

**10 years of
practical solutions
for healthier living**



2011 Annual Report



Chairperson's Report

This year is a landmark year for NGCFI as we celebrate our 10th year of service within our communities.

The focus of the past year has been the consolidation of our core activities to promote health improvement across the communities of North Glasgow. Our fruit and veg barras continue to supply low cost healthy choices in community centres and local projects. A review of the barras was completed, seeking customer feedback to enhance the services we provide.

The community food growing spaces in Hamiltonhill and Springburn have thrived. Through partnership working with public agencies and community organisations we are seeking to establish a new community garden in Milton.

The healthy eating and cookery classes have reached out to a range of individuals across all ages including local primaries and youth groups. Our cookery classes are very popular and we are seeking further resources to meet demand and develop cookery skills within local projects.

Volunteers are vital to our service provision. During the year, we have had limited resources to support and train our volunteer base. Securing the funds to coordinate and enhance our volunteering opportunities is an on-going priority.

Our business planning has identified scope to generate income from employability and catering contracts. During the year, we explored options to develop income streams from Corporate Volunteering and a community cafe. This has informed our project developments for the next 12 months, which includes linking with community aspirations to improve food networks within the Royston area.

In the year ahead, we will seek to develop our partnerships to support our health improvement objectives and look to deliver expanded learning programmes in cookery, catering and food growing.

*Martha Wardrop,
Chairperson*



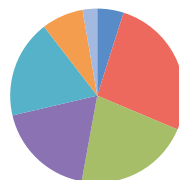
Treasurer's Report

Our funders during the last financial year from April 2010 to March 2011 included: Glasgow City Council Fairer Scotland Fund / IGF, NGCHCP and Keep Well, The Scottish Government - Third Sector Enterprise Fund, The Tudor Trust, BBC Children in Need, The Lloyds TSB Foundation, The Henry Smith Charity and Community Food and Health Scotland. On behalf of the Board of Directors of NGCFI, I'd like to thank all our funders for their generous support.

Our Chartered Accountants, French Duncan, undertook an independent examination of our accounts in accordance with charity legislation and prepared a Statement of Financial Activities summarised opposite. (The full report is available)

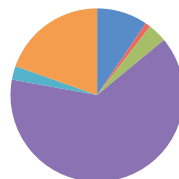
Income & Expenditure from 2010-11 accounts:

Income



Grants and Donations	£12,148
Scottish Gov. Third Sector Enterprise	£65,674
GCC Fairer Scotland Funding	£53,449
NHS CHCP	£45,833
Charitable Trusts	£45,146
Fruit and Vegetable Sales	£19,236
Other Income	£6,736

Expenditure



Fruit and Vegetable Purchases	£19,778
Governance Costs	£2,064
Cookery costs	£7,440
Salaries, NI, Pension	£133,194
Rent, rates, insurance	£5,315
Other costs	£40,847

Total Income for the year	£248,222
Total Expenditure for the year	£208,638
Net Surplus	£39,584
Funds Brought Forward on 01/04/09	£89,279
Funds Carried Forward on 31/03/10	£128,863

of which £85,053 was Unrestricted (includes £20,000 for designated items and reserves), and £43,810 was Restricted

*Rose Sehakizinka,
Treasurer*

Principal Activities & Achievements



Volunteer Project

Last year has seen **40** new volunteers joining **NGCFI**. We have also been pleased to see volunteers leaving to take up employment or education. The team is still very **diverse** with volunteers from around the world, who have settled in North Glasgow and embraced working for their community together, with their Scottish colleagues. We count volunteers from Iran, Libya, Cote D'Ivoire, Latvia, China, Eritrea and the Democratic Republic of Congo and Sudan.

We have started delivering a rolling programme of training for volunteers which includes basic nutrition, refugee awareness and health and safety.



Volunteers' roles have diversified and we were delighted to create a new IT support volunteer opportunity which is of tremendous help. Our plans for the coming year include developing volunteer leader roles to better support volunteers and projects in the gardens, office and fruit and veg' barras. Watch this space...

Where our volunteers live by post code: **G20 33%** **G21 45%** **G22 18%** **G other 4%**

Healthy Eating & Cookery Classes

Our cookery courses continue to be in high demand. We focus on affordable healthy eating, cross-cultural understanding and promoting healthy eating messages and practices.

More than **107** individuals have benefited from our **15** cookery courses. We also worked with **450** young people in **17** primary schools on healthy eating sessions.

In Jan 2010 we were informed that **Big Lottery** had invited us to develop a Part 2 Healthy eating project application for £70,000, spread over 2 years in the Royston area.



NGCFI provided fruit tasters and information at the two biggest events in North Glasgow - NG5K fun run and Springburn Fun in the Park, reaching 1000's of local people. With support from **Community Food and Health (Scotland)** we are working in partnership to train youth workers to deliver cookery classes and we were involved in the launch of the NG Youth Food Guidelines and healthy eating tool kit in February.

Fruit & Vegetable Sales

In addition to operating up to **12 fruit 'barras' per week** in the last year, we undertook a customer survey and review of provision, hired a new unit for fruit and veg in the Royston area and produced new marketing materials.

Community Garden

NGCFI has two Community Gardens where volunteers can grow their own fruit, vegetables and herbs, as well as enjoy exercise, fresh air and discussions about healthy eating, using produce they have grown. Our Community Garden Co-ordinator works with volunteers from the North of Glasgow in Springburn Allotment each Monday and Hamiltonhill Allotment on Fridays. In the past year, 47 volunteers attended allotments and taster sessions which were open for 45 weeks of the year. Taster sessions have been offered to the Red Cross, NHS and Healthy Living Community, among other groups.

As well as growing lots of tasty food, we have had 6 cookery sessions to raise awareness of healthy eating, using produce from our plots. A new hut has been built for volunteers at Hamiltonhill. Now we can hold workshops and plan for next year's tasks on the allotment.

Milton Community Garden

The Milton Community Garden site is now in development, thanks to funding from [GHA](#), [GCC DRS](#), [People's Post Code Lottery](#) and [CHP](#). A rabbit/deer proof fence was constructed and two shipping containers for tools and social/teaching spaces are now on site. Milton Out of School Care group participated in a 6 week gardening summer school course, which was loved by all. Over the course the children developed their ideas for the design of the garden, which will be integrated into the final design, once ideas from the wider community have been collected. Our partners, [Love Milton](#), with the aid of The Prince's Trust and local volunteers, have designed and built a number of raised beds with adjoining walkways which will be wheelchair accessible. Local children planted up the beds. We have also recently employed a long term Love Milton volunteer as a garden assistant funded by [Community Jobs Scotland](#).

We have also attracted a number of sizeable donations to the garden. We have been successful in attracting funding from the [City Council's Stalled Spaces](#), [The Canal Area Committee](#) and 420 trees from the [Woodland Trust](#) 'Jubilee Forest' scheme.



Youth Gardening

Our [BBC Children in Need](#) funded Youth Gardener has been busy working with a number of groups to improve skills and knowledge of gardening and the environment, including - 17 children aged 7 to 9 years from Royston Primary School on Copperworks Housing Association ground, Balornock Primary School with several 8 year olds and at St Monica's School, Milton, 5 parents and 5 children from the school benefited from 6 gardening sessions. Later we delivered a one day garden workshop for 8 teachers at St Monica's; Bonnybroom Nursery - 10 children; Young People's Futures - 8 children; and presently we are working in partnership with [Glasgow Life](#) to help 167 young children complete their John Muir award.

Social Enterprise

A significant theme of the past year was exploring Social Enterprise. Our [Scottish Government](#) Third Sector Enterprise Fund award enabled us to employ a social enterprise development officer, a part-time finance officer, and buy a second hand van for fruit and veg deliveries. The year proved to be a challenging time, as the economic climate was not conducive to new entrepreneurial activity. We originally set out to generate income from Corporate Volunteering but after surveying many companies, we discovered that budgets to release staff for corporate volunteering was no longer available. However we had two successful corporate volunteering days with the [Scottish Qualifications Authority](#).

We also seriously considered running a community café with potential related catering and employability income streams. However this was going to require too much subsidy from NGCFI to make it viable and we could unfortunately not proceed.

Outreach, Networks & Partnerships

In addition to the above community events, [NGCFI](#) is an active partner in [North Glasgow Youth Stakeholders Group](#), particularly the Health Sub Group and North Glasgow Food and Health Action Group. Where possible we attend other networks e.g. North Glasgow Integration Network. We participate in SusFood, a new Glasgow wide charity, which aims to act as a potential fruit and veg purchasing and distribution hub for the city and share good practice in growing local food.

Updates to September 2011 and Plans for the Future

In May we secured a lease for our Milton Community Garden site and proceeded to develop the Liddesdale Road site.

In July 2011 we located to our new premises, bringing all our operations to one location.

A second stage funding application to the [Big Lottery Our Places](#) was submitted and a decision is due in November. If successful the 'Healthier Eating Royston Experience' would fund a community nutritionist and community chef.

We are developing a second stage capital application to Big Lottery Our Places fund with Rosemount Lifelong Learning for a community café / events space in Royston.

We continue to progress with our action plan to further improve our systems and procedures.

We will continue our funding drive to secure future income, particularly for the volunteer project and our work with asylum seekers. Additionally we will seek funding to further develop the garden in Liddesdale Square, Milton.

We will continue to support SusFood and consider our operations in relation to the creation of new administrative areas in Glasgow.

Governance

NGCFI has charitable status and is a company limited by guarantee. The Board of Directors meets six weekly to review the projects' progress and make organisational decisions. The Chairperson line manages the Project Manager, who takes responsibility for managing the staff team, who in turn are responsible for sessional staff and volunteers. We have appropriate policies and procedures in place.

Board of Directors

Directors who served during the year:

Martha Wardrop Chairperson

Ann MacLeod Company Secretary

Paul Duffin Treasurer to March 2011

Mussa Marandura

Rose Sehakizinka Treasurer from March 2011

Cornel Neil

Shiona MacPhail from November 2011



Staff

Greig Sandilands Project Manager FT. e: manager@ngcfi.org.uk

Debbie Ballantyne Development Worker Community Food FT from July 2011. e: food@ngcfi.org.uk

Kathleen Harvie Administrative Worker PT. e: admin@ngcfi.org.uk

Robert Graham Fruit and Vegetable Van Driver PT.

Nathalie Ouriachi Volunteers Support Worker PT. e: volunteer@ngcfi.org.uk

Kate Kelly Community Garden Co-ordinator PT from Jan 2010 e: gardens@ngcfi.org.uk

Marie McInnes Youth Garden PT from Sept 2010. e: youthgardens@ngcfi.org.uk

Natalie McCall Milton Community Garden Project Worker PT from June 2011. e: miltongarden@ngcfi.org.uk

Chris Woods Gardening Assistant from Oct 2011.

Scott Duncan Social Enterprise Development Officer FT to April 2011.

Clare Bell Development Worker - Community Food FT to May 2011.

Sessional Staff

Fiona Keddie, Cassandra Mackie, Desmond O'Sullivan, Suzie Hopkins, Laura Gillespie, Sophia Aston, Emma Stewart, Helen Fleming, Carol Henry.

Volunteers

April 10-March 11 and to date

Alan Connolly, Ali Ahmad, Andrew Topping, Angela Rowe, Ann MacLeod, Arthur Muir, Billy Robertson, Blanchard Kota, Carol Mcivor, Christine Smith, Collen Ndlovu, Cornel Neil, Craig McKay, Elena Berezovska, Esther Brown, Fiona Keddie, Fraser McLellan, Godfrey, Maniragaba, Gordon Breslin, Graham, Moffat, Jean Houston, Joan Finlay, Karen Cross, Kay Robertson, Kirsty Cameron, Krystelle Diadi, Laura Hainey, Laura Watson, Lena Mulungi, Liang Fang Lin, Lisa Jaconelli, Long Dong Chen, Lynn Harvie, Mahdi Ahmadi, Mamadou Bakayoko, Mark Mitchell, Martha Wardrop, Mhairi Squair, Michelle Chatterton, Mussa Marandura, Philip Donnelly, Ronald McCulloch, Rose Sehakizinka, Sanaa Alsabag, Thomas Reilly, Tsehay Gede, Waled Elmozoghi, William Harvie, Xioa Bing Wang, Yaya Konate.



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Scottish Charity No SCO36842
Company Registered in Scotland No 290958

Some quotes from our volunteers:

"It kept me active"

"It helped me build relationships with people"

"I loved meeting people from different nationalities"

"I like that I can learn and work at my own pace"

"When retiring, it was nice to be active again"

"I enjoyed meeting new people"

"My mental health has improved"

"I love the work, taking the produce home. I started eating vegetables that I had not eaten before"

"It helped me out of depression, it made me go out, and get the endorphins flowing. And my fitness has improved"

"It gets me out of the house, outdoors in the sunshine (weather permitting!)"

Thank you to all our funders including:



Keep well



The Tudortrust

