

Maymessy CIC

An Empowering Cookery School

Social Impact Report 2022



Maymessy

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We believe in giving marginalised groups and disadvantaged young people greater wellbeing.

We do this through empowering, bespoke cookery classes and wellness activities.

We do this because these groups may have:-

-  mental illness
-  lack of social interaction
-  a fear of failure
-  lack of self-esteem
-  poor diet

List of charities Maymessy has supported over 5 years

-  Be free young carers
-  Refugee Resource
-  Asylum Welcome
-  Youth Challenge Oxfordshire
-  Style Acre
-  FAAAZE and Fitz kids
-  Sweat Box
-  Yellow Submarine
-  Seesaw
-  Abingdon Foyer
-  Mulberry Bush
-  Root and Branch






Maynessy









Working at Maymessy

We are fortunate to have Chef Maia on board at Maymessy one day a week managing projects and bespoke workshops and specifically our long term support with Style Acre.


Volunteering at Maymessy


This year we have had an amazing 15 volunteers who support often on a regular basis covering gardening, support for refugees and assisting in the cookery school as well as some ad hoc help.

We offer volunteering with a difference:

-  We encourage past beneficiaries from cookery classes to volunteer to help other disadvantaged people and give back through their time. We have had 6 volunteers as part of the gardening group from 4 past cookery groups and run by volunteer expert Kate from Botanical gardens who is skilling them up.
-  We have volunteers helping Refugee women start up their own businesses and offering skills to help them gain work.
-  Volunteers help with building up individual confidence, provide welcomed friendship, reduce loneliness and promote self-esteem.
-  We have a wide range of skilled people from bakers, business women, help through mentorship, fundraising, strategic support and young people 's enthusiasm by giving up their time through the Duke of Edinburgh Award.



 We offer the space at Maymessy for events such as tea party for Ukrainians and skilling up with first aid courses and gardening.

 We have also had ad hoc volunteering like the wonderful WI Childrey and Sparsholt who have helped provide Xmas gifts to Afghan families and delicious cakes to new families arriving from Ukraine.

 Maymessy is lucky to have 4 directors who volunteer their time with strategic planning

Skilled volunteers include – Em Mac, Hebe, Mel with cookery classes, Jane with Refugee resource and Ukrainian families and Kate in the shared garden from Botanical Gardens.



New collaboration with Asylum Welcome

Xmas and Easter cheer for Afghan refugees in holding hotel

We started this year on a high with Xmas cheer for newly arrived Afghan families staying in a holding hotel. 44 boxes were beautifully wrapped and given to almost 80 parents and children by Maymessy on 25th December 2021.

Thank you, WI Childrey, and Sparsholt and Visit Banbury Community interest company, Directors and those who donated.

We also supplied 60 Easter eggs to the children living in a holding hotel.

Maymessy has been able to collaborate with Asylum Welcome through the work we do with the Women's Service at Refugee Resource, an Oxfordshire charity providing support to refugees, asylum seekers and vulnerable migrants.

None of this would be possible without the support and help from the charity Asylum Welcome.



WELCOME UKRAINE PICNIC for Wantage and Faringdon

Ukrainian families from Faringdon meet at Maymessy

In August, Ukrainian families from Faringdon and local villages came for cake made kindly by volunteers from WI Childrey and Sparsholt. The group connected, made new friends and had lots of fun. We had children playing on the trampoline, tennis and ping pong.

Great effort Jane, for looking after all the children with chocolate biscuits and endless bags of crisps! Thank you Mayor Kiera Bentley for coming to support the event.

Faringdon United Charity kindly funded the event and it was lovely to have David Keeling visit. Thank you to Asylum Welcome for additional transport costs and WI Childrey and Sparsholt for baking cakes.



English tea for Wantage Ukrainian families

We hosted a traditional tea party with tea in teapots, cucumber sandwiches and scones for Wantage Ukrainian guests and volunteers who we had met teaching English classes at Wildwood over the summer.

Thank you Sandra for the the delicious scones. And big thank you to Jim Mitchell for funding this lovely event and to Cllr Major Mayor Jim Sibbald for coming and all your support.



NEW COLLABORATION WITH STYLE ACRE

Maymessy has collaborated with Style Acre on their Ways to Wellness programme, with a big focus on the healthy eating.

We brought five groups of young adults with learning disabilities to Maymessy in January and February 2022, helping 11 people we support and 6 members of staff to prepare healthy, tasty meals based on their own preferences foodwise.

We have been supporting their key workers to understand more about the principles of healthy eating, and to be inspired to cook more healthy options at the homes.

"Maymessy is bespoke and unique... The groups were able to pick produce from the garden, for example spinach and herbs. Everything in the kitchen and buildings is adapted so those with wheelchairs and complex needs can be involved and the team and volunteers are so accommodating, thoughtful and caring. For example, one of the people we support arrived in a bad mood, didn't want to participate and wanted to watch videos of Michael Jackson on his phone. The team talked to him about Michael Jackson, encouraging him to dance, relax, and enjoy being there in whatever way suited him. Another person wanted to explore all the contents of the kitchen draws, using items as percussion instruments and exploring the sensory and auditory side of things and this was encouraged with a spirit of adventure and fun!"

Anita Powell Head of Wellness program at Style Acre

We are so happy Maymessy has managed to secure more funding from Funding network for more classes with Style Acre Sept /Spring 2023.

Thank you, Mike Thomas/ Kathleen Crook and Jennie.



REDUCING LONELINESS

Thanks to a grant from OCF Oxfordshire Community Foundation to reduce loneliness we have been able to do the following.

-  People from Root and branch charity came for cookery classes to reduce loneliness and improve social networks and self-esteem. Three have come back to volunteer in the veg garden over 6 sessions. One lady is now volunteering in a hospital after volunteering gardening.
-  We also had Emily over from community group Harvest at Home
-  And First aid with Karen Goodchild at Safer Hands

“Maymessy is one of my safe happy places.
When I am here, I feel less lonely”

Participant from Root and Branch



MENTORING

The People Health Trust grant for Maymessy to mentor ladies from Refugee Resource into a food related business.

We will finish in December. Ladies have had many workshops over the last 18 months funded kindly by the People Health Trust.






Photography by Sophie Carson

Workshops include labelling , marketing, Instagram training by Kat Rose, visits to farmers markets, Yellow submarine, Childrey Stores, food photographer Sophie Carson and many delicious treats cooked by the ladies. Marriam and Touhida are setting up their own catering businesses and the rest of the group will be working together setting up a community kitchen so if you want some delicious samosas curries or pakoras please do get in touch. Their food is delicious and we are so proud of them.



Other charities in for bespoke cookery classes have been:

-  Sweatbox: 18 + staff, volunteers and young people from Sweatbox, Wantage and Fitzwarren came to make Jubilee cakes.
-  FAAAZE with more Jubilee cakes!
-  And a warm welcome back to Be free young carers over Easter holidays

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



THANK YOU TO OUR SUPPORTERS

Donations

Funding network –crowdfunding and support from Jennie at Funding Network, Kathleen Crook & Mike Thomas
Wantage Business Breakfast for donation for our Gardening group to continue in 2023
Asylum Welcome for transport for Ukrainian picnic
Katy GC
Andrea H
Jim Mitchell for financial donation and Sandra for scones for Wantage Ukrainian tea
WI Childrey and Sparsholt for cakes for Ukrainian events and wrapping/ presents for Afghan families

Grants

OCF loneliness grant
The People Health Trust 18 month funding for mentoring Refugee ladies into food related business
Coop
Faringdon United for funding for Faringdon Ukrainian picnic

People

Visit from Cllrs Bethia Thomas & Paul Burrow
DL Lynda Atkins
DL Dennis Blease
Jim and Sandra M
Andrea H
Katy GC
Major Mayor Jim Sibbald
Cllr Mayor Kiera Bentley
Mike Thomas

A social purpose

2021, Maymessy was 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.

www.maymessy.com

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