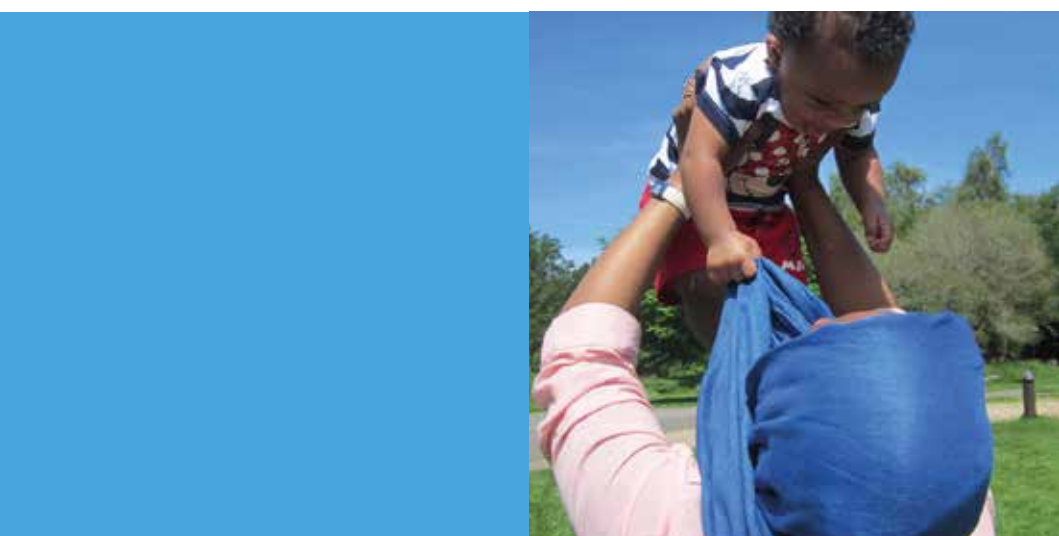


# ANNUAL REPORT 2014-2015



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

## View from the Chief Executive

Welcome to our Annual Report and thank you for your interest in the work of MCFB. We have a long track record (17 years) of working with children and families from the most marginalised and 'hard-to-reach' communities within Edinburgh. I believe we continue to respond in creative and imaginative ways to presenting needs. Last summer we were delighted to work with the comedian, Danny Bhoj, who donated the proceeds from his 12-night run in the Edinburgh Fringe Festival to MCFB and 11 other charities. Our Depute CEO Bina Chaudhry took an active role in coordinating this initiative with the other charities.

This year we were able to secure funding for two new projects. The Bright Choices Project was successful in obtaining 4-year funding from the Big Lottery Fund. This project works in partnership with SACRO and ELREC to support individuals and families who have been or are likely to be affected by honour-based abuse. Our Abhaya Project arose from a pilot project run in conjunction with Shakti, Community Learning and Development and Family Learning. The project supports women who have been affected by domestic abuse to better attune and respond to the needs of their infants. Funding was secured from the RS Macdonald Charitable Trust, the Charles Hayward Foundation and the Noel Buxton Trust for this project.

Over the year we worked with a Polish film-maker Pawel Nuckowski to make a film about the experiences and needs of children who migrate to Scotland. The film, 'Many Journeys, Many Voices' (funded by Awards for All), includes excerpts of the work undertaken at MCFB, contributions from children talking about their experiences of migration and inputs from Dr. Daniela Sime (Strathclyde University), who has undertaken research on the impact of migration on children.

As an agency we are lucky to have a skilled staff team who are ably supported by our social work students. Our work is also supported by volunteers, Board members, funders and our partnership agencies and I wish to thank all of these agencies and individuals for their commitment and support over the past year.

*Steve Gowenlock*

## Group Work

Thanks to continued BBC Children in Need funding this year, the Agency has been able to provide a range of group activities to children aged 8-14 years. The groups are planned and delivered with the themes of 'Fun and Friendship' and are facilitated by experienced workers and social work students. During the winter term of 2014, in partnership with Bridge 8 Hub, we organised a programme of outdoor education for a large group of boys. This involved canoeing along the Water of Leith, mountain-biking and paddle-boarding.

During the spring and summer we set up 3 weekly groups, some indoors and others for outdoor trips and activities. These groups included arts and crafts, football, visits to adventure playgrounds and soft play areas as well as the summer programme to venues further afield such as East Links Family Park, bowling and trips to the beach.

*Bina Chaudhry*



## Joint MCFB – Leith Children and Families Project

In the past year 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 that is more directly related to a range of statutes and policies. A number of students have used this experience to help them gain employment with the City of Edinburgh and 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 Yolo Sistas Project

The Yolo Sistas are going from strength to strength with both a solid core group remaining and new girls joining. We continue to offer a unique group experience for young BME girls who have caring responsibilities. The group is regularly attended by up to 10 girls, membership being limited only by difficulties associated with transport. The girls are entering a new phase of their lives and discussion about education, careers, relationships, teenage pregnancy, substance misuse and the impact of living in a digital age are all increasingly important topics. The pressure of sitting exams was a particularly powerful topic of discussion this year and the girls accessed important support from each other.

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. 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

The last twelve months have flown by for the 4-2-7 Project, working to support well over 80 children and their families, both in groups and individually. Over the past year our therapeutic group work and family work has focused on reducing children's social isolation, supporting confidence and friendships, helping children become more successful learners and enabling them to reach their full potential.

In the last twelve months we have worked within schools across the city, including Stenhouse Primary, St Catherine's Primary, Victoria Primary, Dalry Primary and Leith Walk Primary/Nursery. We have been able to build close links to schools further across the city in order to strive to provide a service to children in all corners of Edinburgh that would benefit from our support.

During the summer months we were again able to offer both a smaller therapeutic group to six of our younger children, and outdoor experiences for twelve of our older children, including outings to Portobello Beach, Five Sisters Zoo and Vogrie Park. We sadly said goodbye to one of our project workers, Sylvia Hamilton, but were excited to welcome Emma Watt to the 4-2-7 Project in July 2015, enabling us to offer more groups in schools and a wider service in the coming year!

We have been striving to further foster our links with primary schools across the city, working as part of the 'Team around the School' at Leith Walk Primary and with Dalry Primary School to plan their 'Families and School Together' group, as well as our own Football Initiative.

**Rosie Megginson / Emma Watt**

## Banyan Project

The Project has enjoyed another successful year working with young people who have been affected by past/present domestic abuse. Young BME people participated in our varied group work programme which included issue-based outdoor activities and art workshops. We also have had the privilege of working one-to-one with young people. Our aim is to help and support young people by offering them a nurturing and safe space as well as giving them opportunities to take part in creative activities. All our work carries a high level of responsibility and, at times, can be challenging, but our experiences have indicated that the benefits and rewards are immense.

**Boon Drysdale**



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

This partnership is funded by the City of Edinburgh. We work closely with EAL staff who make referrals for children and young people who they identify as being particularly vulnerable. This might be because of language difficulties, social isolation, difficulties with peer relationships, challenging or withdrawn behaviour in school, experiences of loss / trauma and other family difficulties. Many of the children are new migrants to Edinburgh and are struggling with feelings of loss, displacement and culture shock. Over the year we have provided a range of supports to 50 children - this has included individual work at MCFB, at home or in school to build confidence, social skills and strengths. We link children into our ongoing group work programme to help them better manage group settings, find commonalities with other children and build friendships. Over the course of the work we continue to link in with EAL staff, discussing a child's progress in school and informing educational professionals of our assessments and intervention outcomes with children.

**Boon Drysdale**



## Early Years Service

The Early Years Service has continued to work with BME families across the city. Issues which continue to predominate are isolation, the experience of domestic abuse, migrant families newly arrived in Edinburgh (often without recourse to public funds), and families with young children who have additional support needs.

Our response has been to try to provide a holistic and flexible service to families but also to develop our responses in partnership with others. We have supported referrals to Play Therapy at Wellspring, funded by the Danny Bhoj donation, and have worked within the BME Families sub-group of the Early Years Forum to promote awareness of the particular needs of these service users, e.g. hosting a Bilingualism event together with the city's EAL nursery service, CLD and local nurseries.

It is difficult to single out specific partnerships but I would like to acknowledge the support and co-operation from Home-Start Leith and North East Edinburgh and Dr Bell's Family Centre and also the work of our colleagues in MEHIS.

We welcomed Rachael Fong into the Early Years team, covering for Heather's maternity leave. Jingyi Li/Robertson left us in September 2014 to join the staff of Edinburgh University; we are very appreciative of her contribution to our work. Her successor is Wei Wang. We are delighted that Isabelle has achieved her Practice Teaching award and has been supervising students. Thanks go to social work students Ashley, Faith, Janja, Tilley, Allison and Katrina who had placements with us. Volunteer Nejma lent us great support in the Friday group.

The biggest single challenge we have is the uncertainty of funding; we are nonetheless aware of the coming changes in the way City of Edinburgh funding will be delivered and will continue to seek financial support from other sources. In particular we are focused on acquiring funding to support families where domestic abuse has been identified.

Despite our efforts to network with agencies providing services to children with additional support needs, this remains an area where many of our service users appear to be disadvantaged.

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 for the Year

- Making a film, 'Many Journeys, Many Voices', about the experiences and needs of children who have migrated to Scotland.
- Providing 40 placements to social work students from all the universities in Scotland.
- Developing our links with the local business community in Leith through our corporate engagement strategy.
- Securing funding for two new projects: Bright Choices, a partnership project with SACRO and ELREC to provide support to individuals who have been or are likely to be affected by honour-based abuse and the Abhaya Project which works together with mothers and infants who have been affected by domestic abuse.
- Developing our work with families from the Roma community in Edinburgh.
- Supporting a fundraising initiative with the comedian Danny Bhoy '12 Nights, 12 Charities' during the Edinburgh Festival.

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

The football project continues to be popular with around 45 children and young people turning up every week to play across three venues. While the majority of the participants are boys we are seeing the numbers of girls increasing over time with around 10 playing every week. Feedback from parents and teachers remains positive.

One of our main aims is integration and we continue to support children to play with their local grassroots clubs and many of them have enjoyed success this year by playing in and winning cup finals with their clubs.

As well as the weekly football sessions we have provided successful holiday activities programmes. Through our partnership with Leith Links we receive 9 tickets for every home game at Easter Road Stadium which remain very popular.

We continue to strengthen our partnerships with the SFA Equity coach, local grassroots clubs, The Scouts Association, Leith Links and Harmeny School and very much appreciate their support.

Many of our volunteers moved on to education or employment this year and while it was great to see them developing the skills to enable them to move on we were sad to see them go and wish them all well. We still have 5 parents and 3 volunteers involved with the project.

*Lorraine Grady*



## MCFB Staff List - August 2015

**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  
**Wei Wang** – Project Worker  
**Emma Watt** – Project Worker  
**Jana Ridegova** – Project Worker  
**Rosie Megginson** – Project Worker  
**Philippa Kemp** – Office Manager  
**Yun Zhang** – Finance Manager  
**Anna Portaro** – Sessional Worker  
**Lisa Pettersson** – Sessional Worker

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

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

## 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**

Company Limited by Guarantee SC259865. Scottish Charity No. SC027644



## Income and Expenditure Statement

As at 31st March 2015

2014/15

2013/14

### Income

|                      | £              | £              |
|----------------------|----------------|----------------|
| Grants and Donations | 330,961        | 329,958        |
| Fees                 | 85,722         | 120,726        |
| Other Income         | 2,119          | 1,518          |
|                      | <b>418,802</b> | <b>452,202</b> |

### Expenditure

|                                    |                |                |
|------------------------------------|----------------|----------------|
| Staff Costs                        | 292,498        | 333,356        |
| Property Exps                      | 41,571         | 43,491         |
| Direct Costs - Children & Families | 27,061         | 24,077         |
| Admin Costs                        | 27,178         | 26,566         |
| Student Placement Fees             | 7,233          | 17,836         |
| Fundraising Costs                  | 0              | 0              |
| Depreciation                       | 2,261          | 2,092          |
|                                    | <b>397,801</b> | <b>447,418</b> |
| Surplus/(deficit)                  | 21,002         | 4,784          |

## Balance Sheet

As at 31st March 2015

2014/15

2013/14

|                             | £              | £              |
|-----------------------------|----------------|----------------|
| <b>Fixed Assets</b>         | 3,772          | 5,408          |
| <b>Current Assets:</b>      |                |                |
| Debtors & Prepayments       | 33,466         | 58,407         |
| Bank & Cash Balances        | 298,738        | 258,602        |
|                             | <b>32,204</b>  | <b>317,009</b> |
| <b>Current Liabilities:</b> |                |                |
| Creditors & Accruals        | 14,750         | 22,193         |
| <b>Net Current assets</b>   | 317,454        | 294,816        |
| <b>Net Assets</b>           | <b>321,226</b> | <b>300,224</b> |
| <b>Represented By:</b>      |                |                |
| Unrestricted Funds          | 223,953        | 206,523        |
| Restricted Funds            | 97,273         | 93,701         |
|                             | <b>321,226</b> | <b>300,224</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 year. We could not have done it without your support.

### EVOT

Big Lottery Fund  
City of Edinburgh – Joint Project with EAL Service (formerly CCSC)  
City of Edinburgh - Early Years Service  
City of Edinburgh Early Intervention Fund  
– 4-2-7 Project (formerly Fairer Scotland Fund)  
Souter Charitable Trust  
SCVO (Community Jobs Scotland)  
Comic Relief  
BBC Children In Need  
Volant Charitable Trust  
The Nancie Massey Charitable Trust  
Sir Iain Stewart Foundation  
Dr Guthrie's Association  
Nancy Roberts Charitable Trust  
RS Macdonald Charitable Trust  
Shared Care Scotland - Creative Breaks programme  
Port of Leith Housing Association  
The Robertson Trust  
The Orcome Trust  
Ponton House Trust

The Albert Hunt Trust  
Hawthornbrae Fund Grant  
The Maple Trust  
John Watson's Trust  
Hibernian Supporters Association  
Buttle UK for Children & Young People  
The Sir Jules Thorn Charitable Trust  
David and Claudia Harding Foundation  
Danny Bhoy  
Big Lottery Fund: Awards for All

### 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  
University of The West of Scotland  
Open University



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