

Achievements of the Year 2015-16

- Launch of our film, 'Many Journeys, Many Voices', highlighting the experiences and needs of migrant children and young people.
- Developing a new pilot project, 'Stepping Out', linking young people to mentors in local businesses.
- Launching our new three-way partnership project, 'Bright Choices' with SACRO and ELREC, supporting individuals and families affected by honour abuse.
- Providing 35 placements to social work students from universities in Scotland.
- Securing 3 year funding from City of Edinburgh Council for our Early Years Service and our new 4Corners Project

Publicity and engagement

Over the past year, we have begun to take steps to boost the profile of MCFB by attending public events, inviting MP's and MSP's to the agency and making links to other organizations, such as the Stills Gallery, Screen Edinburgh and the Edinburgh Mela. We held a stall at both the Leith Festival and at the Edinburgh Mela, offering craft activities to children, providing information on services and screening our Awards for All funded film, *Many Journeys, Many Voices*. We hope to benefit from having a new Board member with expertise in Marketing and Communications who can work alongside us to further publicise the work we do, help us to engage effectively with the local and wider community and demonstrate the success of our work to existing and potential funders.

Philippa Kemp

Bright Choices

Bright Choices is a service run by SACRO, Edinburgh and Lothians Regional Equality Council (ELREC) and Multi-Cultural Family Base. As a partnership, Bright Choices is able to offer services at all three venues. These services, which help families in Edinburgh to overcome problems arising from honour based violence and abuse, are funded by the Big Lottery for four years. In addition to working directly with families, Bright Choices works with communities to improve their understanding of honour abuse and raise awareness of the project. Between June 2015 and March 2016 12 referrals were accepted, benefitting 37 individuals. The Bright Choices project worker, based at MCFB, delivered 47 support sessions in people's homes, 76 sessions with individuals and families in the community, 137 sessions providing emotional support (dealing with feelings of grief and loss, overcoming trauma from abuse and domestic violence, FGM as well as dealing with separation/divorce) and 98 sessions offering practical support. 50% of service users were South Asian, the remaining 50% being of African, Arab and Mixed backgrounds. The support offered helped to significantly reduce the level of risk people were exposed to whilst also empowering individuals and enabling families to communicate more clearly, build stronger relationships and feel safer in their own homes and in the community.

The Bright Choices Team

MCFB Staff List - August 2016

Steve Gowenlock – Chief Executive
Anne Spiers – Project Leader
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
Jennifer Lowe
Sir Geoff Palmer OBE
David Lipetz
George Palattiyil
Ravinder Kaur
Susan Watson
John Robertson – Treasurer

Did you know?

Profiles of our Staff and Directors can be found on our website: www.mcfb.org.uk
 Follow us on Facebook, Twitter and LinkedIn

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Income and Expenditure Statement

As at 31st March 2016

	2015/16	2014/15
Income	£	£
Grants and Donations	382,212	330,961
Fees	81,592	85,722
Other Income	2,212	2,119
	466,016	418,802
Expenditure		
Staff Costs	319,845	292,498
Property Exps	42,420	41,571
Direct Costs - Children & Families	26,589	27,061
Admin Costs	28,399	27,178
Student Placement Fees	9,082	7,233
Fundraising Costs	0	0
Depreciation	2,721	2,261
	429,056	397,801
Surplus/(deficit)	36,960	21,002

Balance Sheet

As at 31st March 2016

	2015/16	2014/15
	£	£
Fixed Assets	9,942	3,772
Current Assets:		
Debtors & Prepayments	46,124	33,466
Bank & Cash Balances	321,588	298,738
	367,711	332,204
Current Liabilities:		
Creditors & Accruals	19,467	14,750
Net Current assets	348,244	317,454
Net Assets	358,186	321,226
Represented By:		
Unrestricted Funds	267,318	223,954
Restricted Funds	90,868	97,272
	358,186	321,226

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
 City of Edinburgh – Early Years Service
 City of Edinburgh Early Intervention Fund – 4-2-7 Project
 Souter Charitable Trust
 Comic Relief
 BBC Children In Need
 Volant Charitable Trust
 Charles Hayward Foundation
 The Noel Buxton Trust
 The Nancie Massey Charitable Trust
 Dr Guthrie's Association
 RS Macdonald Charitable Trust
 Shared Care Scotland - Creative Breaks programme
 The Robertson Trust
 The Orcome Trust
 Ponton House Trust
 The Albert Hunt Trust
 The Maple Trust
 John Watson's Trust

The Sir Jules Thorn Charitable Trust
 David and Claudia Harding Foundation
 Danny Bhoj
 Big Lottery Fund: Awards for All
 Leith Neighbourhood Partnership
 Anton Jurgens Charitable Trust
 JK Young Endowment Fund

We also acknowledge the support from the following:

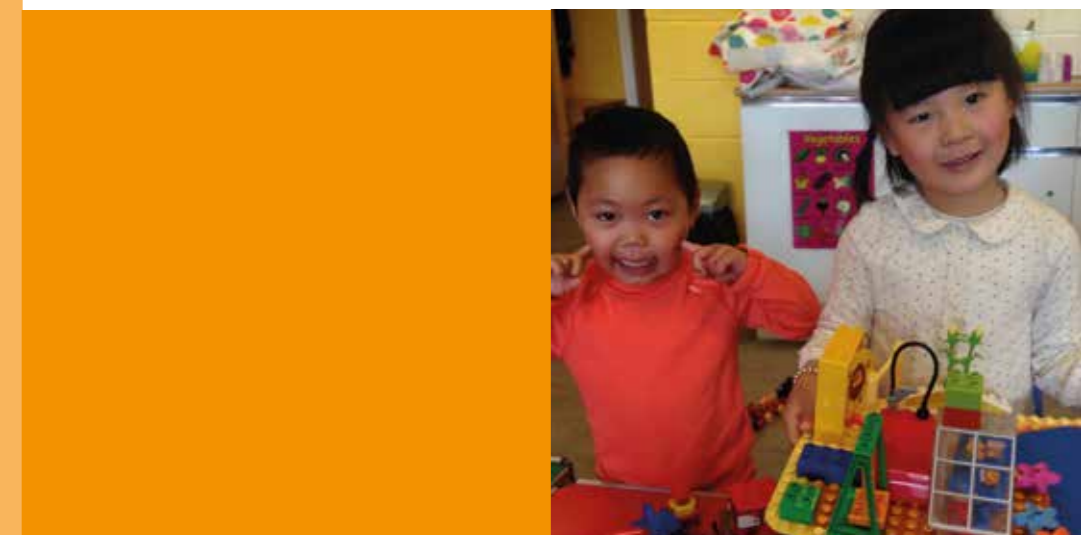
University of Edinburgh
 University of Stirling
 University of Dundee
 Glasgow Caledonian University
 University of The West of Scotland
 University of Strathclyde
 Robert Gordon University
 Open University



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



ANNUAL REPORT 2015-2016



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. It has been another busy and fulfilling year and the individual project reports provide a good insight into the range and diversity of our work. The children and families we work with have often experienced significant adversities. Increasingly, we are working with children affected by trauma relating to the circumstances which brought them to the UK (asylum, forced migration, fleeing war or persecution). Many of the families are socially isolated, culturally disadvantaged and affected by poverty. However, we also see their great strengths and assets, whether this is a sense of humour, creativity, leadership skills or a determination to improve family circumstances. In our work we always strive to help individuals recognise and then build on their strengths. We are always looking for new ways to publicise our work to a wider audience. In this regard one of the major achievements of 2015-16 was the launch of our DVD 'Many Journeys, Many Voices', highlighting the experiences and needs of migrant children and young people along with the work of MCFB. The launch was attended by over 70 people. Along with three keynote speakers, Tam Baillie (Children and Young People's Commissioner for Scotland), Dr. Daniela Sime (University of Strathclyde) and Eileen Simpson (EAL Service, City of Edinburgh), four of our young people spoke very eloquently and confidently about their own experiences of migration.

We are now operating in challenging financial times. This has a double impact. Austerity measures have had a significant impact on many of our service users and pressures on funders mean it is more challenging to secure funding for voluntary agencies. We are determined, however, to not only maintain our existing services but to also develop new projects in response to identified needs. I would like to thank all our staff, students, volunteers, Board members and funders for all their hard work and support over this year. It is very much appreciated. Finally, I wish to say a big thankyou to Bina Chaudhry (Depute CEO), who left MCFB in September 2015. We wish Bina well in her new business venture.

Steve Gowenlock

Banyan Project

The Banyan Project has worked with young people from a diverse range of ethnic groups. Feedback from the young people indicated that both group and individual work had enabled them to be themselves, have fun with their peers, feel safe and included whilst learning new skills, safe in the knowledge that they can approach workers who will listen to them and support them when appropriate.

Our group work programmes are designed to raise young people's resilience through developing new skills. The group took part in a workshop at Stills photographic gallery during the February half-term break. They learnt how to use digital cameras before heading to the city centre, taking photographs on different themes, at times needing to approach people to ask permission for shots, which they did both confidently and politely. The week was enormously rewarding, offering members of the group the opportunity to learn new creative and technical skills and gain an in-depth and unusual insight into work in the creative industries. In this friendly, relaxed and creative setting the group bonded noticeably and the individuals grew in confidence and enthusiasm.

Boon Drysdale / Lisa Pettersson



Group Work

Our Junior Groups comprise a number of children who have settled in Scotland for a wide variety of reasons. Inevitably, some have experienced displacement, which has been imposed on them due to persecution, poverty, war or migration. These life events and changes have often been traumatic and/or traumatising for the children and their families. Others have experienced isolation within their communities and have restricted access to resources that would be more readily accessible to their white Scottish counterparts. Our themes this year have had a focus on use of the outdoor spaces within our community as well as working cooperatively through indoor games, using art as a means of expression and for fun! This has been a busy and exciting period of development for our groups with much success in meeting the diversity of needs of vulnerable BME children.

Anne Spiers

MCFB Football Initiative

In 2015-2016 we continued to be successful in terms of our regular numbers with approx. 40 children and young people playing regularly across two venues. We were also able to offer support to some parents and children on an individual basis. Parents and teachers report that children seem to be making more friendships and are generally happier at school.

To ensure we maximised the funding we had available, we changed the model slightly and we had a session in St Francis/Niddrie Mill primary school with 20 children playing and a waiting list of 35 and combined our South Trinity Road session with Spartans Thursday Group with around 20 children playing. Sadly, due to funding restrictions we had to wind up the session at Fort Community Wing but we seek opportunities to engage with the boys through football festivals and tickets to football matches.

Most of the participants are boys but 8-10 girls are also playing regularly. We increased the numbers of players being supported into grassroots clubs this year to 19 and we continue to look for local opportunities for the children and young people who want to play competitive football.

Our partnerships remain strong and we have developed a new partnership with the Venchie Playground. Through our partnership with Kicks for Kids we continue to receive 6 tickets for every home game at Easter Road Stadium. We also had 6 children attend a Scotland Match at Easter Road which they all enjoyed.

Over the past year we have taken forward plans to incorporate aspects of the 'Football Initiative' into a new project, 4Corners, which will use sporting activities to promote social cohesion within school settings, as well as providing individual and family support to vulnerable and disadvantaged BME children and families.

Lorraine Grady



4-2-7 Project

The past year has flown by again for the 4-2-7 Project, working to support well over 90 children and their families, both in groups and individually.

Over the past year our therapeutic group work and family work have focussed on reducing children's social isolation, supporting confidence and friendships, helping children to become more successful learners and enabling them to reach their full potential.

We have worked within primary schools across the city, including Leith Walk, Gylemuir, Pirniehall, Stenhouse, Clovenstone and Holy Cross.

We have built on our contacts in education to develop a city-wide service which has benefitted children across the whole of Edinburgh.

During the summer months we ran outings to Vogrie Country Park, Portobello Beach, the Five Sisters Zoo and more to allow the children to enjoy outdoor experiences.

Rosie Megginson / Emma Watt



Stepping Out

In November 2015, we were delighted to receive £1,341 from Leith Neighbourhood Partnership for a pilot project to support BME young people to move on from school to "positive destinations". This allowed us to employ a sessional worker to support six young people with developing the skills, confidence and knowledge to access training or employment. We have combined this with support from our business partners; Bikecraft Edinburgh, Downes Opticians, Lennon Design and RGB Solutions. Several of the young people met with them to hear what the world of work was really like and to get a sense of the reality of various types of work. A big thank you to all of these businesses. Two of the young people have also been linked to mentors from these businesses as they move towards their individual goals.

We are applying for funding to continue this project and to expand it by linking with Leith Academy to identify young people most in need of this support.

Janice Gammie

The Yolo Sistas

The Yolo Sistas group continues to be a place where young BME girls who have caring responsibilities meet to share their experiences, form new friendships and have fun. The group is regularly attended by up to 10 girls with the older girls playing a mentoring role for the younger members. Topics of discussion range from education and careers to relationships, teenage pregnancy, substance misuse, sexual abuse and the impact of living in a digital age. The pressures of sitting exams was again a particularly powerful topic of discussion this year, and the girls accessed important support from each other.

The group meets weekly during term times and up to 4 times during the summer holidays. Pottery was a much enjoyed activity this year and produced some very attractive pieces now on display at MCFB. Film making was also offered during the summer. In term time cooking and craft activities are the preferred activities. Making different and often healthy dishes and eating together offers an opportunity for varied, interesting and laughter-filled conversation. Cultural difference is an important theme in group discussion and activity. The girls have commented on the group being like a family and they respond to having their views and opinions, talents and qualities valued by each other and the facilitators. One of the new girls commented that the only thing she'd like to change about the group would be "to make it twice a week".

Anna Portaro

Joint MCFB – Leith Children and Families Project

In the past year MCFB has continued its joint project with the Leith Children and Families team. Students are offered placements with the practice team, which they find stimulating and positive and they 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 in the Local Authority sector.

We are looking to expand this project by using Sharepoint technology to improve the secure transfer of records. This will allow more students to benefit from this link. 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

Early Years Service

The first half of the year was dominated by the process of applying to the City of Edinburgh Council for core funding under new and uncertain conditions. This was a very stressful time and I am happy to report that we achieved three-year funding. We are also very grateful to the RS Macdonald Trust, Charles Hayward Foundation and Noel Buxton Trust for their support and funding of our therapeutic work with parents and infants who have experienced attachment difficulties as a result of domestic abuse.

We have established a fruitful dialogue with Mindroom and the Patrick Wilde Centre at Edinburgh University in respect of developing work with families whose children have additional support needs.

In the autumn we collaborated with colleagues at Stanwell Nursery to provide a Transition Group for BME children starting nursery, helping parents to establish a good partnership with the nursery and giving children the best possible start. We have also offered Baby Massage sessions to parents and infants along with a range of group work and home-based support to families.

Marise Gowenlock Manager, EYS

