

BE.GREEN

2020-2025





SEEDTO SYSTEM CHANGE

2020 - 2025

BE.GREEN AND THE MAKING OF A YOUTH-LED MODEL FOR A JUST FOOD AND CLIMATE TRANSITION



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♦ + IMPACT: 2020-2025 + ♦

6,473

UNIQUE PEOPLE ENGAGED WITH A JUST FOOD AND CLIMATE TRANSITON

300+

YOUNG BE.GREEN ACTIVISTS DEVELOPED

3,649

HOURS DELIVERING BE.GREEN SESSIONS

10,949

HOURS SPENT BY LIC ON CAMPAIGNING FOR A JUST FOOD AND CLIMATE TRANSITION



WE BEGIN AT OUR DOORSTEP...

We are a grassroots youth-led organisation that empowers young people to define the brief; we build campaign structures around them so decisions sit where the consequences land, allowing current systems to be challenged. This report traces that arc from intent to practice, showing how Be.Green became the central lever for youth power, with the Food Coop as a weekly access engine and partners helping turn ideas into habits.

Before the project names, there was a simple thesis: if young people author the work, they will also author the outcomes. Cohorts set questions, designed formats, and spoke in public. The Food Coop made values tangible: affordable, culturally relevant produce at walking distance, run by volunteers including young leaders. Together they turned climate and food from campaigns into routine, everyday life.

JUST FACT and WEN added wind to the sails, resourcing

a just food and climate transition through the Climate Action Fund so our community could learn in public, scale what worked, and retire what didn't. The partnership backed practical shifts: decision-making closer to youth, resource flows that keep good food close to home, and feedback loops that turn exposure into skills and skills into leadership.

Our World Our Wellness (OWOW) is the name we give to this operating model. It holds the strands together: leadership as a practice, access as dignity, and culture as the glue. From 2020 to 2025, learn what our young people did, why they chose it, what changed for them and their neighbours, and how small, steady rules - who decides, what is supplied, (when doors open?) - add up to a youth-led model that future young people can continue to shape and allies can join. This is the story of that model taking root at the Teviot Estate.





SO THE FIRST WORD BELONGS TO THE YOUNG...

We put the first word in young hands. From the outset, Be.Green was built as authorship, not attendance: cohorts set the scope, draft the questions that matter on their estates and in their kitchens, and choose how we learn together. Formats bend to fit curiosity- short modules, hands-on sessions, and visits that start with lived questions and end with practical next steps. If young people write the brief, they will own the outcome.

A small pilot cohort of seven chose everyday climate decisions close to home over abstract targets. They redesigned sessions around what helps them act the next day: skills first, slogans later. That meant swapping long lectures for shorter workshops, adding peer roles, travel bursaries, and letting participants co-host segments. Each change was a rule shift: decisions moved toward the people most affected, and delivery followed.

Authorship also meant choosing the mediums. One group chose a zine for research and recipes; another set short talks

with practitioners to interrogate methods. For visits, they set the brief: meet growers, river crews, repair makers and employers who show the nuts and bolts of change. Exposure wasn't a reward; it was the curriculum. Appetite grew with responsibility: later cohorts expanded, with 20+ young people taking co-facilitation, logistics and first-draft budgets. Some stayed on as peer recruiters and session leads.

All of this rested on support that respected youth judgment. WEN and JUST FACT resourced us to keep authorship real - time to plan with young leaders, flexibility to test and pivot, and partnerships that made the 'who decides' question practical, not theoretical.

By the time the cohort rhythm settled, we weren't asking young people to fit our plan; we were fitting ours to theirs. That is what 'the first word belongs to the young' looks like in practice: a program that starts with their questions and ends with their signatures on the work.



AND WE CELEBRATE THE WORK, NOT JUST THE POSTER...

We don't hide the work. From the first cohort onward, Be.Green chose to publish as they went: research, recipes, street interviews, and checklists people could try that week. EcoEast became the first proof: a youth-made zine stitching local voices with do-able actions, taking it beyond the room. Then came talks and panels, from neighbourhood forums to city platforms, putting young people's questions on the agenda.

Publishing changed behaviour. When neighbours can see your workings, you get buy-in and collaboration. Peers interrogated claims, residents added context, and partners opened doors so the cohort could test ideas against reality. Formats followed that discipline: short modules with co-led segments, micro-talks with practitioners, and debriefs capturing what to keep, what to change, and why.

Public moments multiplied. We set up tables at community events and asked for feedback on draft tools; framed river clean-ups as demonstrations; turned an Organiclea visit into a seasonal produce explainer;

cookbook recipe tests were shared at a tasting table. None of this was publicity theatre. It was quality control in the open, where success was measured by what someone did differently the next week.

Learning in public needs scaffolding. We budgeted for travel, wellbeing and public speaking coaching, created sign-off routes, respected consent for images, and offered low-pressure roles for those who preferred to make rather than speak. With support from WEN and JUST FACT we had the flexibility to pace, bring in guests, and fund the unglamorous work that keeps open learning safe and fair.

By the end, "show the work" was muscle memory. Cohorts chose where and how to be seen, picked venues that reached the people they cared about, and set measures that felt honest: Did someone try a safer travel route? Did a parent switch to the Food Coop this week? Publishing wasn't an add-on; it was the method that turned effort into a shared local asset.







FOOD FOREVER OUT OF REACH BECOMES OUR DAILY BREAD...

We built access close to home so change could stick. The Teviot Food Coop sits within the Teviot Estate and is powered by the strength of youth and community volunteers: setup, welcome, till, stock-out pacing, and close. Young people do the noticing that matters - queues forming early, a crate that always goes first, paydays that shift demand - and adjust the service accordingly. Hours were tweaked, stock lists rebalanced for season and culture, and signage simplified so newcomers felt invited. The result wasn't a campaign moment; it was a weekly ritual, week after week, that turned values into groceries.

Affordability was not left to hope. Through partners piloting organic access and discount schemes, the offer stayed both good and reachable. Proximity did the rest. People returned because the stall was there when needed, staffed by neighbours and young leaders who knew names. When Earth Month rolled in, Be.Green cohorts volunteered together, using the Coop as a live classroom

for waste cuts, packaging swaps and seasonal choices.

Governance showed up in quiet calls. Youth leads moved high-demand items earlier, trialled alternative price points on surplus, and phased out lines that never moved. If a tactic failed, we tried another; if it worked, it stuck. These micro-decisions are the system shift in miniature: resources closer to need, decisions closer to consequence.

The Coop widened who could participate in Be.Green. A young person might meet us at the stall, then join a workshop, then co-host a session. Volunteering became references and responsibility; responsibility built confidence. In Our World Our Wellness, the Coop is the access lever: it keeps dignity practical and makes climate and health everyday, not weekend rhetoric. Access here is not something given; it's something young people run, refine and share.







AS NEW COMPANIONS HELP PAVE AND WIDEN THE ROAD...

Exposure isn't a day out; it's the catalyst. We designed Be.Green so each cohort meets people who turn ideas into practice and places where systems are visible. On the farm, young people see how soil, season and price meet; on the river, they learn how litter maps to neighbourhood habits; with zero-waste makers, they meet repair and reuse; with employers, they glimpse where their skills land next. The aim is conviction and direction: climate and food are no longer headlines but rooms you can walk into and roles you can hold.

Each visit carried a brief set by the group and a debrief they owned. At Organiclea, they mapped the journey from field to basket, then used that insight to shape seasonal choices at the stall and in cook sessions. With Thames21, they learned sampling, safety and site stewarding, then designed micro-actions back on estates that made litter reduction visible and social. With Sunny Jar, they stress-tested low-waste swaps, from bottle collection to refill habits that actually fit family life. Employer touchpoints turned curiosity into briefs, pitches and references, linking

"green jobs" to real work rather than poster talk.

The numbers are small on purpose and big in effect: 11 attended the Organiclea trip; 18 joined the Sunny Jar masterclasses; 50 bottles were collected during the trial; nine stayed engaged through Earth Month as peer leads. The point isn't spectacle; it's stickiness. After meeting growers, river crews and makers, cohorts chose formats that matched reality: shorter modules, co-led sessions, practical tools, and public tests that neighbours could try the same week.

Exposure also empowered diverse voices to take up new roles. First-time speakers introduced sessions; quieter makers documented processes; planners handled logistics. Responsibility followed interest, which is how pathways begin. Back at Teviot, these encounters showed up in decisions: rota tweaks to meet real demand, stock lists shaped by season and culture, and session content that felt owned because the people who designed it had seen how the system works up close. That is how new companions and places widen the road: they turn direction into a route.



WE COOK, BUILD AND TEACH SO OTHERS CAN CARRY THE FLAME...

Be.Green treats knowledge as a gift to be shared and paid forward, so each cohort turns what they learn into tools others can use. In kitchens and workshops, young people co-design simple guides, recipe cards, thrifty shopping checklists, and activity plans that fit real lives in Teviot. They practise co-teaching, pair up to lead segments, and shadow-facilitate until they are ready to run sessions outright. The aim is steady transfer, not star turns: if one person steps back, the method still works and the offer stays open.

The Tasting Heritage cookbook is a love letter to land, kitchen and community, made by the 2025 Be.Green cohort. It treats food as a living record of who we are and where we come from, pairing memory with method so traditions travel, not fade. Pages open with voice and story - family tables, migration routes, everyday rituals - then translate them into clear steps that keep authenticity intact while making the recipes doable in Teviot today. Most of all, it carries a simple belief: caring for heritage means caring for the planet, so we cook in ways that cut waste, respect seasons and share what we know widely.

Every dish was developed with what our community can actually buy. The cohort deliberately built recipes around ingredients stocked at our low-cost organic Food Co-op - leeks, asparagus, onions, tomatoes,

herbs and more - using local and seasonal produce to anchor both flavour and affordability. The book spells it out: these ingredients are available at the Co-op; cooking with them reduces transport, keeps meals fresher, and supports small-scale growers. Cultural context sits beside low-waste technique, so potato peels become stock, overripe bananas sweeten fry cakes, and leftover herbs turn into sauces. Heritage isn't a museum; it's dinner.

Earth Month pulled these threads together. Youth leads curated a fortnight where Co-op shifts, garden days, repair demos and cook-along evenings became one shared table. First-time facilitators introduced the stories behind dishes; confident cooks led the hobs; documenters captioned clips so families could recreate meals at home. Each event ended with a one-page recipe card and a "why this matters" note, so culture and skill left the room with people, not just photos.

Nothing here is a one-off. We keep templates, rota notes and bills of materials so the next cohort can run what works and refine what doesn't.

The cookbook is part manual, part memory-keeper: tools outlive timetables, and heritage moves peer-to-peer, household-to-household, week after week. Already, it is being shared by our young activists to make our campaign accessible to the next generation



Welcome



Who is this book for?

This book is for anyone who believes food is more than fuel - it's a living record of who we are and where we come from: Everydish in these pages carries the memory of someone's table, the smell of a family kitchen, or the traditions that have travelled across oceans and generations. Whether you're a skilled home cook or just. beginning, these recipes will help you explore flavours from around the world while learning how to honour the written behind them.

It's for families who want to keep cultural recipies with students reconnecting with flavours from childhood, and food lovers eager to discover the stories hidden in everyday meals. You'll find dishes that spark nostalpla, inspire curiosity, and invite conversations about identity everation, and community.

Most of all, it's for those who share the Our World, Our Wellness belief that caring for our heritage also means caring for our planet. By cooking in ways that reduce watte, support local produce, and respect seasonal rhythms, you'll keep traditions alike while shaping a healthier future for the next generation.







AND WHERE WE GATHER, WE SET THE RULES...

At LiC, youth governance is the key to our success.

We start from a simple commitment:
invest authority in the people who live the consequences.

That is why we rooted ourselves at Teviot and why young people hold real powers here.

This is not consultation dressed as voice.

It is control over design and delivery, exercised every week by those who come from places shaped by systemic exclusion and who know what fair looks like in practice.





SO STEP BY STEP, WE MOVE FORWARD...

Progress looks like small steps that leave a track others can follow. Be.Green turned attendance into progression by design: short modules where young people own a task end to end; practical briefs from partners; a clear route from co-facilitator to lead; and real-world outputs that double as references. Each cycle begins with "what can we try this month?" and ends with "who's ready to run the next part?" The path is visible, paced, and owned.

Modules carry responsibility with safeguards. A pair might take a cooking segment, build the plan, cost the ingredients, write the consent script and run the debrief. Another pair might design a litter mapping walk, create the safety checklist, steward the group and publish the micro-report. Confidence grows because roles are specific and time-bound; leadership grows because the next group inherits working notes instead of starting cold.

Briefs and pitches make the learning public.

Partners set small challenges tied to real needs: a seasonal explainer for market customers, a low-waste swap that families can actually sustain, or a short reel that demystifies a green role. Youth teams answer with a prototype and a two-minute pitch; panels give sharp, kind feedback; the best ideas ship into live use. Our "Dragons' Den"

moments aren't theatre. They are checkpoints where judgement tightens, delivery standards lift, and the work meets the world.

Placements and roles close the loop. A young person who led rota at the Teviot Food Co-op moves into duty-lead responsibility; a confident facilitator shadows a partner session; a strong planner joins the content team to document methods; a peer recruiter is paid to bring in the next cohort. These steps are small, but they stack: punctuality becomes reliability; a segment becomes a session; a session becomes a programme day. By the end of the year, the CV line is honest because the work was.

Progression also respects life. Travel bursaries, quieter roles, paired facilitation and predictable schedules keep the door open when exams, care or work crowd in. Safety, health and equity sit inside every progression choice: safer travel routes are modelled and shared; recipes respect culture and budget; roles rotate so the same faces don't carry the weight. Soft steps, repeated, wear a path that is still there for the next group. That path is the point: a local route into leadership that starts with a small task and ends with young people running the place.







UNTIL ONE HOUSE OPENS MANY DOORS...

By the time this work settles, the pieces behave like one system. The Teviot Centre is the house; Be.Green is the engine room that sets direction; the Food Co-op is the front door where values turn into weekly choices. Young leaders move between spaces without changing hats: they write briefs, run sessions, and take stall shifts, then carry back what they learn to redesign the next cycle. Decisions sit close to use, and feedback arrives fast enough to matter.

Routines make the system visible. A shared rota and duty-lead pattern; short, modular sessions; a template library for cook-alongs, clean-ups and thrift edits; a tiny budget line with an equity note attached; consent pathways that first-time facilitators can trust; a QR archive of microtools and clips. Nothing is heroic; everything is repeatable. When a tactic fails, it is retired without drama. When it works, it becomes part of the house: a sign, a checklist, a standing slot.

You can see consolidation in small signals. Shoppers plan their week around the Co-op; volunteers turn up early because they know the queue; workshop formats are chosen for what neighbours can try tomorrow; panels and pitches read sharper because practice lives in the building. Exposure is now routine rather than event: a visit to growers shapes seasonal stock; a river session becomes a litter-mapping walk on the estate; a repair demo shows up as a mending table at the next community day. Voice, access and habit reinforce each other.

This is Our World Our Wellness: one model, many doors in. It keeps leadership as practice, access as dignity, and culture as the glue. With support from WEN's JUST FACT partnership and the Climate Action Fund, we could pace delivery, fund the unglamorous infrastructure, and protect the right to iterate in public. The result is not a set of projects but a local machine: decisions made by the people affected; resources placed where they are used; feedback loops tight enough to change next week. One house, many doors, held open by young people.



BECAUSE THE ROAD APPEARS WHERE WE CHOOSE TO WALK...

We measure change where it lands: in people, in a place, and in the small rules that hold them together. For young people, confidence turned into decisions and decisions into roles. Early pilots began with seven; by later cohorts, twenty-plus young leaders were co-facilitating, planning segments, and taking rota or duty-lead shifts. In 2023–24 alone, 84 unique participants engaged across sessions, with the newest cohort peaking at 26. Exposure translated into action: 11 joined the Organiclea farm visit, 18 completed low-waste masterclasses, 50 bottles were collected during the refill trial, and nine stayed on through Earth Month as peer leads. The headline is simple: authorship produced agency, and agency produced continuity.

Place outcomes showed up where baskets were packed and doors opened. The Teviot Food Co-op became a weekly ritual in walking distance, run with a youth volunteer engine that tuned opening hours, simplified signage, and shifted stock toward what actually sold. Residents reported the difference in conversation and in cupboards; Earth Month dovetailed with stall shifts so climate talk and groceries lived on the same street. Affordability was protected through partner support where relevant, but proximity and trust did the daily work: people returned because the offer matched their lives.

System signals are the quiet proof. Rule changes: decisions moved toward those affected, from session formats to stall operations. Resource flows: good food placed closer to use; micro-budgets paired with equity notes; bursaries deployed where travel blocked attendance. Feedback loops: "keep/change/try" boards produced course-corrections quickly enough to matter next week. Behaviour shifts were recorded, not hoped for; one cohort reported nine in ten choosing safer, lower-carbon travel routes after learning blocks were removed. Progression stacked: cofacilitators became leads; volunteers became duty leads; presenters took external briefs and panels.

"I've met new people and I'm more determined to push for environmental change," said Aparajita, reflecting a pattern we saw again and again. Impact here isn't a one-day spike; it's muscle memory building in public. Under Our World Our Wellness, voice, access and habit reinforce each other until the system behaves: the right people deciding, the right resources in reach, and a culture that makes the better choice the easier one.





WE KEEP WHAT IS SOUND AND MEND WHAT IS NOT...

We learn in public, then we fix what doesn't hold. Three things proved sound. First, authorship beats attendance: when cohorts write the brief, they turn up, persist and take responsibility. Second, exposure beats abstraction: trips and practitioner talks turn climate and food into rooms you can step into. Third, proximity beats messaging: a weekly, youth-run Co-op within walking distance shifts habits because the better choice is on the way home.

Where we had to mend, we mended. Long, school-like workshops lost energy; we switched to short modules with paired facilitation and practical tasks. One-size formats muted quieter voices; we added role variety - planner, documenter, facilitator, duty lead - so different strengths could lead. Seasonal constraints tripped a refill idea; we retimed collections and turned it into a simple, repeatable swap. Travel costs and care duties blocked attendance; bursaries and timetable tweaks kept the door open.

Governance gained teeth by moving decisions to the edge. Duty leads adjusted hours and stock to match demand. Cohorts added a tiny budget with an equity note to each proposal so choices reflected who benefits and who might be missed. Keep / change / try boards caught feedback fast enough to matter next week. Progression stayed honest: co-facilitator to lead; volunteer to duty lead; segment to session - with references that describe what happened.

Intersections stay visible. Work is responsibility plus a reference, not a poster. Health is dignity plus skill, not a lecture. Safety is predictable, youth-run spaces and smarter routes. The lasting lesson is design, not heroics: small rules, written down, owned by young people, iterated in daylight. That is what we keep. And we will keep fixing anything that pushes decisions away from the people who live with the result. If these learnings shift, we will tune Activities and Impact so the story remains one system, not a scrapbook. Together.





WITH ALL WHO KEPT THE LANTERN LIT...

Gratitude starts at the centre: the young leaders who set the brief, held the rota, opened the doors and spoke in rooms where decisions are made. To families and neighbours who tested recipes, queued at the Teviot Food Co-op, joined cleanups and left feedback on slips and QR forms, you turned effort into a local habit.

To programme partners who backed learning in public and the right to iterate: Women's Environmental Network through the JUST FACT partnership and The National Lottery Community Fund's Climate Action Fund.

Your support resourced youth authorship, affordable access and the infrastructure that keeps community work safe and fair.

To the place that held us: the Teviot Centre and Poplar HARCA, who kept activity close to where consequences land. To delivery partners who

opened their doors: <u>Organiclea</u> for field-to-basket learning; <u>Thames21</u> for waterways stewardship; <u>Sunny Jar Eco Hub</u> for practical low-waste living. To partners improving affordability and supply, including <u>Sustain via Bridging the Gap</u> and <u>Alexandra Rose Charity</u>, helping keep good food within reach.

To makers, growers, employers who gave time for talks and visits; to alumni who returned as peer leads; and to volunteers at the Teviot Food Co-op whose steady service made values weekly and visible. Thanks to colleagues across Leaders in Community whose work on safeguarding, logistics and communications kept the model steady enough to grow.

We cannot list every name. If your hands were on a crate, a clipboard, a mic, a pan, a litter picker or a budget sheet, you kept the lantern lit. We carry that light forward together.















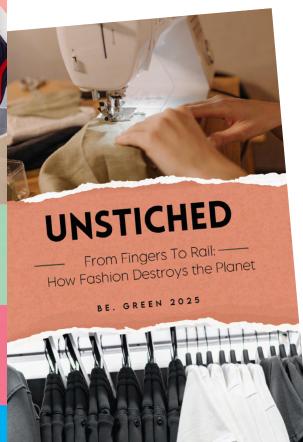


AND WE PASS YOU THE LANTERN AND THE MAP.

From our young activists, to you

(psst...click each book to open!)





We begin on our doorstep,
so the first word belongs to the young,
and we celebrate the work, not just the poster,
food forever out of reach becomes our daily bread,
as new companions help pave and widen the road,
we cook, build and teach so others can carry the flame,
and where we gather, we set the rules,
so step by step we move forward,
until one house opens many doors,
because the road appears where we choose to walk,
we keep what is sound and mend what is not,
with all who kept the lantern lit,
and we pass you the lantern and the map.

























































