

Name of your Organisation:	Feedback
Name of the project TFN funded:	Lucy Antal
Date Funded by TFN:	3/24/2021
Were you able to undertake your project as planned?	Yes
If no, please outline how the project has changed.	
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>The generous support from TFN has enabled Alchemic Kitchen to build on our work supporting communities, advocating for and providing better food access for local people. Through expanding interventions like mobile veg van, increased campaigning and practical courses like Men vs Food, we've directly worked to transform the food environment locally.</p> <p>This funding also helped us use our mapping of Knowsley's food needs, future vision and the political opportunity of 2021's elections to position food as a key local priority (e.g. Hustings events), with opportunities for communities to make their case for change. For example, we asked questions at the Metro Mayor hustings, engaged with Knowsley council senior managers and have been contributing to the Liverpool Good Food Plan (https://www.feedingliverpool.org/goodfoodplan/) as a key member of the steering group.</p> <p>This funding has furthermore enabled us to build on the recent Liverpool Council mandate that Right to Food should be enshrined in law with national advocacy. We've continued to advocate for this, with media appearances via NEON on Sky, BBC Radio 5 Live, LBC and BBC Radio Merseyside and Five Counties.</p> <p>We have continued to work with academics and policy makers, applying our on the ground learnings to academic research - co-authoring a report on The Future of Surplus Food Redistribution in the UK which is due to be published in Food Policy vol 108 this April and engaged in the sandpit process with Nuffield Research on Connecting Communities to Policy during the autumn of 2021.</p> <p>We have also developed online community workshops on food's value, reaching more groups to build confidence in food skills and avoid waste, using our AQA registration to issue learning certificates - Post covid (originally we were looking at online delivery) we've delivered three cohorts of 4-week introductory slow-cooker oriented courses and delivered three cohorts of our 4-week advanced cooking course. Participants have received food skills training, been given equipment and food stores and have achieved AQA certificates.</p>

What portion of the project did TFN fund?	5%
How many direct beneficiaries did the TFN funded project reach?	700. We had aimed to reach 375 direct beneficiaries. As our work was conducted primarily in person, rather than online as anticipated, we managed to surpass the total direct beneficiaries and engaged over 700 people at engagement workshops during school
How many indirect beneficiaries did the TFN funded project reach?	7500. For the same reasons our direct engagements were so much higher than anticipated, our indirect beneficiaries are lower than expected. We had planned to conduct a number of engagement workshops online, meaning we could record them and publish them as
Were you able to leverage further funding as a result of TFN support?	Yes
If yes, how much were you able to raise?	Moondance: £30,000 Livv Housing: £25,000
Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?	No
If yes, please can you provide details of the support you received?	
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
How important was TFN funding in helping you achieve your objectives?	We would have found it difficult to achieve our objectives without TFN funding

<p>Since presenting at TFN, has your organisation undergone any other significant changes?</p>	<p>Since we presented at TFN, we have changed our focus to best meet the demands of the local communities we work in. Whilst reducing food waste and working towards finding solutions for the flaws within the food system remain a priority for us at Alchemic Kitchen and Feedback as an organisation, we have centred a lot of our recent work and future planning around creating empowered food citizenship in Liverpool City Region and supporting the development of a local food system that is fair and equitable.</p> <p>Through this work, we are creating a participatory process that will generate a report that details the changes that local communities want and need. Now more than ever, we feel it is essential to create consensus, embrace community cohesion, and work to deliver on the aims set out through a democratic and collaborative process. This is leading us down the path of education, supporting better access to fresh food and advocating for the changes required in the food system at policy level.</p> <p>Naturally, our core founding principles are threaded through all of the work we carry out in the region, even if the focus of the project has shifted slightly.</p>
<p>Do you have any other comments or feedback on the experience of the TFN process?</p>	<p>The opportunity to have rehearsals and advice from the team was really useful prior to making the on the night pitch. Support from the team in general was excellent.</p>
<p>Can you tell us any personal stories to highlight the value of the project?</p>	<p>We have had many fantastic personal stories that have come as a result of the project. Through our cooking courses we have successfully engaged with members of hard to reach communities on an ongoing basis, providing us with fantastic insights about what future project development is required to meet the needs and wants of the communities in Knowsley and wider Merseyside region that we are trying to collaborate with.</p> <p>Here are two examples exemplifying the value of the cooking courses:</p> <p>Case Study 1:</p> <p>The Alchemic Kitchen course we have just been on with Keenan and Adam was really great, they gave 100%, which helped some of the people come out of their shells and become involved. We all thoroughly enjoyed it and were sad when it came to an end. One of the residents who also attended the course would like to open our community centre kitchen and start a regular dinner club. We believe that anything is possible in our little centre if we are given the chance to learn how to deliver some of the ideas we have here. I hope that we are able to work with Alchemic Kitchen more because I think that they can help us develop some of our ideas.</p> <p>Case Study 2: (names have been changed)</p> <p>Jonathan joined the introductory course last year, at which point they had little knowledge about food and had struggled to care for themselves without the support of their sister, who lived relatively</p>

	<p>close by. We later learned that Jonathan had been reliant on their mother to provide them with most of their meals, before passing away. In the six months after her passing a combination of Jonathan's sister and other residents at their housing scheme had provided meals for him as, in addition to struggling with grief, he did not possess the skills to do it himself. In the final session of the advanced cooking course, we were chatting with Jonathan and they told us that they would be taking the roast chicken dinner that they had just prepared to share with another resident at their housing scheme, who had not been able to attend the advanced cooking course. We felt that the development from being dependent on others to becoming more self-sufficient and even providing for other people was a great measure of the success of the course.</p> <p>Both of the participants cited in the above case studies are keen to continue their work with us and have expressed a desire to work on developing their small community centre on site at their sheltered accommodation so that it can be used to grow, cook and serve food, boosting social interaction and support between the 300 tenants on site. We are seeking funding in order to continue our work in accordance with this consultation.</p> <p>As further testament to the importance of this community work, Alchemic Kitchen's Lucy Antal was just crowned Community Food Champion at the BBC's Food and Farming Awards in November 2021: https://twitter.com/BBCTheOneShow/status/1465771226689941521</p>
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