



Case Studies

Huma – Cookery Leader

The background

Huma's children are grown up and she was looking to return to work but was unsure what to do and was lacking self-confidence. She found out about our cooking classes when we met her at a Sure Start event and because she loves to cook she came along.

What Bread n Butter offered

Huma really enjoyed our cooking classes and asked if she could volunteer. After a few sessions we could see how good she was, so we asked Huma to become an assistant. This was back in 2021.

The impact

Huma has grown in confidence and is now a very competent cookery leader. We get such good feedback from class attendees who commend her warmth, patience, helpfulness and all-round kindness. We have also learnt from Huma, who has introduced us to a plethora of her recipes. This also enabled us to run classes to celebrate EID when Barnet funded classes to celebrate various cultures in London.

In 2025, we started the UCAN programme which involves cookery demonstrations and health workshops on specific topics. Huma is now taking the next step up working on these and enjoying the next challenge.



Mukesh – Volunteer

The background

Mukesh was lonely and lost without purpose since retiring. Depression had crept up on him, and he felt disconnected from life.

What Bread n Butter offered

He saw poster for our first cooking class in Edmonton Green and decided to enquire. Initially, he wanted to learn baking but soon fell in love with learning a variety of dishes each week.

The impact

Mukesh became a regular attendee and also, went the extra step helping in the classes. Not only did he foster a love of cooking again, but he started to entertain again and cook for others – always proudly telling us what dishes he cooked from the repertoire he'd learnt.

Mukesh became a friend to all and part of the BnB team. He manages our Felix collection, liaises with the Food Bank and helps with deliveries.



Anna – Cookery Assistant

The background

Anna is a Ukrainian refugee. A British family sponsored her and her son to escape to England when the war broke out. Although educated with a good job in Ukraine, Anna was struggling to break into the British job scene.

What Bread n Butter offered

We offered Anna a chance to volunteer in our Enfield community classes. She enjoyed the session and was a brilliant assistant, so we asked her to continue as a paid for assistant. When we received a grant from Barnet council to hold community classes for Ukrainian refugees, we jumped at the chance of asking Anna to lead these classes.

The impact

She was integral in helping other Ukrainians feel connected and gain a sense of community in Barnet.

We were able to provide the missing link for Anna, which was a work reference. She was then able to apply for jobs and is now working in a local school.



Olena – Assistant

The background

Olena is a Ukrainian refugee, currently at college in London. We met Olena when she came to our cooking classes for Ukrainian refugees. When we ran a family event to celebrate Ukrainian constitution day, Olena attended and was super helpful, getting stuck in helping us with the food preparation and tidy up.

What Bread n Butter offered

Olena was so helpful at the family event we asked her if she would like to assist in our classes. She assists us when she has availability in-between her college studies.

The impact

Olena has been a fabulous assistant and really helped us out as a communicator when we ran our round 2 of our Ukrainian cooking classes. She has her own business as a party 'Bubble lady' so we were delighted to introduce her to Metropolitan Housing who commissioned her for our launch party at Sky City.



Jill – Grahame Park class attendee

The background

“I’ve lived on the Grahame Park estate with my 17-year-old son for the past 12 years. I took early retirement because of my arthritis, after that I decided to help look after my grandson (my daughter’s son) until he started school. Then I found myself with some free time, so I signed up for activities that were taking place on the estate.”

What Bread n Butter offered

“I started going to the free healthy eating classes run by the Bread n Butter Project back in 2018 and have been a regular ever since. They have a kitchen in the community hall on the estate and once we've finished the cooking session we all sit down and eat our meals together, which is so nice. I’ve really enjoyed meeting new people, learning a lot of recipes, and working at my own pace.

I've cooked so many new foods with ingredients that I wouldn't have otherwise bought or tried like seasonal pumpkin and tinned jackfruit, they showed us how to use them with simple to follow recipes that were so delicious!”

The impact

“Sometimes the arthritis in my hands has been really bad and I couldn’t chop fruit and vegetables, which meant I was missing out on healthy eating. The class teacher encouraged me to buy the small bags of ready cut foods, so I could eat well, and the smaller portion bag sizes meant there was no food waste - that’s important to me because I'm a single mother on a tight budget. I’ve also learnt to make food go further by freezing it, it's taken out for another day, and now very little is ever thrown away.”



Anon – UCAN diabetes workshop attendee

The background

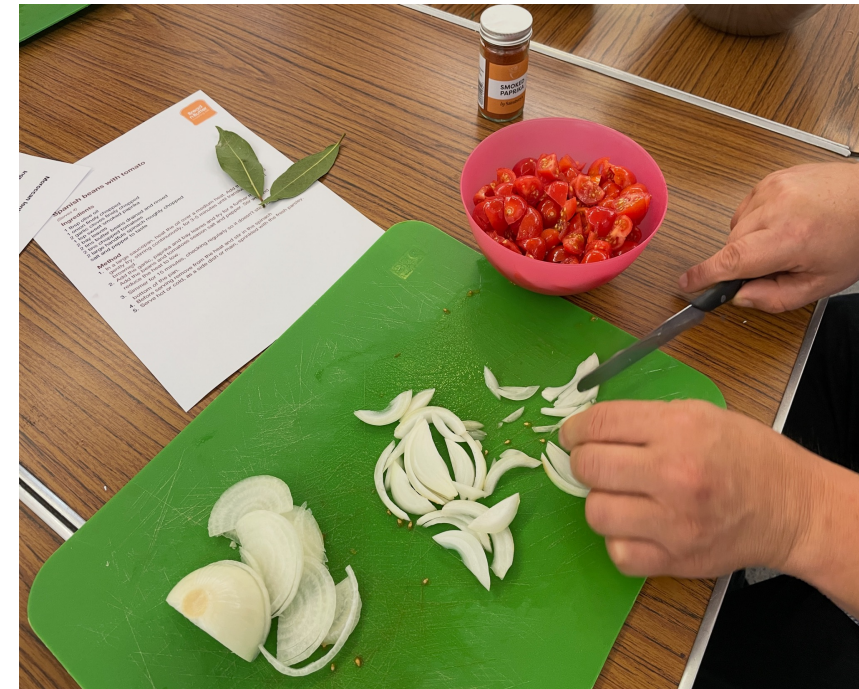
P, attended our diabetes UCAN workshop in September 2025, wanting to understand what foods she could eat to improve her diabetes type 2. She was overwhelmed with all the information on the internet and needed some practical advice and solutions she could implement at home.

What Bread n Butter offered

P, was living off processed foods and found it difficult to control her diabetes. She had no confidence in the kitchen and needed some guidance to make the right food choices. The diabetes workshop, offered no nonsense practical advice and also provided her with cooking experience. P soon got stuck in making new healthy low carb dishes she could repeat at home.

The impact

Since attending the Ucan nutrition workshops, P has been making positive changes to her diet. She's lost weight as she is now eating less processed foods and cooking more from scratch. She's more confident in trying new foods and making positive changes to her diet. Previously she was at stage 3 kidney disease, now she is at stage 2. Her GP is really pleased with her achievements.



Julia – Burnt Oak class attendee

The background

Julia had recently moved to the UK from Hong Kong. Keen to settle in her new life in Burnt Oak, she wanted to make new friends whilst improving her English and confidence. Julia was keen to join a local community activity where she could do this.

What Bread n Butter offered

Back in 2023, Julia saw a poster at her local GP surgery for our free community cooking classes in Burnt Oak. She attended all the sessions and would religiously make the recipes she learnt at home.

The impact

Since then, Julia has been a regular attendee to our classes in Burnt Oak. Her confidence in the kitchen has improved, making dishes from all over the world. She learnt how to eat well on a budget, look for healthier swaps in the supermarket and made lots of friends in the process.

Julia particularly enjoyed sharing and eating a meal together with the other attendees at the end of the session, where she would relish the opportunity to improve her English.

