

Practical Solutions for Healthier Living



2019 Annual Report





Chairperson's Overview 2018-19

In the last year, we have continued to expand our community-based services across three food hub areas of Royston, Springburn and Milton in response to increased food insecurity affecting individuals and families.

Our activities provided local access to the fruit and vegetable barras, cookery classes and grow your own activity. Through partnership working with FareShare Glasgow & The West of Scotland who redistribute quality surplus food to groups working with vulnerable people, our staff and volunteers have been helping to ensure that good food is not wasted through our cookery activities and community meals.

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 are building the skills and capabilities of participants so that they are able to take up employment in local food businesses.

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 2019, 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, People and Communities Fund, and Charitable Trusts. During the year, we have continued to develop community assets and specific work has focused on providing resources to support community food facilities within the Milton area.

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 promote food security and develop the local food economy.

Martha Wardrop





Treasurer's Report

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 2018-19 accounts

	2017-18 £	2018-19 £
Total Income for the year	339,634	390,247
Total Expenditure for the year	370,112	390,966
Net Surplus/(Deficit)	(30,748)	(719)
Funds Brought Forward	110,100	79,622
Funds Carried Forward	79,622	78,903

The £78,903 is made up of £20,873 restricted funds and £58,030 unrestricted funds. This includes £11,843 of fixed assets.

Total expenditure of £390,966 includes depreciation of £5,976

During the last financial year to March 2019, our funders included: Glasgow City Council, Corra Fnd, National Lottery Community Fund, KSB - Climate Challenge Fund, Scottish Govt People and Communities Fund, BBC Children in Need, Hugh Fraser Fnd, Community Food and Health Scotland, Rozelle Trust. On behalf of the Board of Directors of NGCFI, I'd like to thank all our funders for their generous support.

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

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.

- A joined-up approach in a specific community - a virtuous circle of activity and involvement
- All aspects of healthy food – growing, selling fruit and veg, cooking skills, enjoying and choosing a healthy diet
- Community empowerment and locally led e.g. on food poverty or health inequalities
- Community involved in choosing, planning and running activities underpinned by volunteers
- In partnership wherever possible
- Supported by a Food Hub Co-ordinator

Summary of Outcomes

During 2018-19 we engaged with 4,961 individual beneficiaries across the organisation including 92 volunteers, those doing gardening 591, cookery/nutritional courses or inputs 1,777; at events 2,130 and fruit and veg customers / consumers 463. We ran 11 fruit barras per week, 452 over the year, most ran 48 weeks of the year, 2 for 50 weeks. Overall gardening sessions ran each weekday Monday to Friday.

We were delighted to have been invited to present evidence of our work to Glasgow City Council General Purposes Committee's inquiry into Food Inequality, December 2018.

The above data excludes 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.



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 10 cookery courses with 114 participants. 167 residents benefited from gardening, including 137 pupils learning to grow food and being with nature in a small community garden to the rear of the school, and the nearby 'Backlands'. This year we completed a new allotment plot in Germiston. We also worked with 10 pupils at St. Rochs Out of School Care group. Fruit

Barras are held at St Rochs Chapel, Spire View HA, Rosemount Lifelong Learning and Royston Primary. 10 community meals were held with 246 beneficiaries. We undertook a household survey to gauge

the needs in the area relating to food. We are involved in the Royston Strategy Forum and looking to be active in the new Roystonhill Community Hub.

'I love gardening and coming here I just wish it was every week.' Pupil.

'I don't like tea but this tastes great.' (herbs grown in the garden) *'Carrots are good for you.'*

'Let's pick some more veg that we can share with p3/p2.'

'I'm getting so much muscle power!'



Milton Food Hub

In Milton, the Board and senior staff held discussions with the owners of St. Andrews Church, Milton over the year leading to us taking on a lease for the building from 1st May 2019. This is now the base for our Milton Food Hub and from where we deliver much of our work. It is located across Liddesdale Square from our Community Garden.

Our beautiful Community Garden is a great local amenity and asset. During the year the garden was re-designed with our volunteers. Harvested veg is made available to our fruit barra customers. Our Memorial Garden arose in response to local people wanting a local space to remember lost loved ones. It is open to all.



Milton Food Hub continued

The garden acts as a focal point for our food related work and place for local people to simply enjoy company and fresh air. Many children benefit from the garden including visiting children from nursery and primary schools. We also work in schools with gardening and cookery. Over the year 367 people benefited from the garden. There were 256 drop in sessions and 15 grow your own sessions with 20 participants. Volunteers provide ideas and have helped in all areas of the garden, from construction and maintenance, growing to composting with many attending most weeks of the year.

Our Milton Food Hub Manager leads on cookery and fruit and veg aspects of our work. She facilitates meetings of our Food Hub Group. 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 9 cookery courses for 77 participants. There were 13 nutritional workshops, including 8 on 'SugarSmart'. We ran 24 community meals with 687 attending.

We participated in local gala days and organised our own, open to all community events in the local Church hall and garden. Our highly successful Bonfire night attracted over 490 people. Our TreeCycle day attracted 90 pupils. We were active in the Connecting Milton and its Events, Environment and Food insecurity Sub Groups. We work in partnership working including NUC, Love Milton and St Andrews Church.

Teenie Greenies

This group of parents and toddlers, at their request now meet all year round. Two of the local nurseries also bring groups so that there are around 20 children plus parents/nursery teachers attending each week. The children get a chance to have unstructured outdoor play as well as learning about plants and wildlife.

Young Planters group (aged 5-11):

This weekly activity has 10-15 children attending each week. They have their own area in the Milton garden where they learn about gardening and wildlife and enjoy the outdoor space. There is also cooking and arts and crafts. Over all 47 children benefited from these clubs and over 300 Nursery and Primary school children visiting the garden.

Comments from the Young Planters Group

"Gardening Club is amazing"

"I know how to plant tatties, I can show everyone!"

"Growing your own foods means you eat better and more healthy, that's why I try all the different veg we grow here"

"I feel so peaceful here"

"I loved the day when we saw the butterfly and it came and sat on my hand, nature is so amazing"



Springburn Food Hub

The **Springburn Food Hub Co-ordinator**, has developed strong partnerships in the area, including with the Community Councils new hub in the local shopping centre. She is often stopped by local residents when out and about. A fruit barra runs from the Elmvale Primary School where we also delivered cookery classes as well as many other locations. Our St. Rollox Church fruit barra in Sighthill helps asylum seekers, including many who are destitute. We delivered 10 cookery courses with 136 participants. 10 Community meals with over 250 attending, were held at Balgrayhill Community Centre.

At one Springburn upper primary cookery club our cook recorded that 8 of the 14 kids had never tasted a raspberry, 6 had never tasted a blueberry and 2 had no idea what a tangerine was or how to peel it.

Children said: "I wish that I could have cooking class forever. I really liked all the food that we made, it was delicious." "I learnt how to make soup and I make it all the time." "I learned to cut properly to cook more." "In cooking club I have tried some thing new raspberry and it was so fun it was the best I love it." "What I like: Everything and I wish we could have cookery everyday Even. I LOVE IT".

We run a twice weekly gardening sessions at **Springburn Allotment**, 69 sessions in all, covering all aspects of growing

food. Volunteers have started to share the responsibility for making lunch. We engaged 9 volunteers with a wide range of needs and abilities over the course of the growing season, 5 attend regularly. We hosted 2 six week Grow Your Own courses.

Garden volunteers said:

W said that coming to the volunteer session "Motivates" him not to drink and he feels a responsibility to the garden and the other volunteers to turn up.

D said that he "Learns something new" every day at Springburn Allotment.

P said that working at the allotment is "the best job I have."

A said "Volunteering here keeps me happy, it gives me something to do and I like the people."



At Elmvale Primary we delivered 26 gardening sessions, 57 benefited, including 13 from the after school club.

We continue to deliver weekly fruit barras in **Maryhill and Possilpark Health Centres.**



Impacts of our Cookery & Healthy Eating Work

Q: Things you may do as a result of attending the cookery course?

Milton Parents/Adults: "Try out cooking from scratch more". "control my youngest, who has a dietician and give more healthy foods", "able to cook my little boy more food from scratch & batch cook".

Springburn adults: "cut down on salt". "Encourage those I live with to reduce their intake of convenience foods". "Try & be more healthy"

Secondary pupils in the greater Springburn area: Q: Do you feel your health and wellbeing has improved as a result of this course?

"Yes, because I eat more veg". "Yes because I have learned how easy it is to make enjoyable meals". "Because I get to know more food". "taught me how to cook"

Community Meals

The Community Meals bring together the different elements of our Food Hub model like no other activity: harvesting and cooking in season vegetables from our gardens, preparing them with cooks and volunteers and open to local residents to share a meal, combating isolation and building community. At some meals we provided entertainment. Overall we ran **44 Community Meals**

with **1,183 beneficiaries**, average of 27 attending per meal.

Our Royston participant survey found that the majority of attendees would have been home alone or watching TV if not at the meal. Most liked our food, meeting new people, their company and chatting with others. All said they would come again. Feedback from participants across our hubs:

'We love the community meal initiative. It's very helpful to enhance love and communication between different communities' (Asylum seeker)

'Loved the food and company. Had a fab time'

When asked what we could do to improve: "It was absolutely lovely no need for change and staff very polite.", "It was excellent as it was."



Volunteer Project

Our volunteers are crucial to the charity. Our Board of Directors is made up entirely of volunteers. Without the dedication and commitment of all our volunteers, we could not deliver our services as well. We have 46 Volunteers currently active. Another 39 have volunteered with us but have not been active recently. 7 have been with us and moved on. Our Volunteer Co-ordinator has therefore managed 92 volunteers over the year, including 29 new volunteers.

As well as in role training that all our volunteers get, some also passed their REHIS Elementary Food Hygiene, REHIS Food and Health and First Aid training. We have also had Volunteers from The Princes Trust. We hosted an Axis Taster Session and 5 corporate volunteering groups – McTaggart's, Santander, Sanctuary Housing, Clydesdale Bank and Edrington Beam Suntory.

Three of our volunteers were lucky enough to find employment. Referral agencies include Jobs & Business Glasgow, Bridges, Momentum, Penumbra and Quarriers. Our volunteer Sub Committee meets to oversee the project. Individual volunteers have support meetings. There are many ways to hear volunteer feedback and suggestions. We were successful in renewing our Investing in Volunteers (IIV) accreditation.

Volunteers said:

"Gets me out of the house and meeting volunteers that I call friends".
– Springburn Barra Volunteer

"I feel like I am being part of the community. Satisfaction that I am supporting others and utilising my skills". – Royston Volunteer

"It gives me more experience and improves my CV. Gives me more experience growing my own fruit and veg. I've improved my confidence in various aspects". – Milton Volunteer



ROLE	2018-19	ACTIVE
Fruit & Veg	21	15
Pop-up Cafe	2	2
Upcycling	1	1
Art Class	1	1
Garden Design	2	0
Cookery	34	10
Gardening	21	10
IT/HR/Student	3	2
Board of Directors	7	8

Overall there were 92 volunteering roles, 46 volunteers are currently active, some have more than one role.





Future Developments

- ✓ To continue to our core services in the three food hubs aimed at improving the health and wellbeing of local people.
- ✓ To secure funding for the charity and its Food Hub work and volunteer support.
- ✓ To secure funding to support extending our work into the new Roystonhill community centre.
- ✓ To maintain the work we do to make edible food waste from supermarkets available to our customers.
- ✓ To strengthen partnership working to provide an improved service to help mitigate rising food poverty.
- ✓ To explore ways to own Milton Community Garden.
- ✓ Develop our work at the new Milton Food Hub base (St Andrews Church) including to pilot a café and expand our offer in relation to community retailing.
- ✓ To pilot our 'Nourish to Flourish' work with Primary schools

- ✓ Drawing on our strengths, explore income generation consistent with the charity's purpose.
- ✓ 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 31.03.19:

Martha Wardrop - Chairperson

Frances Tierney - Vice-Chairperson & Secretary

Esperance Kaneza – Treasurer

Patricia Anne McDonald

Elizabeth Rennie

Marion O'Brien

Marilyn Bradley - Co-opted 26/10/2018



Volunteers

Volunteers to March 2019 and to date include:

Martha Gallagher, Marilyn Bradley, Frances Tierney, Linda Bell, Pauline Hillhouse, Edward Hillhouse, Jim Mackie, Martha Wardrop, Patricia McDonald, Elizabeth Rennie, Esperance Kaneza, Tony Thompson, Patrick Clarkin, Jim McCabe, Anthony Glen, Sheena Ferguson, Mark Haldane, Marion O'Brien, Antonia DeLacey, Barry Catt, Sharon Brook, Mohamed Abdalla Ishag, Sean Barrie, David Saunders, Raymond Kalukenda, Paul Olayide, Robert McNee, Vajira Vandabona, Stephen McFarlane, Sonya Scade, Samantha Todd, Mary Gallagher, Moya Kennovin, Linda Donnelly, Christine Baker, Nur Asma Nordin, Mark Haldane, Moshigra Ali, John Ogg, Danny Bonner, Alistair Brown, Aloz Rashid, Nicky Jamieson, Niamh Dillon, Vaila Cameron, Hamza Yaseen, Anne Brown, Nik Sier, Alex Reisig, Blaise Honeyman, Betty Morris, Ellen Docherty, Ellen Muir, Angel Svanstrom, Elliot Wilson, Conor McGlinchey, James Haning, Kate Beaumont, Kevin Kerrigan, Laura Murphy, Lucie Breurova, Lucy McGonigle, Luis Silva, Margaux Seiller, Martin Dillon, Mohammed Alfakyabi, Morag Lau, Naimh Friel, Ruth Bacon, Sarah Rowan, Trish Leonard, Victoria Chong, Elaine McHugh, Michael Freidiani, Hugh McGinney, Raphael Gasser, Emma Holliday, and Janette Sneddon.

Staff

Greig Sandilands – Project Manager mobile: 0742 237 4844 e: manager@ngcfi.org.uk

Shoena Nimmo – Finance Officer e: finance@ngcfi.org.uk

Michael Malcolmson – Volunteer Co-ordinator mobile: 0747 614 1500 e: volunteer@ngcfi.org.uk

Andrew Topping – Admin Assistant mobile 0742 237 5523 e: admin@ngcfi.org.uk

Robert Graham and Pat Clarkin – Fruit and Veg Van Drivers. Susan Connelly – Cleaner & Food Store Packer

SPRINGBURN FOOD HUB

Sineadin Ramage - Springburn Food Hub Co-ordinator mobile: 0742 237 5787 e: SpringburnFoodHub@ngcfi.org.uk

Doug Milne - Community Gardener

ROYSTON FOOD HUB:

Julia Boswell - Royston Community Food Co-ordinator, Royston Primary School, 102 Royston Road, Glasgow, G21 2NU

Tel: 0141 552 4011 mobile: 0775 809 3754 e: roystonfoodhub@ngcfi.org.uk

Cornelia Altgard and Doug Milne - Gardeners

MILTON FOOD HUB:

Susan Miller – Milton Food Hub Manager mobile: 0743 246 5771 e: miltonfoodhub@ngcfi.org.uk

Liz Cotton - Milton Community Garden Co-ordinator e: gardens@ngcfi.org.uk mobile: 0742 237 5524

Marie McInnes – Community Engagement Officer - mobile: 0747 457 8644 e: CommunityEngagement@ngcfi.org.uk

Richie Walsh - Community Gardener Milton e: miltongardener@ngcfi.org.uk

Tracy Galloway – Youth Gardener Milton e: YouthGardens@ngcfi.org.uk

Chris Woods – Building and Landscaper e: landscaper@ngcfi.org.uk

Tina Duff - Community Composter e: composter@ngcfi.org.uk

Donna Gibb - Cleaner

SESSIONAL STAFF

Maggie Dillon, Pamela McAllister, Seamus Donnelly.

Student: Audran Bernard

Former staff: Svenja Meyerricks, Veronica Shields, Cornelia Altgard





North Glasgow Community Food Initiative
Flemington House,
F3, 110 Flemington Street
Springburn, Glasgow G21 4BF

t: 0141 558 2500 m: 07422375523
e: admin@ngcfi.org.uk
www.ngcfi.org.uk



Scottish Charity No SC036842
Company Registered
in Scotland No 290958



"It would be great to have a full meal at home, but at a community meal you can...many folk don't, and don't have hot meals."

Asked about our Food Hub Group meetings, a local resident said: *"they are a necessity" Why? "To get together if there are any problems, to ask that needs are sorted out and you are kept up to date. We get the chance to improve what's happening in the area."*

Thank you to all our funders including:

Printed on recycled paper.

