



FEEDING | SUPPORTING | SIGNPOSTING

HELPING

HELPING FIGHT
FINANCIAL
DIFFICULTY, SOCIAL
ISOLATION AND
LONELINESS

INFORMATION BOOKLET

PROVIDING

WE PROVIDE
MEALS, FOOD
PARCELS, TRAINING,
WORKSHOPS,
LIFE SKILLS, SIGN
POSTING AND
GENERAL SUPPORT

REPORT | CASE STUDIES |
EVENTS | FACTS & FIGURES



FED UP

COMMUNITY CAFE

Set up in 2018 with the aid of local funding organisations and local business donations, we are able to offer free food, drinks and support services to those who need it.

We have an amazing base of volunteers who give their time up to help run 'Fed Up' and without these volunteers, we would not be able to do this.



VOLUNTEERS

OUR BASE OF VOLUNTEERS ARE AMAZING. WITHOUT THE TIME THEY GIVE TO US, THIS SERVICE WOULD NOT BE AVAILABLE.

THE PICTURES ABOVE SHOW SOME OF OUR VOLUNTEERS WORKING AND SHOWING THE NEW UNIFORM

FED UP

MORE ABOUT OUR CAFE

Our goal is simple; to help reduce poverty and social isolation by offering a place for people to come and feel welcomed.

A place to get a good meal and not have to worry about the bill.

A place where we work with local services to direct anyone in need of support or help, to be able to get the help they need.

Everything we do is given for free in hope that we can make a difference. If it is a food parcel or a bit of advice or even to know you have been listened to... that's why we are here.

On top of that we are aiming to help train anyone needing it, in life skills, cooking, serving and socialising. These skills are perfect to take home to be able to cook a healthy meal or to have the confidence to apply for a job, or even have an input as to how the community cafe runs.



CONTENTS

WHAT YOU'LL FIND IN THIS DOCUMENT

PAGE 2

ABOUT OUR CAFE

PAGE 5

CORE VALUES

PAGE 6

CHRISTMAS DINNER

PAGE 7

CASE STUDY 1

PAGE 8

EASTER FEAST

PAGE 9

*SERVICE USERS
DONATIONS*

PAGE 10

CASE STUDY 2

PAGE 13

EXTERNAL STATEMENT

PAGE 14

*AGENCIES WE WORK
WITH*

PAGE 15

*FARESHARE
EXTERNAL STATEMENT*

PAGE 16

KIDS CHRISTMAS PARTY

PAGE 17

D&G LIFE AWARD

PAGE 18

SCOTTISH WEEK

PAGE 19

CASE STUDY 3

PAGE 20

PAST EVENTS

PAGE 21

*HOMELESS HELP
HOLIDAY HUNGER*

PAGE 22

*CASE STUDY 4
CASE STUDY 5*

PAGE 23

LOCAL BUSINESSES

OUR CORE VALUES

We are simply trying help reduce social isolation and poverty, while at the same time offering support and training to help people get back on track in getting a job or getting the help and support they need. Although this alone will not fix all the problems out there, it will go along way to help.

Of the 11,000 (approx) people living in Stranraer and the Rhins, poverty is a problem that effects 24% of people, with 18% of that 11,000 being children and this is increasing each year.

This could be for so many reasons, such as limited jobs, medical conditions, disabilities, education, the list continues.

To help combat this, we are offering a place people can go who are not judged, who are treated as an equal when they come through the doors. This can then help people combat social isolation or get the confidence to get out there and seek employment and to know that they are not alone.

We want to reduce food waste, by taking donations from local food lead businesses who would normally throw this food away.

We aim to help cheffing and front of house. Whilst providing life skill training so participants can control their own circumstances whether it is understanding home safety, or being able to cook a nutritious meal on a limited budget.

FIGURES

SINCE WE OPENED WE HAVE SERVED **5534** MEALS TO OUR SERVICE USERS AND VOLUNTEERS

IN ADDITION TO THIS WE HAVE GIVEN **162** FOOD PARCELS TO ALL PEOPLE WHO NEED THEM

These figures are correct to the 24th Oct 2019



“OF THE 11,000 (APPROX) PEOPLE LIVING IN STRANRAER AND THE RHINS, POVERTY IS A PROBLEM THAT EFFECTS 24% OF PEOPLE, WITH 18% OF THAT 11,000 BEING CHILDREN AND THIS IS INCREASING EACH YEAR.”

*Statistics from Stranraer and the Rhins
Ward 1 Profile*

01

OUR FIRST CHRISTMAS DINNER BACK IN 2017 INSPIRED THE CREATION OF THE FED UP CAFE DUE TO IT'S SUCCESS. WE ARE NOW PLANNING OUR 3RD DINNER FOR 2019



02

IT IS AMAZING TO SEE MANY BUSINESSES AND PEOPLE COMING TOGETHER TO DONATE EITHER PRODUCTS, MONEY AND THEIR TIME TO MAKE THESE DINNERS A SUCCESS



CHRISTMAS

CHRISTMAS DINNER 2018

Inspired by a one off Christmas Dinner for those who wouldn't be able to celebrate Christmas or those who would be alone; the Fed Up Cafe was born and a second Christmas Dinner was planned.

This was arranged for a couple of days before Christmas and was promoted through ourselves, posters in shops and also the Free Press donated a page as a write-up as well as publishing our poster.

Because the first year was a success, we already had a plan to organise the event. We went to a number of local businesses and organisations for donations such as Turkeys, veg, soup as well as deserts. The list of businesses donating is too large for this document, but we ended up with 7 turkeys, sacks of veg, fresh cream cakes and soups. We were only short of a couple of items which we posted on our FaceBook page and the general public came to the rescue.

The event it's self fed over 100 people, by our regular volunteers as well as one off volunteers. It was so nice to see so many happy faces and full tummies.

We had a gentleman mixing non-alcoholic cocktails for everyone to enjoy and we also had a hamper up for grabs through a free raffle. Some of the Children helped fold the tickets ready for the draw.

Towards the end of the event, the Free Press brought a massive amount of toys for everyone to take home with them to make sure everyone had something for Christmas. We are now planning the Christmas Dinner 2019.

CASE STUDY 1

THE STORY OF COLIN

Colin is not the real name of this volunteer and is only used as a reference.

Colin started with us when we first opened the cafe back in Nov 2018. Colin suffers from Autism and as such joined us to try and help him gain experience in a working environment.

He has endured a massive amount of bullying at school to the extent where he ended up leaving school and being home tutored.

Given his circumstances, we had to work with his parents to get permission to allow him to work with knives and hot stoves etc. From our point of view, Colin has come on leaps and bounds. When he first started with us, he was very shy and didn't interact. We took him under our wing and brought him out by giving him small tasks to see his abilities. As of this week, he is pretty much cooking the whole of the meal for 40 people on his own with direction from Andy, our chef.

Thursday 23rd Jan, Colin successfully prepped and cooked the Bacon Pasta meal for the cafe.

As we move forward with Colin, he has become one of our core volunteers, while now having the confidence to join the local college.

Feedback from his parents has told us that he is a completely new person, by gaining overall confidence to be able to accomplish new tasks that he was unable to previously do. As Colin progresses with us, we will give him the training and encouragement to bring out his strengths. This will give him the best opportunity to gain employment in the future.



01

WE WERE LUCKY TO WIN A PORTION OF THE PARTICIPATORY BUDGET EARLIER THIS YEAR, WITH ALL THE VOTES FROM OUR SERVICE USER, GENERAL PUBLIC AND VOLUNTEERS.

THIS MONEY GOES TOWARDS KITTING OUT THE KITCHEN EQUIPMENT WE NEED.



EASTER FEAST 2019

EASTER MEAL SIMILAR TO CHRISTMAS

With the Christmas Dinners being a great hit, we decided to run the Easter Feast.

The Easter Feast was run exactly the same as the Christmas, but this time, due to the success of the other events, we decided it best to take a list of people coming so we could make sure we had enough seating.

Again, this event was massively supported by local businesses and the general public. Without this support, these events would not happen.

The meal was buffet style and was served by volunteers, so there was plenty to go around for everyone.

To add a different twist to the day, we ran an Easter Bonnet competition which was won by the people in the photo above. These prizes were also donated by one of our volunteers.

We had so much food donated to use for this event that we also had the same meal again the next day for those that were unable to come to the Easter Feast 2019.

DONATIONS

During the year we have been open, we have received some wonderful, surprise donations from people passing through the cafe or who have just heard about us.

Most days we will receive small donations from our service users who want to thank us for what we have provided for them, but we have also had some sizable donations too.

We received an email through our website letting us know that a Trust up in the highlands wanted to donate £5000 as they had heard what we had been doing and wanted to help.

A gentleman left £1000 in his will to a local cause. We were the ones who received that.

A local supporter pops in most weeks to use the cafe and has donated two £100 cheques.

A gentleman passed the doors over Christmas and handed over £100 to one of our volunteers saying he wanted to pay back to someone as he had needed help in the past and wanted to help now he was back on his feet.

A knit and Natter group donated £135 to us from a large blanket they had knitted and raffled off.

All these donations help with the everyday expenses that we need to keep the cafe going and we are so grateful for them all.

OUR SERVICE USERS

HOW TWO FAMILIES WERE HELPED FROM THE CAFE

Our first family were helped when they heard of us through their children's school for the Easter Feast.

They spoke to us and asked if they were allowed to come to the cafe outside of the Easter event. We explained how the cafe works and it's purpose and they have now been coming regularly. During the holidays, the Children look forward to coming down as they enjoy the food and environment.

After discussing further how the cafe helps the family, we were told by the mother that by feeding them it allowed them to divert the money saved to other essential things that the family needs. This also meant that they didn't need to have a hot meal in the evening as they had one at lunch time.

Our second family was helped when they had a lot of financial difficulty and not knowing where they would be able to pay their bills.

We have the Wigtownshire Health and Social Care Team who look in to all aspects of help and health.

When the family sat with the help group, they were informed of all the help they could get. After a few meetings, they received a sizable repayment from what they should have been receiving and are now in a much better position and although they still need to use the cafe, they are better off.

FARESHARE

ONE OF OUR WEEKLY
DELIVERIES FROM FARESHARE

**OUR MAIN SUPPLIER IS FARESHARE, WHERE
WE RECEIVE 1/4 TON OF FOOD EVERY WEEK.**

The photo below shows one of our deliveries
set out on display



CASE STUDY 2

THE STORY OF BETTY

Betty is not the real name of this volunteer and is only used as a reference.

**Betty, who works front of house
joined our team in January 2019, 3
months after we opened.**

She was recommended to come to us on a twelve-week programme from the job centre to gain experience and confidence in the customer facing environment to add to her CV.

Betty had heard a lot of good reports and comments about the success of the café along with all the organisations that we work alongside with. However, she was concerned that the only experience she had gained was working in a care home, looking after the elderly.

During the twelve weeks, we discussed and trained Betty on the different aspects of the hospitality role.

This included being trained in Food Allergens, Food Safety level 2 and all areas of hospitality from taking customer orders to dealing with conflicts and unhappy customers.

After the twelve weeks, Betty decided to stay with us as one of our core volunteers and has now successfully found employment. During her days off, she still volunteers with us as she enjoys it so much.

Since Betty became one of our core volunteers, she is now mentoring new volunteers as well as supervising the café and team to cover holidays.

Key points and skills

- ***New confidence gained***
- ***Experience in hospitality***
- ***Joined as a core volunteer***
- ***Passed Allergen and Food hygiene courses***
- ***Successfully gained employment outside the café***
- ***Moved from having no experience to supervising and mentoring***

Betty also wrote a personal testimony to us to include with our case studies. This is available as a separate document should anyone wish to see it.

BETTY'S PERSONAL TESTIMONY TO US

At Christmas 2018 I decided I would like to learn a new career. I had previously worked in care and most recently with children, but I wanted to try hospitality as this was something I had never experienced. I approached the Job Centre who suggested work experience at the fed up Community Cafe. As I had already decided to apply as a volunteer I signed up straight away. On my first day I was extremely nervous I met Cheri, Andy and the rest of the volunteers, I was made very welcome. Cheri talked me through the process and paired me with another volunteer to show me the ropes. To begin with I doubted myself that I had made the right choice and even with doubts I stuck with it. I continued to shadow volunteers until I was confident to take on my own table with reassurance from Cheri, I was soon doing tables on my own. As weeks went on I began to feel more confident within my self and took on another table. Cheri continued to support, encourage and pass on all her knowledge which I found uplifting and helpful. As my confidence grew and grew Cheri felt I was capable of training new volunteers. I passed on all the knowledge I had gained from Cheri as I trained new volunteers.

In the last few months the cafe has helped me as a person to gain confidence, build my self esteem up and keep me busy to help process things in my private life. This has become my coping strategy and the cafe and volunteers are what I needed. Most recently myself and another volunteer were left in charge of the cafe for 2 weeks whilst Cheri + Andy had a well deserved break.

I really enjoyed the two weeks and everything went well. I felt I was in control of front of house I also received praise from Cheri + Andy's boss. None of this would have been possible if it wasn't for the excellent and beneficial training I received, also support and encouragement from both Cheri + Andy. With everything I have learned I can now consider a career in hospitality and I am just glad I stuck with it!

CASE STUDY 2... cont

THE STORY OF BETTY - PERSONAL STATEMENT

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None of this would have been possible if it wasn't for the excellent and beneficial training I received, also support and encouragement from both Cheri + Andy.

With everything I have learned I am now considering a career in hospitality and I am just glad I stuck with it!

“ I find the Fed Up Cafe have been a god send in that it starts to tackle some of the social isolation problems and, more important, it gives us the ability to address more of the poverty being experienced in our communities. The cafe is serving up between 40-50 hot meals on each of the 3 days it is opened which, unfortunately, identifies the need for the Fed Up Cafe. The challenges still confront us where we have 1 in 3 children suffering from poverty and i was delighted to see the Cafe, in partnership with Dumfries and Galloway Council's Anti Poverty Strategy, provided lunch carry outs for children and families during the October school holiday period. I have found the Cafe to be invaluable for the reasons mentioned but also in my role as a local Councilor in that the users of the Cafe have been able to speak to me on the times that I pop in to see how things are going. ”

- COUNCILOR WILLIE SCOBIE

AGENCIES

SOME OF THE AGENCIES WE WORK WITH

AGENCIES

We work along side many local and nation wide groups, companies and agencies.

This could include the group visiting us with a pop-up session for our service users or volunteers to approach or alternatively we use these groups to signpost our volunteers and service users.

In addition to this, these groups use the cafe to either recommend their own service users, or come to the cafe and introduce them to us.

Our list is always growing, but some of the groups are as follows:

Womens Aid. By signposting service users while also being a safe place for thier service users.

Food Bank. We donate any excess food tins and packets .

Park School. We donate any excess items that will be handy for their breakfast club.

Anti Poverty Council. Working in many ways to help combat food poverty, such as packed lunches for school children during the school holidays.

Citizens Advice. By signposting to get help for our service users, plus they pop in to see us with a pop up stand for service users to speak to them.

Employability council. We get recomended volunteers to work with us to give experience and confidence to.

Cancer Awareness. As a pop up, visiting us to help get the awareness out there for people in poverty.

Home-Start Wigtownshire. By signposting service users while also being a safe place for thier service users.

Dumfries & Galloway Housing Partnership. By getting information passed down to their tennants about the services we offer

Loreburn Housing Association. By getting information passed down to their tennants about the services we offer

Wigtownshire Health and Social Care Team. Every week, popping in to see us and talk to any people needing help and support.

Criminal Justice. By being a place where carefully selected members of the public can be allowed to work off their unpaid hours.

The Job Centre. One of our main referrals for food parcels helping people get fed who don't come to the cafe. We also run training programmes helping their referrals get experience and confidence in a working environment. Once a month we attend a workshop at the Job Center teaching people about applying for jobs as well as interview techniques

FARESHARE

Fareshare is one of the UK's largest charity fighting hunger and food waste.

They believe that no good food should go to waste and as such they redistribute surplus food to charities, such as ours, that turn it into meals.

This is done by redistributing fresh in date and good to eat surplus from the food industry, which would otherwise go to waste.



Fareshare distribute to nearly 11,000 groups and organisations, including homeless hostels, childrens breakfast clubs, lunch clubs for older people, domestic violence refuges and community cafés such as ours.

We received a quarter of a ton of food each week in which we make our hot meals for the cafe. In addition to this, any long life products that don't need to be kept in chilled or frozen conditions, such as tins and packets are stored ready for our food parcels.

Without Fareshare, we would not be able to offer free food to all the people who need it.

CJSW UNPAID WORK, COMMUNITY PAYBACK, DUMFRIES & GALLOWAY COUNCIL

“ We approached Fedup Cafe early in the spring/summer 2019. The reason for the meeting was following feedback from one of our service users who was attending the café as a volunteer and one of our Social Work Assistants. The feedback was very positive and full of praise for the great work and service the café provides for the local community and surrounding areas.

We decided that we would approach them as to whether they would be prepared for us to use the café as one of our Personal Placements. This was agreed and since then we have started using the placement and we are pleased to continue to use it in the future. It offers our service users not only an opportunity to complete hours towards there Community Payback Order but, they also benefit from the knowledge and experienced gained and, if required, any training provided.

The service sees the café as a valuable and worthwhile asset to the people and town of Stranraer. ”

- Roy Lewis
Community Payback Officer

KIDS PARTY

DECEMBER KIDS PARTY

During December 2018, there were many events for families to go to. One of which, the Fed Up Cafe arranged and geared it more towards the Children.

Understanding that children will have a limited interest in activities, we had to think of ways in which they would be kept happy and interested.

We produced a small programme of activities and also included a buffet lunch, not forgetting the parents who were offered a hot soup and a sandwich.

The day started with general music while everyone arrived, then we had a visit from the Road Runner, who's fee was donated by Talk of Town Events. The Road Runner and his assistants entertained everyone (and even the adults were tapping their feet).

After an exhausting hour, the children directed to the buffet for lunch and refreshments. This gave the time to allow the children to calm down with their parents, ready for a visit from Santa.

Santa had a gift for everyone, so no one was left out. This was a great surprise for the children, as they had no idea that he was coming.

To end the day, we had a little fun music along with activities such as musical chairs, pass the parcel and musical statues, run by our support worker Cheri.

This was an excellent time supported by all our volunteers making all the children happy ready for Christmas.

The BEST
FED UP CAFE
AND Great volunteers

Foods Great,
You can come
in feeling lonely
and go out feeling
less isolated!



Such a friendly place,
met new people and
found out about local
projects.

Always welcoming and
Real no judgements!

Such an Amazing
Place, run by an
Amazing Group
of People, lovely
to meet new people
every time we come
Big thumbs up. @

Dumfries & Galloway Life AWARDS 2019

10th anniversary

01 DG LIFE AWARD

WE HAVE BEEN PRESENTED WITH OUR
FIRST AWARD, WITHIN OUR FIRST YEAR

**TO BE RECEIVE AN
AWARD WITHIN OUR
FIRST YEAR IS AMAZING.**

We first heard of this award when some of our service users told us they had voted for us in the Community Project category.

We looked into what this award was about and found that this was for the whole of Dumfries and Galloway.

We said thank you to

those service users and thought no more of it.

It was only a few weeks after the close of the votes that we received an email letting us know that we have been **"Specially Commended"** in the Community Project category.

We are so happy to get this award, but it can only be down to our volunteers, as without them, we don't have the Fed Up Community Cafe,

Dear Fed Up Café, Stranraer

Dumfries & Galloway Life Awards 2019

I am delighted to inform you that Fed Up Cafe has been Specially Commended in the **Community Project** category (sponsored by Story Scotland) in the 2019 Dumfries & Galloway Life Awards.

Our panel of independent judges chose their shortlists from more than 600 nominations received from Dumfries & Galloway Life readers across 20 categories, in the sectors of Community, Food & Drink, Culture & Sports, Enterprise, and Young People.

They wanted to recognise you with a Specially Commended certificate. You and a guest are invited to join our finalists at the awards ceremony on Friday, November 8, 2019, at Easterbrook Hall in Dumfries.

SCOTTISH WEEK 2019

ENTERING A FLOAT AND PERFORMING COOKING

This was the third year running since the Stranraer Scottish Week was brought back for the 400 year celebrations.

We suggested to our volunteers that we should get involved with the Scottish Week, which would help let more people know about our cafe, as well as giving more fun things to do for our volunteers to get involved with.

No sooner as we had discussed it, our volunteers were planning what we should do. We ended up with the theme of “Big Cook, Little Cook”, a children’s TV program. One of our volunteers is very petite and our chef is very tall, so who better to be the two main characters.

Everyone dressed up with a lot of home made costumes and we even involved a local school to paint their favorite meal on a paper plate, which was then fixed on the side of the float.

With all the hard work and enthusiasm of our volunteers, we won the first prize.

Not content with just this, we also went down to Agnew Park on a different day to do a cooking demonstration to show anyone passing how to cook with limited ingredients or limited budget.

As with everything we do, this would not be possible without the help and enthusiasm of our volunteers.



OUR WINNING FLOAT IN THE
SCOTTISH WEEK FLOAT PARADE,
ALONG WITH OUR TROPHY



A COOKING DEMONSTRATION DOWN
AT AGNEW PARK



CASE STUDY 3

THE STORY OF MARY

Mary is not the real name of this volunteer and is only used as a reference.

Once a month we run a help session at the Job Centre. The purpose of these sessions are to help people looking for jobs by speaking to us, as we have been in the hospitality industry for quite a number of years. We help by offering them suggestions on how to apply for jobs and what we would look for when we managed other businesses. We also offer advice on interviews to help them prepare.

One session, Mary attended. She sat through the session asking questions at the right times and offering suggestions when we did an “audience participation”.

After the session, Mary stopped back and asked if she could come an volunteer with us as she had been looking for a job, but had very little experience and lacked confidence. We suggested she popped in to see us at the cafe to see how we worked.

After visiting us and speaking with Cheri, Mary joined the volunteers and started learning the roll of hospitality. As we taught her, hospitality is not just serving tables at a cafe or restaurant; it is actually any form of customer serving job.

She quickly learned all of our processes and moved on from being a shy person with no confidence, to be able to be left alone to work with no assistance and was able to work out complex situations.

Mary came to us and said she had a job interview the following week, so she sat with Cheri to go over scenarios.

Mary has now left us, as she got the job and this is credited to her hard work and effort she gave when she volunteered with us.



01

ONCE A MONTH WE RUN A VOLUNTARY SESSION AT THE JOB CENTRE TO GIVE HELP AND ADVICE TO A GROUP OF PEOPLE.

THE ADVICE IS APPLYING FOR JOBS AND INTERVIEW TECHNIQUES

02

IF ANY OF OUR VOLUNTEERS NEED HELP AND DIRECTION TO GET A JOB, WE ARE ALWAYS THERE AT HAND.

JOBS CAN BE GAINED BY ANYONE WHO PUTS THE HARD WORK AND EFFORT IN... WE JUST STEER.



EVENTS IN SUMMARY

SOME OF THE EVENTS THAT WE HAVE BEEN INVOLVED WITH

CHRISTMAS 2018.

Our yearly Christmas meal with that little extra cheer. Supported by many local businesses and members of the public

KIDS PARTY 2018

A party day aimed at the kids. A buffet lunch and plenty of entertainment from our volunteers and the Road Runner, plus a special visit from Santa

EASTER 2019

A similar idea to Christmas, but with an Easter theme to it. An Easter bonnet competition to finish off the day.

SCOTTISH WEEK 2019

A great opportunity to get out into the community with our entry to the float parade and a cooking demo.

ANTI POVERTY WEEK

In conjunction with the Council, we had various agencies with us all here to help with poverty and wellbeing.

HOLIDAY HUNGER

School holiday pack-ups for children who would normally get free school lunches

JOB CENTRE

Sessions to help people get interview techniques and help applying for jobs

CANCER AWARENESS

A session for discussing cancer screening in a poverty lead environment

WEEKLY DROP IN'S

Many groups pop in from time to time for help and advice sessions

HOLIDAY HUNGER

HOLIDAY PACKUPS FOR ALL SCHOOL CHILDREN

This October half term holidays, we have worked with the D&G Council to provide packed lunches for all children in School who would normally get a free lunch.

We arranged to have pack-ups available from our cafe as well as the Dumfries & Galloway Housing Partnership offices on Ashwood Drive.

These packups were available from 12.00 noon for children to pick up from either location.

Posters and flyers were handed out to the schools before the break and in local shops for people to pick up.

On top of this, DGHP sponsored a Fire Tablet for children responding to a questionnaire about what they thought of the pickup.

This started slowly, but picked up momentum and a lot of children were fed who may not have normally had a lunch.



HOMELESS

HELPING A PERSON WHO WAS HOMELESS

Walking to work one morning we took a different route as we needed some milk for the day.

Because of this change of route, we passed a shop and noticed a man lying down on some cardboard, quite obviously sleeping rough.

We stopped to make sure he was OK, and suggested he came for some breakfast and a warm drink. From there we would be able to talk to him to find out why he was homeless.

He came in to the cafe and was very grateful for the breakfast we provided for him.

After a discussion with him, we made inquiries into how we could help him find accommodation and a safe place to stay.

The answer was to go to the local council who have homeless housing available until he was able to find permanent housing. Unfortunately, it was difficult to explain to him that he needed to go to the local council offices, as his English was limited.

We decided that the best course of action would be to take him personally down to the council offices where they would be able to help him.

We provided a bag of food for him and took him down to the offices, where they helped him to find accommodation so that he didn't need to sleep on the streets that night.

CASE STUDY 4

THE STORY OF MIKE

Mike is not the real name of this volunteer and is only used as a reference.

Mike came into the café from the job centre who pointed him to us for a food parcel that we provide.

While he was waiting, he explained to us that he had just moved into the area after fighting for a number of years to gain full custody of his son.

Unfortunately, he was finding it difficult looking after his son as he was also fighting being alcohol dependent. He also explained that he was lonely, depressed and in financial difficulty.

We asked if he had any interests and to this his face lit up and he said "I love cooking". We then asked if he had any spare time while his son was at school, as we could do with some help in the kitchen. He agreed, but he was only available for one day as he was busy on the others.

However, after starting with us he quickly moved to volunteering the three days that we are open. His self-confidence grew and grew to the point where he was able to have the confidence to apply for college.

Now he only volunteers with us once a week as he has now been accepted at college, training to be a chef and on top of this he also runs his own small gardening business.



CASE STUDY 5

THE STORY OF EMMA

Emma is not the real name of this volunteer and is only used as a reference.

One of the agencies we work with is the Criminal Justice. Every so often, they will send someone over to us that needs to perform some "unpaid work". The agency knows that we work with potentially vulnerable people, so will only send over people who we both agree will be suitable.

Emma was sent to us to work these hours off. Starting off, she was very quiet, but soon she fit in and is doing so well that she is now one of our core volunteers.

She now mentors other volunteers at the cafe.

LOCAL BUSINESSES

SOME OF THE LOCAL BUSINESSES WE WORK WITH



LOCAL BUSINESSES

Many local businesses help on a regular basis by donating food or vouchers.

Simpsons Bakery donate their excess bread and cakes every evening. This keeps us stocked up with all bread products for the whole cafe and we never need to buy bread. They even donate cakes to our big events.

Both Morrisons and Tesco helped us out with our essentials when we first opened by donation avoucher to spend in the shop. Throughout the year, they have continued to support the cafe with donations as and when we pop and ask for help.

Lidl donate a food surplus each week to us from food that has had damaged packaging or near their end of life date.

All three supermarkets donated turkeys for the

Christmas and Easter meals.

Many other local businesses help us throughout the year and special events by donating food or services. These include:

**John Gillespie & Sons,
Stranraer Fresh Meats,
W.M Fraser Butcher,
Landos, Barsolus
Produce, DGHP, Loreburn
Housing, Stranraer &
Wigtownshire Free Press**

Many thanks for yor help



The Furniture Project (Stranraer) Ltd

Registered office

Community Reuse Shop
Enterprise House, Fountain Way,
Blackparks Industrial Estate,
Stranraer, DG9 7UD

Registration Number : 176908

Registered Scottish Charity Number: SC026981

- Some of our funders include -



Supported by Kilgallioch Community Fund
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Renewables' Kilgallioch Windfarm



The
Common Good
Fund

