



Luminary Bakery

A Project with Soroptimist International London East

#SoroptimistVirtual2020

Women inspiring action,
transforming lives

Nathalia: Hello everyone! I'm Nathalia, the current President of Soroptimist East London (or London: East).

On behalf of the whole club, thank you!

Thank you for recognising our mentoring work with the amazing Luminary Bakery.

There are 3 key lessons that we learnt & we are taking forward in our program action now:

1. economic empowerment isn't always about giving women money; time, support, publicity, choosing what you buy & from who all count too!
2. mentoring doesn't just empower the mentee, it can empower the mentor too!
3. partnering with the right organisation makes a difference to our impact.

And, now, over to club members to tell you about the Luminary mentoring project, what we did, why we did it and what came next.

The Luminary Bakery

- "Luminary Bakery is a social enterprise providing training, employment and community to some of the most disadvantaged women in London. The women [they] work with have been classified as experiencing "multiple disadvantages", including gender based violence (domestic abuse, prostitution, sexual exploitation, trafficking and honour based violence)."
- They "work holistically with women for 2 years, offering a safe space to train, trauma-informed support as they overcome barriers from lack of opportunity, preparation for employment, and guidance in building towards a positive future."

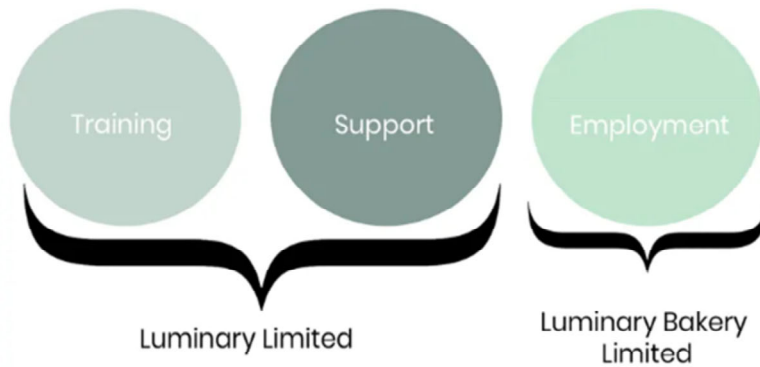
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Alison:

The Luminary Bakery is a social enterprise in East London that empowers vulnerable women through baking. They also make excellent cakes! If you are ever in Camden or Hackney do go and visit or maybe book for afternoon tea.

Luminary Structure



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A “social enterprise” is a company/other organisation which uses its profits for social (ie non-profit) purposes.



The programme

- As part of their two year program, Luminary students receive 6 month mentoring support from a professional woman to walk alongside her professionally and personally for a season.
- Soroptimist East London mentors worked, in total, with 7 women.
- Some Soroptimist mentors remained in contact with, and continued to support, their mentees for well over the 6 month period becoming friends in the process.

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By investing in the Luminary we have helped the women to realise their dreams - through training, employment and community - we have helped to break cycles of poverty, violence & disadvantage once and for all.

The Need

- 1 in 5 women globally face gender based violence
- 1 million unemployed women in the UK and 180,000 in London
- Hackney is the 11th most deprived authority in the UK

Of the Women Luminary has Supported

- 69% have experienced homelessness
- 24% are survivors of trafficking
- 78% struggle with mental health issues including PTSD
- 26% have been through the criminal justice system

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Alison:

We chose Luminary because the organisation was one that all the members felt passionate about. It is an organisation that really makes a difference to the lives of the women they support. We felt we could really make a difference rising hope in those we mentored, helping them rebuild a new future for themselves. Supporting them on the next stage of their journey.

Referrals

- Their referral agencies are a mix of women's services, housing providers, anti-trafficking organisations, charities, homeless and domestic abuse services
- They were able to offer places to 33% of women in 2018
- The women travelled from all over London

REFERRALS CAME FROM THE FOLLOWING ORGANISATIONS

ORGANISATION:	AREA:
Ella's Home	East London
ESSENCE	Pan London
Hestia	Pan London
Women's The Well	Kings Cross
St Mungo's	Hackney
Crisis	Tower Hamlets
Look Ahead	Tower Hamlets
NIA	Pan London
SHP	Pan London
Pause	Pan London
MIND	Homerton
Room to Heal	North London
NHS	Homerton
Arch 76	Tower Hamlets
St Giles Trust	North London
Sophie Hayes Foundation	Pan London
Advance Minerva	West London

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Referrals to the Luminary come from a range of agencies from across London.

Outcomes to date

- Women used a scale of 1-10 to rate themselves before and after Luminary Training Programmes and reported significant improvements
- 96% increased in skills and knowledge
- 52% improvement in managing money
- 83% increase in self esteem
- 62% improvement in mental health
- 66 Women supported, 233 days of training, 85 certificates
- 52 Luminary Programme Graduates, 25 women into work, 10 women started own business

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The training programme has been very successful.



Pictures from the Bakery



Alison:

There were also opportunities for the whole club to be involved, through attending baking classes. Not only do the classes provide support directly to Luminary, they are a lot of fun and we learnt some new skills too!

Working with Luminary always feels like working with a family, they care deeply for all the women they support. It is an honour to work alongside them.

The photo shows members of Soroptimist East London attending a bread baking class at the Luminary Bakery. Monies paid by club members to attend the class went directly to the Bakery to assist them with their employability and support programmes for vulnerable women.

Halimot

Receiving her diploma



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Melanie: Being a mentor with Luminary was very worthwhile.

Luminary provided excellent training . And, since we got involved when Luminary first set up the mentoring scheme, we had the opportunity to try things out and to share ideas with other mentors.

Spending time with a woman (mentee) who has such a very different experience of life really does broaden your knowledge about the world. Although at the beginning she's a mentee, by the end of the program she is a new friend!

Sally: Luminary did a great job of pairing me with a mentee who I was really able to help achieve her educational goals despite the very real challenges she faced.

Initially we met up once a month over a six-month period, but it was so much fun and such a pleasure that we kept on meeting up! It was a really a delightful experience to be able to help such a motivated woman.



RISING HOPE COOKBOOK
£20

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You can help too!

Rising Hope Cookbook!

Combining delicious recipes with stories from the bakery & the women Luminary has helped empowered. Rising Hope will take you on a journey that shows how anyone, anywhere, can learn how to bake, grow as an individual, and share their experiences with those around them.



<https://luminarybakery.com/pages/luminary-cookbook>

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Alice (from Luminary): Luminary are really grateful to the Soroptimist volunteers who have been mentoring our graduates from our training programmes really investing in their personal and professional development and making them feel a part of community.

The Luminary Bakery has a great book of recipes and stories called Rising Hope! You can help the Luminary by buying the book – and you'll learn about the real experiences of Luminary students.



Read all about
my journey, my cakes, my classes
<https://sigbi.org/east-london/>

Halimot: I was a Luminary mentee.

My Soroptimist mentor did a wonderful job. She's like my mum and a mentor at the same time. She's one of the pillars to my business helping me along the way .

Now I'm a Soroptimist. I want to give back to the community, to share my skills and offer what I can. Just about a week ago I gave a baking class to raise money for The Ideas Partnership, our partner in Kosovo, and I'm hoping to start teaching girls there soon.

You can learn about my story attend my online baking classes too. Just check the Soroptimist East London website to learn about it.

Following her experience as a Luminary student and a mentee, Halimot set up in business.. She's now a Soroptimist and giving back to others.



Mary:

We're taking forward all the lessons learned about economic empowerment our program action today. That includes mentoring with another organisation – HERA - and supporting Sa Pune, a women's micro-finance project in Kosovo.

Thanks very much for the award and encouraging us in our work from everyone at Soroptimist East London!

Photo shows a selection of Haliberry cupcakes!

Sa Pune is part of The Ideas Partnership.



Thank You!



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 www.facebook.com/SIEastLondon

 <https://sigbi.org/east-london>

 SIELSecretary@gmail.com

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Thank you