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1. Administrative Details

Charity Name	Garioch Community Kitchen
Charity Number	SC046110
Trustees	Andrea Barclay – Chairman Sandra Murdoch – Treasurer Caroline Hay-Crawford Rona Smith Maureen Rennie Claire Booth Mary Bellizzi
Observers	Public Health Co-ordinator – Garioch & Formartine
Principal address	Wyness Hall, Jackson Street, Inverurie, AB51 3QB
Independent examiner	Infinity Partnership Limited 37 Albert Street Aberdeen AB25 1XU

2. Background and Introduction

Garioch Community Kitchen (GCK) was formed in 2012 as a result of consultations with local community groups and the public sector. This is GCK's second annual report since being awarded charitable status in November 2015. We are recognised as a Scottish Charitable Incorporated Organisation (SCIO), Scottish Charity No. SCO46110.

Within the financial year 2017/18 GCK has continued its good work to develop services that are geared to fulfilling our mission and objective which is – 'Garioch Community Kitchen exists to enhance the health and well-being of all sectors of the community in Central Aberdeenshire. We aim to provide a range of services including informative food workshops in a safe and supported environment, delivering practical and nutritional information and teaching transferable food skills. To work in partnership with other agencies and groups to promote healthy cooking and eating choices.'

As an organisation we aim to be as inclusive as possible and work hard at community capacity building to ensure the community as a whole benefits from our organisation.

Our work is wide-ranging and we work with all age groups from birth up to 90+. GCK work is generally targeted around those from disadvantaged backgrounds and who are socially isolated. We continue to categorise various groups that benefit the GCK as follows:

Training, Older, Under 5, Young People, Mental Health, Substance Misuse, Working Within Communities. The work is determined through needs assessment.

Since its inception in 2012 Garioch Community Kitchen has delivered practical cookery skills within local communities to improve cooking confidence, food preparation methods and dietary choices and promote the long-term benefits of a healthy balanced diet.

GCK also continues to be a registered centre for delivering REHIS accredited training in Food Hygiene & Nutrition.

We aim to:

- Build on the positive relationships we have developed with all stakeholders, with the potential to influence and improve the health and wellbeing of the Garioch & Formartine Community
- Improve the health and wellbeing of communities by practical experience in food handling and preparation and promote the long-term benefits of a healthy balanced diet
- Provide opportunities for individuals to develop transferable workplace skills and access accredited training
- Identify steps to ensure the long-term sustainability of projects

The achievements outlined in this report are a huge testament to the hard work and Experience and talent of the whole team at Garioch Community Kitchen.

3. Governance

The Committee are the Trustees and are responsible for the governance of the Charity. GCK Committee is made up of members who work on a voluntary basis. It is made up of public and third sector representatives. Andrea Barclay continued in the post of Chairman during the twelve months with all other Trustees being re-elected. Lindsay Adam of Aberdeenshire Voluntary Action stepped down as an advisor to the committee and we thank her for her contribution over the years.

4. Service Delivery

GCK does not employ staff and has a team of self-employed contractors who deliver services on behalf of the Charity. GCK is committed to the resources who deliver our services and during the year invested in Dealing with Difficult People training for those who wanted to attend.

Sarah Bell continued in her role as the Business Development Manager for GCK. Sarah oversees the day to day running of the Charity whilst also being heavily involved in helping to promote and grow the Organisation. She has been instrumental in developing and implementing the Action Plan. The Committee are extremely pleased with Sarah and acknowledge her on going hard work and commitment.

During the year 17/18 Louise McKinlay worked in the role of volunteer co-ordinator for Garioch Community Kitchen. The focus here was to recruit and retain volunteers for the Charity in a variety of roles including administration duties, assisting at the Garioch Links Café, assisting in delivery of classes. GCK relies on its volunteers for efficient service delivery and recognises they are an asset. We are extremely grateful to those giving up their time and expertise. A volunteering thank you evening was held in March 2017 to thank existing volunteers and recruit potential new volunteers.

Food Skills Professionals

All GCK sessions are run by a team of self-employed food and nutrition professionals who develop and deliver structured food skills. These include training programs for targeted members of the community and can be commissioned for community groups/individuals to enable and influence specific audiences.

The GCK team have knowledge in food and nutrition and provide a wealth of experience in delivering practical food skills including advising on all aspects of food

hygiene, nutrition and training. They include a qualified nutritionist and an accredited REHIS trainer who delivers food hygiene and nutrition training.

Laurie Fallon who had worked on behalf of GCK for several years decided to move to pastures new in November 2017. The team at GCK would like to sincerely thank Laurie for all she has done for us and wish her all the best for her new venture.

In January 2018 we appointed Amy Cameron as our new Kitchen Development Skills Tutor. Amy has a BSc in Nutrition and Dietetics and Postgraduate Certificate in Public Health and we are extremely delighted to have her skills and expertise on board.

Janette Gasgoine is our Kitchen Tutor & REHIS Registered Presenter. Janette is involved in some project delivery however her main role is delivering all the REHIS accredited training on behalf of the Garioch Community Kitchen.

Clare Wain is a Kitchen Tutor and regularly delivers sessions to children through our after-school classes and holiday programs including Children's birthday parties of which she delivered 6 during the year. Clare has been more involved during the year 17/18 where she has developed and delivered bespoke classes with a themed basis. Clare has also taken on the role of facilitating the Garioch Links Café for GCK.

GCK continues to receive guidance and advice from the Public Health Co-ordinators for Garioch and Formartine. This support helps to ensure we are being signposted and targeting our resources to the areas in the community with the greatest need.

We are extremely grateful to have D.A.Y.S Inverurie as one of our main service users. They do the shopping on a weekly basis for the Charity as well as making sure the cupboards are organised correctly and the Kitchen Hygiene Standards are maintained. We would like to take this opportunity to thank them for their continued support and assistance.

5. FUNDING

All the GCK projects have been determined by needs assessment which have been identified within the community and public sector groups. Funding is applied for on basis of need and capacity to carry out a wide range of projects. The kitchen continuous to be self-sustainable through income generating work which can be invested back into funding more targeted pieces of work.

Applications for funding continue to be challenging with more charities applying for the same pots of money. This is still an area we feel we need to strengthen as the market becomes more competitive and more evidence of outcomes is required. Despite our income generation figure being down on the previous financial year we have continued to deliver a quality service and are monitoring on an ongoing basis,

with the help of the Action Plan, new ideas and initiatives to generate income. An example of this is developing and delivering bespoke cooking classes such as Italian and Vegetarian to see which is most popular.

Below is a table showing funding that has been received throughout the year 2017 - 2018.

Date	Amount	Purpose	Received by
Throughout the year	£21254.00	Income generated to cover costs and re-invest in projects	GCK
Aug 17 Dec 17	£4627.50 £4627.50	For volunteer coordinator to increase volunteers at GCK	Voluntary Action Funding
Jan 18	£2000.00	To deliver project based on working with Children under 8	Community Food and Health Scotland
Jan 18	£500.00	Training of contractors	
July 17	£300.00	Funds Matching for Garioch Links Cafe	ADP
Jan 17	£650.00	To purchase laptop and projector	Garioch Community Planning
Sep 17	£5000.00	Costs for Garioch Links Café & volunteering	Garioch Community Planning Your Voice Your choice
Oct 17	£2000.00	Working with Children in Poverty in Turriff Area	Health Improvement Funding
July 17	£900.00	Marketing Costs	K Diack
Oct 17 Nov 17	£486.00 £2500.00	Working with children in poverty Family Kitchen sessions	Northsound Cash for Kids
Total	£44845.00		

We would like to take this opportunity to sincerely thank all the funders that have supported the Garioch Community Kitchen over the financial year 17/18, without your support we would not be able to deliver such vital work.

6. Projects and Activities

The Garioch Community Kitchen have seen another very busy year both in the kitchen and on an outreach basis. GCK held a strategic planning meeting for the first time in early 2018 where Contractors and Committee members held a brainstorming session to focus on which would be the key areas to develop for the coming 12 months. An Action Plan was developed and has been followed and updated on an ongoing basis.

The number of attendants is slightly up seeing an overall 7% increase on the previous year. Given that we were without a Kitchen Development Skills Tutor for over 2 months due to a change in contractor, as well as an induction and training period of our new contractor, we are pleased to still see an increase in numbers. We are delighted to share the following venue figures:

Category of People attending Garioch Community Kitchen	Total people came to GCK in 2018	Total people at Outreach session in 2018	Total people in 2018
Training	91	25	116
Older	63	14	77
Under 5	79	242	321
Young People	884	463	1347
Mental Health	366	111	477
Substance Misuse	185	0	185
Working with Communities	482	144	626
Learning disabilities	794	58	852
Total	2944	1057	4001

Community Groups

It is important to mention that some of the groups who regularly access the kitchen may come with their own facilitator and others who requested a facilitated session by the GCK. Of the above tabled figures, a total of 161 sessions were led by the GCK facilitators whilst 165 sessions were self-facilitated by groups accessing and booking the kitchen independently. Here is a list of groups who we have worked with during the year:

- D.A.Y.S Inverurie
- Alcohol & Drug Partnership
- CLAN
- Quarriers
- Syrian New Scots Families
- Ellon Men's Group
- Aberdeen Foyer
- Nickytams Cakes n Bakes
- Port Elphinstone School, Strathburn School, Kellands School, Kintore, Oldmeldrum school & Inverurie Academy
- Aberdeen University
- Garioch Young Farmers
- Zero Waste Scotland
- Inverurie Family Resource Centre
- Aberdeenshire Council CLD
- Playgroups to include Strathburn, Kintore, Garioch under 5's, Alehousewells Nursery, Turriff PG,
- Rainbows, Brownies, Guides & Scouts
- PECH Community flat
- Taste of Grampian, Turriff Show & Hamlyn's Oats

Some of the projects which have been delivered by GCK during 2017-18 are given below;

- Children's after school and holiday programs income generating – GCK have committed to funding 2 places for low income families
- Children's Birthday Parties - Income generating
- REHIS accredited Food hygiene courses
- Garioch Links Café
- Summer Family Kitchen & Autumn Family Kitchen
- Fits for Supper delivered in Ellon to men's group
- Cook and taste sessions to various Rainbow, Brownie and Guide groups
- Monthly session delivered to residents at Stonefield House
- Turriff Eat Well for Less Program

- Indian Cooking Classes with Volunteer Pushp Vaid – Income Generating
- Nutritional information sessions and cooking skills to parents at Homestart
- Children’s classes with Strathburn, Ellon, Meldrum & Kemnay Primary ASN department
- Food and Mood on a budget for Aberdeenshire Wellbeing Week
- Tesco Food Cloud Initiative
- Confidence to Cook Session with Fiona Matthew

Evaluations are completed at the end of each course or event to provide feedback from community groups accessing the facility and to ensure the aims and objectives of our projects are being met.

Garioch Links Café

GLC has been ongoing every fortnight during the year in partnership with Alcohol and Drug Partnership (ADP) with volunteers from both ADP, GCK as well as a GCK Volunteer Co-ordinator continues to grow with 472 attendees during 2017/18. This equates to an average of 19 people at each café compared with 12 the previous year. Looking forward, we hope to see this number continue to grow.



Tesco Food Cloud Initiative

This initiative has continued this year and we are very grateful to have Steve one of the GCK volunteers who has very kindly agreed to collect food for us from Tesco on a Tuesday evening ready for the Garioch Links Café on the Wednesday. We would like to take this opportunity to thank Tesco for their continued support.

Summer Family Kitchen

In the summer of 2017 GCK planned and delivered with partners this new project. The aim of this initiative was to provide a lunch club to children who would be accessing free school meals in term time, to provide free ingredients and a development worker to support families create healthy lunch and breakfast. We also provided a pop-up shop with free healthy foods for families to take home.

GCK ran 8 sessions over 4 weeks with 19 families attending at Port Elphinstone. This consisted of 21 parents and 32 children; 53 in total.

From using the GIRFEC game partners agreed that the Port Summer Family Project would meet 7 of the 8 indicators for wellbeing, these being:

- **Healthy** - help support children/ families to look after their health
- **Achieving** - encourage children and families to try out new ideas (recipes) and enjoy learning
- **Nurtured** - children and families would enjoy time together, feel accepted and know where to go for help – signposting to other organizations e.g. budgeting
- **Active** - families would get involved with new activities and parents/ guardians would be involved with their children
- **Respected** - families/children would feel listened to, feel they matter
- **Responsible** - children / families would respect others, get involved in the community
- **Included** - the project would help overcome barriers (budget related), provide help with access to benefits and grants, families would get the support they need and feel less isolated

The delivery of this pilot showed that there was a definite need for these sessions, with the evaluations done and some evidence collated using survey monkey.

Some of the comments captured during the sessions included:

“Fab idea that gets both children and parents involved within the community”

“Great way to bring the community together and also super seeing all the kids enjoying themselves too and all learning new skills”

This pilot was rolled out and is now being delivered during Easter, Summer and October holidays.

Taste of Grampian June 2017

GCK was approached by Hamlyn’s Oats to work with them in the at the Taste of Grampian event held at Thainstone in June 2017. This was the first time GCK had attended a large local event like this and it proved to be a successful collaboration. GCK held demonstrations in the Childrens Education Tent making Cranachan with Hamlyn’s Oats and using Barra Berries. In total there were 150 children who participated in the tent which was over double the number of 70 from the previous year.

GCK used this opportunity to raise awareness of the Charity and promote our services. This was an exciting opportunity for GCK and we look forward to working with Hamlyn’s Oats in the future.

Turriff Show August 2017

Further to attending the Taste of Grampian event GCK was approached by the organisers of the Turriff Show. We were invited to attend the show over 2 days to deliver a similar service in a new area they had developed for children.

This was another exciting opportunity with a successful outcome for GCK. We were able to raise our profile in this area using this event to not only demonstrate but hand out flyers and chat with local residents and businesses.

Christmas Buffet Lunch

We held a thank you lunch in December 17 for our volunteers and those who have supported the GCK over the past year which was well attended.

7. Financial Status

A copy of our Unaudited Financial Statements for the year ended 31st March 2018 has been prepared by Infinity Partnership Ltd which can be viewed upon request.

Here is a short extract of some of the relevant figures:

	31st March 2018
Voluntary Income	44,751
Expenditure	50,015
Funds Carried Forward	29,451

Our Voluntary income and expenditure is down on the previous year, given that we were without a facilitator for two months during the year this did have a bearing on the income that was received as well as reducing the expenditure.

We have also noted a reduction in income from our Children's classes, this is due in part to the introduction of the Family Kitchen sessions which took place during the Summer and October holidays where we would have previously had chargeable classes running. Comraich and St Andrews School previously hired the kitchen from us however St Andrews School now have their own kitchen and Comraich have ceased trading, this has had a bearing on this years figures although we are pleased to say that we have attracted some new users to the kitchen.

8. Conclusion

Garioch Community Kitchen is eager to continue its good work, with the plan for the future being to focus on improving and growing our services. We look forward to continuing the work with the community and public sector organisations, to deliver targeted programs to all sectors of the community.

GCK is looking to expand at a sustainable level and strengthen services and are committed to working with those groups that have an identified need particularly vulnerable. Our services will be delivered both in the kitchen as well as on an outreach basis. We are always looking at ways in which to raise the profile of the Charity and will aim to continue to attend a number of events in the coming year in order to gain more exposure.

We are fortunate to have a dedicated Committee and a small team of facilitators who have the knowledge and expertise to promote the kitchen during financially difficult times for communities and third sector organisations. We will continue to recruit new and retain our current dedicated volunteers, as we believe this contributes hugely to our success.

During the coming year we aim to focus more on increasing the income generated within the Charity to become more sustainable, we will do this by increasing the amount of income generating classes we offer as well as continuing to promote our REHIS Food Hygiene online course. We will also be planning our first fundraising event which will take place in early February 2019.

Thank you to all our local supporters, facilitators, volunteers, funders, groups and participants.