

Rumi's Kitchen Annual Report 2016



An Ulfa Aid Project

Connecting Hearts, Minds & Communities

Charity No. 1102943

Contents

About Us	2
2016 Event Highlights	3
Services Provided in 2016	4
Additional Services.....	5
Food Quality	5
Health & Safety Report	5
Data from 2016	6
1. Guest Attendance	6
- Cricklewood Mosque 2015 v 2016.....	6
- Queens Park	7
2. Guest Nationalities.....	8
3. Volunteers.....	9
4. Outreach	10
5. Budget	11
Guest Testimonials.....	13

About Us

Rumi's Kitchen is Ulfa UK's project aimed at providing support to homeless and other vulnerable individuals. We seek primarily to overcome the isolation and loneliness often experienced by those who are homeless, which can act as a significant barrier to their rehabilitation and reintegration into communities. Through Rumi's Kitchen, individuals are encouraged to form much-needed positive relationships and new support networks.

We like to feed people at Rumi's Kitchen, but we are certainly about more than simply offering a hot meal to people who come in off the street. The respect and dignity with which we treat our homeless guests makes Rumi's Kitchen unique. We welcome our homeless guests as we would people into our own homes: with warmth and a home cooked meal. We sit with them, break bread with them, get to know them and let them get to know us, so that if you were to walk in, you may not even realise that many of people in the room have no place to call home.

Initially, we identified as a "soup kitchen" with the intention of serving the rough sleepers in the Brent area of London. However, over the years we have found that Brent has many people suffering from loneliness and social isolation. We have therefore rebranded and now refer to ourselves as a "community kitchen"; meaning our doors are open to all who need our service.

We are currently operating weekly in two different locations (Cricklewood & Harlesden) and preparing up to 100 meals, but we would like to evolve. We would love to run more regularly and in more locations, and also to expand into running training programmes for our guests, enhancing their skill sets, their self-worth and their confidence. We want to help them realise their potential and get their lives back on track.

Who are our guests?

Our guests are of many diverse backgrounds and walks of life. There are so many stories to be heard at Rumi's Kitchen. We have rough sleepers; men and women from the EU who came here under false pretences; the elderly who have been neglected by their children and grandchildren; families with homes but can't make ends meet; people who have suddenly lost their jobs; guests with mental health issues that have been bullied at home and many more.

Concept

At Rumi's Kitchen, our concept is to give our guests a dining experience. This influence is reflected in our decision to serve meals on real plates, with proper cutlery and glasses and not paper plates with plastic cups and cutlery. It is reflected in our service where guests are seated and we serve them instead of having them line up with trays to get their food. It is also reflected when we sit down and eat with the guests.

Ethos

- To create a safe and welcoming environment for the vulnerable members of our local community
- Ensuring all guests are treated with respect and dignity
- To link with other relevant agencies who can assist our guests to create an effective support plan

2016 Event Highlights



FEBRUARY

This month, **eleven** volunteers completed their **Level 2 Food Hygiene Course**

MARCH

Easter Special & Outreach programme.



100 packs were distributed around **Central London**

JUNE

Community Street Iftar at the UK Albanian Centre



JULY

Ramadan Outreach, **125 packs** distributed every Sunday to **rough sleepers** in Central London

SEPTEMBER
NHS van visits kitchen and tests guests for **tuberculosis**



Brent Mayor visits Rumi's Kitchen

October

The Felix Projects starts delivering **surplus food** to Rumi's Kitchen



DECEMBER

Harlesden Location Opening & our Christmas Special



Services Provided in 2016

February

We invited 11 of our core volunteers to complete a one-day course in Food Hygiene & Safety. This was to aid applications for funding or external services that required us to have a few volunteers certified.

March

At our Easter Special, we gave 50 of our guests "Care Packs" that included a woolly hat, scarf, gloves, boxers, socks and a thermal blanket. After the Kitchen, 100 packs were then distributed across Central London. Prime areas are Edgware Road, Marble Arch, Oxford Street to Tottenham Court Road, Piccadilly Circus and Soho, Victoria, Green Park, The Strand & Euston to Kings Cross.

June

During Ramadan, the Imam of the Queens Park Mosque asked if we could collaborate on a Community Street Iftar to feed the locals as well as their congregation. This was documented in Brent & Kilburn Times online. Around 30 volunteers came together to cook for and serve almost 250 people.

July

During Ramadan, our volunteers come together every Sunday to prepare food packs to distribute amongst rough sleepers in Central London. Each pack contained a sandwich, crisps, chocolate, biscuit pack, fruit, juice and a bottle of water. 300 packs were distributed in total.



September

During one kitchen session, the NHS Mobile Van Unit visited to carry out TB screening of our guests, particularly rough sleepers.

October

In October, Rumi's Kitchen manager began their post. The Brent Mayor Parvez Ahmed visited Rumi's Kitchen along with MPs Dawn Butler & Tulip Siddiq. They were observing the work that Rumi's Kitchen carries out at Brent Mosque in Cricklewood.

The Felix Project started delivering surplus food items to Rumi's Kitchen weekly. Items such as fresh fruit, vegetables, dried foods and canned foods are donated and are used both in the cooking but to also give our guests something to take with them.

November

Rumi's Kitchen was awarded the Points of Light Award by Theresa May for all the support it has provided to the guests who are of multi-faiths. Our support of interfaith volunteering has also been given special mention by local MP Tulip Siddiq.



December

Our third location opened in Harlesden! The response from both guests and volunteers was positive. However, there were no adequate kitchen facilities and so we have to think about operation moving forward. Our Christmas Special was as wonderful as ever. The main hall was decorated and guests were treated to a full roast dinner. We had many guests and volunteers who made the day special.

Additional Services

Clothing

In 2015, we made the aim to keep record of the items of clothing that were taken by the guests. This has been proven difficult as we have yet to find a way to control the guests as they approach the clothing tables. We initially implemented the two items of clothing per person rule but again, depending on volunteer numbers, it is difficult to enforce. The other issue is receiving regular donations, once a big donation has been given it is usually difficult to receive more soon after.

Non-Perishable Items

Thanks to the Felix Project, we are now able to make packs for guests of items that they can take away. At present, we are receiving small packs of rice, canned/tinned food, cereal, pasta etc. This has been received positively from all the guests.

Food Quality

We always strive to serve great quality food to our guests. We always listen to what the guests want to see at the kitchen and sandwiches have been voted by the majority as the starter of choice. Our volunteer chefs are from around the world and this is reflected in the meals prepared. This year we have served dishes from Malaysia, Egypt, Morocco, Bosnia, Afghanistan, Italy amongst other cuisines.

We have also been fortunate enough to have food provided by Abu Zaad & Guanabana.

Health & Safety Report

Injuries

There were no major incidents to report in 2016 with either guests or volunteers.

Hygiene & Safety

Cricklewood Mosque- Cleanliness levels are still up and down depending on who has booked the community hall for events. Mosque management have been better at ensuring the kitchen space is left clean for us on Sundays.

Kosovan Mosque- There were a few mice sightings which have been reported to the caretaker and they have put in temporary measures. We have also reported leaks on the staircase from heavy rain and slight flooding from the bathroom.

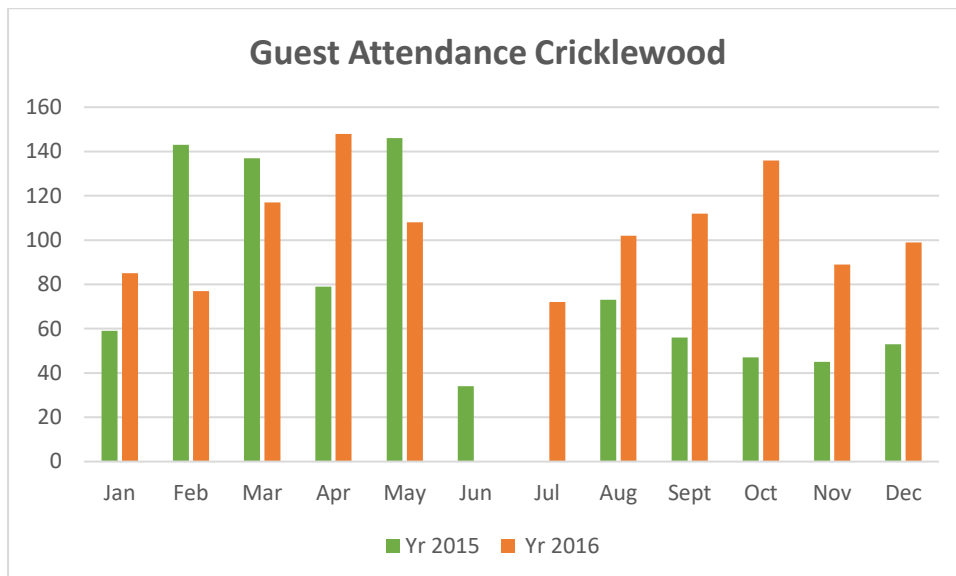
Harlesden Mosque- The first kitchen was held on Saturday 3rd December which highlighted a few minor issues. Setting up the dining space in the prayer space posed issues as additional carpets had to be rolled out which were a tripping hazard. There was also no adequate kitchen space and so volunteers were forced to wash dishes in buckets on the floor with freezing water.

Level 2 Food Hygiene & Safety

In February, we invited our core volunteers to participate in a full day Food Safety training day at our base in Rumi's Cave. In December, three members went on to complete the exam and are now certified.

Data from 2016

1. Guest Attendance
- Cricklewood Mosque 2015 v 2016



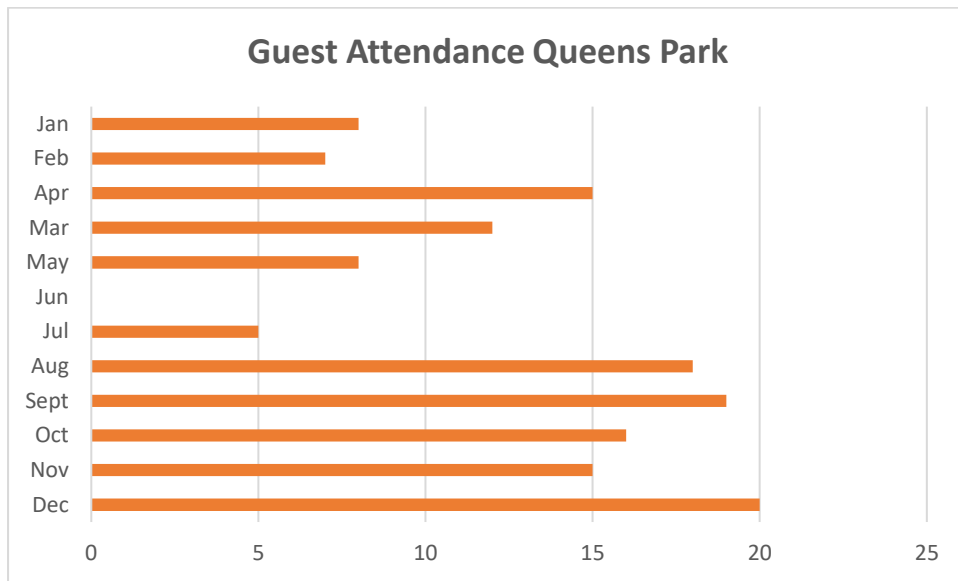
Note: June/July numbers are down as the Mosque ask that we respect the holy month of Ramadan. During this month, our outreach project commences.

	Jan	Feb	Mar	Apr	May	Jun		
2015	59	143	137	79	146	34		
2016	85	77	117	148	108	0		
	Jul	Aug	Sept	Oct	Nov	Dec		
2015	0	73	56	47	45	53	2015 Total	872
2016	72	102	112	136	89	99	2016 Total	1145*

****Guest total has increased by 31%***



- Queens Park



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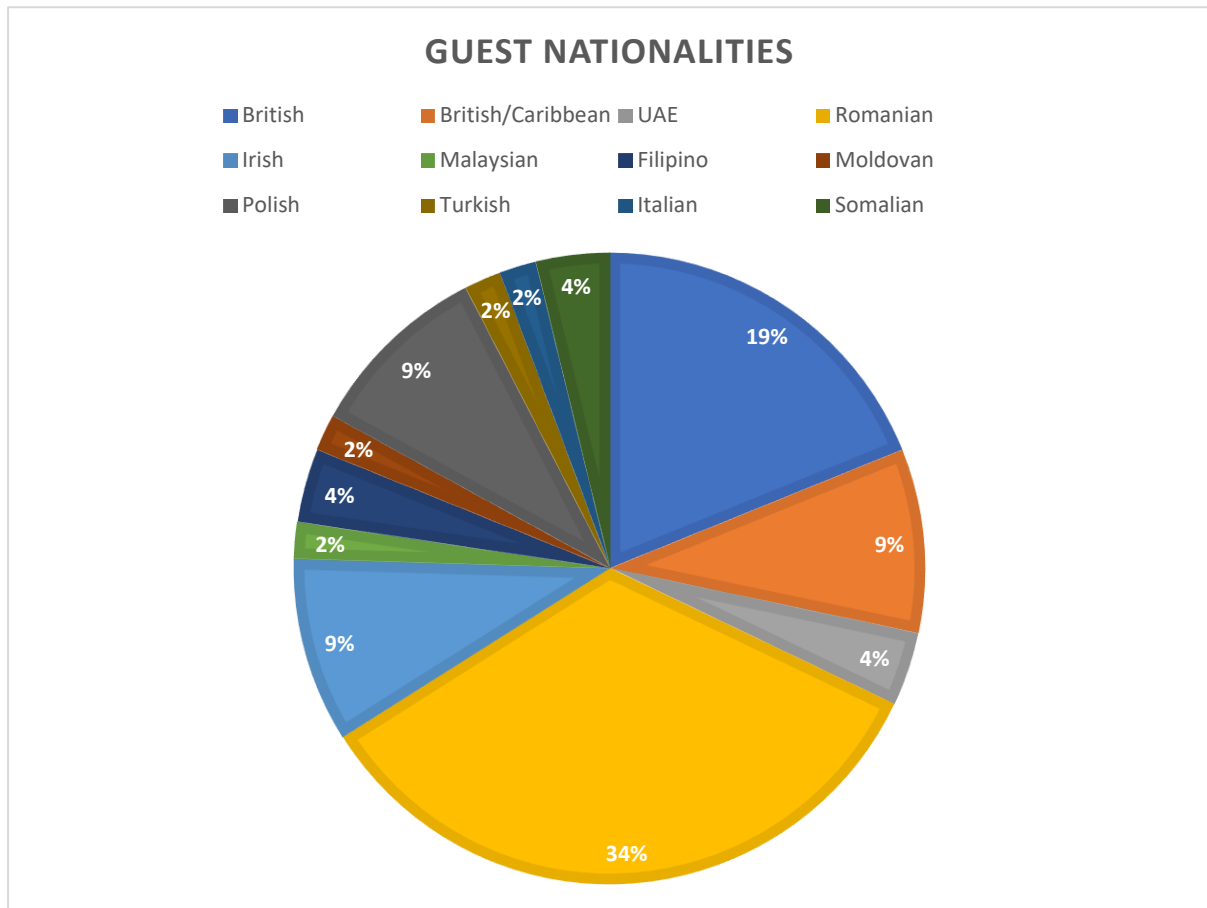
Month	Jan	Feb	Mar	Apr	May	Jun		
Attendees	8	7	12	15	8	0		
Month	July	Aug	Sept	Oct	Nov	Dec		
Attendees	5	18	19	16	15	20	2015 Total	143



2. Guest Nationalities

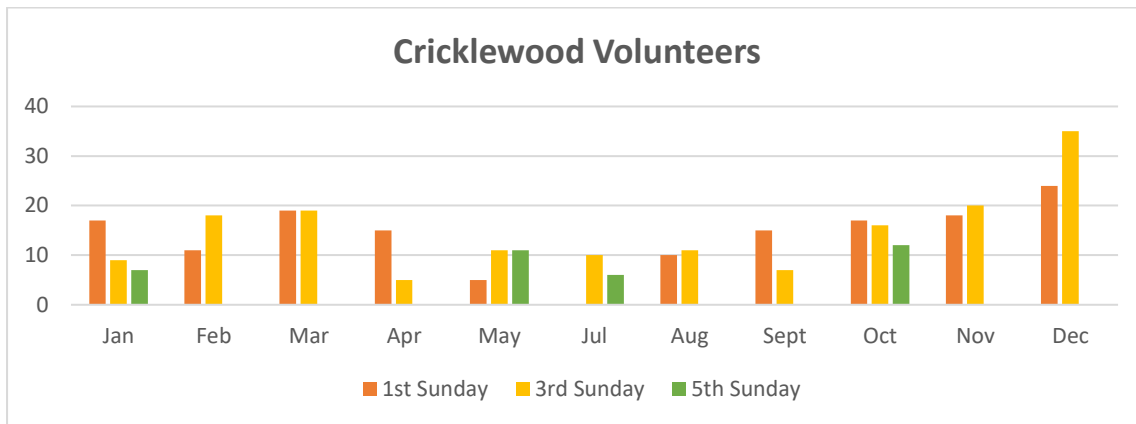
Our demographic survey shows that we have currently have guests of 12 different nationalities.

At present there are no major difficulties in communication but the guests who do not speak English are still happy with our service. We hope to find volunteers that can translate for us.



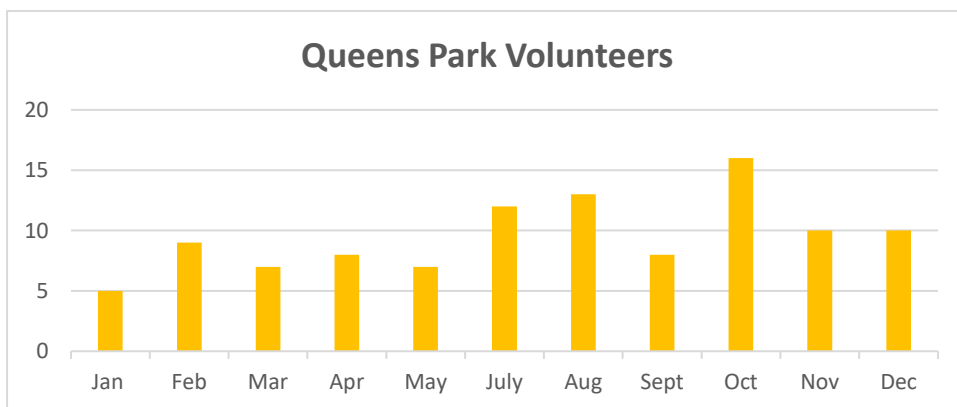
3. Volunteers

Volunteers are integral to the successful running of Rumi's Kitchen. In 2016, we had over 400 different volunteers spend their Sundays setting up kitchen, assisting the chef, sitting with the guests, serving them and making the guests feel welcome.



	Jan	Feb	Mar	Apr	May	Jun
1st Sunday	17	11	19	15	5	n/a
3rd Sunday	9	18	19	5	11	n/a
5th Sunday	7	0	0	0	11	n/a
	Jul	Aug	Sept	Oct	Nov	Dec
1st Sunday	0	10	15	17	18	24
3rd Sunday	10	11	7	16	20	35
5th Sunday	6	0	0	12	0	0

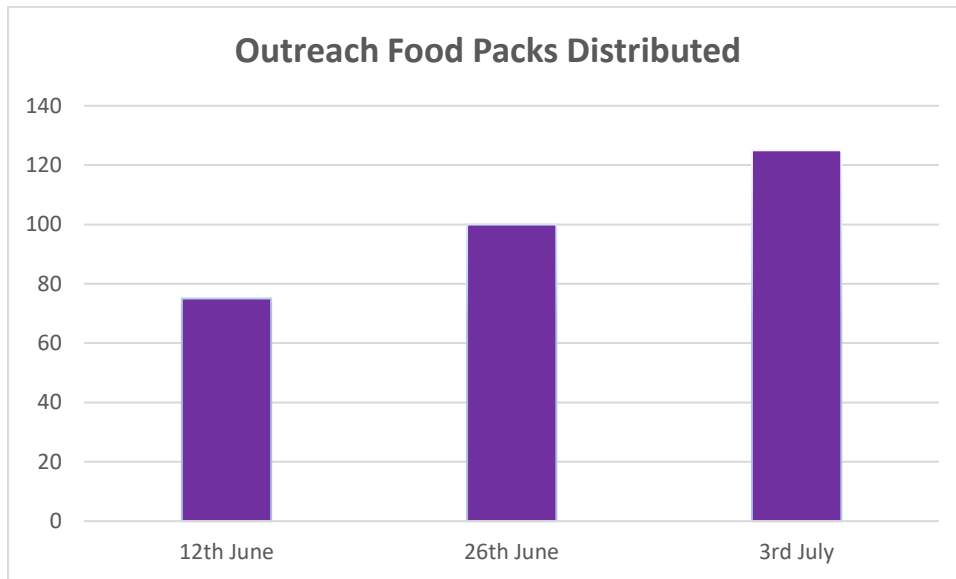
Total Cricklewood Volunteers 2016 = 348



Jan	Feb	Mar	Apr	May	Jul	Aug	Sept	Oct	Nov	Dec
5	9	7	8	7	12	13	8	16	10	10

4. Outreach

During the month of Ramadan when the kitchen is unavailable at the Mosque, Rumi's Kitchen puts together food packs to distribute across Central London.



Date	Packs Distributed
12th June	75
26th June	100
3rd July	125



5. Budget

Prior to this year there was no set budget for each Kitchen. Now we are set at £120.

Date	Description	Food	Kitchen Budget	Difference	Chef
03/01/2016	Cricklewood Mosque	46.81	120	73.19	Guanabana
10/01/2016	Kosovan Mosque	92	120	28	Zohal
17/01/2016	Cricklewood Mosque	120.03	120	-0.03	Mariam
30/01/2016	Cricklewood Mosque	50.51	110	59.49	Muyiddin
			470	160.65	
07/02/2016	Cricklewood Mosque	134.81	120	-14.81	Amer
14/02/2016	Kosovan Mosque	141.46	120	-21.46	Sohaib
21/02/2016	Cricklewood Mosque	110.61	120	9.39	Muyiddin
			360	-26.88	
06/03/2016	Cricklewood Mosque	196.23	120	-76.23	Sohaib
13/03/2016	Kosovan Mosque	117.39	120	2.61	Aminah
20/03/2016	Cricklewood Mosque	189.78	120	-69.78	Zohal
			360	-143.4	
03/04/2016	Cricklewood Mosque	105.32	120	14.68	Amer
10/04/2016	Kosovan Mosque	114.9	120	5.1	Sohaib
17/04/2016	Cricklewood Mosque	178.83	120	-58.83	Sohaib
			360	-39.05	
01/05/2016	Cricklewood Mosque	132.5	120	-12.5	Amer
08/05/2016	Kosovan Mosque	41.29	120	78.71	Mahmood ordered from Abu Zaad
15/05/2016	Cricklewood Mosque	116.62	120	3.38	Zohal
29/05/2016	Cricklewood Mosque	105.22	120	14.78	Sohaib
			480	84.37	
05/06/2016	Kosovan Mosque	112.41	120	7.59	Morsal
12/06/2016	Rumi's Cave	87.46	120	32.54	Outreach
19/06/2016	Kosovan Mosque Ramadan Special	93.91	120	26.09	Amer
25/06/2016	Kosovan Mosque Community Iftar	252.18	120	-132.18	Community Iftar
			600	-31.95	
10/07/2016	Kosovan Mosque	69.4	120	50.6	Sohaib
17/07/2016	Cricklewood Mosque	98.06	120	21.94	Muyiddin
31/07/2016	Cricklewood Mosque	103.17	120	16.83	Tayyibah
			480	119.65	

07/08/2016	Cricklewood Mosque	49.33	120	70.67	
14/08/2016	Kosovan Mosque	83.42	120	36.58	
21/08/2016	Cricklewood Mosque	49.29	120	70.71	
			360	177.96	
04/09/2016	Cricklewood Mosque	118.16	120	1.84	
11/09/2016	Kosovan Mosque	0	120	120	
18/09/2016	Cricklewood Mosque	111.09	120	8.91	
		73.17	360	130.75	
02/10/2016	Cricklewood Mosque	93.05	120	26.95	Muhidin
09/10/2016	Kosovan Mosque	75.38	120	44.62	Tayyibah
16/10/2016	Cricklewood Mosque	113.18	120	6.82	Sohaib
30/10/2016	Cricklewood Mosque	133.19	120	-13.19	Nadia/Aya
			480	65.2	
06/11/2016	Cricklewood Mosque	145.84	120	-25.84	Muhidin
13/11/2016	Kosovan Mosque	64.05	120	55.95	Zohal
20/11/2016	Cricklewood Mosque	108.11	120	11.89	Sohaib
			360	42	
03/12/2016	Harlesden Mosque	289.51	120	-169.51	Sohaib
04/12/2016	Cricklewood Mosque	107.25	120	12.75	Tayyibah
11/12/2016	Kosovan Mosque	33.33	120	86.67	Neleswa
18/12/2016	Cricklewood Mosque	263.42	120	-143.42	All (Xmas Special)
	TOTAL COST OF INGREDIENTS:	£4,807.66			

Most Cost-Effective Chefs

Zohal, Sohaib and Muhidin are our most cost-effective chefs.

Some kitchens are cheaper due to meat donations or volunteers paying for a restaurant to deliver the meal.

Special occasions such as the Community Iftar and the Christmas Special are typically more expensive.

Guest Testimonials

"I've been coming regularly to the Kitchen for nearly a year now with my eight-year-old daughter, [R....]. It's been great for her to socialise with other children who come; it's like a day out for us."

- Leila

"On top of my everyday cares I'm currently fighting eviction from my home, so coming to the Kitchen each week has been a lifeline for me. It's a wonderful opportunity to meet people and socialise; it really helps take my mind off things."

- Desmond

"God bless all the volunteers for the work they do. They're always very friendly and welcoming. I'm a vegetarian, and even though I'm probably the only one who is, they always take care to bring me vegetarian food. They give us extra food to take home too, as well as nice clothes if any are available."

- Bridget

"I was introduced to the Kitchen by a friend a few years ago. The staff are always very friendly, I like coming because it's an opportunity to have a bit of company."

- Diane

"I work as a labourer which means work can be a bit up and down, so Kitchen is great – the food is always good and the volunteers are very respectful."

- Martin

"I've made friends at the Kitchen over the years I've been coming and really appreciate the social element."

- Floyd