

# MULTI-CULTURAL FAMILY BASE

Income and Expenditure Statement Year ended 31st March 2013

| Income               | 2012/13        | 2011/12        |
|----------------------|----------------|----------------|
|                      | £              | £              |
| Grants and Donations | 348,062        | 311,608        |
| Fees                 | 136,206        | 144,438        |
| Other Income         | 3,874          | 2,756          |
|                      | <b>488,142</b> | <b>458,802</b> |

| Expenditure                        | 2012/13        | 2011/12        |
|------------------------------------|----------------|----------------|
|                                    | £              | £              |
| Staff Costs                        | 317,992        | 314,003        |
| Property Exps                      | 42,713         | 41,675         |
| Direct Costs - Children & Families | 17,502         | 12,982         |
| Admin Costs                        | 27,967         | 22,854         |
| Student Placement Fees             | 36,606         | 32,555         |
| Fundraising Costs                  | 0              | 3,687          |
| Depreciation                       | 1,740          | 4,134          |
|                                    | <b>424,520</b> | <b>431,890</b> |
| Surplus/(deficit)                  | 63,622         | 26,912         |

## Balance Sheet As at 31st March 2013

|                        | 2012/13 | 2011/12 |
|------------------------|---------|---------|
|                        | £       | £       |
| Fixed Assets           | 4,138   | 2,612   |
| <b>Current Assets:</b> |         |         |
| Debtors & Prepayments  | 61,164  | 50,311  |
| Bank & Cash Balances   | 256,034 | 209,607 |

|  |                |                |
|--|----------------|----------------|
|  | <b>317,198</b> | <b>259,918</b> |
|--|----------------|----------------|

|                             |        |        |
|-----------------------------|--------|--------|
| <b>Current Liabilities:</b> |        |        |
| Creditors & Accruals        | 25,895 | 30,711 |

|                           |                |                |
|---------------------------|----------------|----------------|
| <b>Net Current assets</b> | <b>291,303</b> | <b>229,207</b> |
|---------------------------|----------------|----------------|

|                   |                |                |
|-------------------|----------------|----------------|
| <b>Net Assets</b> | <b>295,441</b> | <b>231,819</b> |
|-------------------|----------------|----------------|

|                        |         |         |
|------------------------|---------|---------|
| <b>Represented By:</b> |         |         |
| Unrestricted Funds     | 181,780 | 149,004 |
| Restricted Funds       | 113,661 | 82,815  |

|  |                |                |
|--|----------------|----------------|
|  | <b>295,441</b> | <b>231,819</b> |
|--|----------------|----------------|

## MCFB Staff List

August 2013

|  |                                  |
|--|----------------------------------|
| <b>Steve Gowenlock</b>                               | Chief Executive                  |
| <b>Marise Gowenlock</b>                              | Early Years Manager              |
| <b>Danny Ferguson</b>                                | Project Leader                   |
| <b>Janice Gammie</b>                                 | Project Leader                   |
| (in partnership with Leith Children & Families Team) |                                  |
| <b>Lorraine Grady</b>                                | Project Leader                   |
| <b>Boon Drysdale</b>                                 | Project Leader                   |
| <b>Bina Chaudhry</b>                                 | Project Leader                   |
| <b>Isabelle Mercadante</b>                           | Project Worker                   |
| <b>Heather Tuffery</b>                               | Project Worker                   |
| <b>Sylvia Hamilton</b>                               | Project Worker                   |
| <b>Rosie Megginson</b>                               | Project Worker (maternity cover) |
| <b>Rachael Fong</b>                                  | Project Worker                   |
| <b>Dai Qian</b>                                      | Chinese Families Project Worker  |
| <b>Anna Portaro</b>                                  | Sessional Worker                 |
| <b>Philippa Kemp</b>                                 | Office Manager                   |
| <b>Yun Zhang</b>                                     | Finance Administrator            |

## Board of Directors

|                           |                          |
|---------------------------|--------------------------|
| <b>Wendy Paterson MBE</b> | Chair                    |
| <b>Peter Doran</b>        | Vice-Chair               |
| <b>Jennifer Lowe</b>      | Minute Secretary         |
| <b>Geoff Palmer OBE</b>   | <b>George Palattiyil</b> |
| <b>David Lipetz</b>       | <b>Ravinder Kaur</b>     |
| <b>Carla Nzombe</b>       | <b>Susan Watson</b>      |
| <b>John Boughey</b>       | Advisor to the Board     |

## Human Resources and Finance Sub-Group

|                        |                     |
|------------------------|---------------------|
| <b>Wendy Paterson</b>  | <b>David Lipetz</b> |
| <b>Steve Gowenlock</b> |                     |

## Did you know?

Profiles of our Staff and Directors can be found on our website  
[www.mcfb.org.uk](http://www.mcfb.org.uk) or you can find us on  
[www.facebook.com/Multi-Cultural-Family-Base](https://www.facebook.com/Multi-Cultural-Family-Base)

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Scottish Charity No. SC 027644



LOTTERY FUNDED



Danny Bhoy, comedian, is proud to support the work of MCFB

## Funders and Donors

*Very many thanks to all funders and donors whose generosity has enabled us to carry out our work over the past years. We could not have done it without your support.*

Big Lottery Fund  
City of Edinburgh  
City of Edinburgh - Early Years Project  
City of Edinburgh - Leith Early Intervention Team  
City of Edinburgh - 4-2-7 Project (Early Intervention Team)  
City of Edinburgh - Leith Neighbourhood Partnership  
Souter Charitable Trust  
SCVO (Community Jobs Scotland)  
Comic Relief  
BBC Children In Need  
Volant Charitable Trust  
The Henry Smith Charity  
Harmony Education Trust  
RS Macdonald Charitable Trust  
Shared Care Scotland-Short Breaks Fund  
Port of Leith Housing Association  
The Blackford Trust  
The Robertson Trust  
The Gannochy Trust  
Ponton House Trust  
John Watson's Trust  
Dr Guthrie's Association  
The Nancie Massey Charitable Trust  
The Mugdock Children's Trust  
Youth Philanthropy Initiative  
The Sir Jules Thorn Charitable Trust  
The Erskine Cunningham Hill Trust  
Community Initiatives (Port of Leith Housing Association)  
The Christina Mary Hendrie Trust

### We also acknowledge the support from the following:

EVOC; University of Edinburgh; University of Stirling; University of Dundee;  
University of The West of Scotland; University of Strathclyde; Robert Gordon University;  
The Open University; Glasgow Caledonian University; City of Edinburgh  
(Joint Project with Leith Social Work Practice Team).



# MCFB

multi-cultural  
family base

Annual Report 2012 - 2013



## View from the Chief Executive

Welcome to our Annual Report: I hope that it gives you an interesting and informative picture of life at MCFB over the last year. You will see we are celebrating 15 years of MCFB's work and achievements. I believe that the photographs in this report clearly convey the old adage that a 'picture is worth a thousand words'. They give you some idea of the value and meaning of our services to the children with whom we work. We continue to provide security, community and new experiences for so many children and their families.

Many of the children we work with now are new migrants to Scotland and a considerable number of them are struggling with issues of adjustment and displacement. Over the last year we have had a significant increase in referrals of children and families from China, Africa and Eastern Europe. We are proud of our ability to continue to reach out to marginalised and 'hard-to-reach' families and to play our part in promoting good race relations.

As you will see from this report, we have developed two new exciting projects this year- the Chinese Families Project and the Football Initiative. Both of these projects developed in response to an identified need and, although still in their infancy, are already being heavily used and providing a much valued service.

None of our work would be possible without a skilled staff team, our social work students, funders and partnership agencies, as well as the contributions from our volunteers and Board members. As ever, we continue to value the partnerships we have with the City of Edinburgh English as an Additional Language Service (EAL), who continue to identify children in need of additional support, and the Leith Children and Families team.

Steve Gowenlock

## Achievements and Highlights of the Year

- Developing a new service for migrant Chinese families with young children.
- Launching a new project, the 'Football Initiative', to help BME children access mainstream football clubs.
- Re-launching the Banyan Project for young people affected by domestic abuse (this was in response to continuation funding from Comic Relief and RS Macdonald).
- Providing 55 placements to social work students from all programme providers in Scotland.



## Group Work

Following on from our last report, 2012-13 has seen the Multi-Cultural Family Base (MCFB) group work programmes for children and young people go from strength to strength.

As well as continuing to run our Junior Group, we have further developed our practice and service delivery within all of the other main Projects – The Banyan, Nhamtok and the 4-2-7 group programmes. Our Summer and Easter Programmes continue to ensure that children are accessing therapeutic group services and that families can rely on ‘out of school’ support and respite.

In addition, and as a direct result of this work, we have been able to identify ‘gaps’ in provision with two new pilot group work projects currently emerging in 2013 – ‘The Stepping Up’ and the ‘Football Initiative’.

Bina Chaudhry



## Early Years Service

Our long-serving Project Worker, Jackie, left in August to take up a senior post in Children and Families and we came to the end of an era. For many families Jackie was a mainstay and a reassuring presence in stressful times; her skills in engaging with and supporting parents and young children were very much appreciated. Moving into her “shoes” are Heather, who is an art therapist, and Isabelle, whose experience is in social work with children and families.

Thanks to the Port of Leith Housing Association, and built upon initial funding from the Blackford Trust, EYS was successful in gaining Scottish Government money to develop its work with migrant Chinese families. In addition to a playgroup for parents and toddlers, the project expanded to offer a second group to families, this time focused on the needs of parents and helping people to move towards education, employment and training. The Chinese Families Project has been well supported by Dai Qian, our project worker, together with contributions from social work students Feiru, Natalie, Lynn, Helen, Amy, Joanne, Natasha, Lisa, and Emily. We were also fortunate in having our first Mandarin-speaking art therapy student from Taiwan, Chien Yueh.

For all our students the opportunity to work with families from diverse social and ethnic backgrounds has been invaluable. In collaboration with the local Child and Family Centres, we have brought more diversity into group work by encouraging and supporting BME families to attend “mainstream” provision. Families have brought a broad range of issues to our attention; the needs of children affected by the serious ill-health of a parent, how domestic abuse impacts on very young children, the difficulties of being a migrant family with no recourse to public funds...We continue to work in partnership with other agencies in North Edinburgh to try to be as responsive as possible to the most vulnerable in our community.

## 4-2-7 Project

The 4-2-7 Project has been very busy over the last year, supporting children between the ages of 4 and 7 years who may require support with the key transition between nursery or home settings and primary school.

Therapeutic group and individual work has focused on reducing social isolation, improving emotional well-being and supporting children to become more successful learners, enabling them to reach their full potential. We have worked with 50 children in a group work capacity and 25 children and families on an individual basis.

As well as our on-going office based group, which has recently expanded to accommodate two groups, we have held groups at Forthview Primary, Lorne Primary, Leith Primary and St Mary's R.C Primary and preparatory sessions at Stanwell Nursery. The project has seen increasing volumes of referrals, highlighting the need for the service.

The 4-2-7 Project now has an allocated child-friendly contained space at the MCFB premises where the children feel safe to express their thoughts and feelings and enjoy varied activities, such as dramatic play, music, arts and crafts, story-telling and trust games. Much work has taken place over the last year to improve communication between schools, families and other professional bodies as well as publicising the project to the general public.

Rachael Fong



## Football Initiative

An amazing start

The first football session took place on 22nd January 2013 in Fort Community Wing with seven children and young people. Since then we have grown to a regular number of 35 to 40 children and young people turning up every week to play, across two venues. While the majority of the participants are boys, we are seeing the numbers of girls increasing over time with 6 to 7 playing every week.

We have recruited nine volunteers, three of whom are parents and two of whom have completed SFA level 1 coaching badges. We have also recruited a young person who contributes to the sessions.

The other volunteers carry out a range of tasks from preparing snacks to facilitating the nurture space for children and parents.

We have been very successful in building partnerships with the SFA Equity coach, Spartans Academy, Street Soccer Scotland, The Scouts, Edinburgh Leisure, Kicks for Kids and Hibernian Football Club.

Marise Gowenlock

As well as the weekly football sessions, we provided a successful Easter and Summer activities programme and small groups of children enjoy trips to football matches at Easter Road. There is no doubt that the fact that we do not charge the children and young people means that no one is excluded on the grounds of poverty, and this has been a real selling point for us. Securing funding will be a priority for the next year.

Lorraine Grady



## Joint Project with Leith Children and Families and Early Intervention Teams

Again this year, a number of students have benefitted from MCFB's link with the local social work teams. Danny Ferguson has supervised a number of students in the Early Intervention team, mainly working with families where there are difficulties with school or with relationships between children and parents. Some of this work has been complex and involved managing high levels of risk. Examples of this are families where there have been child protection concerns or where there might be a need for children to be placed in secure accommodation. Janice Gammie has overseen work on behalf of the Leith Children and Families team, including children experiencing neglect, emotional abuse and who might need to be subject to legal orders to ensure their wellbeing and safety.

In all of the above work, the grounding that students have received at MCFB about engaging with children and supporting them to manage their emotions and feelings (often about complex and threatening situations) has been invaluable. The skills the students have acquired have enabled them to intervene much more effectively in children's lives and this has undoubtedly led to better outcomes for the children. The children's voices have been clearly heard in this work, and professional and legal decisions have been rooted in a clear sense of the children's views and an equally clear sense of their needs and rights.

Both Danny and Janice look forward to continuing to support students in this invaluable learning experience in the year ahead.

Danny Ferguson and Janice Gammie



Banyan Launch. From left to right: Rosie Megginson, Boon Drysdale, Steve Gowenlock, Bina Chaudhry, Aileen Campbell MSP, Malcolm Chisholm MSP.

## Nhamtok Project

The Nhamtok Project continues to offer a unique group experience for young BME girls who have caring responsibilities. This has been a year of significant changes as Sylvia, who had been facilitating the group since its beginning, went on maternity leave and, as happens generally, new students have replaced others leaving their placements at MCFB. In spite of the changes the group remains strong with regular and active attendance of up to 10 girls.

The group continues to meet weekly in term times and during the summer holidays. Summer outings to the movies and bowling featured amongst activity focused afternoons enjoyed at the Base. Cooking is the preferred and most regular activity. This has recently included making dishes from Southern India, introduced by one of the facilitators who recently moved to Scotland from India. Crafts, particularly jewellery making, are also regularly enjoyed by the girls. During the activities, the girls talk about a range of subjects which are important to them, such as education, career possibilities, self care, relationships, gender roles in families and family life, marriage, substance misuse, social networking and many others.

Opportunities to share more of their lives are possible as the girls can feel comfortable being in a group exclusively for girls from BME backgrounds. Cultural difference is currently an important theme in group discussion and activity. The girls have commented on the group being like a family for them and they respond to having their talents and qualities valued by each other and the facilitators. Recently one of the girls talked about not liking herself, which was met with comments like “no way, you’re awesome”, “you’re sound”, “I really like you” and “you’re really good at things”.

Anna Portaro

## Banyan Project

The Project has enjoyed another successful year working with young people who have been affected by past or present domestic abuse. Young BME people participated in our varied group work programmes, which included outdoor activities and music workshops as well as individual work.

The Project has been successful in obtaining further funding from Comic Relief and from the R S Macdonald Charitable Trust, allowing us to continue with this vital work. We celebrated this success at the launch in April, which was attended by the Minister for Children and Young People, Aileen Campbell, and Malcolm Chisholm MSP. At the launch, young people from the Banyan Project who had worked with our staff and students from The University of Edinburgh Music and Community Drama course presented a fine performance.

Boon Drysdale