially my dad. I love to cook and I love to eat not just any food but good food. I feel alive when I see others enjoying my cooking. It is a form of therapy for me, I like to get my hands into something and cooking is the best way I can do that.</p> <p>Joining Migrateful is one of the most rewarding things I have done for a long time. I never thought I could ever have the confidence to cook in front of other people that weren't my family. It's great to meet other chefs that are in a similar situation to me, also experiencing the difficulty of the immigration process. I can be myself in this group and I really appreciate it.</p> <p>Cooking is something that Nigerian families always do together and recipes are passed on through generations. Sharing food with friends and family is really important to me and this is why I love Migrateful.</p> <p><i>Lola's story:</i> I am Lola and I am from Cuba. I like to make people laugh. I often can't find the words in English, but I find a theatrical way to express myself especially when I'm teaching my recipes. I am passionate about Cuban food and I like teaching. I'm happy to speak Spanish with you and also teach you some Cuban salsa moves. In Cuba I was a vet working with farm animals. I came to the UK 12 years ago to live with my daughter and her son. I only speak Spanish at home so I've never managed to learn English which feels very isolating when you live in a country where you can't speak the language. I'm 71 years old, and I've decided I'm determined to try to learn English and Migrateful is helping me to do that because I get to practice English with my cookery students. I came from a very poor family in Cuba and so I really value every meal I eat. One of my favourite dishes to teach is called "Con gris" which has black beans and white rice. This dish celebrates diversity in Cuba, with white and black people mixing together.</p>