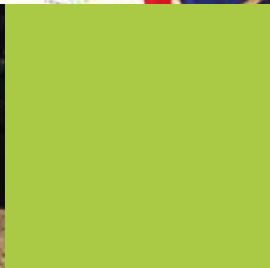


# ANNUAL REPORT 2013-2014



multi-cultural  
family base



[www.mcfb.org.uk](http://www.mcfb.org.uk)

## View from the Chief Executive

Welcome to our Annual Report. I hope it gives you a good picture of the varied and interesting work we do at MCFB. This year we have continued to provide much needed services to children from many of the most marginalised and 'hard-to-reach' communities within the City of Edinburgh. We have tried to find different ways to highlight and publicise some of the issues and experiences of these children and their families. In November we held an event at the Scottish Parliament, which highlighted the work of our Football Initiative in supporting BME children and young people to access community football clubs. Several of the children and their parents spoke at this event, hosted by Malcolm Chisholm MSP. As a result of this gathering we were able to enlist the support of some local businesses and Hibs Supporters' Club.

Some of our Chinese families took part in another public event at the Queen's Hall, arranged by the Tinderbox Orchestra: 'Journey of a Thousand Wings', a photographic/ musical project on the theme of migration. We were very pleased to give our families an opportunity to tell their stories about migration in such a poetic and powerful way. These events prompted us to make a film about the experiences of children in migrating to Scotland and we hope to present it in the Spring of 2015.

As you might be aware, we have also developed a new logo and website and we hope you agree that this helps to showcase our work in a colourful and accessible way.

None of our work would be possible without our skilled staff team, social work students, funders and partnership agencies, as well as the contributions from our volunteers and Board members. We have had a continuity of staffing for some time, although this year we did say farewell to Danny Ferguson who had been a 'mainstay' at MCFB for over 10 years. We wish to thank Danny for all the skills and personal attributes he brought to our work and wish him well in his new life back in his native Belfast.

*Steve Gowenlock*

## Group Work

From August 2013 to 2014 we have again successfully delivered 3 weekly groups for up to 24 children.

This has included school holiday trips, a summer programme and outdoor educational events. In total, upwards of 45 children have directly benefited from this service, which is run courtesy of key funding from BBC Children in Need. The groups have three main outcomes

- to improve emotional wellbeing, to reduce social isolation and increase social skills and, not least, to have fun! While I oversee the management of the group work programme (as well as delivering the service), it has been with the support of other staff, volunteers and social work students, all of whom I would like to thank immensely.

*Bina Chaudhry*



## Joint MCFB – Leith Children and Families Project

MCFB has continued its joint project with the Leith Children and Families team. Three to four students a year are offered practice learning placements with the practice team, which they find stimulating and positive. In particular, students have welcomed the opportunity to gain experience in the more formal aspects of social work and to undertake work more directly related to a range of statutes and policies. This experience has enabled several students to gain employment with the City of Edinburgh or other Local Authorities.

The project also contributes to the wider GIRFEC agenda by providing a direct link between the Local Authority and the voluntary sector. The project leader has been able to provide consultation and advice to staff in both agencies about the best way to collaborate to ensure that children's needs are met as effectively as possible.

*Janice Gammie*

## The Nhamtok Project

The Nhamtok Project, now renamed the Yolo Sistas by the girls, continues to offer a unique group experience for young BME girls who have caring responsibilities. The group remains strong with regular and active attendance of up to 10 girls. Longer term members have been joined by new girls and the richness and depth of the group continues to grow as the girls trust each other and therefore share more about their lives and hopes for the future.

The group meets weekly in term times and during the summer holidays. Outdoor activities this summer involved cycling and canoeing in keeping with the aims of the group to promote healthier lifestyle choices. In term time cooking and craft activities are the preferred activities. Making different dishes and eating together has offered the girls opportunities to experience the positive aspects of group and therefore family life. They also discuss 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, teenage pregnancy, substance misuse, social networking.

Opportunities to share more deeply about their lives are possible as they feel comfortable in a group exclusively for girls from BME backgrounds. Cultural difference is 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. They share their worries, concerns, hopes and dreams as they start to contemplate their future and how they will express themselves in the world.

**Anna Portaro**



## 4-2-7 Project

This has been another busy year for the 4-2-7 Project, supporting over 75 children in the transition from nursery or home settings to primary school. Therapeutic groupwork and individual work have focused on reducing social isolation, improving emotional well-being and supporting children to become more successful learners, enabling them to

reach their full potential.

Our summer project included outings to Cramond Beach, Tumbles soft play, Five Sisters Zoo, and Vogrie Country Park. We have continued to offer ongoing therapeutic groupwork at our offices, and school-based groups at St Mary's Leith Primary, Niddrie Mill Primary, Leith Walk Primary and Stanwell Nursery.

Once again the project has seen increasing numbers of referrals, as well as a marked difference in the needs of the children referred, many of whom face multiple adversities in their daily lives and are considered a high priority within the agency.

We have been working hard to raise the profile of our project within the local authority, meeting with Early Years Officers, English as an Additional Language teachers and senior management within several primary schools. We have also become integrated within School Improvement Plans as a partnership agency.

**Sylvia Hamilton / Rosie Megginson**

## Banyan Project

From April 2013 – March 2014 the Banyan Project worked with 30 young people, both on a one-to-one basis and in groups. Many of our young service users found it daunting to talk about their experiences and feelings. We helped them to build a trusting relationship which enabled them to communicate about their lives in their own time and on their own terms. Our outdoor group work activities offered a mixture of personal and therapeutic opportunities designed to help participants make links with other members of the group and encourage cooperation. Horse-riding, canoeing and rafting helped them to challenge themselves both mentally and physically. They had to think quickly and work together, which helped to boost their confidence and develop the resilience needed to cope with life's challenges and setbacks.

**Boon Drysdale**





## Joint Partnership with EAL (English as an Additional Language)

Since 2003 the City of Edinburgh (originally through the Changing Children's Services Fund) has funded a highly successful partnership between MCFB and the English as an Additional Language Service (EAL). This funding provides resources for staffing and better targets support to vulnerable children who might be bilingual and from BME communities. Over the past year we have worked with over 50 children who have been referred to MCFB from EAL staff. We have provided a range of individual, family and group interventions often at key transition points for children (starting school, moving to secondary school). We have worked to improve home-school partnerships and generally promoted the greater involvement of minority ethnic communities in the life of schools. The project has worked to identify and address the barriers to attainment and achievement for bilingual and minority ethnic children. The partnership promotes the shared assessment of children and a holistic understanding of the needs of children and families, promoting better use of resources and better outcomes for children.

**Boon Drysdale**

## Early Years Service

At the local Early Years Forum (January 2014) Scotland's Children's Commissioner, Tam Baillie, spoke about the importance of "good, local support" and "investment in prevention" in relation to supporting families in the early years. His concern for families who are "just under the radar" echoes our own experience of meeting the needs of BME families with young children.

### Work with families

For staff and students the opportunity to work with families from diverse social and ethnic backgrounds has been invaluable. In the past year we have identified that increasing numbers of BME families are referred to our service because of the impact of domestic abuse (an average of one referral per week). We have worked in partnership with other agencies in North Edinburgh to run two pilot groups for mothers and pre-school children who are affected by an experience of domestic abuse and we are actively seeking funding to develop this work.

Thanks to the Port of Leith Housing Association and Scottish Government funding EYS has continued to develop its work with migrant Chinese families. In addition to a playgroup for parents and toddlers the project offers a second group to families, this time focused on the needs of parents and helping people to move towards education, employment and training.

### Challenges and aspirations

We have worked with families from North-East Edinburgh and across the city from Moredun to Sighthill. The need in outlying areas is often exacerbated by fear of racial harassment (the visibility factor) and social isolation. This is not easy, given the demands of time and distance. We are aware that many of our referrals are from families living in North-West Edinburgh. How do we develop a strategic response to these issues?

In the absence of a dedicated training budget Early Years Service staff and students have been creative in finding low- or no-cost training opportunities, such as Bookbug (promoting early language/reading), Starcatcher (using drama/music/art in Early Years), and Early Communication (promoting speech and language development). As a result, we have developed bedtime story boxes for our groups and are actively promoting speech and language development through play and reading. We are grateful to our colleagues in these services for the contribution to our ongoing professional development.

Isabelle Mercadante has been working towards her Practice Teaching award. Whilst we are very committed to the training of future social workers, we also have a need to deploy trained and experienced staff in some areas of family support. How can these posts be funded on a consistent basis?

I am heartened by the efforts and commitment of the Early Years staff and students and would like to thank everyone for the service they give to families in need.

**Marise Gowenlock**



## Achievements of the Year 2013-14

- Event at Scottish Parliament to highlight the work of our Football Initiative.
- Developing a wide-ranging outdoor activity programme for children with Bridge 8 Hub.
- Working with 25 migrant Chinese families in our Early Years Service: responding creatively to the presenting needs.
- Providing 50 placements to social work students from all universities in Scotland.

### MCFB Football Initiative 'Scoring a Goal for Inclusion'

Over the last year our regular numbers have grown with between 60 to 70 children and young people turning up every week to play across three venues. While the majority of the participants are boys, the numbers of girls are increasing with 10 - 12 playing every week. We have seen the model go full circle this year with 10 players being supported into grassroots clubs and 8 children from North Edinburgh joining Spartans Academy FootEA group.

We have a pool of 21 volunteers, 5 of whom are parents. They have enjoyed a number of developmental sessions, including First Aid, and 10 coaches/volunteers successfully completed this course and received a 3-year SQA award.

We continue to strengthen our partnerships with the SFA Equity coach, Redpath Albion FC, Edina Hibs FC, Blackhall Athletic FC, Leith Athletics FC, Spartans Academy, StreetSoccer Scotland, The Scouts, Kicks for Kids and Hibernian Football Club as well as Hibernian Supporters Association.

We also provided successful Easter and Summer activities programmes. Through our partnership with Kicks for Kids we receive 9 complimentary tickets for every home game at Easter Road Stadium. Staff, students and volunteers take turns to support children and young people to attend.

Bockarie Sonnah: it was with great sadness that we heard of his tragic death. Bockarie was with us at the launch of the Football Initiative and was joining us a volunteer to complete his Duke of Edinburgh awards in August. We have created the Bockarie Sonnah Memorial Award in his memory. As part of the process of selection we recently held the first of four football festivals and we were joined by players from Harmeny School and Blackhall Mosque. The award will be presented in June 2015 to the player who has shown the most commitment to our codes of conduct which are: fair play, try your best, use kind words, listen to coaches, try new skills, encourage your team mates and have fun.

As we offer a free service securing funding continues to be a priority for us.

*Lorraine Grady*

### MCFB Staff List - August 2014

**Steve Gowenlock** – Chief Executive  
**Bina Chaudhry** – Depute Chief Executive  
**Marise Gowenlock** – Early Years Manager  
**Janice Gammie** – Project Leader  
(in partnership with Leith Children and Families Team)  
**Lorraine Grady** – Project Leader  
**Boon Drysdale** – Project Leader  
**Isabelle Mercadante** – Project Worker  
**Heather Tuffery** – Project Worker (maternity leave)  
**Sylvia Hamilton** – Project Worker  
**Rosie Megginson** – Project Worker  
**Rachael Fong** – Project Worker  
**Philippa Kemp** – Office Manager  
**Yun Zhang** – Finance Manager  
**Anna Portaro** – Sessional Worker

**Board of Directors**  
**Wendy Paterson MBE** – Chair  
**Peter Doran** – Director  
**Jennifer Lowe** – Director  
**Sir Geoff Palmer OBE** – Director  
**David Lipetz** – Director  
**George Palattiyil** – Director  
**Ravinder Kaur** – Director  
**Susan Watson** – Director  
**John Robertson** – Treasurer  
**John Boughey** – Advisor to the Board

**Human Resources and Finance Sub-Group**  
**Wendy Paterson**  
**Steve Gowenlock**  
**David Lipetz**  
**John Robertson**  
**John Boughey**

### Did you know?

Profiles of our Staff and Directors can be found on our website: [www.mcfb.org.uk](http://www.mcfb.org.uk)  
Follow us on Facebook, Twitter and LinkedIn

**50 Coburg St Edinburgh EH6 6HE**

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# Income and Expenditure Statement

Year ended 31st March 2014

	2013/14	2012/13
	£	£
<b>Income</b>		
Grants and Donations	329,958	348,062
Fees	120,726	136,206
Other Income	1,518	3,874
	<b>452,202</b>	<b>488,142</b>
<b>Expenditure</b>		
Staff Costs	333,356	317,992
Property Exps	43,491	42,713
Direct Costs - Children & Families	24,077	17,502
Admin Costs	26,566	27,967
Student Placement Fees	17,836	16,606
Fundraising Costs	0	0
Depreciation	2,092	1,740
	<b>447,418</b>	<b>424,520</b>
Surplus/(deficit)	4,784	63,622
<b>Balance Sheet</b>	<b>2013/14</b>	<b>2012/13</b>
<b>As at 31st March 2014</b>	<b>£</b>	<b>£</b>
<b>Fixed Assets</b>	<b>5,408</b>	<b>4,138</b>
<b>Current Assets:</b>		
Debtors & Prepayments	58,407	61,164
Bank & Cash Balances	258,602	256,034
	<b>317,009</b>	<b>317,198</b>
<b>Current Liabilities:</b>		
Creditors & Accruals	22,193	25,895
<b>Net Current assets</b>	<b>294,816</b>	<b>291,303</b>
<b>Net Assets</b>	<b>300,224</b>	<b>295,441</b>
<b>Represented By:</b>		
Unrestricted Funds	206,523	181,780
Restricted Funds	93,701	113,661
	<b>300,224</b>	<b>295,441</b>

## List of 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.

EVOT  
 SPIFOX  
 Big Lottery Fund  
 City of Edinburgh – CCSC  
 City of Edinburgh – Early Years Project  
 City of Edinburgh – Early Intervention Team  
 City of Edinburgh – 4-2-7 Project  
 (Former Fair Scotland Fund)  
 Souter Charitable Trust  
 SCVO (Community Jobs Scotland)  
 Comic Relief  
 BBC Children in Need  
 Volant Charitable Trust  
 The Henry Smith Charity  
 Harmeny Education Trust  
 RS Macdonald Charitable Trust  
 Shared Care Scotland – Short Breaks Fund  
 Port of Leith Housing Association  
 The Robertson Trust  
 The Cattanach Charitable Trust

Ponton House Trust  
 The Albert Hunt Trust  
 The Percy Bilton Chartist  
 Family Holiday Association  
 Anton Jurgens Charitable Trust  
 Buttle UK for Children & Young People  
 The Sir Jules Thorn Charitable Trust  
 David and Claudia Harding Foundation

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

University of Edinburgh  
 University of Stirling  
 University of Dundee  
 University of Strathclyde  
 Robert Gordon University  
 Glasgow Caledonian University  
 The Open University  
 University of the West of Scotland



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