



Raking & Baking EOY Monitoring August 2016

Part one - Looking back

1.1 What progress have you made?*

Describe the main activities you've started, continued or finished during this reporting period. You can write up to 2,000 characters (about 300 words).

During the reporting period we have delivered six 8-week courses with full capacity (total number of 73 enrollments). This included 48 cooking and 48 gardening sessions. We operate a waiting list, all courses get booked in advance.

Our feedback is 100% positive, we are reaching our target groups, a range of people of various age, abilities and backgrounds. We have recorded that the project counteracts social isolation and increases people's knowledge in healthy eating, cooking and growing own food. 100% participants reported that they have learnt new skills and cook from scratch at home more frequently. Most have also felt that the gardening sessions provided plenty of opportunity for exercise, particularly with watering the site and weeding.

We have been involving volunteers on each course who help with regular watering of the gardens in between courses as well as help at sessions. Also, due to the course set up and hands on learning most participants report that volunteering is a key aspect of the participation and contributes to their overall enjoyment of the course.

From the open questions of the feedback forms it is clearly understood that the social aspect of the course, being able to meet new people, interact with the group on a weekly basis and feeling part of it, is the most valued part of the project. This is also the most difficult one to measure.

Since the mid-year monitoring report the attendance has improved and we recorded 50% increase in completion of our feedback forms from 46% received by Jan 2016 to 71% received by July 2016.

Most recently we have recruited a new Project Coordinator who will be responsible for lessons plan, course content and delivery of the sessions as well as for all the administration: advertising, recruitment, enrollments, feedback and equalities monitoring. Amy is a very skilled Project Manager with background in marketing and we believe that her skills will allow us to better evidence our outcomes.

1.2 How much change has happened?*

Your project outcome 1

Participants will learn new transferable skills, and will be given volunteer opportunities with the aim of increasing confidence to become involved in other new activities or potential employment

Change indicators	Amount of change	By when?	How much change has happened so far?*
Number of people who will learn new transferable skills through participating in the classes.	12 per course by the end of each course	End of project	73 attendees learnt new skills. Participants said: "... how to grow plants, build raised beds, making compost, how to water seedlings, about soil types and fertilizers"; "It was excellent inspirational and well thought, new cooking skills, vegan recipes, how to add more nutrition to meals".
Number of people taking volunteer roles within the project.	200	End of project	75% of participants felt that their participation involved volunteering for the community. [Data from our Wellbeing Questionnaire] "I have felt a real sense of community coming here and it has also been a good focus to have a day to look forward to while looking for work..."
Number of people in new activities or employment.	180	End of project	49% of participants said that following the Raking & Baking they enrolled on a course, signed up to a volunteering project or seek employment in gardening or cooking. "I'm more involved in community projects, ie getting community mural around St Pauls and beyond with a growing/organic focus".

Your project outcome 2

The project will bring together people from different backgrounds and people of different ages in a common aim of increasing their own wellbeing, which lead to an increase in levels of social activity

Change indicators	Amount of change	By when?	How much change has happened so far?*
Number of people from different backgrounds brought together by attending the course.	9 per course by the end of each course	End of project	There were 22 different ethnicities/nationalities. 13% Muslim, 31% Christian, 10% Buddhist, 4% Hindu; 36% people with disability; 11% lesbian/gay/bis; 87% female, 13% are male "I am pleased with my ability to socialise with all kinds of people and talk more to people you wouldn't normally talk to."
Number of people of different ages brought together by attending the course.	3 per course by the end of each course	End of project	There are always 3 to 5 different age categories attending each course. The age ratio was as follows: 18% age 16 - 24 50% age 25 - 49 25% age 50 - 64 6% age 65 - 74 and 1% age 75+
Number of people increasing wellbeing and level of social activity through participating in the course.	360	End of project	73 "It has provided a lovely social experience, got me out of the house every week and my fingers in the soil. I have recently been struggling with anxiety and depression and it has helped me with this." "I am feeling more alive and healthy, confident and happy following this sharing experience"

Your project outcome 3

Participants and families will improve their diet, and take part in aphysical activity, improving health and physical wellbeing

Change indicators	Amount of change	By when?	How much change has happened so far?*
Number of participants and families who improve their diet.	227	End of project	51 feedback forms: we recorded 100% increase in how often participants cook a meal from scratch at home. "I look forward to cooking and I am not afraid to try ingredients I have not used before. I plan to invite some friend for dinner so I can show off my new skills. :)"
Number of people who take part in physical activity through participating in gardening.	288	End of project	73 participants have taken part in gardening. "I'm excited to grow my own food, it has been a very therapeutic experience." "It has encouraged me to clear some space in the communal garden where I live ready for planting." "Make use of garden. Grow more veg."
Number of people who improve their health and physical wellbeing.	360	End of project	As a result of the project 63% participants feel more healthy, 71% more confident, 55% more happy and 38% less isolated. "It is the highlight of my week, I feel so privileged to be a part of this group. I feel happier, healthier, more confident, more hopeful and more connected to my community."

1.3 What have you learned?*

From our Wellbeing Questionnaires' report

Volunteering - most participants feel like they 'give back' to the community by attending the course as well as 'keep learning, 'connect" and 'be healthy'. The 'Volunteering' score was 80% higher from the participants of R&B in comparison to the total general Centre impact monitoring. To build up on it we have created posters to advertise all in-house volunteer opportunities.

Community Cafe

One of our new developments on site is the opening of a new community cafe Neck of the Woods in September. The cafe will offer a range of new opportunities for participants and local people in general. The owners appointed via an open tender in response to our specifications have a great community-focused vision which will also concentrate on the outdoor areas, landscaping, and developing the gardens. The project is supported by Quartet Community Foundation's Step Change Programme.

Feedback forms

Initial low return of feedback forms lead us to deciding on gathering verbal feedback and recording it in a register at each session. This way we can evidence that all participants learn new skills and benefit from physical activity and social interaction.

It was unexpected that almost 50% of participants have reported that they will seek other opportunities, they have been inspired and would like to enrol on further courses in gardening and cooking, get involved in other community projects, seek employment in the field.

Change of roles

We have also decided on a slight change in roles and responsibilities when the opportunity had arisen. We have employed a new Project Coordinator to do the administration of the project as well as the delivery of courses. This is a trial for 12 months while our administrator is on maternity leave.

Amy is also keen on developing a parent and toddler course in 2017 in response to demand we established earlier this year, which we discussed in our conversation in January.

Part two - Equality information

2.1 Who has benefited from your project?*

Ethnic background Percentage (%)

White

English / Scottish / Welsh / Northern Irish / UK: 49

Irish: 2

Gypsy or Irish Traveller: 0

Any other white background: 21

Mixed / Multiple ethnic groups

Mixed ethnic background: 12

Asian / Asian UK

Indian: 2

Pakistani: 5

Bangladeshi: 0

Chinese: 1

Any other Asian background: 2

Black / African / Caribbean / Black UK

African: 2

Caribbean: 2

Any other Black / African / Caribbean: 2

Other ethnic group

Arab: 0

Other: 0

Gender - Percentage (%)

Male: 87

Female: 13

Age - Percentage (%)

0 - 24 years: 18

25 - 64 years: 75

65+ years: 7

Disability - Percentage (%)

Disabled: 36

Not disabled: 64

Religion or belief - Percentage (%)

No religion: 33

Christian: 31

Buddhist: 10

Hindu: 4

Jewish: 0

Muslim: 13

Sikh: 0

Other religion: 9

Sexual orientation - Percentage (%)

Heterosexual: 89

Lesbians, gay men or bisexual people: 11

2.2 How have you arrived at these percentages?*

We ask all project participants to fill out an Equal Opportunities Monitoring form at the time of enrolling on the course. The data above is based on 73 forms collected - the total number of people enrolled on six courses delivered during the monitoring period. Please note: we have taken out the numbers for unanswered questions for example: three participants didn't specify their age so we have calculated the percentages based on 70 answers instead of 73 as your form doesn't allow for indicating where the question was unanswered.

2.3 How well did you reach everyone who could benefit from your project?*

We are very proud that the project turned up so extremely popular, inclusive and successful on the mixed ability, age and background levels.

Our Equal Opportunities Monitoring reveals that we are reaching the most disadvantaged local people but also having monitored the post codes we know that disadvantaged people from other places in the city want to travel to the Centre to attend this course as they can't find anything like this where they live.

The numbers and percentages speak for themselves but the best way to illustrate the benefit the courses have on people's lives is to read what participants said:

"I am feeling more alive and healthy, confident and happy following this sharing experience."

"I feel happier and more confident after joining the classes"

"I now feel more confident and less isolated at home."

"Being and cooking with a large group of strangers (originally) has lifted the mood of my week and given me the confidence to be around other groups of people."

"Whilst I was attending the course I felt much happier as I had been unemployed for a while and it was very happy to meet new people and cook/eat together."

"I have been so happy coming. The tutor has been so lovely and knowledgeable in his skill to pass on so freely. He has also been adaptable which has allowed people to be more comfortable."

"Kept me in action whilst job seeking."

"I feel a bit happier being involved in such a fulfilling and relaxing project. The people have been a pleasure to be around."

"I have made a commitment to come here every week. I have used my bicycle to come here."

"Thank you for improving my life and my cookery skills are so much better. Adam is an excellent teacher and the community centre is a very pleasant place to do it."

"I don't think the project could be any better. Thank you so much for organising it."



2010



2013



2016

St Werburghs Centre
A Community Venue for East Bristol
Horley Road, St Werburghs, Bristol BS2 9TJ
Managed by St Werburghs Community Association

T: 0117 955 1351
F: 0117 955 8144
E: office@stwerburghs.org.uk
www.stwerburghs.org.uk



Funded by



Registered Charity No: 1074495

Company Limited by Guarantee No: 3713212

St Werburghs Centre is grant aided by Bristol City Council

