



**GIFT REPORT**

**ST MARYLEBONE PARISH CHURCH**

**AND**

**THE LONDON CLINIC**

**‘CHANGING LIVES’**

**CARING, INSPIRING, PIONEERING**

**Thank you!**



## Summary

On behalf of The St Marylebone Parish Churches' *Changing Lives* campaign (SMPC) and The London Clinic Charity (TLCC) we want to thank The Church Revitalisation Trust (CRT) for the very generous donation of £5,120 towards our continued efforts in supporting our local communities.

In December 2020, SMPC and TLCC led the way in supporting families in need during the holiday season, running a campaign to buy food and educational gifts for those in need. Due to the enormous generosity shown by donors and organisations in the Marylebone community, the goal was quickly surpassed enabling us to expand our collective outreach.



*“After a difficult year for a lot of people, it was wonderful to see the delight on so many faces and the real difference this project made to so many. Everyone I spoke to was totally overwhelmed by the generosity of our community”.*

**St Marylebone Parish Church Chaplain Father Jack Noble.**

We are proud to share we exceeded the goal and supported 400+ families through the following organisations.

### Families Supported

- 316 Families receiving vouchers for Christmas food / gifts
- 100 Families receiving additional London Clinic food hampers
- 40 families receiving a free one-hour mental health counselling session
- 100 children books donated by local companies sent to local schools in need

### Organisations who benefitted from this output:

- NHS Healing Counselling Centre (mental health and wellbeing)
- The Marylebone Project
- The West London Mission
- St Pauls Rossmore Road – Food Bank and Primary Schools
- The St Marylebone Bridge (SEN) School
- The St Marylebone C of E School
- Christ Church Bentinck Church of England Primary School
- The community of Westminster, including families from Church Street, one of the most deprived wards in the country.

Selection of images preparing food hampers and local support



### **Our thanks - The CRT Donation**

We are so appreciative of CRT's support in helping us to reach more families during the unprecedented days of covid-19 in the month of January 2021.

After careful consideration, the funds were deemed most needed to support the making of food packages for medical frontline workers and families in need. Our additional goal was to deliver a sustainable health and wellbeing theme, inspiring people's mind, body and soul through food and cooking. Together we embraced our collective goal to reach as many people as possible, providing healthy and nutritious meals through the difficult days ahead.

This report outlines the expenditure of the £5,120 and shares the collaborative impact made to our communities in the month of January 2021.

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### **1. NHS SUPPORT - £2,000**

#### **Background**

Executive Chef, Paul O'Brien of The London Clinic (TLC) tasked his team to come up with nutritious hot lunch parcels to support our NHS frontline workers. Three NHS hospitals were identified, where there was a great need for hot lunch hampers for staff working directly with covid patients, and those teams providing the vaccine to as many people as possible in any given day. Following strict covid guidelines, each hot meal was individually wrapped and prepared within a safe and healthy environment. In addition to the hot meals provided, the Executive Chef also prepared a special tea and chocolate Saturday, making individually wrapped chocolate treats.

**Impact**

**NHS Hospitals:** University College London Hospital (UCLH) / Imperial College Hospital (UCH) and St Mary Hospital.

**Dates Meals Served:** 14, 15, 16, 21 and 22 January, 2021

**Total number of Hot Lunches Served:** 200

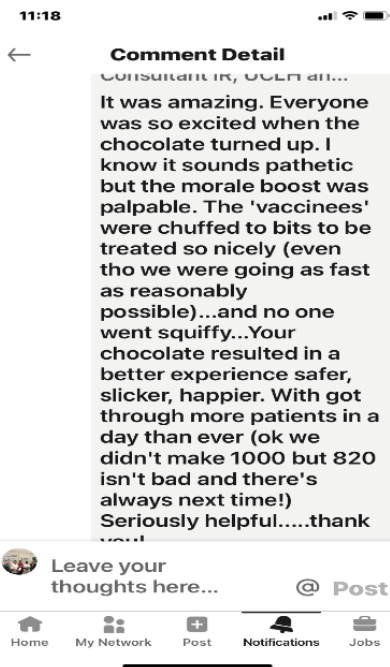
**NHS Staff Impacted:** 280+

**Tea & Chocolate Treats:** 80+

NHS Staff enjoying lunch and chocolates – Father Jack and Executive Chef



**Gratitude of Thanks!**



*“It was amazing. Everyone was so excited when the chocolate turned up. I know it sounds pathetic, but the morale boost was palpable. The ‘vaccinees’ were chuffed to bits to be treated so nicely (even though we were going as fast as reasonably possible)... and no one went squiffy.... Your chocolate resulted in a better experience, safer, slicker, happier. We got through more patients in a day than ever (ok we didn’t make 1000, but 820 isn’t bad, and there’s always next time!). Seriously helpful.... Thank you... NHS Team at UCLH “*

**Message sent to Executive Chef, Paul O’Brien, The London Clinic, from the University College London Hospital**

## 2. THE LONDON CLINIC STAFF - £1,000

### Background

Executive Chef, Paul O'Brien designed a program with the theme of 'cooking on a budget' for families of 6, which contained healthy and nutritious meals. Paul and his team organised the creation of food hampers, and carefully packed each box. A few days prior to the cooking classes on zoom, staff in need were able to collect the boxes from the Staff Dining area on a first-come, first-serve basis. The audience enjoyed live streamed cooking skills and techniques, and the joy of cooking together as a family, which was very special.

### Impact

**Date:** Sunday, 24 January (12-2pm)

**Boxes of Food:** 50 (Each box catering to a family of 6, enough for 3 days of meals)

**Items per box:** 500g Beef Mince/500g Chicken parts/lettuce/avocado/burger buns/tortilla wraps/double cream x2/condensed milk x1/carrot/squash/lemon/lime

### **Food Items Prepared:**

- Chicken Fajitas
- BBQ sauce
- Burgers, potato fries and coleslaw
- ice cream and crepes

**Total Number of meals the 50 boxes would serve:**  $50 \times 6 \times 3 = 900$  meals



Mystery box of food



Live Zoom Cooking with Chef

### **Gratitude of Thanks!**

*"Food brings people together! At such a challenging time in our life, where we can't go to the restaurant and meet friends for a meal, we can at least learn a few tricks and get some ideas for the next time we invite someone over for dinner. Paul's cooking lessons are full of outstanding and straightforward ideas that will make the whole family and friends be wowed by your dishes presentation and flavours. It's great to see the finished plates over a Zoom call and the big smiles once people start to dig in! If you didn't have the chance to participate yet, sign up now for the next one!"*

**Luis Pedro, Head of Hotel and Customer Services, The London Clinic**

### 3. WESTMINSTER FAMILIES IN NEED - £2,000

#### Background

The families who received the food box packages were based on their children's school district, focusing on the Rossmore Road and Munster Square area. This area is one of the most underprivileged areas of Marylebone, where many families are receiving additional free meals support. Based on this knowledge, Executive Chef, Paul O'Brien once again designed a program cooking on a budget for families of 6, using healthy and nutritious ingredients. Chef and his team worked through the night preparing the family hampers ready for the early morning pickup.



The boxes were then delivered over to the Marylebone Parish Church on the morning (6am) of 3 February (image shows Father Jack Noble and The London Clinic team loading the van with hampers), and through the efforts of Father Jack Noble (Chaplain of SMPC), these were then delivered, courtesy of Addison Lee, to the families requesting the boxes; with fresh food in time for their cooking class the very next day.

The audience enjoyed a live zoom cooking class, learning skills and techniques, and the joy of cooking together as a family, and for those families unable to join us, a recording of the event has been loaded into youtube to share at a later date.

#### Impact

**Date:** Thursday, 4 February 2021 (5.30-7.30pm)

**Boxes of Food:** 100 (Each box catering to a family of 6)

**Items per box:** 500g Beef Mince/500g Chicken parts/lettuce/avocado/onion/carrots/courgettes/peppers/potatos/burger buns/tortilla wraps/double cream x2/condensed milk x1/carrot/squash/lemon/lime

**Families were taught how to prepare and cook the following meals (on a budget):**

- Quick and easy chicken stir fry
- Cooking with noodles and spice
- Homemade quick and easy ice cream (in less than 5 minutes)

**Total Number of meals the 50 boxes would serve:**  $10 \times 6 \times 3 = 1,800$  meals

#### **Gratitude of Thanks!**

*"The Head at one primary school was bowled over and so very appreciative of our care and interest in the community she has served for decades".*

#### **Feedback to Father Jack Noble**

## Future Plans

Due to the overwhelming support of our collaborative communities we are looking to continue this important work, and already SMPC and TLCC are putting together a strategic plan to reach 1,000 families during the holiday season of 2021.

The collective roles of SMPC and TLCC within our local Marylebone community is immensely important. Together as a community we have shown the impact we can make to families in need, and we are truly grateful for the support of CRT during these very challenging times. We would welcome the opportunity of sharing more of our strategy and plans ahead to discuss the opportunity of future support from CRT.

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## Gratitude of Thanks!



*“Thank you CRT for your donation and trust, and the opportunity for The London Clinic Charity to expand beyond the barrier of private healthcare to support our local communities. We were thrilled to play such an important role within the Marylebone communities through our core values of Caring, Inspiring and Pioneering. We truly made an impact through the importance of food to one’s health and wellbeing. Your*

*donation has been put to great use and we are extremely grateful, especially during these unprecedented times”, so thank you again!*

*Louise Formby, Director of Philanthropy, The London Clinic*

*“St Marylebone Parish Church has a uniquely special place. After such a difficult year for so many people, we felt it important we do everything we can to offer our community a beacon of hope. We can’t thank you enough for your part in supporting the communities’ recovery and for being a part of our wonderful vision.”*



*Rachael Church, Director of Development, Marylebone Parish Church*



**THANK YOU AGAIN CRT, YOUR SUPPORT AND IMPACT HAS ALLOWED US TO CONTINUE OUR IMPORTANT WORK – CHANGING LIVES TOGETHER, THROUGH CARING, INSPIRING AND PIONEERING OUR LOCAL COMMUNITIES!**

*Please do not hesitate to contact us so we may share more of our important work in the communities.*



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