

# Maymessy CIC an empowering cookery school

Social impact report 2021



# Maymessy

We believe in giving marginalised groups and disadvantaged young people greater wellbeing. We do this through empowering, bespoke cookery classes and wellness activities. We support young carers, young people in the care system, families struggling financially, those with special needs and refugee families.

We do this because these groups may have:-

- 🍷 Loneliness and lack of social interaction
- 🍷 Mental illness
- 🍷 Lack of opportunities
- 🍷 A fear of failure.
- 🍷 Lack of self esteem and confidence
- 🍷 Poor diet -over reliance of take aways
- 🍷 Weight issues.







# Supporting

Thank you to businesses and charitable trusts who have supported Maymessy in 2021:

- 🌿 Oxfordshire Community Fund
- 🌿 Vale of White Horse Covid grant
- 🌿 Wantage Town Council
- 🌿 Faringdon Town Council
- 🌿 Swire Charitable Trust
- 🌿 Bovis and Linden Homes
- 🌿 People's Health Trust, Health Lottery South East & The Health Lottery
- 🌿 The Arnold Clark Community Fund
- 🌿 Alison Hail - Oxford Professional Consulting for B4 Membership
- 🌿 Lagan Homes
- 🌿 Waitrose
- 🌿 Tesco
- 🌿 The Ray Collins Charitable Trust
- 🌿 Sustainable Wantage
- 🌿 The Lord Faringdon Charitable Trust
- 🌿 Womens Institute Childrey and Sparsholt.

*"I am honoured to be a director of Maymessy and take the responsibility seriously. I have already committed to seek out ways of working with Anna and the other directors to increase revenue and impact to further the good work that Maymessy does over the next financial year."*

Andrea Hartley Director, Founder and CEO of Skating Panda, Board Trustee Mothers2mothers.

2021 Maymessy has been awarded the Points of Light award which is given by the Prime Minister's office and recognises outstanding individual volunteers - people who are making a change in their community.

In a personal letter to Anna, Prime Minister Boris Johnson said:

*"I was inspired to hear about 'Maymessy' and the 'messy' cookery workshops you run to help people learn vital life skills and gain confidence.*

*[www.pointsoflight.gov.uk/maymessy](http://www.pointsoflight.gov.uk/maymessy)*



# Cooking classes on a budget

The communal aspects of enjoying food together are just as important as preparing it.

## Case study: Wantage families cooking on a budget.

From March 2021, when schools were allowed to open, we have run cookery classes on a budget to parents and our aim has been to support as many parents as we can by facilitating how to make cheap, healthy, nutritious and tasty meals on a limited budget using food bank ingredients and seasonal fruit and vegetables.

We have made a real difference to these mums.

- 👏 All 12 saying they have improved healthy eating by all and increased self-esteem and confidence
- 👏 We have had 11 attending first aid course, 1 volunteering at Maymessy, 1 starting her own photography business and being mentored, 3 joining the gym and one lady running a half marathon in October this year having lost 5 stone
- 👏 We have reduced loneliness and improved mental health in all 12 attending
- 👏 We have been upskilling by offering gardening, first aid, photography, portion control
- 👏 They take home recipe cards, extra food so they don't have to cook at home that night and a supply of herbs and spices for their cupboards
- 👏 We signpost the parents to The Mix with Jo being a friendly face and now the community larder
- 👏 They get certificates and a food blender (thanks to Ray Collins Charitable Trust) to all who have attended and completed the cookery course.

**“I have experienced making new friends coming to Maymessy, chatting and feeling less lonely. Normally it is just me and the walls at home. I have learnt how to cook good recipes and will use that at home and want to do courses at Maymessy.”**

CA May 2021

We are expanding, rolling this out to Faringdon with a grant from Faringdon Town Council.

This autumn we started 2 cookery groups from Wantage with a new class focusing on adults with additional needs living independently. Thank you to Wantage Town Council for your continued support.

**“The cookery classes have given me more confidence. I know about healthy eating. Since coming to Maymessy, I have joined the gym, went on a portion control class and am less anxious and will come back with my whole family to learn more cookery classes. I have the confidence now to find a course to train as a nail bar person. I feel I have taken back control.”**

T. May 2021



Fire exit

A social enterprise

Maymessy

Maymessy





Fire exit

A social enterprise for the most vulnerable people

A social enterprise for the most vulnerable people

Developing your people into personal leaders

LEITHS

LEITHS

Maynessy

Maynessy

LEITHS

LEITHS



# Cooking holiday camps for young people

Time now for young people re connect and smile.

## Case study -Youth Challenge Oxfordshire - Faringdon February half term.

Maymessy was able to have small group into the barn from the charity YoCO Faringdon, February half term 2021. The remit was simple, to just reconnect and have some fun outside with all social distancing in place. The young people enjoyed a BBQ outside eating sausages and smores, playing tennis in the wind and rain and listening to the very talented young lady from the group playing her guitar.



**“We had so much fun on the tennis court, even though none of us could hit the ball straight.”**

Tom

**“I know he really valued his time there and that he was able to catch up with his friends. I think you made the kids half term! Thank you!”**

We have been so happy to welcome back Fitzwarren kids for pizza making in summer holidays. Baking, fooseball, and arts and crafts for all!

**“We had a fantastic day yesterday and the children loved it. Maia and Emma were fabulous- it was perfect!”**

Clair Taylor Out of School Liaison Officer

We also held zoom cookery classes during lockdown such as Valentine cookies for all our local charities we support from the wonderful vegan chef Kirly Sue.



# Volunteering

We have had 28 volunteers who have volunteered over 525 hours over from May 2020- 31st May 2021.

Case study – Volunteering Befriending project with Women from Refugee resource and Oxfordshire women.

- 👩 We have introduced a Be friending program, a pilot and first for Maymessy with 6 women from Oxfordshire and 6 women from charity Refugee Resource
- 👩 They have met on Zoom each month during the pandemic and had an online cookery class and an art activity drawing their own self portraits!

👩 We were allowed to meet up in June had a fun lunch sharing dishes at Maymessy and making new friends

👩 We have some exciting face to face activities to aid friendship through shared experiences including horse riding and a picnic and trip to the Botanical gardens.

We have been fortunate to have Laurie Bryne volunteering earlier in the year, Millie Jones on her silver Duke of Edinburgh and the fantastic Ems Macaulay volunteering for Wantage cookery classes with her famous roti recipe!



# Mentoring

**We offer mentoring and volunteering with a difference.**

## **Case Study: Mentoring 11 ladies from Refugee Resource.**

We are mentoring 11 ladies from charity Refugee Resource into a food related business over the next two years.

We are volunteering time over the next two years by supporting 11 women from Refugee Resource charity to set up their own food related businesses. Ideas so far are a samosa stall, a hibiscus juice bar and frozen meals.



© www.vivaciousmelphotography.com



We will be working with women who have already set up successful businesses to support the group in a kind and nurturing way. We will set up peer to peer support groups and skill them up and build up confidence levels.

So far the ladies have had a talk from Daisy Pratt who has set up her own cake business [www.veryvanilla.co.uk](http://www.veryvanilla.co.uk), support from Karen at Vale community Impact on benefit and naming brand zoom from Cathy and Bespoke Brand Designs. [www.thebespokebranddesigner.com](http://www.thebespokebranddesigner.com)

We have enjoyed a lunch at Maymessy with sharing of dishes and the photographs below are from the very talented Mel Cunningham Vivacious Photography. [www.vivaciousmelphotography.com](http://www.vivaciousmelphotography.com)

This is a two year project funded kindly by People's Health Trust, Health Lottery South East & The Health Lottery.

**We are also mentoring parents from the Wantage cooking workshops who want help. We are supporting Kat to set up her own photography business.**

**Touhida and Marriam have started their own catering business. Marriam produced samosas for the WI Childrey/ Sparsholt in September and was a very successful first event. Do get in contact with me if you want to book them for a dinner party.**



# A social purpose

Maymessy is set up as a community interest company. We are a not for profit and our income-generating activities are expressly designed to pay for its social purpose.

We would love an ongoing relationship with local businesses, philanthropic individuals and local charitable trusts.

If you are looking for a venue, please consider Garlands Barn as an ethical choice. You can rent the space for social distancing business events, parties, weddings and wakes. With 24 acres of secluded outdoor space, there is plenty of room to enjoy uninterrupted views of the Ridgeway.

Garlands Barn is a venue with a conscience.

Funds from rent of the venue support the good things we do at the social enterprise Maymessy.

[www.maymessy.com/funding](http://www.maymessy.com/funding)

[www.garlandsbarn.com](http://www.garlandsbarn.com)

[www.maymessy.com](http://www.maymessy.com)  
[anna@maymessy.com](mailto:anna@maymessy.com)

Or follow us on Facebook:  
Maymessycook



Maymessy