

ROBERT F.
KENNEDY
HUMAN
RIGHTS

PRESENTS



RIPPLES OF HOPE FESTIVAL

FEASTS OF HOPE THE TOOLKIT

THE RIPPLES OF HOPE FESTIVAL
15-19 SEPTEMBER 2021 | GREATER MANCHESTER

www.ripplesofhopefestival.org

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FEASTS OF HOPE

THE TOOLKIT July 2021 edition

Thank you to everyone who has allowed us to travel alongside them through the past year and is working to create a Feast of Hope. This toolkit is for you and brings together tips, advice and links that can support you in creating your Feast. It's not all original content - we don't want to reinvent the wheel - but it's a one stop shop of really useful information. We'll update it monthly, so do share any links and suggestions with rachele.evaroa@ripplesofhopefestival.org

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INTRODUCTION

About The Ripples of Hope Festival

Inspired by people – their stories, their strength and their creativity – Ripples of Hope is a new, unique festival for all of us to:

- think about the challenges we face as communities and as humanity;
- celebrate the power of people to make change; and
- explore how we can, together, take action to make human rights a reality in our communities and across the world.

We are bringing together the arts, business, communities, activists, NGOs and the public to tell a new local and actionable story about human rights - one that is rooted in communities and the everyday.

We are working closely with the people across Greater Manchester to create the Festival. Together, we've held Gatherings – workshops – with hundreds of people to ensure the Festival covers the issues that matter; shares the stories that should be heard; and is truly of Manchester and shared across the world.

The Ripples of Hope Festival will take place in Greater Manchester 15-19 September 2021

The Programme for the full Festival can be found on www.ripplesofhopefestival.org.

Introducing Feasts of Hope - and why Feast?

Central to The Ripples of Hope Festival is the creation of spaces for people to come together in meaningful ways, to have breakthrough conversations; connect with one another and be inspired by artists, activists and stories. The concept of breaking bread and cultural expression of food is central to this: communities, particularly marginalised ones, strengthen their solidarity and understanding through the sharing of food.

As we have worked with people across Greater Manchester, a recurring theme in our conversations has been the desire to come together around food and connect in meaningful ways.

And so we're inviting people and organisations across Greater Manchester to host their own community feasts - **Feasts of Hope** - to bring people together and strengthen the bonds of our communities.

Feasts of Hope are curated and organised by communities themselves. We are running workshops, beginning in January 2020 through to September 2021 to help you in that journey, facilitate collaboration, give you tips and ideas and promote what you are building. You can join at any time.

If you're interested in becoming a Feaster - hosting, organising, contributing to a Feast in any way - please completed this form: <https://forms.gle/jDSdf2sr1qoDdV9n9>

FEASTS OF HOPE

in development

Current Feasters

Thank you to our current Feasters - people who have confirmed they are developing and organising a Feast of Hope. If you would like to support them and get involved, please email them using the contact details provided.

If you're interested in joining or hosting a feast use the following form to express your interest

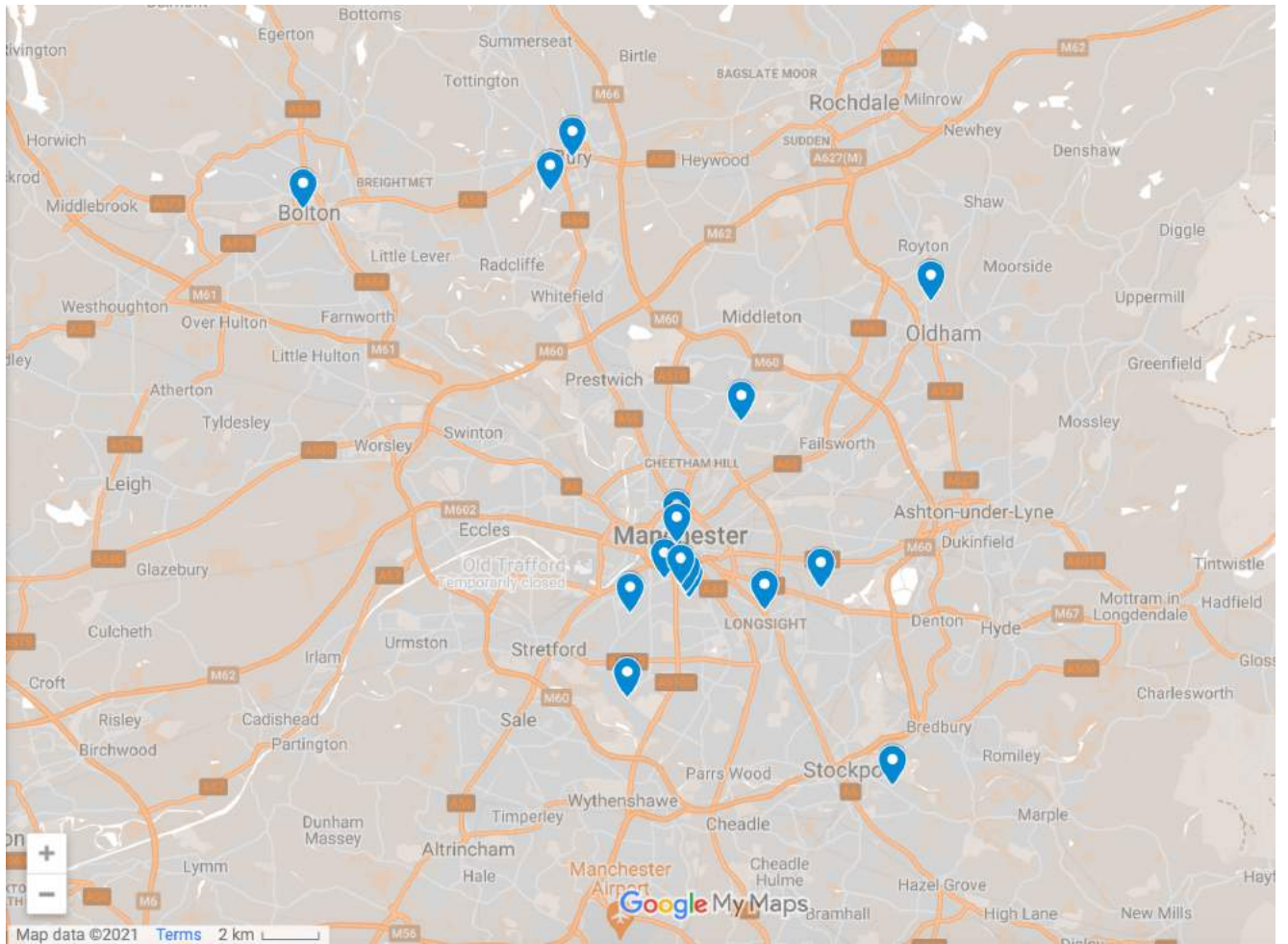
<https://docs.google.com/forms/d/e/1FAIpQLSdVHNZM7RiOxoglaibzeWEn2XjFGkfG417EM14Rltr4kFpfnA/viewform>

WHERE?	WHO?	CONTACT
Venue / Borough	Person Name; Organisation (also plural)	Email address
Manchester Central	Anne Walker	anne.walker9@ntlworld.com
Manchester Central	Manchester Central Library Siobhan O'Connor	siobhan.o'connor@manchester.gov.uk
Hulme	Ascension Church Hulme Steve Beal	stevebealascension@gmail.com
Hulme	Ahmadiyya UK Nadim Ahmad	president.manchestersouth@ahmadiyyauk.org
Hulme	Hulme Community Leader Bernard Sudlow	hib@gmx.us
Hulme	The Old Abbey Taphouse Rachele Evaroa	rachele@steam-mcr.com
Hulme	Gaskell Garden Project Dan Isaac	thegaskellgardenproject@gmail.com
Trafford	St John's Church John Hughes	john_dhughes@yahoo.co.uk
Chorlton Park	Sow The City Jon Ross	jon@sowthecity.org
Fallowfield	Fallowfield Community Library Leigh	leigh.m'rabty@manchester.gov.uk
Longsight	Longsight Library Paula Carley	paula.carley@manchester.gov.uk

Gorton	Cracking Good Food Gemma Foxcroft	gemma@crackinggoodfood.org
Harpurhey & New Moston	Manchester Libraries (North) Alison Gill	alison.gill@manchester.gov.uk
Bury	Bury Met Steph Meskell-Brocken	steph.meskellbrocken@themet.org.uk
Bury	Derby High School Lynn Provoost	lprovoost@thederbyhighschool.co.uk
Bolton	Bolton Library Charlotte Higham	charlotte.higham@bolton.gov.uk
Oldham	Oldham Library Rachel Wood	Rachel.Wood@oldham.gov.uk
Oldham	Katie Maden	katie.maden@oldham.gov.uk
Rochdale	Falinge Park Lucy Tasker	taskerl@falingepark.com
Rochdale	Action Together Kerry Bertram / Julie Durrant	kerry.bertram@actiontogether.org.uk julie.durrant@actiontogether.org.uk
Rochdale	Touchstones Lisa Allen	lisa.allen@link4life.org
Stockport	Stockport Libraries Michelle Shine	michelle.shine@stockport.gov.uk

Check out our interactive map here to see which individuals/organisations are getting involved in a feast in your neighbourhood.

<https://www.google.com/maps/d/u/2/viewer?mid=1mtYJXSFKpICtrCsEFKluvnNZoKPxA9ss&ll=53.47474566143193%2C-2.2298291322315666&z=14>



CREATE YOUR FEAST OF HOPE

IN AN IDEAL WORLD, WHAT WOULD YOUR FEAST BE LIKE, AND WHO WOULD IT BE FOR?

As you begin to think about hosting your own Feast, these might be some useful questions to think about and ask people in your community or organisations you might partner with. They are some of the questions we've been talking through in our gatherings and workshops.

- What work do you do around community development?
- How do you see a community-led feast strengthening that work?
- Who is the feasting for and with?
- What tools and resources do you imagine you will need?
- Is the food all donated, picked, baked, bought in bulk and shared? How could communities be involved?
- How will you decide the menu and source the recipes?
- How will you adorn the Feast? How could communities be involved?
- What entertainment and engagement could work well for your feast? Music, poetry, dance? How could communities be involved?
- Where could you get tables, chairs, crockery, cutlery?
- When could the Feast take place?
- Where could the Feast take place?
- Do you have a commercial kitchen close by?
- Who will prepare and cook the food?
- Do you need any skills development to access the kitchen and do cooking?
- How could you make sure covid measures at the time are incorporated appropriately?
- Who do you need in the team to make the Feast happen?
- What elements could become part of future feasts? Table runners? Recipes? New food networks? Feaster fellows?

PLANNING & BUDGETING YOUR FEAST FROM START TO FINISH

Three Comprehensive Guides for You

These are three great online guides which include ideas for everything from planning to decorating your feast, with detailed planning resources:

- **The Big Lunch**
 - <https://www.edenprojectcommunities.com/make-it-happen>
- **Feeding the 5,000**
 - <https://feedbackglobal.org/wp-content/uploads/2016/12/F5K-The-Introductory-Toolkit-1.pdf>
- **The Great Get Together**

- https://www.thewi.org.uk/_data/assets/pdf_file/0004/364162/WI-Great-Get-Together-Pack-2019.pdf

SOURCING FOOD

NB April and May are the perfect time of year to sow seeds for your feast!

Alternative Food Networks

Manchester-based organisations are working hard around Healthy Food, Sustainability and more. Here are some great teams to approach regarding sourcing free and affordable food for your feast that is local or has a low carbon footprint. Wherever we can, we are looking to help connect you with and help create sustainable food networks.

- **Feeding Greater Manchester**
 - **Link:** <https://feedinggtrmcr.org.uk/sustainable-food-cities>
 - **What is it?** A great resource for looking at where to source food from grower and good producers, helpfully mapped for Greater Manchester. Also details allotments, community gardens and school garden projects.
 - **Link:** <https://feedinggtrmcr.org.uk/seasonal-food-calendar>
 - **What is it?** Feeding Greater Manchester's Seasonal Food Calendar shows food generally available from North West growers.
- **Sow the City's Good to Grow**
 - **Link:** <https://www.goodtogrowuk.org/map/manchester/>
 - **What is it?** Sow the City's Good to Grow Map shows growing locations across Greater Manchester.
 - A message for Feasters from Jon, with thanks to him for joining our March workshop: "Sow the City wants to create a city where everyone can grow their own food. We can help Feasters set up their own food growing projects or connect them up with existing community growing projects that might have surplus food. We support a network of 150 or so community gardens that could be used as venues for Feasts too. Quite a few of these are on this map: <https://www.goodtogrowuk.org/map/manchester/>. Why not get in touch with them and see if they want to share surplus produce, host your feasts, or offer your help as a volunteer."
- **Kindling**
 - **Link:** <https://kindling.org.uk/CommunityEvents>
 - **What is it?** Kindling Trust runs a variety of projects encouraging sustainable food sources.
- **Gaskell Garden Project**
 - **Link:** <https://gaskellgardenproject.co.uk/>

- **What is it?** Gaskell Garden Project source food from supermarkets, grow their own and go gleaning.
- We were joined in our March workshop by a brilliant team from the Gaskell Garden Project, our thanks to them. We will be sharing more in the next toolkit edition.
- **Food For Life Get Togethers**
 - **Link:** <https://www.fflgettogethers.org/our-events/plant-and-share-month/>
 - **What is it?** Food for Life Get Togethers offer great ideas for regular community activities that connect people from all ages and backgrounds through growing, cooking and eating good food.
- **Feedback Global**
 - **Link:** <https://feedbackglobal.org/campaigns/gleaning-network/>
 - **What is it?** September is harvest time, when a lot of unwanted fruit and veg goes unpicked. Feedback helps to organise community groups to go picking.

Supermarkets & Wholesalers

If you are a registered community group or charity, you can ask the manager at any Bookers for a form to fill which will enable you to access food for free from them. The same applies to some other supermarkets, e.g. Aldi and Lidl. You need to find the right person to ask and reference Social Corporate Responsibility

Asking local businesses - with a connection to the area the feasts are in if they would like to donate.

Surplus Foods

We recommend that you stay aware that you may need to pivot your menu if you are relying on rescued food that would otherwise go to waste. Look out for local Facebook and WhatsApp groups that share information about surplus food. We are taking our hat off to everyone involved in redistributing rescued food pre-covid and especially during covid.

- **Fareshare**
 - We are in contact with Fareshare and we will share an update in the next toolkit edition.
- **OLIO - for individuals**
 - **Link:** <https://olioex.com/>
 - **What is it?** People giving away food & other household items to their neighbours, all for free.
- **To Good to Go - for individuals**
 - **Link:** <https://toogoodtogo.co.uk/en-gb>
 - **What is it?** High end restaurants putting their restaurant food - unpredictable but can be a bonus. A good way to get into surplus food.

PREPARING FOOD

Required Qualification - Level 2 in Food Hygiene

Anyone preparing food for the public needs a Level 2 in Food Hygiene - this can be done relatively cheaply online. However, it is also good to get some practical experience in a commercial kitchen too. This is a useful qualification to have as it gives a basic knowledge of food preparation and storage. The person running the Commercial Kitchen MUST have a Level 3 - this is a much harder qualification and looks into Kitchen Management and legal dimensions.

Online Courses:

- <https://food-safety.org.uk/courses/product/level-2-food-safety-and-hygiene-for-catering-course/>
 - £10+VAT
- <https://www.elearningatwork.co.uk/courses/food-safety-training>
 - £12+VAT
- <https://www.foodhygienecompany.co.uk/level-2-food-hygiene-and-safety-training-courses/>
 - £18

In Person:

- **Cracking Good Food**
 - Cracking Good Food run a wide variety of workshops from cooking lessons to Food and Safety Training and bespoke days. They have the equipment to be able to host these in most spaces. They have a huge amount of experience working in the community and their cooking lessons reflect the diverse cuisines of Manchester.
 - <https://crackinggoodfood.org>
- **Manchester Metropolitan University**
 - We have an offer from Manchester Metropolitan University of groups potentially coming and doing their training in Level 2 and using their resources on site such their Food Lab and their Commercial Kitchens. This is dependent on COVID restrictions and the University's timetable. If you are interested in this, please contact [Rachele Evaroa](#)
 - <https://metmunch.com/cook-and-grow-cookbook/>

Recipes & Ideas

Food can be really inclusive - or it can be something that excludes people. Thinking carefully about the food and menu you will provide at the Feast is important due to people's varied dietary requirements.

We were joined in our March workshop by Mary-Ellen MacTague from Eat Well MCR and are in discussion around expert chef support. We will share more in the next toolkit edition. <https://www.eatwellmcr.org/>

Much more to come here, but as a starters, here are some great resources made by Manchester organisations around recipes and cooking, and please send us links to others you spot:

- **St Peters**
 - **Link:** <https://www.stpeters.org.uk/the-well/>
 - **What is it?** Video recipes and easy-to-follow cooking classes.
- **Heart & Parcel**
 - **Link:** <https://heartandparcel.org/heart-parcel-cookbook/>
 - **What is it?** Lots of activities around food and language.
- **Magic Freebies**
 - **Link:** <https://www.magicfreebiesuk.co.uk/free-stuff/free-caribbean-cookbook>
 - **What is it?** Free cookbook around Caribbean Food
- **Diabetes UK Free Food Guide**
 - **Link:** <https://shop.diabetes.org.uk/products/enjoy-food-guides>
 - **What is it?** Excellent resource of free cook books aimed around diabetes.

FUNDRAISING

Funding Sources

Manchester Community Central

- **Link:** <https://manchestercommunitycentral.org/funding-sources>
- **Where?** For projects across Greater Manchester
- **What is it?** Information for the bulletin is compiled from a number of sources including Grantfinder, and direct from funders themselves. It showcases many of the hundreds of funding opportunities available for local community, voluntary and faith organisations. This bulletin is produced by a partnership of local support and development agencies across Greater Manchester. Current relevant funds include:
 - Community Soup - Moss Side and Hulme - up to £4,000
 - Auto Trader Community Fund - Greater Manchester - up to £1,000
 - Magic Little Grants - UK Wide - up to £500
- **Deadline:** dependent on individual grants found in database - range from ongoing to set date

We Love MCR Communities Fund

- **Link:** <https://www.welovemcrcharity.org/stronger-communities-fund/>
- **Where?** City of Manchester only.
- **What is it?** Grants of up to £5,000 for projects that bring communities together. Depending on the focus of your feast (and the conversations you bring together), this could apply as the fund focused

on (i) helping in the early years; (ii) comparing loneliness and social exclusion; and (iii) protecting and improving our open spaces; and (iv) offering positive youth activities.

- **Deadline:** May 28th/June 25th/August 6th/September 3rd

Action Together

- **Link:** <https://www.actiontogether.org.uk/find-funding>
- **Where?** Oldham, Rochdale and Tameside
- **What is it?** A database you can search to identify relevant funds.
- **Deadline:** dependent on individual grants found in database - range from ongoing to set date

Postcode Neighbourhood Trust

- **Link:** <https://www.postcodeneighbourhoodtrust.org.uk/apply-for-a-grant/>
- **Where?** North of England
- **What is it?** Supports smaller charities and good causes in the north of England to make a difference to their community for the benefit of people and planet. Monthly round from now until October, with first 100 applications received in each round being considered. £500 to £20,000.
- **Deadline:** Funding rounds open at the start of each month

The National Lottery Community Fund

- **Link:** <https://www.tnlcommunityfund.org.uk/funding/programmes/national-lottery-awards-for-all-england>
- **Where?** England
- **What is it?** To support people and communities most adversely affected by Covid-19 - £300 to £10,000.
- **Deadline:** ongoing

Charity Services

- **Link:** <https://charityservice.org.uk/grant-funding/>
- **Where?** Greater Manchester
- **What is it?** Grants up to £3,000 for work with disadvantaged communities and/or individuals.
- **Deadline:** ongoing

Bolton CVS

- **Link:** <https://www.boltoncvs.org.uk/covid-19-funding-news-and-updates>
- **Where?** Bolton
- **What is it?** List of funding opportunities in Bolton.
- **Deadline:** dependent on individual grants found in database - range from ongoing to set date

Salford CVS

- **Link:** <https://www.salfordcvs.co.uk/funding-tendering>
- **Where?** Salford
- **What is it?** List of funding opportunities in Salford.
- **Deadline:** dependent on individual grants found in database - range from ongoing to set date

Manchester City Council | Neighbourhood Investment Fund

- **Link:** https://secure.manchester.gov.uk/info/100003/people_and_communities/202/neighbourhood_investment_funds
- **Where?** City of Manchester
- **What is it?** Small pots of funding in each ward decided by local councillors. This year's themes are Climate Change and Community Resilience so the Feasts fit in nicely. The Neighbourhood Team has been informed about the Feasts so should be expecting a bid from groups.
- **Deadline:** Ongoing. Funding and timescales dependent on your Neighbourhood Officer and how much of your neighbourhood has already been allocated.

Wigan Borough Community Partnership

- **Link:** <https://www.wbcommunitypartnership.org/advice-support/funding-covid-19/>
- **Where?** Wigan
- **What is it?** List of funding opportunities in Wigan.

National Lottery

- **Link:** <https://www.lotterygoodcauses.org.uk/funding?location%5B%5D=england&type%5B%5D=communities-groups&amount=>
- **Where?** England
- **What is it?** Grants up to £10,000. Applications are relatively easy (takes 2-3 hours) and good for groups looking to expand.
- **Deadline:** Ongoing

Ways to self fund online without a grant...

3 ways to securely raise money online

GoFundMe

- **Link:** <https://uk.gofundme.com/>
- **What is it?** Online fundraising tool. Set up a campaign, tell them about your cause, how much you aim to raise then share on social media to gain more reach across your community.

Just Giving

- **Link:** <https://www.justgiving.com/>
- **What is it?** Online fundraising tool. Raise money for a cause or donate to others.

Crowd Funder

- **Link:** <https://www.crowdfunder.co.uk/>
- **What is it?** Online fundraising tool. Supports great ideas by providing a platform to raise money. They make fundraising online simple and easy to do with a dedicated team to help.

How to promote your campaign online

Top tips on using social media, blogs, newsletter, films and contacting your local media

Eden Project - Big Lunch

- **Link:** <https://www.edenprojectcommunities.com/make-it-happen/promoting-your-project>



How to make the most of your mobile phone to capture content - Online Guide

- **Link**
https://docs.google.com/document/d/1RHTjKqXPtgkph_wwsqvUiF_q7TVbw-kB5m34hD85iAM/edit?usp=sharing

FINDING A VENUE AND KITCHEN

Choosing a venue

The space in which you host your feast can shape everything, from the quality of the food you can prepare to the atmosphere. One of the earliest things you should do in your planning is find a space which is easy and accessible for those you are inviting to get to, ideally with a commercial kitchen (e.g. restaurant, cafe, school canteen) where you can prepare the food.

Things to think about:

- How will the people you're inviting feel coming to the venue you've chosen?
- How can you dress the venue and tables to create atmosphere?
- How can you welcome people?
- How will you make sure the facilities are there to help everyone feel comfortable?
- How could the tables be laid out?
- How does sound carry?

Commercial kitchens

Due to the importance of meeting food hygiene standards (see the Health & Safety section), having access to a commercial kitchen is important as they will most likely have everything in place to meet those standards - and the kitchen manager will be able to advise you. They will have the best knowledge of what you are able to make in the kitchen and how to go about it. They may also have additional rules in place - these can be 'no nuts' etc. You must work closely with them in the preparation of the Feast.

If you do not have access to a Commercial Kitchen, please contact rachele.evaroa@ripplesofhopefestival.org and we will look at alternative ways that your group can access food and/or prepare it for the feast.

HEALTH & SAFETY

It's important that you consider all the health and safety implications of your event, especially in times of COVID. While we use our best endeavours to make sure the information in each edition of the toolkit current, Robert F. Kennedy Human Rights UK accepts no liability for the applicability to your event. Independent professional advice should be sought locally in relation to any respective event.

We will try to sign post you to useful links and organisations who are working in this area.

Food Safety

You MUST comply with Food Standards and have a Level 2 in Food & Safety if you are serving food to the public. This is regardless of if it is made at home or if it is given away for free. There are laws around allergies; how food is labelled; and how it is prepared. **You can be liable for prosecution if you do not follow them.** These rules are there to keep people safe. You need to keep all this in mind when planning your Feast. This is the industry standard

<https://www.food.gov.uk/business-guidance/safer-food-better-business-sfbb>

COVID safe

Government Guidance

Make sure you follow the government guidance in your area in area at the time of your activity

<https://www.gov.uk/coronavirus>

Food For Life Get Together

As Food for Life Get Together say, 'There are lots of ways we can come together while social distancing. If you're unsure where to start, have a look at our UK wide celebration dates below for ideas and inspiration.'

<https://www.fflgettogethers.org/our-events/plant-and-share-month/>

DRESSING YOUR SPACE

Decoration Ideas

The **Three Comprehensive Guides** within **Planning and Budgeting your Feast from Start to Finish** offer some great ideas for adorning your feast and we will continue to grow these links. Some Feasters are connecting with local sewing circles to develop table runners, others are looking at involving local artists and participatory workshops. So much more to come here, but these are for starters, and do send us links when you spot other ideas:



Eden Project Communities

- **Link:** <https://www.edenprojectcommunities.com/make-it-happen/decorations>
- **What is it?** Creative decoration ideas for community events

MIND's Paper Garlands

- **Link:** <https://www.mind.org.uk/media-a/2644/tassel-garland-template.pdf>
- **What is it?** Guide to creating garlands

Difficulty rating  Length of time it will take: 1 hour

 **How to make your tassel garland**

Tissue paper tassel garland

Add a fun and colourful touch to any summer celebration with this lovely DIY tassel garland!



Crafty shopping list

- Tissue paper
- Strong glue
- Scissors
- Ribbon or twine
- See our suggested suppliers list online at mind.org.uk/crafternoon

1 Fold an average size sheet of tissue paper in half lengthwise. Then starting at the unfolded end, cut your paper into strips 1cm wide, stopping about 3cm from the fold.

2 Carefully unfold the cut sheet of tissue paper. Starting at one end, begin rolling the tissue paper along the fold, as tightly as possible. Continue rolling the tissue paper until you get to the end.

3 Now carefully twist the rolled centre.

4 Fold the paper tassel in half, and twist the rolled up centre in to a loop. Glue the loop in place and wait 20 seconds for it to dry.

Tip 15 tassels makes about 2 metres worth.

5 Thread your twine or ribbon through the loop, and repeat the steps with different colours of tissue paper until you've got a whole garland.

6 Take a photo of your pretty paper garland and share it with the hashtag #crafternoon on Facebook or Instagram.

Crafty variations

- Having an outdoor party? Scatter individual paper tassels among the tree branches to delight your guests.
- Use scraps of fabric instead of tissue paper to create a more durable and textured garland.

Thank you for taking part in Crafternoon. By fundraising at your Crafternoon you're making sure no one has to face a mental health problem alone.

If you have any feedback about your Crafternoon, we'd love to hear from you. Email: crafternoon@mind.org.uk Telephone: 0300 999 3887

We're a registered charity in England (no. 270638)

CreatorsOnLockdown Table Decoration

- **Link:** <https://www.youtube.com/watch?v=LOQzfvSUUn5>
- **What is it?** Video of DIY sustainable DIY table decoration ideas from #CreatorsOnLockdown with artist K8 Wanitas

Other Artist Research:

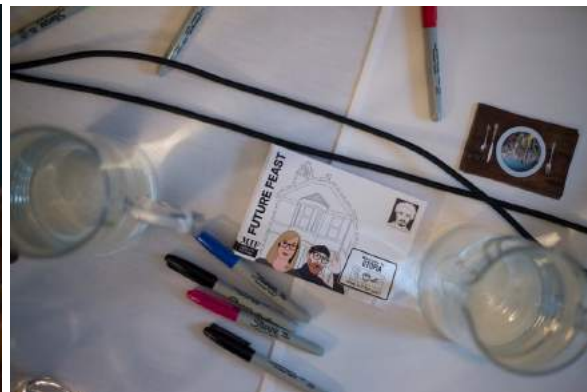
"What does it mean for us to be generous with one another?"



Theaster Gates shows how creating intentional space for community can drive artistic discourse, through the construction, layout, and use of the Dorchester Projects house, home to the Soul Food Pavilion dinners.

SMART Museum of Art (Chicago) - Feast: Radical Hospitality in Contemporary Art

- **Link:** <https://blogs.uchicago.edu/feast/>
- **What is it?** An informal curatorial blog about the meal as a medium for artists in Chicago, USA.



Manchester International Festival: Festival In My House

- **Link:** <https://mif.co.uk/whats-on/future-feast/>
- **What is it?** Josef and Louise Minta invited their neighbours into their home to think together about what our future citizens, communities and societies could look like.

The Last Supper - Ella Boston

<https://www.arrabbit.com/events/the-last-supper>

Black Feast

<https://blackfeastdinner.com/> / <https://www.instagram.com/black.feast/?hl=en>

Feasters Resource Suggestions:

- **MMU Special Collections** - <https://www.specialcollections.mmu.ac.uk/>
- **MMU Library Online Support** - <https://libguides.mmu.ac.uk/supportonline/special>
- **Amnesty Human Rights Resources** - <https://www.amnesty.org.uk/resources-schools>
- **Eden Project Decoration Ideas** - <https://www.edenprojectcommunities.com/stuff-you-can-do>
- **Food Citizenship** - <https://www.foodethicscouncil.org/programme/food-citizenship/>
- **Human Right to Adequate Food and Freedom from Hunger** - <http://www.fao.org/3/W9990E/w9990e03.htm>

FACILITATING MEANINGFUL CONVERSATIONS AROUND HUMAN RIGHTS AT THE FEAST

Jude Kelly will lead our May workshop which will also be around the time we will be able to share the Festival programme. The workshop will explore how we can facilitate meaningful conversations about human rights at our Feast of Hope. We will include the process of inviting your guests, from thinking about who you want to invite; how to reach out to your target audience; and how to engage them both before and after the Feast.

WORKSHOPS

Workshops

At the end of February, we asked Feasters what they needed. Building on what you told us, we are running a series of workshops, which began in March with a focus on Food.

1. Feasts of Hope - March Workshop

It's All About Food featuring Gaskell Garden Project

Link: <https://www.youtube.com/watch?v=MbFtrElXoew&t=4480s>

2. Feasts of Hope - April Workshop

Ideas for organising your feast with Lucy Orta, Tristram Stuart and Nadim Ahmad.

Link: <https://www.youtube.com/watch?v=sg208tEVR1c>



3. Feasts of Hope - Online Gathering (July)

Our feasters joined us online to discuss their feasting plans. We shared some useful resources and questions, which are now available on our July toolkit.

We were joined by the Manchester City Council, Bolton & Stockport Libraries team, Amnesty International, Manchester Metropolitan University/Met Munch, Hulme Community Forum & For The Love Of Food.

Link: <https://youtu.be/J8V60TmLdYc>

RIPPLES OF HOPE FESTIVAL LAUNCH
Is there justice in the justice system?

Link: <https://youtu.be/6-VZoJyk3Xc>



Who is being locked up? Should they be? And what are the chances of a new and better life afterwards? Do our prison and justice systems really make society safer or fairer? What can we all do to make sure a prison sentence isn't automatically a life sentence?

Please come and join in as **Jude Kelly** talks to **Brenda Birungi** (also known as the poet Lady Unchained), **Baroness Helena Kennedy QC** and **Nazir Afzal** (former Chief Prosecutor) about how people end up jail, the experiences inside, and then what the future holds for ex offenders. Help us think about life before, in and after prison and how we can shape the future of criminal justice in the UK.

May 13th. 10:00-12:00

JOIN & CONTACT US

If you have any questions or content suggestions for the toolkit, please email Rachele at rachele.evaroa@ripplesofhopefestival.org

If you're interested in becoming a Feaster - hosting, organising, contributing to a Feast in any way - please completed this form: <https://forms.gle/jDSdf2sr1qoDdV9n9>