

## Practical Solutions for Healthier Living



2018 Annual Report





## Chairperson's Report

**This year, we have continued to enable local people to tackle obesity and poverty through improved access to affordable fruit and vegetables across three community food hub areas.**

There is a wider national context to diet, nutrition and health which influences our priorities. The latest evidence from the "Scottish Diet: It Needs To Change 2018" shows that 2 out of 3 adults and almost a third of children living in Scotland remain overweight or obese. Around 20% of the calories and fats that we eat, and around half of sugar intake, still comes from confectionery, cakes, biscuits, pastries, crisps and sugary drinks. The report promotes the need to reduce consumption of these items by at least a half as a first step towards meeting the Scottish Dietary Goals and improving our health.

In March 2018, it was reported that incomes of poorer households fell behind those of middle income households in recent years, pushing more people into poverty, across Scotland. Evidence provided by a study on "Children in families with limited resources across Scotland 2014-2016" highlighted that children in Glasgow are experiencing more disadvantage than other areas of the country. Statistics indicate poverty and inequality is slowly rising.

By implementing a community-led approach, we are working with people experiencing financial hardship and inequality to deliver local food project activities. We are supporting the development of a local network of Food Growing spaces promoting gardening skills which involves plots at Springburn Allotment and Hamiltonhill Allotment; Royston's Eden Garden and Backlands; and Milton Community Garden. Opportunities to support training and employment for local people have been developed and we aim to generate additional income from enterprise projects linked to our food growing spaces, and fruit and veg barras.

The contribution of volunteers is vital in taking forward plans for each of the local food hubs in Royston, Springburn and Milton. We are very grateful to funding from the Big Lottery, People and Communities Fund, Glasgow Community Planning Partnership, matched by grants from the Climate Challenge Fund and Charitable Trusts which supports the delivery our services across North Glasgow. During the year, our monitoring and evaluation framework become embedded, and an independent evaluation was completed. We will take forward recommendations provided by external expertise and seek to increase our capacity to delivery services across the food hub areas.

**Martha Wardrop, Chairperson**





## Treasurer's Report

During the last financial year to March 2018, our funders included: Glasgow City Council, Corra Fnd, The Big Lottery Fund, KSB - Climate Challenge Fund, The Robertson Trust, Scottish Govt People and Communities Fund, BBC Children in Need, Trusthouse Charitable Fund, The Cross Trust, Community Food and Health Scotland, Warburtons, Rozelle Trust, and Sugar Smart/Sustain. 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 2017-18 accounts

	2016-17 £	2017-18 £
Total Income for the year	379,860	339,634
Total Expenditure for the year	383,842	370,112
Net Surplus/(Deficit)	(3,982)	(30,748)
Funds Brought Forward	114,082	110,100
Funds Carried Forward	110,100	79,622

The £79,622 is made up of £28,910 restricted funds and £50,712 unrestricted funds. This includes £5,430 of fixed assets.

Total expenditure of £370,112 includes depreciation of £21,594.

*Esperance Kaneza, Treasurer*





## Our Vision

To contribute to the development of a society, where health, wellbeing and harmony are supported within active communities.

## Strategic Goal

North Glasgow Community Food Initiative's Strategic Goal is to empower individuals and communities to lead practical and sustainable food related projects such as nutritional education, healthy cookery classes, growing food and giving access to affordable fruit and vegetables in the local community, that inspire and improve overall health and well-being, promoting community cohesion, whilst celebrating the diverse nature of the communities in North Glasgow.

## Principal Activities & Achievements

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

### Food Hubs

#### What is our Food Hub model of working?

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 Co-ordinator

## Summary of Outcomes

During 2017-18 we engaged with **2,760** individual beneficiaries across the organisation (up 329 on last year), including 80 volunteers, those doing gardening 304, cookery 952, events 1005 and customers / consumers of fruit and veg 419. This data excludes well over 1,000 people attending some one-off or social events and hundreds of children and adults who benefit from our fruit deliveries or food miles workshops. It includes but does not double count repeat customers or service users attending regularly. We ran 11 fruit barras per week and overall ran gardening sessions each weekday Monday to Friday.

A big highlight this year was winning the **Evening Times's Health and Wellbeing Award** category in the North West Glasgow Community Champions Awards. We were delighted to receive this recognition for the great work we do.





throughout the year their attitudes changed. The older children that attend our cooking classes get a chance to cook the produce they help grow.

On gardening one pupil said: "I get to be nice and cosy.....watching plants grow... being outside...being nice to other animals....learning how to grow our own food." Another said: "It is good to eat vegetables that you have grown... and how to make compost."

Fruit Barras are held at Blochairn HA; Spire View HA; Bright Street and Royston Primary. We had a healthy eating stall and give-aways at the opening of the Blue Roof hall. We are involved in the Royston Strategy Forum.



## Royston Food Hub

Our **Royston Food Hub** has strong partnership working. The hub's office is within Royston Primary School. This includes a well-equipped room to run cookery classes. We delivered 12 cookery courses with 96 participants. 135 pupils benefit from gardening, growing food and nature in a small community garden to the rear of the school, and the 'Backlands' which our gardener oversees in partnership with Copperworks Housing Association. We also worked with 16 pupils at St. Rochs Out of School Care group.

Feedback from teachers has been positive, they see their classes being more responsible when gardening and



## Milton Food Hub

In **Milton**, our Garden Co-ordinator helped secure funding to continue our gardening work. The **Community Garden** has a 25 year lease with Glasgow City Council. We have created a beautiful local amenity and asset. Our growing space is staffed by our community gardener, landscaper, composter and many volunteers.

Our Milton Memorial Garden arose in response to local people wanting a local space to remember lost loved ones. It is open to all.

The gardens act as a focal point for our food related work. We hold monthly 'open assemblies' for volunteers, residents and staff to discuss work plans. As volunteers grow in confidence they take on leadership roles and suggest new ideas. Many children benefit from the garden including the Young Planters Group and Young Milton Members. We also work in schools with gardening and cookery.

Our Milton Food Hub Co-ordinator leads on cookery and fruit and veg aspects of our work. She facilitates quarterly meetings of our Milton Food Hub Group were the average attendance is approximately 25 people. The group has a strong say in shaping what we do and should plan to do. Fruit Barras are held at St Andrews Church, Scaraway and Milton Nurseries. We ran 7 cookery courses for 105 participants.

**We participated in many local gala days and organised our own community events held in the local Church Hall and the garden itself - including 11 community meals with 242 beneficiaries and Bonfire night attracted over 450 people.**

We were active in the Connecting Milton group and involved in partnership working including NUC, Love Milton and St Andrews Church.

## Young Planters Group

We promote a healthy lifestyle for young people (aged 5-11). This includes increased physical activity through gardening and games, scavenger hunts and digging. There are enjoyable litter picking expeditions. The garden also promotes healthy eating by supporting the children to try the produce they have grown themselves and by teaching them, and their parents, how to cook with it.

### Comments from Young Planters

*'I love gardening!'*

*'My favourite bit is planting! and watering!'*

*'I really want a frog to come and live in my plantpot!'*

*On being asked if he was enjoying the trip, "Nooo, I'm LOVING the trip!"*



### Comments from the Parents

*'I have never seen 'A' like this. He is a completely different wee boy at home, much more quiet. The garden just seems to bring his imagination to life.'*

*'This place is amazing!'*

*'You all do so much for the children, they are so lucky to have their wee club.'*

*'My kids ate no fruit before starting here and now they are trying a wee bit of everything!'*



## Springburn Food Hub

The **Springburn Food Hub** Co-ordinator, has developed a strong partnership with staff at Elmvale Primary School. A fruit barra runs from the school and we have delivered cookery classes there. Our existing St Rollox Church barra helps asylum seekers, including many who are destitute.

We run a 43 weekly allotment sessions plus an 8 week grow your own course. During the year our old greenhouse's decaying brick wall was replaced and new adjoining shed built much to the delight of volunteers and staff. The HT of Elmvale Primary recommended the youth training company who carried out the work at a Food Hub meeting.

We delivered 8 cookery courses for 93 participants.

*"We learned to peel away from your fingers, so you dont peel your fingers off."*

*"I learned how to eat more healthily and try more things."*

*"My favourite dish was soup."*

*Elmvale Primary Pupils*

## We continue to deliver some work in Maryhill and Possilpark:

Weekly Fruit barras in Maryhill and Possilpark Health Centres. We do food growing at Hamiltonhill allotment on Fridays.

## Impacts of our Cookery & Healthy Eating Work

*NGCFI's beneficiary survey demonstrated the impact of NGCFI's work on healthier eating with 55% of survey respondents reporting an increase in the number of meals they or someone else in the house made using basic ingredients such as fresh veg, pasta, and meat. More specifically 83% of respondents reported cooking more healthily or having a better diet than they previously did since attending a NGCFI cookery course or talk.*

*It was also particularly noteworthy how school-based cooking sessions are successfully used to reach out and engage parents/carers who would otherwise have been hard to engage.*

*Ian Clark - Iconic consulting*



## Fruit Barras

Our fruit barras help limited budgets go further. We sell a reasonable variety of fresh fruit and veg locally. As there is limited public transport available direct to supermarkets in Milton or Royston, our local barras improve accessibility and avoid the cost of taxis. We also make available free supermarket food at some barras and bread thanks to a partnership with Warburtons. We ran **459 individual barras** over the year, five venues ran for over 47 weeks of the year. Average 161 customers per week with over 420 beneficiaries.

## Community Meals

Our Community Meals brought together the different elements of the Food Hub model like no other activity: harvesting freshly grown vegetables from the community garden while in season, to invite local residents to share a meal, combating isolation and building community. At some meals we provided entertainment and showed videos from by gone years. The social benefits of the Milton community meals were also evident with volunteers reporting "people don't go home straightaway, they stay and chat", and "it's like a day out..."

*"Having these meals are a great idea! I feel lonely in the care home, and coming along to these meals make me happy."*

*(Ashgill Care Home Resident)*





## Volunteer Project

Volunteers form a major part of the organisation and our Board of Directors is made up entirely of volunteers. Without their dedication and commitment we could not deliver our services as well. Our Volunteer Co-ordinator has managed or started to induct 94 volunteers over the year.



We had a total of 24 new volunteers start and a further 17 where offered roles but have not yet started.

Over 15 volunteers benefited from **training** including, REHIS Food Hygiene, Customer Care and First Aid. Many more get in role support. We also had a group of young refugees from the British Red Cross come to help in our Milton Garden. Three of our volunteers found employment either full time or part time.

We are in the process of renewing our Investing in Volunteers (IIV) accreditation. In June we had a volunteer barbecue as part of Volunteers Week, as our way of **recognising** our amazing volunteers all together and to say thank you. At Christmas we had a very successful Volunteer Christmas party with lots of good food made by our staff.



**Volunteer A** – “I now have a broader outlook on life. I like helping in other aspects and not just in my role, I have enjoyed it”.

**Volunteer B** – “Volunteering with NGCFI has given me confidence in working with people that I don’t know. Confidence in using power tools and the experience to grow my own fruit and veg”.

**Volunteer C** – “I started volunteering because I was new to this country, I have come from Iraq, and I felt that this would be a good way to meet people”

### VOLUNTEERS

**Currently Active – 46**

In process to start or not active – 34

**Total – 80**

(Have volunteered, but moved on – 14.Total 94)

### VOLUNTEERS BY ROLE

Fruit & Veg – 21  
 Cookery – 38  
 Gardening – 25  
 IT/Finance – 2  
 Board of Directors – 8

**Total - 94**

# SUGAR SMART

We were delighted to have had a year's funding to run the Sugar Smart campaign funded via the Jamie Oliver Foundation and supported by the Glasgow Food Policy Partnership. We worked with local schools and some community groups. We had a stall at George Square as part of an Interfaith Glasgow event.

In November 2017, we supported the statement from the Director of Public Health at NHS Greater Glasgow and Clyde which asked Coca-Cola to help provide a healthy start for children by only offering sugar free drinks or water. We had some volunteers and staff present at a marketing event at Silverburn to ask that Coca-Cola support customers to make healthier choices.



## Future Developments

- ✓ To continue to deliver core services in the three food hubs, including volunteering and to secure funding for this.
- ✓ Support the Right to Food campaign and that in become enshrined in Scottish Law.
- ✓ To make edible food waste from supermarkets available to our customers.
- ✓ To strengthen partnership working to provide an improved service to those who do not have enough food.
- ✓ Explore ways to own Milton Community Garden. To work with the Cranfield Trust to help the charity develop income streams.
- ✓ To increase our growing space in the Royston / Germiston area.
- ✓ To extend our successful Milton community meals work into Royston and Springburn.
- ✓ To seek funding to employ an income generation manager and build on recommendations from the Cranfield Trust.
- ✓ To explore the possibility of community retailing in Milton.

- ✓ To develop training, recognition and accreditation for volunteers.
- ✓ To participate in the Glasgow Community Food Network and national food related networks.



## 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 31.03.2018:

**Martha Wardrop** - Chairperson

**Frances Tierney** - Vice-Chair & Secretary

**Esperance Kaneza** – Treasurer

**Patricia Anne McDonald**

**Elizabeth Rennie**

**Marion O'Brien**

Retired - Gino Satti



## Volunteers

**Volunteers to March 2018 and to date include:**

Martha Gallagher, Marilyn Bradley, Frances Tierney, George Orumwense, Linda Bell, Pauline Hillhouse, Edward Hillhouse, Jim Mackie, Martha Wardrop, Patricia McDonald, Elizabeth Rennie, Esperance Kaneza, Jim Ritchie, Tony Thompson, Patrick Clarkin, Jim McCabe, Anthony Glen, Nately Nyakawawa, Maryam Farahani, Sheena Ferguson, Gladys Ofose, Laura Fitzpatrick, Mark Haldane, Marion O'Brien, Despo Drousiotis, William Mullen, Antonia DeLacey, Mercedes Zorilla Tejeda, Barry Catt, Sharon Brook, Anthony Glen, Azita Boozchaioo, Festus Fadare, Mohamed Abdalla Ishag, Hanel Dizimana, Sean Barrie, David Saunders, Raymond Kalukenda, Paul Olayide, Robert McNee, Vajira Vandabona, Stephen McFarlane, Sama Daryanavard, Sonya Scade, Samantha Todd, Mary Gallagher, Tessa Tang, Morag McDonach, Sarah Looby, Rebecca Totterdell, Susanna Shek, Amanda Sonesson, Akram Sadat Amini, Moya Kennovin, Linda Donnelly, Christine Baker, Nur Asma Nordin, Mark Haldane, Moshigra Ali, John Ogg, Danny Bonner, Alistair Brown, Aloz Rashid and Nicky Jamieson.

# Staff

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Andrew Topping – Admin Assistant – Office mobile 07422375523 e: [admin@ngcfi.org.uk](mailto:admin@ngcfi.org.uk)

Robert Graham and Pat Clarkin – Fruit and Veg Van Drivers. Susan Bray – Cleaner

## SPRINGBURN FOOD HUB

Sineadin Ramage - Springburn Food Hub Co-ordinator mobile: 07422375787 e: [SpringburnFoodHub@ngcfi.org.uk](mailto:SpringburnFoodHub@ngcfi.org.uk)

Doug Milne - Gardener

## ROYSTON FOOD HUB:

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Cornelia Altgard and Doug Milne - Gardeners

## MILTON FOOD HUB:

Susan Miller – Milton Food Hub Co-ordinator mobile: 07432465771 e: [miltonfoodhub@ngcfi.org.uk](mailto:miltonfoodhub@ngcfi.org.uk)

Liz Cotton - Milton Community Garden Co-ordinator e: [gardens@ngcfi.org.uk](mailto:gardens@ngcfi.org.uk) mobile: 07422375524 (Svenja Meyerricks is on maternity leave)

Marie McInnes – Community Engagement Officer - mobile: 07474578644 e: [CommunityEngagement@ngcfi.org.uk](mailto:CommunityEngagement@ngcfi.org.uk)

Veronica Shields - Community Gardener Milton e: [miltongardener@ngcfi.org.uk](mailto:miltongardener@ngcfi.org.uk)

Tracy Galloway – Youth Gardener Milton e: [YouthGardens@ngcfi.org.uk](mailto:YouthGardens@ngcfi.org.uk)

Chris Woods – Building and Landscaper e: [landscaper@ngcfi.org.uk](mailto:landscaper@ngcfi.org.uk)

Tina Duff - Community Composter e: [composter@ngcfi.org.uk](mailto:composter@ngcfi.org.uk)

## SESSIONAL STAFF

Jenny O'Boyle, Maggie Dillon, Pamela McAllister, Seamus Donnelly

Student placement: Loius Schneider (France)

Lizzie Panagiotidou and Morag Lau have left.





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Company Registered  
in Scotland No 290958



**“They [NGCFI staff] work really hard to engage the community. And you know, they listen to the community, they take on board their ideas. Everything from the little things like what sells well at the fruit and veg barra, to the big things like knowing what locals are wanting” (School Stakeholder).**

**Ian Clark - Iconic consulting**

Thank you to all our funders including:

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