



Practical Solutions for Healthier Living



2015 Annual Report



Appreciating our volunteers - Volunteers Week social.

Chairperson's Report

In the last year, the numbers of people experiencing food poverty in North Glasgow continues to grow as a consequence of being on low income, administrative delays in the payment of social security benefits, benefits sanctions and rising debts. In response, we have expanded our community-based services to increase access to the fruit and vegetable barras, cookery classes and grow your own activity.

Our activities have benefited from FareShare Glasgow & The West of Scotland who redistribute quality surplus food to groups working with vulnerable people. Our staff and volunteers within local food hubs have been helping to ensure that good food is not wasted through our cookery activities and pop-up cafes. There is greater awareness of how redistribution of surplus food can support people in need. In a report published in February 2015 by WRAP and The Global Commission on the Economy and Climate,

“Strategies to achieve economic and environmental gains by reducing food waste”, the environmental and economic benefits of a reduction in food waste by the UK Food Industry were outlined. It is recognised that FareShare needs further support to develop charity food redistribution to community food projects.

Alongside promotion of cookery skills, we have been developing opportunities for training and work experience in growing vegetables and managing greenspaces for community benefit. We were fortunate in securing a Big Lottery Fund Community Spaces grant to invest in landscaping at the Milton Memorial Garden. The construction has been completed and it has become an established community space to remember love ones as well as an important place to bring people together for community events.

The contribution of volunteers has been crucial in taking forward plans for each of the local food hubs in Royston, Springburn and Milton. In January 2015,

we were awarded the “Investing in Volunteers” accreditation by Volunteer Scotland. This is possible thanks to the dedication, inspiration and commitment of our volunteers and staff team.

We have delivered positive outcomes through our local food hubs with funding from the Big Lottery, Glasgow Community Planning Partnership, matched by grants from the Climate Challenge Fund and Charitable Trusts. During the year, our organisational development has been supported as part of the Pilotlight Commonwealth Games 2014 Legacy project.

In the year ahead, our services will continue to reach out to local communities across North Glasgow and enable local people to get involved in services which address the issues of poverty and health inequality they face.

Martha Wardrop, Chairperson



Treasurer's Report

During the last financial year to March 2015, our funders included: Glasgow City Council, The Lloyds TSB Foundation ; The Big Lottery Fund, Climate Challenge Fund, The Robertson Trust, Esmee Fairbairn Foundation; Bank of Scotland Foundation; The Hugh Fraser Foundation; 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, Wylie Bisset LLP, undertook an independent examination of our accounts in accordance with charity legislation and prepared a Statement of Financial Activities summarised below (the full report is available).



Income and Expenditure from 2014-15 accounts:

	2014-15 £	2013-14 £
Total Income for the year	438,521	278,917
Total Expenditure for the year	386,712	300,838
Net Surplus/(Deficit)	51,809	(21,921)
Funds Brought Forward on 01/04/14	80,527	102,448
Funds Carried Forward on 31/03/15	132,336	80,527

The £132,336 is made up of £80,576 restricted funds and £51,760 unrestricted funds. This is consistent with our reserves policy (accounts page 18) and includes £58,052 of fixed assets. Total expenditure of £386,712 includes depreciation of £42,420.

Joseph Clancy, Treasurer





Principal Activities & Achievements

NGCFI primarily delivers our services in our Food Hub areas of Royston, Milton and Springburn.

Food Hubs

A joined-up approach in a specific community - a virtuous circle of activity and involvement.

- All aspects of healthy food – growing, purchasing fruit and veg, cooking skills, enjoying and choosing a healthy diet
- Community empowerment and social/campaigning aspects of food e.g. on food poverty or health inequalities.
- With partners wherever possible
- Community involved in choosing, planning and running activities underpinned by volunteers
- Processes supported by a Food Hub Activator

OUR VISION:

A society where health, well-being and harmony is supported within active communities.

OUR MISSION:

To empower individuals and communities to lead practical and sustainable food related activities that improve health and well-being and which help build stronger, more cohesive communities.

Royston Food Hub

Big Lottery Fund's Support and Connect funded our Community Nutritionist, who takes on the role of a food hub activator for Royston. We moved to a unit within the Millburn Centre, allowing increased public access to cookery classes.

The main ongoing hub activity is the **School community gardening project**, mainly P4 to P7. This has seen NGCFI lead on growing activities for over a hundred children. We linked up with Copperworks Housing Association, Royston and St Roch's Primary Schools, for pupils to learn to grow veg. This is great progress for Royston, it has been a huge success. In all 161 people benefited from our workshops.

Food in Royston as always has been the biggest activity throughout the year,

including learning to **cook**, 13 volunteers supported cookery and 'big munch' events (attracted 338 people), a gala day which we catered for 550 or helping out with provisions at the local food bank. We have been involved in promoting good healthy home cooked food in everything we do. 10 cookery classes with 77 participants. Accredited training is also ongoing for REHIS food hygiene, food and health and cookery skills.

"I'm now doing the cookery and enjoy it too because I didn't understand how to cook, I was ignorant as I never grew up with cooking" Royston course participant.

Seven volunteers were recruited to help with our **fruit barras**. 2 are getting support to try to return to work (training), 1 is now looking at options for getting back to work. Case studies carried out have highlighted the positive impact that volunteering has had on mental health. A total of five fruit and veg barras venues were supported. We are selling to just under 200 customers in a month, reaching a household total of 125 beneficiaries in a week. People are only now, after over two years, getting into the habit of buying their fruit and veg from us and we doubled the amount of customers at our main barra.



Milton Food Hub

Our Food Hub Activator has facilitated quarterly meetings of the **Food Hub Group**. Local volunteers and residents come together to help plan aspects of our work. We engage with partners including Love Milton; all the local churches; Animating Assets group (an NHS funded initiative looking at community asset based approaches); GHA/Milton Community Homes; and local schools. Two Food Hub members are on NGCFI's Board.

During the year we have also initiated a community-led survey **Milton Talks**, based on approaches developed by Paulo Friere, a Brazilian adult educator. With over 600 responses, the survey identified issues and themes for further 'co-investigation'.

We ran 8 cookery courses with 52 participants. Over 250 benefited from healthier eating advice and informa-



tion. Four fruit barras run each week in Milton and some schools running their own mini-barras.

Milton Community Garden is similar to a secret garden that sits right in the heart of Milton. Over four years in the making, it has finally reached the point where the Health and Safety sign advising us to wear hard hats is no longer on the gate and the garden has been transformed with beautiful flowers and an abundance of organic veg being grown in every available space!

We have a fantastic poly-tunnel that grows courgettes, juicy melons, crunchy cucumbers, sweetcorn, beetroot, aubergine, all sorts of herbs, succulent strawberries and the sweetest tomatoes ever! The landscaping /construction work reached new heights this year with a brave group working through the terrible November and early December weather to erect an outdoor work shelter, a green roof and a compost toilet, completing the whole design of the garden.

We have an ever-growing number of volunteers who come from all walks of life and are now taking part in a monthly decision-making forum to help run the garden. This year is about making





the garden more beautiful with flowers and shrubs as well as more practical with things like water / electricity connections and a solar irrigation system for the poly-tunnel. Thank you to Atelier Ten and Interserve for in kind support. We've even started to make window boxes and planters for local community centres and those suffering from illness, mobility or learning difficulties, not to mention the on-going weekly sessions and events of course!

to continued growth in this corner of Liddesdale Square and the Milton Food Hub, let's see what new developments next year will bring!

Garden Volunteers (adults):

"I've met new people and people are friendly at the garden. Turning 50 meant it felt like there wasn't much left for me but volunteering's put something positive in my life now."

"It's a good environment and I enjoy it. I've got experience in my joinery and building skills. I've also got more confidence talking to new people now."

"Come through the gates and leave your worries outside! It's so peaceful in here!"



This year the garden attracted over 1200 people through its gardening and landscaping sessions, as well as open day events, such as the Summer Fete and Bon Fire night. We ran over 250 gardening sessions, 30 Little Planters Clubs and a number joinery/landscaping/construction sessions. We even began a weekly Pop-up Café outside the garden in the warmer months.

This year also saw the re-design of the **Memorial Garden**, bringing a big change to one corner of Liddesdale Square. Having taken the lead from the community who planted trees after one volunteer commemorated his fellow soldiers lost at war, the Memorial Garden now stands as a unique landmark in Milton, which we think we are all proud to be a part of. We look forward





Youth Gardening / Little Planters group:

Hundreds of children have benefited from growing veg at our garden, with their own willow framed polytunnel.

"Eating carrots are ok because I grew them"

"I didn't know that potatoes came from the ground"

"I have never grown my own food before and this is a fun thing to do"



We also engaged with five schools and almost 100 pupils in food waste and wormeries for breeding worms. For example at St. Monica's pupils learned of the importance of worms to our eco system. Workshops include learning about landfill and kitchen waste. Children recycle their food waste and are also educating their parents at the same time. Working with the worms allows the children to learn about the science of composting and vermiculture or worm farming. The children were also shown how to weigh their food and keep a diary on their food waste.

"Worms are cool I like learning about these worms"

"I am going to keep my food for the worms because I like them"



"wow I never knew worms have five hearts" "it's cool feeding them"

Cookery participant:

"I didn't know what to expect when I took part in the course or how I would react when under pressure. During the course I gained confidence and found that I was capable of far more than I had given myself credit for. As the weeks went on my confidence grew and I felt that I had found my true vocation in life."

Springburn Food Hub

Our Food hub Activator was appointed in September 2014, thanks to funding from Esmee Fairbairn Foundation. Our focus has been on getting to know the community and promoting activities such as 5 cookery classes with 35 participants and the weekly fruit barra at St Rollox Church. Barra volunteers have benefited from more support, leading to additional stock being supplied and a greater variety. This barra is primarily for asylum seekers and we work closely with the Church's outreach project. One of our volunteers, an asylum seeker was able to attend the Commonwealth Games with his family, thanks to free

tickets supplied by Pilotlight / Scottish Government. We also held a Refugee week activity in the area and launch of the Food Hub. We participated in 5 baby weaning fayres in partnership with NE Glasgow sector GGC NHS. With support from GCC CPP we have been able to run growing workshops at our Springburn allotment. Our nutrition course for mums to be was well received with participants more confident in their choices and skills in preparation for Baby's first foods. Our weight reduction course also had good feedback:

"I ate breakfast for the first time last week", "I am going home to try and make that soup" and "I don't want this course to end".

We continue to deliver work in Maryhill and Possilpark:

Weekly Fruit barras in Maryhill and Possilpark Health Centres. We do food growing at Hamiltonhill allotment on Fridays. Across the Maryhill, Kelvin and Canal Wards we have participated in several community Gala days / events.

Across all the areas we operated in, we delivered or participated in 46 Cookery courses or Health Interventions with 2,696 beneficiaries. We had 7,600 customer sales in the year at 437 separate fruit barras. That's 10 barras per week, with an average of 17.5 customers per barra or 175 per week.



Volunteer Project

We had a total of 87 volunteers giving their time to help the work of NGCFI, many of whom are from the local areas in which we work. We were delighted to welcome so many fantastic new volunteers this year, as well as continuing to work with our wonderful long-standing volunteers. We are very happy to report we were re-awarded the Investing in Volunteers accreditation in January for three years.

As well as contributing an incredible number of hours to NGCFI, many volunteers were able to further develop their skills and interests through an exciting variety of both in-house and external training courses. In conjunction with Love Milton, a number of young garden volunteers were trained up in construction on the 'Wood Works' course. The Adult Learning Project also trained up 8 Milton volunteers to carry out 'Milton Talks' surveys in the local area. The volunteers were a fantastic help in collecting information to improve the community. REHIS Elementary Food Hygiene and Cookery Skills courses were also delivered, giving many new skills

to our Royston volunteers.

The Food Hub model has also meant that volunteers can more easily become involved in other areas of the organisation out with the one in which they usually volunteer. Many have therefore developed new skills and interests and taken part in other opportunities, such as cooking or gardening. This has also led to more and more volunteers joining the Food Hub groups, giving them a say in how the Food Hubs develop

and the chance to help plan and deliver our activities.

Two cookery volunteers have now become NGCFI sessional cooks and are delivering a number of our cookery courses. They reported being absolutely delighted to have had so much positive experience. Several of our IT volunteers and fruit and vegetable sales volunteers have also reported a growth in self-confidence. Many allotment volunteers have also said that they really enjoy getting out in the fresh air to



learn valuable new skills and meet new people.

We've also been working with the Bridges Programme to welcome asylum seekers.



In the summer of 2014, 10 volunteers enjoyed a weekend away doing team building activities with some of our staff members. To celebrate the festive period and the absolutely incredible contribution that volunteers make, volunteers and staff had a great Christmas party together.



Future Developments include

- ✔ Develop a Volunteer leadership programme
- ✔ To bring people together on the food poverty issue.
- ✔ To help establish a Friends of Milton Memorial Garden group
- ✔ To improve monitoring and evaluation
- ✔ We will continue to fundraise for existing / future work.
- ✔ Appoint a Business Development Officer and increase income.



Governance

NGCFI has charitable status and is a company limited by guarantee. The Board of Directors meets six weekly to review the project's 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 to 31.3.15:

Martha Wardrop Chairperson

Patricia Anne McDonald Company Secretary

Esperance Kaneza

David Love

Joseph Clancy Treasurer (appointed 23rd October 2014)

Elizabeth Rennie (appointed 23rd October 2014)

Retired from Board 23rd October 2014:
Rose Sehakizinka, Penny Cole, Linda Bell
and Abiola Oliyinka.



Staff

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Chris Woods Gardening Trainee (PT).
Robert Graham Fruit and Vegetable Van Driver e: driver@ngcfi.org.uk
Business Development Officer e: business@ngcfi.org.uk
Andrew Topping Admin Assistant
Plus: **Kim Gilles** and **Catriona Jinks**
Sessional Staff: **Fiona Keddie, Ann MacLeod, Nikki Pardasani.** Student placement: **Charlotte Belleteste**

Volunteers to March 2015 and to date include:

Martha Gallagher, Marilyn Bradley, Alexander Eadie, Frances Tierney, David Manners, Sara Louise Fulton, Fiona Kelly, Katrina Gilligan, Christiana Okeowo, Sandra Holmes, Patrick McHugh, Festus Fadare, Mehdi Seddiq, George Orumwense, Shanmuganathan Kanendran, David Yuill, Ronald McCulloch, Roddy Anderson, Robert Sim, Leyla De-Amicis, Mahnaz Seddigh, Andrew Yeung, Kay Robertson, John Paul Carey, Giulia Rinaldi, Frank Collins, Paul Richardson, Jonny Stewart, Lysistrati Panagiotidou, Raya Al Joudeh, Christine Campbell, Pawel Dylon, Jennifer Hunter, Jennifer Hargan, Ellie Frew, Andrew Morrison, Margaret Dillon, Margaret Green, Aeryn McCann, Anne MacLeod, Sharon McLintock, Debbie McLaren, Farah Farooq, Kasia Jaroch, Chic Murphy, Margaret McBride, Linda Bell, Pauline Arnaud, Edward Hillhouse, Jordan Wotherspoon, Nicky Jamieson, Grant Harison, Jamie Johnston, Jim Mackie, Frank Corkhill, Margaret Allan, Audrey McCue, Robert Jamieson, Marc Harvie, Angela Rowe, Steven Hill, Senayalte Soresaido, Ali Dacho, Jeremie Yarzabal, Adam Combie, Michelle Ronald, Kenny Byrne, Andrew Cook, Louise Mackie, Olivia Sharkey, Pearlyn E, Anne Marie Wilson, Dieudonne Kebeya, Debbie McLaren, Margaret Stout, Karen Cross, Graeme Marklow, Eyad Aloklat, Teresa Baca, Sandra Svanstrom, Michelle Guenser, Margaret Heaney, Abiola Olayinka, Malcolm Mill, Janis Erlihs, Andrew Topping, Mustafa Khabir, Martha Wardrop, Patricia McDonald, David Love, Elizabeth Rennie, Esperance Kaneza, Joseph Clancy, Kevin MacKay, Jane Jarosz, Barry Sillers, and Shulamite Ezechi



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Volunteer Quote:

'Volunteering with NGCFI more than fulfilled my expectations. I had just arrived in the UK and really needed to integrate, and this was a fantastic way to do it. I really like that NGCFI intentionally tries to help volunteers develop and get the best out of the experience. I was fully supported and never felt that I needed something. I had so many happy times at the barra.'

We are proud to have received the following recognition:
Evening Times - Streets Ahead Awards 2015 – Best Community Initiative Finalist
The Herald - Inspiring City Awards 2015 – Environmental Award Finalist
Glasgow Community Champion Awards 2015 – Team Award North West Finalist for Milton Food Hub



THANK YOU TO ALL OUR FUNDERS INCLUDING:

