



Newsletter Summer 2017

20th anniversary celebrations



2017 is Move On's 20th anniversary year, an ideal opportunity to look back on 20 successful years of supporting some of Scotland's most vulnerable people, and forward to ensure that we continue to respond to their needs effectively. We have a programme of events and activities planned to celebrate this landmark, starting with the launch of the Food and Training Depot on 23rd June. We are delighted that Angela Constance MSP, Cabinet Secretary for Communities, Social Security and Equalities, has accepted our invitation and we hope that many of you will be able to join us then.

Video Stars



Move On loves collaborating with other organisations, and guests at the Food and Training Depot launch will be able to see one example of our partnership working when [SWAMP](#) will present the video that they have been making with us. We had a crazy day filming at the Food and Training Depot a few weeks ago, and we're all eagerly awaiting the results!

FareShare's Community Food Members

Move On's [FareShare Glasgow & the West of Scotland](#) couldn't reach all the people we do without our network of 64 "community food members" (or CFMs). Read below what Flourish House, one of our CFMs, has to say about their partnership with us. If your organisation could benefit from a regular supply of fit-for-purpose surplus, fresh, frozen and long-life food, get in touch (phone 0141 958 1133 or e-mail scott@moveon.org.uk).



In the 12 months to 31/3/2017:

- ✓ **1,576,626 meals distributed**
- ✓ **£2,364,940 value of meals**
- ✓ **635 tonnes CO₂ saved**

Flourish House case study

Flourish House is a Glasgow-based charity providing services based on the international Clubhouse Model, creating meaningful work opportunities for people diagnosed with severe and enduring mental ill health. The model adopts a holistic approach to mental health with recovery-based activities focusing on the strengths, talents and abilities of people rather than the deficits of their illness; clubhouse participants are therefore known as "members".



Members of Flourish House have the opportunity to participate in the day-to-day running of the Clubhouse, which enables them to gain work skills and to recover purpose and confidence. Part of our programme involves running an in-house café, which seeks to provide healthy and nutritious food, whilst at the same time engaging members in meaningful work e.g. menu planning, food prep and food service.

Our involvement with FareShare Glasgow has had several benefits for our organisation, the most obvious being financial. Rising food costs and increasing café expenses were becoming an issue and we were looking at ways of reducing costs without affecting food quality. I am delighted to say that FareShare has enabled Flourish House to meet both these aims. In the last year we have achieved savings of around £5,000, which is money we have reinvested across the organisation. Also the range of ingredients has also been excellent and we have managed to provide good quality food that meets the specifications required to maintain our Healthy Living Award.

There are other terrific benefits FareShare has brought to Flourish House. It has created a buzz and excitement around food. The menu-planning meetings are energetic and creative as we look to get the most out of our delivery. Our deliveries often include ingredients that are new to people (green tomatoes for example) and we have noticed that people are willing to try different foods. We are also able to make healthy snacks available to people. For example, we recently received watermelon, pineapple and sparkling water in our delivery that we prepared and offered to the members. Many of our members are on low incomes, live alone and lead lifestyles that are less than healthy. These small measures can go a long way to encouraging people to try alternatives to high sugar drinks and convenience foods. This complements our wellbeing programme, which encourages people to eat better, take more exercise and reduce harmful behaviours healthier such as smoking and drinking.

Global's Make Some Noise

Move On is delighted that we were chosen to be one of Global's Make Some Noise charities for support this year. Global is the media company behind many of the UK's most popular radio stations, including Capital, Heart and Smooth. This means that they are able to offer charities media support as well as funding, including media masterclasses at their central London HQ, and making audio and video recordings of our staff and service users to encourage the public to donate during their big appeal day in October. They certainly know how to get people to put their hands in their pockets!

They originally pledged to raise around £21,000 for our mentoring services and to set up a "next steps" programme in Glasgow for vulnerable young people to engage with our employability and volunteering opportunities.

As you can see from the photo with our mentoring co-ordinator Laura McKechnie and Smooth Radio's John McCauley, the public appeal was so successful that they were able to give us £74,300! Also see the still from the video of Shug's face when we visited the Capital studio in Glasgow to hear the announcement of the final total!



Scottish Pen – Many Voices Project



Move On is delighted to be a partner in this project led by Scottish Pen and funded by Creative Scotland. Many Voices aims to give marginalised groups and communities across Scotland opportunity to express themselves through writing workshops and events. Over 18 months, it will bring together Scottish and international writers to collaborate with marginalised groups and communities across Scotland, exploring through writing and discussion the themes most important to them. Move On's Literacy Officer, Linda Stewart, says "We at Move On are passionate that disadvantaged groups are given a voice. Many of our service users have experienced homelessness, addiction problems and literacy difficulties so have several barriers to expressing themselves in written form. This project will give them the chance to recognise and embrace their talent and give them some recognition for the work they produce."

Staff congratulations to:

- Stephen Wilson and his partner Liz on the birth of Oliver Stephen (Ollie) on 6th April. Let's hope that his future visits to Move On don't make him yawn!
- Declan Cannon, who will graduate from Strathclyde University on 26th June with a BA Honours degree in Politics and International Relations.
- Denise Talent, who started working at Move On's Glasgow office at the same time as Declan in June 2016, on the successful completion of year 3 of her degree course in Community Education at the University of the West of Scotland.



#give20 Campaign

Move On is aiming to raise £20,000 during our 20th anniversary year. Any donation, however small, can make a difference to the vulnerable people we work with in Edinburgh and Glasgow. For example:

- **£2** will pay for a cup of tea and a chat with a vulnerable person setting up or sustaining their tenancy through the [Visiting Support Service](#).
- **£5** will buy a book to help improve a vulnerable person to improve their [Literacy or Numeracy skills](#)
- **£10** will cover the cost of resources for an [advice and information Housing Education workshop](#)
- **£25** will help cover the cost of a [mentoring](#) activity to improve life skills
- **£50** will help cover the cost of certificated training for a [FareShare volunteer](#) to improve their employment prospects

You can donate [online](#) or send a cheque to our Glasgow office to help us achieve our aim to help more vulnerable people fulfil their potential. Thank you.

www.moveon.org.uk

 @MoveOnScotland @FareShareGlasgow1

 @MoveOnScotland @FShareGlasgow

Donate via



© 2017 Move On | Glasgow: 4th Floor, 24 St Enoch Square, Glasgow G1 4DB 0141 221 2272 | Edinburgh: 2F1, 25 Greenside Place, Edinburgh EH1 3AA 0131 558 3740 | Food and Training Depot: 1070 South Street, Glasgow G14 0AP 0141 958 1133 | Scottish Charity Number SCO26983