



# Rosyth Community Projects Limited Annual General Meeting 2022 –

## Project Reports:

- Greenspaces
- Volunteering
- Hub

## EATS Rosyth AGM 2022

### Greenspaces Report

<b>November 2021</b> GSMM SVT SJPS AITO	<b>December 2021</b> GSMM SJPS AITO Elf Hunt Event Wreath Making Greenspaces Xmas Lunch	<b>January 2022</b> SVT Grant joins as VolCoor	<b>February 2022</b> SVT SJPS
<b>March 2022</b> GSMM SVT SJPS AITO	<b>April 2022</b> TT GC AITO SVT SJPS AITO KIDS AS Krista joins as Sessional Worker Egg Hunt Event	<b>May 2022</b> TT GC AITO SVT SJPS KRPS GSMM AS	<b>June 2022</b> TT GC AITO SVT SJPS KRPS GSMM AS
<b>July 2022</b> TT GC AITO SVT BFP AITO KIDS AS	<b>August 2022</b> TT GC AITO SVT BFP SJPS KRPS HSS AS	<b>September 2022</b> TT GC AITO SVT SJPS KRPS HSS GSMM GCR AS	<b>October 2022</b> TT GC AITO AITO KIDS BFP KRPS SJPS GSMM SVT GCR AITO Halloween Event Volunteer Celebration BBQ

GSMM: Greenspace Monthly Meeting

SVT: Support Volunteering Tuesday (weekly)

SJPS: school visit from St John's Primary School (weekly)

AITO: Art in the Orchard

TT: TreeTots (weekly)

GC: Garden Club (weekly)

AITO KIDS: Art in the Orchard Kids

KRPS: school visit from Kings Road Primary School (weekly)

AS: Alzheimers Scotland (weekly)

BFP: Big Fun Picnic (weekly)

HSS: Harvest Soup Saturday

GCR: Garden Craft (weekly volunteering in the orchard on Fridays)

#### Other weekly (or similar) users:

Rainbows and Brownies

Community Learning Team  
Men's Shed  
Duke of Edinburgh service volunteers  
Work placements for school pupils

**Other occasional users:**

Yoga in the Orchard  
Corporate volunteering  
Turn Men's Group  
Community Payback Team  
Over 50's Bite and Blether  
Wreath-making class  
Nursery and school casual visits

**Success in the Natural World:**

Bees - down to one hive because of aggressive hive, dealt with promptly and successfully  
Pond - thriving, filling in with plants and wildlife  
Tadpoles/Frogs - thriving, spotted 12 frogs from tadpole fry (assumed)  
Fruit trees - 20+ apple pressing sessions, all 99% of fruit trees are thriving, very little fruit waste this year

**Other Successes:**

Hosted co-op's West Fife Community Gardens collaboration event  
Exceptionally large corporate volunteering groups  
Developing our renewable energy systems with solar and wind - always a work in process  
Creating infrastructure like new raised beds, new tables down in the teashed, new portable benches in the orchard, tables in the classroom, fire pit and benches  
Fundraising - Easter hamper, craft classes, treetops: all have brought significant weekly/monthly donation income

Average-to-busy week averages: 160 people through our gates

From AGM 2021:

Plans for 2022

weekly 3 and under group in orchard  
weekly after-school gardening club for nursery and primary kids  
summer holiday programming combining Cafe Inc/Hub  
Lunch and education/games/crafts increased school provision with use of sessional staff

Plans for 2023:

Increase footfall in Community Garden  
Utilise Community Garden to provide food for new Community Cafe

Increase volunteer numbers and reported levels of satisfaction across greenspaces with especial focus on the Community Garden  
Increase nature-friendly practices across the Greenspaces

Report introduction and thanks:

The Greenspaces at EATS Rosyth have enjoyed great success this year, none of which could have been achieved without the tireless efforts of our amazing volunteer team. The management team would like to express their great appreciation for the many hours of work that our volunteers dedicate to the project. It does not go unnoticed or unappreciated.

I would like to extend my especial thanks for the patience of our long-term volunteers, who have been so gracious with me as I embedded myself within EATS over the past 15 months. I have tried my best over the past year, and there have been plenty of successes, but there are also times when I could have done better, done differently, or listened more. I can't tell you how much I appreciate the way you have welcomed me with open arms, supported me with the programming I've set out, and answered any and all calls for help and assistance.

With the departure of our dear friend Danny, I plan to take stock this winter and develop a plan for the garden in much the same way I developed a new way of working up in the orchard. I have a careful balance to achieve, to develop a space that will bring more volunteers in, whilst respecting the practices of our long-term volunteers, to sustain a bountiful garden that also attracts funding so that we can keep going year after year, to help make the space a bit busier, but never overwhelming. Before I go on to describe this past year and all we've done, I would like to reassure you that I will put equal effort into the garden this year, and we'll work together to create a space that suit everyone, both the old hands and the new.

A special thank you to the amazing staff team at EATS. We were so lucky to bring on Grant early this year - he's a jack of all trades with an unending positive attitude. I am so lucky that even in his role as Volunteer Coordinator he finds time to lend his skills to our side of the project as well. Many, but not all, of you know that I hired Krista on this spring as a sessional worker to provide support for our children and family programming. She's now joined us permanently as Danny's successor, in a slightly different role as our Greenspaces Coordinator. I am so lucky to have Krista as my right-hand woman. She brings so much value to the team with her degree (nearly) in Community Education, has fearlessly stood by my side through my rigorous children and family programme, and has excelled in our work with our supported volunteers. We are lucky to have her.

And to my colleagues at the Hub! How you've met me 100% every time I've said - I've got a new thing for us to do! Brenda and Alex, I really appreciate you taking on these extra duties as we work to knit the two sides of the project together. The fetching and carrying, the dish washing, the marching up that hill, the bring of all the bits the orchard and ferrying them all back again - it's hard work and I really thank you for your support.

And to Ethan - thank you so much for your support as we work to develop the project as a whole! This job would be ten times more stressful if it wasn't for you being on the end of the phone to chat things over, develop plans, work out a solution - all of those things. I look forward to many more years working together.

Lastly, thank you to the board. You have supported me as I took big and bold steps to follow my heart and head in what I thought would work best in the Greenspaces. I appreciate your unwavering support as I work towards continuing to make the greenspaces a resource that the people of Rosyth can have pride in. I have always been forthcoming about utilising my experience in the third sector to help us grow and upskill, and I thank you for your gracious reception of this input. I look forward to us working together as we embark on our next big challenge, our long-desired Community Hub.

## EATS Rosyth Volunteering Report – November 2022

With the additional resource and frequency, the events are attracting more residents and volunteers.

In the past year the recorded registered volunteer hours averages at around 650 hours a month. May saw a dip as holiday destinations relaxed the covid rules and it will typically dip in the greenspaces as the weather deteriorates. The hub has also reduced the opening hours affecting the total numbers too.

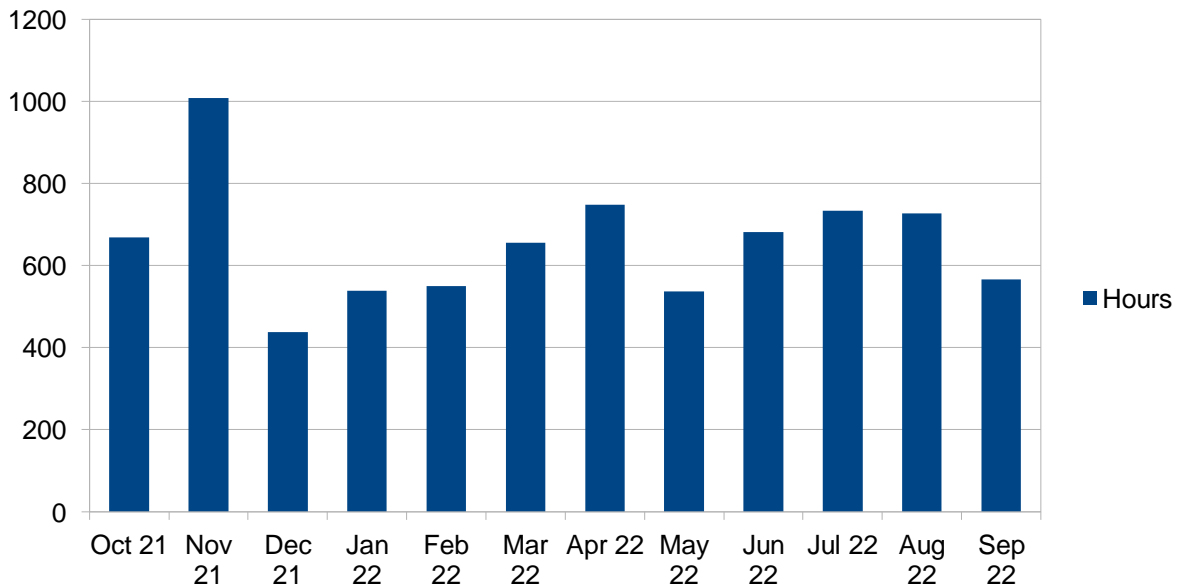
Twenty three new volunteers registered since the last AGM, some are familiar faces who got around to signing up and others are genuinely new to Eats; either way, it's a positive result.



To acknowledge the efforts of the volunteers a BBQ was held in October, the weather was kind and the food made, cooked and baked was delicious; very little was left. It allowed Stephen Lynas to highlight the incredible effort and results achieved by the dedication and time of volunteers. As it was a popular gathering with around 80 people, it was a perfect opportunity to thank Danny, who has now retired, for his green fingers, guidance, help and hard work that he's contributed as garden manager over the many years.



### Recorded Volunteer Hours



### Energy Poverty

With concerns over energy costs, Cosy Kingdom presented volunteers and staff with information and signposting to help those struggling with choosing between 'heating or eating.' According to the presentation 60% of life residents will be living in fuel poverty where more than 10% of income is spent on energy.

## Networking

The CO-OP held a networking event with other community gardens in the orchard. It promoted ideas and sharing of supplier information. SAMH was there too, sharing their experiences of the mental health benefits of gardening.



Eats Rosyth exhibited at Grow West Fife's Dandelion Scot event held in their Culross garden. Attending FVA's Volunteer management course has provided worthwhile learning. Involving Fife council has led to training food hygiene certification for volunteers and staff, helping with confidence and job hunting. Fife international forum joined weekly in the orchard with their members coming mostly from Eastern Europe and Ukraine

## Awards, donations and publicity

Winning the Kingdom FM award has raised the profile of the organisation.

Visits from MSPs and donors that include Dunfermline Harriers and Dunfermline Soroptomists. Scottish Autism had a film crew on site showing the benefits to their service users.



A pavement sandwich board was trialled at the entrance of the garden, making it easier to find and highlighting events. It

has led to more visitors and volunteers joining up.

Local primary schools have organised visits the Orchard and this had led to parents visiting and finding out more about the project.

The two hens in the orchard are an attraction and particularly popular with children and those on the spectrum.

## Listening to Volunteers

Feedback from visitors to the hub led to recipe cards being provided for cooking vegetables like kale, spinach and courgettes.

Facebook allows voting and this has been used on occasion to select the 'Friday Take Out' meal.



Similarly at the 'Harvest to Soup' the next week's soup was chosen by the Volunteers. Ethan created an [incredible video of a 'Harvest to soup' day](#), it's on facebook and worth spending 5 minutes to watch it. This is something that will be repeated next year.

The monthly garden meetings highlight what's happening in the garden, orchard. It would be ideal for more members from the beekeepers and men shed's to attend to share more and cooperate better.



## Corporate Volunteering



Lloyds bank have included volunteering as part of team building events. This has led to a significant increase in quantity and diversity of corporate volunteers. We've had around fifty volunteers, the latest group of twenty six, laid cardboard over the mare's tale weed in the garden paths and covered it with barrow loads of woodchips. Some had travelled from The North, Ireland and England for their team event. By all accounts they enjoyed it and want to come back again.



## Rosyth Community Hub report Nov 2021 - Nov 2022

The food services at EATS were moved from Rosyth Baptist Church at the end of 2021 and we started 2022 from old Hub. The Hub was laid out more like a shop to give it a better feel for visitors and allow people inside to choose food for themselves.



We tried to change the model/feel from crisis provision back to being more relaxed. It has still been operating on a pay-as-you-feel basis. Largely this has been successful but because of the way it's set up, there is less of a social feel compared to pre-Covid (we used to invite people in for a cuppa and it would be typical for people to spend a bit of time in the Hub). This year so far, we've seen just shy of 6000 visits to the Hub during 'shopping' hours.

One way we made the most of our return to the Hub was bringing back the provision of nutritious hot meals in the form of the Friday Takeaway. This has been increasing in popularity throughout the year and we're serving 40-50 takeaways most weeks now. We've served 1440 takeaways so far this year, with menus including lasagne, Bolognese, stir fry, roast dinner, crumble, curry, casserole, brownies, stew, jambalaya, fruit and cream, carbonara, and of course loads of different soups. We introduced a charge for the takeaway to cover costs, and we also introduced a pay-it-forward system where people can pay for someone else's meal. This has been well received and sustainable, showing the generosity of the community and the willingness to pay into the project.





Over this year our fantastic team of volunteers has been super committed and new faces like Thomas, Doreen, Leona and Isobel have joined the old faithful, who are always ready to help and take on more responsibility. We saw eight people do their food hygiene courses recently, and our own Community Cook Brenda and another core member of the team got their intermediate food hygiene certification, which is a really challenging course and examination. Two volunteers are currently undergoing training to become Community Food Champions.

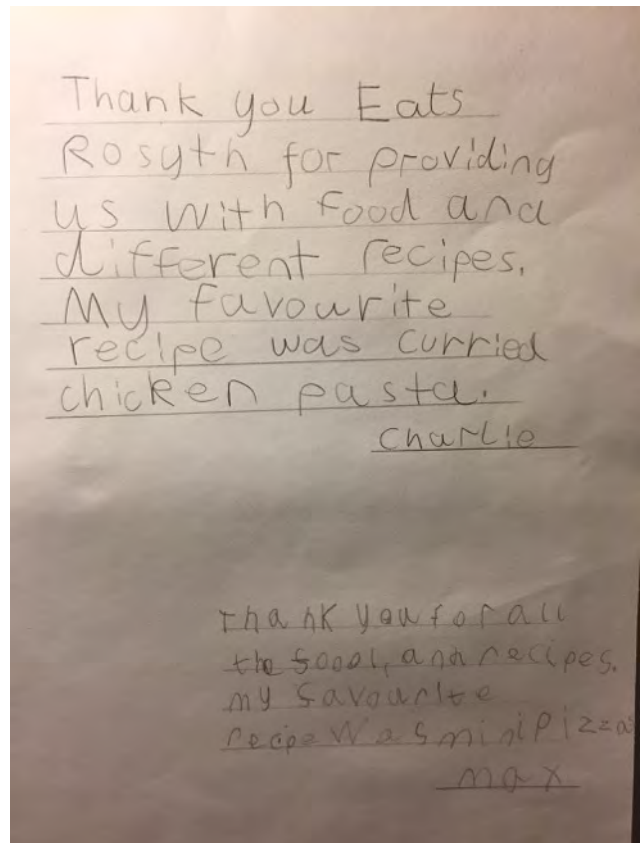


Earlier this year we took part in a project which allowed us to restart our Easy EATS meal kits and allow people in Rosyth to benefit from meal kits that were made up from local ingredients from local suppliers. 22 households were able to benefit and we set up/strengthened partnerships with local organisations. Our recipes were included in the 'Between the Bridges' cookery book. As a beginner cook, volunteer Colin helped with cooking the recipes every week to make sure the instructions made sense.





Until the summer we were providing meal kits for Kings Road Primary School pupils. They were kind enough to give great feedback and tell us how much they'd enjoyed making meals every week, and we were told that the children were enjoying foods they had never liked before



Due to resource and lack of supplies we made the decision to close the door on Thursdays. This hasn't seen visit numbers fall and has freed staff up. The amount of food we've been getting through donations has been dwindling at times and demand has increased, so this has been something for us to manage and has helped to inform our future plans in terms of the sustainability of a system built around food waste.

We continued project-wide work in the form of catered family events like the Big Fun Picnic. Feedback from people attending these events has been positive and Fife Council have been pleased with what we've delivered as part of the Café EATS programme. At short notice, a recent success was Half Term Pizza also as part of Café Inc.







Planning of services for the new Hub is a challenge but progressing well and we look forward to welcoming the community and partners in to enjoy a holistic offering, bringing people together around food and more. We're working towards providing a space which is going to be appealing and beneficial to everyone in Rosyth.

Thanks to the volunteers that came to our open evening at the new Hub recently to give your thoughts on the plans.



It's going to be a building where social and educational opportunities are at the forefront, and we're trying to achieve what was set out in our original plans – to make it 'Rosyth's Living Room'. It's going to be a place where you can meet people, get nutritious food and a drink, where you might join a group or a workshop, or learn to cook, knit, draw. It will be a place where you might get some work done or seek advice from partner agencies.

We're going to make these opportunities as accessible as we can to people. There will be a few hours per day where we will serve a café menu which is super affordable. Similar to our takeaway which brings nutritious food to people at a low price, we want to bring other experiences to people like the chance to eat out and socialise, something some might not feel they have the capability to do. Outside café hours, there will be funded and donation-based events on a daily basis, like a friendship café and bite and blether sessions.

We hope it will have something for everyone. The work is continuing and we will keep engaging with our community – this will never stop.

Big thanks to the whole volunteer team whose continued investment of time and effort makes all of this possible and successful. Thanks to the staff team who pull together week after week to be ambitious and provide services for the benefit of people in Rosyth and



beyond. Thanks to the board for their guidance and support, and for the trust placed in the staff to move EATS Rosyth's vision forwards.