

C W I N

Central & West
Integration Network



Annual Report 2013/14

Our Background

Central and West Integration Network overall aim is to support communities from BME, asylum seekers and refugees in order to enable them have equal access to services available to the wider population.

To achieve the above we aim to

- Build a network that brings together people and groups from migrant and longer established communities
- Promote integration in order to address practical issues facing migrant communities and achieve equal opportunities
- Work with services to remove barriers to access
- Address discrimination between and within communities
- Build capacity of groups representing or involving migrant communities
- Provide opportunities for cultural and personal exchanges between communities
- Promote health and wellbeing of everyone involved, through promoting positive activity, mutual support and access to information and services

Our Executive Committee Members

Peter Taylor – Chair

Ramzan Shah – Treasurer

David Nallatanam – Committee Member

Priscille Mulhearn – Committee Member

Cath McGee – Committee Member

Heidi MacLean – Committee Member

Shamaila Masood - Committee Member

Jenny Wong - Committee Member

Mubina Irfan - Committee Member

Our Staff

Florence Dioka – Development Manager

Julia Hung – Administration/Support Worker

Antoinette Premkumar – Project Worker

Our Chair's Report

2014/15 has been a year of expanded activity for the network, with extra staffing thanks to our volunteering project, and financial support from a variety of new sources, as a result of the constant efforts of our staff, in addition to our core support from Glasgow Community Planning Partnership (and doubling our budget beyond what that support provides).

We have been able to offer activities across the Central and West area, from Whiteinch to Townhead. We also are able to tackle the integration of communities with different needs and at different stages of their life in Glasgow. As well as helping to make links between older people and families from different communities, we help with the pressing needs that face refugees and asylum seekers, through food distribution, information and advice – not that people who need this support cannot also take an active part in our other activities, and it is good to see that many do. A large number of new volunteers have been recruited and supported, both to assist in our own activities and in those of several member organisations. Thanks for all this must go to Florence, Julia and Antoinette for all their efforts, and to our volunteers and all our members.

We continue to offer support to member organisations to develop their own capacity and activities. Our members' meetings continue to provide opportunities to exchange information and ideas about the issues facing our communities and the actions that people are taking, or could take together, to deal with these issues. I am often surprised by the unexpected directions our discussions take, as people find that others have common issues to deal with or practical help to offer.

Peter Taylor
Chair
October 2014

Our Treasurer's Report

I am delighted to give the financial report of Central and West Integration Network and particularly pleased that the organisation has been able to be sustained in the second year running despite the funding climate within the Third Sector. We have been able to maintain our financial stability by securing our core funding and funding from other sources for other activities.

The income and expenditure shows incoming resources for the year as £71,633, an opening balance of £2,093.92. And total of £58,547 expenditure. Staff salaries including payroll administration accounted for £29161 and a total of expenditure with the balance of £27,108 being administrative and running costs.

We were successful with funding from Voluntary Action Fund to work in partnership with Scottish African Women Association, Scottish Society for Sickle Cell and Thalassaemia and Asra in order to develop a volunteering programme for the 4 partner organisations. Glasgow City Council continued to fund our core work through the Integrated Grants Fund. NHS Health Scotland (Community Food and Health Scotland) funded us to carry out a demonstration project working with pregnant women and nursing mothers from BME communities on infant and maternal nutrition. The Health Improvement Team NHS Greater Glasgow and Clyde funded us to carry out a number of health improvement programmes. Our GRANDWeek event and 16 days of action were funded by Community Safety Glasgow while Scottish Refugee Council supported the Refugee Week event. We were also successful in our application for funding to National Trust for Scotland (NTS) to participate in the wider programmes towards the David Livingstone Bi Centenary celebrations. Other funding and donations we received during this year are from Foundation Scotland, Scottish Refugee Council, and Cash for Kids, Skills Development Scotland, Voice Beat and Glasgow City Council Lord Provost Fund.

Our Services

Allotment: CWIN continued to develop the allotment project during the period which is supported by volunteers. The highlight for the year was that the volunteers were able to create plant pots using disused tyres into different shapes such as sunflower, snail and peacock



Day outings: The Network supported 5 outings during the period. These include a visit to the Scottish Parliament by BME older and disabled people with up to 48 people attending; a visit to Edinburgh Zoo by older Chinese community and their carers with 29 people attending, a group of asylum seekers and refugees and their children visited North Berwick Sea Life Centre with up to 64 people attending. A group of older Indian women were assisted on 2 occasions to go on a barge with up to 10 people attending. **ESOL:** In partnership with Glasgow Esol Forum and Garnethill Multicultural Centre, the Network organised an access 2 level English classes. **Advice Service:** CWIN in partnership with CAB supported a total of 47 individuals on advice and advocacy work on issues including welfare benefits, consumer rights, debts, housing, employment, insurance, immigration and fuel,

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Work with women: Mother and Child project- This is a weekly activity involving children and their parents. We have sessions of arts and crafts for children, children and parents healthy cooking sessions, other short term projects. This year we had up to 24 sessions drama and 2 performances following each block of drama sessions on life and experiences of David Livingstone and Commonwealth Games. We had up to 40 weeks healthy cooking sessions and up to 40 sessions of children arts and crafts sessions. Central and West Integration Network used the Mother Children project to deliver the David Livingstone Bi Centenary project which was funded by National Trust for Scotland with a theme of 'Learning Through David Livingstone Experiences'. Through this project, the children drama club conducted the 10 sessions of drama workshops on life and experiences of David Livingstone. This culminated to a performance on November 22nd 2013 with a poster 'from Clyde to the Nile'. As part of the project also, the women had an 11 sessions of fabric painting and sewing workshops on the life of David Livingstone. The work was showcased during our Black History Month event on 1st November 2013.



Whiteinch women's group- Central and West Integration Network started a new outreach work in the White inch Centre from October 2013. So far, the Network have provided up to 28 weeks sewing, embroidery, thread work and other forms of fabric work. As part of this work, they did a series of workshops where they completed a



banner which we used during the 16 days of action event December 2013. A new ESOL class was started for the group early 2014 in partnership with The Whiteinch Centre and Glasgow Clyde College. The group was involved in a poster making workshop as part of Whiteinch Centre Protection event.

Stay Well Project- Central and West Integration Network continued to partner with 3 older people's day care centres operating in the North West to provide services for older people. We provided 3 outings for the groups to Pollock Country Park where they went to look at the herb gardens. We also provided a number of healthy cooking classes for the older people as part of the case study work we id funded by the Community Food Health Scotland. As a result of the work with the Stay Well project, Central and West Integration Network formed part of 10 people across Scotland who went on a 3 day study tour to London in October 2013 to look into food work and older people. The tour was co-ordinated by Community Food and Health Scotland. A report has been produced following this work. Central and West Integration Network Set up a series of arts and crafts activities for Wah Lok Jung Sam day care centres in order to facilitate integration of older people from Hamilton hill day care centre and them as a result of planned merger of the 2 day care centres.

Food Bank- Our food bank grew tremendously in the past year with the distribution of an average of 50 food parcels in a week. Central and West Integration Network has been partnered with a Fare Share community food project who delivers food weekly tot eh project. We also arrange food pick up from a local warehouse to supplement the Fare Share deliveries. As a result of this work, our organisation attends the Glasgow Food Bank Forum co-ordinated by Partnership and Development Department of Glasgow City Council.

Infant and Maternal Nutrition project- Central and West integration Network started a new work in the Towhead area. This is a demonstration project with 10 week sessions working with women looking into the weaning pattern of minority ethnic nursing mothers. A number of health professionals including Health Improvement Team (Oral Health, Infant Nutrition) and a General Practitioner have been involved in the project. The project was funded by NHS Health Scotland. This project will come to an end in June 2014. A report will be produced at the end.

Our Events

Refugee Week -Our refugee week event was held in the form of an outing to the Royal Botanic Garden in Edinburg. We took a coach out to Edinburgh. The theme for the year was on 'Heritage'. Our project looked at heritage in the form of plants. We looked at Plants Migrations and visited the glass houses in the Botanic Garden to look at plants that have migrated from different parts of the world. 52 people took part in the outing.



GRAND Week- We held an event in September as part of City Wide Getting Real About 'N' Drugs. We had a speaker from BME drug project. There was also 2 information stalls one from Glasgow Council on Alcohol and Ethnic minority drug project. Up to 45 people attended the event.



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Black History Month- Our Black History Month event took place on November 1st 2013. The event formed part of the David Livingstone Bi-Centenary project which was funded by National Trust for Scotland. We had a number of African themed workshops on the day as well as presentation of the work we did through a series of 11 weeks workshops prior to the event on the life of David Livingstone. About 50 people attended the event.



Public Protection Awareness Event- CWIN organisation participated in the city wide public protection awareness event in October 2013. We held an event on the 23rd of October 2013. Speakers on the day included Police Scotland and Children 1st. Scotland Police also had an information stall on the day. We had up to 50 people attending the event



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16 Days of Action event- CWIN delivered an event during 16 days of action on 4th December 2013. The event included a speech on 16 days and White Ribbon campaign. There was also an information stall with leaflets containing information leaflets on services available to women in relation to domestic violence. 45 people attended the event. We also organised a White Ribbon workshop on a separate day for me only.



Burns Night- Our Burns Night event which was titled Auld Lang San was held on 25th January 2014. The programme consisted of Burn's poems in English, Cantonese, Mandarin, Pashto and Urdu. There were choir songs, Ukele pieces and children dance performance. CWIN used this event to engage with the community on what they will like the organisation to be in the future. Up to 40 people attended the event.

International Women's Day-CWIN held an international Women's Day on 8th March 2013. The programme consisted of an information stall, presentation from Rape Crisis and Black and Ethnic Minority Infrastructure in Scotland. 40 people attended the event.

Our Members/Network Development

Monthly meetings- Central and West Integration Network continues to hold monthly capacity building meetings which brings together representatives from member organisations. These meetings help strengthen the groups/organisations we work with and create opportunities for them to share and network. The Network had a total of 10 network meetings this year. We invited a number of agencies and organisations to speak at the meetings on issues of importance to the groups we work with. Opportunities were also given to groups to share information on their network and they were able to network with each other.

Information Updates- Central and West Integration Network continued to develop the electronic weekly information/news updates sent to our member organisations and other interested bodies. Information contained in the news updates includes: funding, vacancies, seminars, conferences and other interesting news which may be beneficial to the organisations. We sent more than 45 weeks of such news updates during the year.

Forums and working groups- Central and West Integration Network continues to work with other organisations through forums and themed groups including: New Woodside Health Centre Art, Health and Environment planning group, Scottish older people and food task force, Glasgow Integration Network Forum, Glasgow Asylum and Destitution Action Network, Glasgow Food Bank Forum, North West Violence Against Women Implementation Group, Growing Together and North West GRAND Week Planning group

We continued to value the support and contribution of our members during this year. Below are the members we worked with in different capacities during the year

Our members

Addaction • AlbScott (Albanian Scottish Association) • The Annexe Healthy Living Centre • ASRA • Chinese Community Development Partnership • Health Improvement Team North West • Glasgow ESOL Forum
Glasgow Integrated Community Empowerment • Garnethill Multicultural Centre • Glasgow Life • Glasgow Oriental Dance Association • Glasgow Women's Library • North Woodside Community Action Group • Queens Cross Housing Association • Scottish African Women's Association • Scottish Refugee Council • Strathclyde Police • Strathclyde Fire and Rescue • Volunteer Centre Glasgow • Whiteinch Centre • YWCA • Young Fishers Club

Our Funders

We would have been unable to carry out the work we did this year if not for the support of our funders. This year we received funding support from the following

- Glasgow City Council – Integrated Grants Fund
- Voluntary Action Fund
- Community Safety Glasgow
- Health Improvement Team NHS Greater Glasgow and Clyde
- National Trust for Scotland
- Foundation Scotland
- Scottish Refugee Council
- NHS Health Scotland (Community Food and Health Scotland)

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Our Accounts

OSCR
Office of the Scottish Charity Regulator

Central and West Integration Network

SC042071

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
		01	04		2013		31

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations		389	-		389	-
Grants		71,245	-		71,245	38,757
Miscellaneous income						261
A1 Sub total		71,633			71,633	39,018
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets						
Proceeds from sale of investments						
A2 Sub total						
Total receipts		71,633			71,633	39,018
A3 Payments						
Expenses for fundraising activities						
Gross trading payments						
Investment management costs						
Payments relating directly to charitable activities		57,897			57,897	52,590
Grants and donations						
Governance costs:						
Audit / independent examination						
Preparation of annual accounts		650			650	600
Legal costs						
Other						0
A3 Sub total		58,547			58,547	53,190
A4 Payments relating to asset and investment movements						
Purchases of fixed assets						
Purchase of investments						
A4 Sub total						
Total payments		58,547			58,547	53,190
Net receipts / (payments)		13,087			13,087	(14,172)
A5 Transfers to / (from) funds						
Surplus / (deficit) for year		13,087			13,087	(14,172)