

# ANNUAL REPORT 2017-2018



multi-cultural  
family base

CELEBRATING

20  
years



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



# View *from the* Chief Executive

Welcome to this report which not only highlights the work of one year but also celebrates MCFB's 20th year. The agency has come a long way from comparatively humble beginnings; however its ethos and values remain the same. These include a commitment to promoting the rights and opportunities of disadvantaged BME children and their families; promoting better race relations and being a vibrant learning centre for other professionals and students.

This year we were so delighted to hear that the good work of the 4-2-7 Project was rewarded with new funding from the Big Lottery and the Robertson Trust. The model for developing new projects at MCFB has always involved testing out the responses to perceived need in a pilot project and then working to achieve full funding. This model proved effective in developing the Safe Haven Project which works with Syrian refugee children and families, most of whom have been affected by trauma related to living in conflict zones and moves to refugee camps. The work we had undertaken led to us securing funding from the Henry Smith Charity, the Garfield Weston Foundation and the Corra Foundation. Following on from our success in 2017 when our Bright Choices Project won a Scottish Social Services Award (SSSA), we were excited to hear that the work of the Safe Haven Project was recognized as a joint winner in the 2018 SSSA in the category 'Excellence in Children's Services'.

Another significant development this year has been the T.E.A.M Project which was launched in August 2017 as a joint venture between Big Hearts Community Trust (Hearts FC's official charity) and MCFB. The name stands for 'Together Equality Achieves More' and was chosen by the children involved, something which encapsulates the directive of the project, namely to support isolated, vulnerable and BME children in the Tynecastle cluster. Six months after the project launched, the group consisted of 18 children from 9 different ethnic backgrounds.

In 2017/18 we worked with 507 different service users; received 132 new referrals and provided 35 social work student placements. Over and above numbers if there is one thing that we have learnt as a team this year it is 'vicarious resilience'. This is a relatively new concept which describes the ways in which workers learn positive messages about overcoming adversity from their service users. This has been our experience in all aspects of our work.

Finally I would like to thank the children and families with whom we work, all our staff, students, volunteers and Board members, who make working for MCFB so rewarding and interesting and to thank all our funders for investing in the future of our children and their families.

*Steve Gowenlock*



# Highlights *from the* Projects

## Group Work

- Our group work continued to attract referrals from a range of sources.
- Our young people have engaged in a range of community-based activities and their Leith Gala Day performance was a highlight for Junior Group members in 2018.
- Our work featured in a number of films highlighting the fun and creativity of the members as well as their take on important subjects such as resilience!
- Alongside funders such as Volant and Cash for Kids, the work will continue on a more secure footing for the next three years after a successful application to BBC Children In Need.

## Footprints

- This project is now in its second year, offering a supported introduction for BME children aged 8-12 into community-based youth provision.
- It has continued to successfully collaborate with partner agencies to focus on inclusion, diversity and fun.
- The project has significantly impacted on take-up of local provision in Leith and Moredun by children and families.

## Banyan

- Banyan has been a very successful project spanning nine years. However, funding is no longer available for this work with BME young people impacted by domestic abuse.
- Work is underway to support current members to make use of more community-based resources.

## Yolo Sistas

- The girls use the Group to talk about a range of experiences, including social media, events at school and relationships with the people who are important to them.
- This year the girls produced art work for the Port of Leith Housing Association 'Window Wonderland' Community Art Project. This was displayed in a shop window in Leith.
- They also took part in a music project, where they produced a lovely song in 2 part harmony.

## 4-2-7

- Three successful multi-cultural ceilidhs for children and families run in partnership with Tinderbox Orchestra.
- 38 children supported across 5 groups with the aim of developing social skills, building confidence, improving communication and helping the children create and sustain friendships.
- 47 children supported through needs-based casework to enable them to successfully transition into school or a group.
- Support for 39 parents to enable them to better support their children in the transition to primary school, including the introduction of a mother's group.





## 4Corners

- 4Corners held a 'Multi-Cultural Family Day' at Tynecastle Park attended by over 50 children and parents.
- Children from our 4Corners groups were interviewed live on BBC Radio Scotland's Sportsound!
- 4Corners children joined outdoor activity groups in the Pentlands during the school holidays, learning skills in building fires, den-making and some very messy, muddy play!



## Bright Choices

- The Bright Choices team (MCFB, ELREC and SACRO) co-organised the International UN Women Campaign '16 Days of Activism on Gender Based Violence' in partnership with Napier University, The Crown Office and Procurator Fiscal Service and the University of St Andrews.
- The Edinburgh Child Protection Committee endorsed the work and training programmes offered by the service. This partnership was commended by the 'Together Scotland' State of Children's Rights' report of 2017.

## MCFB Early Years Service

- In 2017-18 we have continued to offer our groups for parents and children aged 0-3 years and individual family support. Referring to our Abhaya Project, Graham Shulman, Consultant Child and Adolescent Psychotherapist, said, *"This is an invaluable and to my knowledge unique service. Its objective is to repair and improve the severely damaged or impaired attachment relationship of mothers and babies that have been impacted on by the most extreme, complex and chronic trauma in the mothers' past and present lives"*.
- We have also developed two new areas of our service: setting up Katakeet, a group for Arabic-speaking families with young babies, and striving to establish the Wren Project for families of young children with Additional Support Needs.

## Safe Haven

- The project supported 15 refugee families, affected by war trauma, through home visits, social events and a summer family outing.
- The men's group, in partnership with Re-act, supported the men who struggle with the transition into their new lives in Edinburgh. The group offered a wide range of activities, such as visits from Community Police, days at community allotments, trips to different sites in Edinburgh and CV development workshops to help the men find employment.
- 14 refugee children benefited from outdoor and indoor activities, including arts, canoeing, cycling and football in the Friday Group.
- Through the My City pilot project, in partnership with Imagine, the children were able to create their own city 'Edippo' which reflected on their own experiences, memories and observations of the cities they had lived in as well as their new city of Edinburgh.
- Children were helped to settle into the school environment through one-to-one and art therapy sessions.



# 20 YEARS OF MCFB IN NUMBERS



We worked with  
**88** Edinburgh  
schools and nurseries



We worked with  
**17** communities  
in Edinburgh



MCFB supported  
**3800** children from  
**54** countries of origin



We collaborated  
with over **70** partner  
organizations



We provided **700**  
placements to social  
work students from **8**  
Scottish universities

## 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 – Early Years Service

City of Edinburgh – Footprints Project

Local Government and Community Directorate

The Robertson Trust

Charles Hayward Foundation

RS Macdonald Charitable Trust

Shared Care Scotland – Creative Breaks Programme

The Noel Buxton Trust

Garfield Weston Foundation

CRH Trust

The Henry Smith Charity

Chance to Flourish

Random Arts Giving

Big Hearts Community Trust

Port of Leith Housing Association

Aviva Community Fund

The Souter Charitable Trust

The Schuh Trust

The Orcome Trust

The Corra Foundation

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

Open University

University of Stirling

University of Dundee

University of Edinburgh

University of Strathclyde

Robert Gordon University

Glasgow Caledonian University

University of the West of Scotland



## Income and Expenditure Statement

Year ended 31st March 2018

2017/18

2016/17

### Income

|                      | £              | £              |
|----------------------|----------------|----------------|
| Grants and Donations | 465,974        | 389,898        |
| Fees                 | 79,212         | 81,032         |
| Other Income         | 1,665          | 2,148          |
|                      | <b>546,851</b> | <b>473,078</b> |

### Expenditure

|                                    |                |                |
|------------------------------------|----------------|----------------|
| Staff Costs                        | 370,556        | 356,856        |
| Property Expenses                  | 44,718         | 43,937         |
| Direct Costs - Children & Families | 36,825         | 27,463         |
| Administrative Costs               | 24,119         | 25,086         |
| Student Placement Fees             | 14,102         | 10,766         |
| Fundraising Costs                  | 846            | 1,065          |
| Depreciation                       | 5,731          | 5,931          |
|                                    | <b>496,897</b> | <b>471,104</b> |
| Surplus/(deficit)                  | 49,954         | 1,974          |

## Balance Sheet

As at 31st March 2018

2017/18

2016/17

|                             | £              | £              |
|-----------------------------|----------------|----------------|
| <b>Fixed Assets</b>         | 11,485         | 15,791         |
| <b>Current Assets:</b>      |                |                |
| Debtors & Prepayments       | 28,321         | 35,440         |
| Bank & Cash Balances        | 395,946        | 332,281        |
|                             | <b>424,267</b> | <b>367,721</b> |
| <b>Current Liabilities:</b> |                |                |
| Creditors & Accruals        | 28,604         | 26,318         |
| <b>Net Current Assets</b>   | 395,663        | 341,403        |
| <b>Net Assets</b>           | <b>407,148</b> | <b>357,194</b> |
| <b>Represented By:</b>      |                |                |
| Unrestricted Funds          | 268,752        | 285,706        |
| Restricted Funds            | 138,396        | 71,488         |
|                             | <b>407,148</b> | <b>357,194</b> |

## MCFB Staff List - October 2018

**Steve Gowenlock** – Chief Executive  
**Anne Spiers** – Depute Chief Executive  
**Marise Gowenlock** – Early Years Manager  
**Isabelle Mercadante** – Project Worker  
**Deidre Payne** – Project Worker  
**Heather Tuffery** – Project Worker  
**Wei Wang** – Project Worker  
**Emma Watt** – Project Worker  
**Jana Ridegova** – Project Worker  
**Rosie Megginson** – Project Leader  
**Philippa Kemp** – Office Manager  
**Yun Zhang** – Finance Manager  
**Anna Portaro** – Sessional Worker  
**Lisa Pettersson** – Sessional Worker  
**Gill Quille** – Sessional Worker  
**Munir Emkideh** – Sessional Worker  
**Lindsay Mann** – Sessional Worker  
**Nejma Elfathi** – Sessional Worker  
**Diline Abushaban** – Project Worker  
**Julia Vidania** – Footprints inclusion worker  
**Omolara Plang** – Project Worker

### Board of Directors

**Wendy Paterson MBE** – Chair  
**Jennifer Lowe**  
**Sir Geoff Palmer OBE**  
**David Lipetz**  
**George Palattiyil**  
**Ravinder Kaur**  
**Susan Watson**  
**Mary Bainbridge**  
**John Robertson** – Treasurer

Profiles of our Staff and Directors can be found on our website: [www.mcfb.org.uk](http://www.mcfb.org.uk)

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