

ANNUAL REPORT 2022-2023

Creating a better everyday life for the people in our community



Boomerang Community Centre 10 Kemback Street Dundee DD4 6ET Telephone 01382 455656 info@boomerang.org.uk https://www.facebook.com/Boomerang-142955002467693 www.boomerang.org.uk



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The Boomerang Community Centre SCIO

VISION STATEMENT

Our vision at the Boomerang Community Centre is to create a better everyday life for the people in our community.

- To provide a safe, caring, friendly, listening environment by working in partnership.
- To bring people together to connect, signpost and improve social interaction.
- To provide delicious, nutritious meals made with seasonal food.
- To inspire people to grow and develop resilience.
- To improve mental and physical wellbeing by providing opportunities to remain fit and healthy.
- To help people enjoy life by providing affordable solutions.
- To strive to strengthen the community and reduce the harmful effects of poverty.
- To ensure all staff, volunteers and members feel respected and are treated with dignity.

The Boomerang Community Centre in Dundee aims to create a safe and welcoming environment where people from across the community can be supported to flourish. Our aim is to support those in the Maryfield community and primarily disadvantaged or vulnerable groups and individuals of all ages to reconnect, socialise, form positive relationships, learn and develop to become an active citizen. Our focus is about improving the lives of people by delivering community services based on the needs of the local residents in a warm and welcoming way. We aim to tackle deprivation by providing affortable, relevant, person led services to the local community. The service is based in the Maryfield/Stobswell area of the city which houses various data zones that are among the most deprived in Scotland.



Message from the Interim Chair

Welcome to the 2023/2024 Annual Report.

I was honoured to have been elected as Interim Chairperson in May 2023.

I would like to say a heartfelt thank you to Anne Robb, our previous Chair, for all her hard work and determination leading Boomerang through some tough times!

Boomerang has gone from strength to strength over the past year. We have doubled our staffing levels and more than doubled our volunteer members!

Boomerang is a lifeline to many in the local Stobswell/Maryfield community and beyond. The cost-of-living crisis has impacted greatly on peoples finances, we are here to help with these challenges. We have various groups which are free to attend and some at a minimal cost. Boomerang delivers services and activities ranging from lunches to chair yoga. All information on our groups can be found in our managers' report.

The building has had a new fire system installed; CCTV is in the process of being updated as the break ins we had have shown that the system is in need of an upgrade. We have a big new banner outside so people can now find us more easily. The outside has had a new coat of paint, what a difference!!

I want to say thank you to Gill our Centre Manager for all her hard work and dedication since she assumed her post with Boomerang in April 2022, she has been a great asset to the organisation!

Thank you to all our staff and volunteers who have worked extremely hard and are dedicated in every which way as there has been many changes and challenges lately.

I would like to give a big thank you to all our funders as this would not be possible without them. We have received grants from Dundee City Council, The Maryfield Regeneration Forum, The National Lottery, Awards For All, Community, Capacity & Resilience Fund, and Community Innovation Fund to name but a few.

Kelly Barnes Interim Chairperson



Centre Manager's Report

Well what a busy year! My first year in post has been filled with many challenges and I think we have handled them very well!

The main priority for me over the last year was securing funding for the organisation, improving our partnership working, making the Centre safer for those who attend and continuing to introduce new groups and activities, as well as reviewing the policies and procedures.

We have a new fire system installed, thanks to funding from the Maryfield Regeneration Forum, and have also had additional emergency lighting installed too, as well as an electrical upgrade.

We were also pleased to launch our new website this year. All important information is shared on there, as well as having a contact form for the Centre. Big thank you to Carnoustie Creatives for their hard work in designing and delivering this project.

We have welcomed new staff over the year, Sam, Sarah, Menuka and Sophie have been welcome additions and along with myself, Alison, Sammi, Lynne and Karen, we now have a strong staff team to help build Boomerang further. We were also joined by two Community Education students from Dundee University over the year. Megan and Kaitlyn fit into the team perfectly during their placements and Kaitlyn enjoyed her time so much that she has now joined our board and continues to volunteer with us.

We have also seen some changes to the board over the last year, with new trustees joining the board, bringing a wealth of experience to the organisation. Anne Robb stepped down from her role as Chairperson at the end of the year after leading the organisation through a period of change after our last Centre Manager, Neil Ellis, sadly passed away. We would like to thank her for her dedication and support and hope she finally gets to enjoy her well deserved retirement! Kelly Barnes has stepped in as Interim Chair and is bringing enthusiasm and dedication to the role.

We have introduced a Friends of Boomerang Group, where people who use the Centre can let us know their thoughts, ideas and suggested improvements. We have managed to introduce some of their ideas quickly, such as our Staff and Trustee board at the entrance so people know who everyone is.



The introduction of our Centre Newsletter has meant that we can keep people updated with what has been going on in the Centre and of any future events, this has been well received.

We have also introduced a Volunteer of The Month as one of the ways that we can thank our many volunteers who help to make Boomerang run smoothly! We really couldn't do without our volunteers and we would like to thank each and every one of you for your hard work and commitment.

We would also like to thank our many funders for their support over the last year, The National Lottery, Dundee City Council, Maryfield Regeneration Forum, Awards for All, Community, Capacity and Resilience Fund, Community Innovation Fund, as well as some smaller grants. Thanks also to everyone who contributed to our fundraising efforts over the year which has contributed towards the rising running costs of the Centre.

I would like to thank everyone for welcoming me into the Centre this year and for all their hard and work and dedication to making Boomerang the best it can be!

Gill Bain Centre Manager



Partnerships/Engagement

In the year 2022/2003 we welcomed various organisations into the Centre and also visited various organisations.

We Are with You

We Are With You currently use the space at Boomerang to meet their clients on a one-to-one basis to work with them on their journey of recovery. They discuss various aspects of their life such as motivational support, care planning, action planning, changes in behaviour etc.

"Having the space at Boomerang allows us the privacy we need to work with our clients without interruptions, with the Hub at Boots now only being used for crisis intervention.

Thanks to funding through the Alcohol and Drugs partnership we were also able to support some of our clients using the food larder at Boomerang. We are also able to refer clients to other groups and services such as the Cosy Café or other activities in the area."

Positive Steps- Navigator Worker

Positive Steps Navigator Worker has been based in the Centre over the last year and have offered a drop-in service on a Wednesday as well as outreach at various other places in the area.

The Service

- Referral, a process we have made as easy as possible, a call, email, or self-referral at a drop in.
- Carry out needs assessment, and collaboratively with the service user, establish support needs and possible pathways for support.
- Signpost service user to appropriate services.
- Maintain contact with service user, where possible, until appropriate support is put into place.





In addition to referrals made, the following outcomes are highlighted as individuals being supported to a more positive lifestyle: Completed Outcomes

- 3 Service users, referred to an employability pathway, 1 of which has been in full-time employment for 3 months at the time of writing.
- 7 Service users referred to suitable housing support.
- 1 Service user has gone into Positive Steps accommodation with support.
- 1 Service user signposted on to a rehab pathway, entering rehab on March 23.
- 8 service users referred to and continue to access drug or mental health treatment services.

Keep Well Nurse

Bev, the Keep Well Nurse, has had regularly drop ins at the Cosy Café throughout the year.

Issues addressed - Mental & physical health	Cancer concerns
Blood results	Weight management
Substance and alcohol use	Wound dressing - first aid
Keep Well health checks	Loneliness



Social issues Hunger/ Lack of food Signposting to community cafes & food larders Facilitating appointments at GP/Mental health services/groups etc

<u>Health benefits</u> -	Regular monitoring of blood pressure	
	Monitoring of weight and dietary advice	
health.	Keep Well Health checks - early identification of risks to	
	Reassurance leading to feeling better health outcomes.	
approach.	Monitoring of physical and mental ill health ensuring pro-active	
changes.	Regular motivation to make and continue with lifestyle	
	Referral on to various agencies and partner services to aid recovery & improve health outcomes.	

SUMMARY

- Colourful laminated posters were displayed throughout Boomerang advertising the session dates and times. Staff and volunteers also actively promoted each session.
- Keep Well nurse continues to have close links with GP surgeries and has been able to liaise with surgeries on the persons behalf if required. This has been extremely useful, as it continues to be challenging for people to speak to a GP or manage to obtain a GP appointment.
- Close working links continue with other agencies that also attend or support Boomerang which allows a holistic approach to care. This included Boomerang food larder, We are With You, Community groups, Stobswell wellbeing community cafe and Boots hub.
- Positive and pro-active working relationship with all staff and multiple volunteers at Boomerang.
- 1 nursing student was able to attend a drop-in session.



"I like attending Boomerang to visit the Community nurse"

" It's so hard these days trying to speak to a doctor and by speaking to the nurse it re-assures me about my health."

Community Champions

We continue to have a good relationship with the Community Champions at Asda Kirkton and Asda Milton and the Asda Foundation were extremely supportive to Boomerang in the year 2022/2023 through various grants that we were successful with including a "Cost of Living Grant". The champions have also both volunteered at the Centre too, providing valuable support to the kitchen team.



Morrisons community champion have also provided us with various donations to the larder and to events throughout the year.

Nilupul Foundation

In Partnership with Maggie from the Nilupul Foundation we had a "Food for Thought" Project running from the 21st of March until the 25th of April. This was a great success! People would do a session on mindfulness for the first hour then would be shown a cooking demonstration.



"My mental health has been very bad for many years and sometimes the thought of leaving the house makes my anxiety so high. I was so determined to do this course and came along to Boomerang."

" It was the best thing I have ever done as the mindfulness helped my anxiety, I learned to cook fresh healthy meals and most of all met new friends."

Development Work

In February, Alison our Development Worker attended the Roxy Pot Café at Roxburghe House taking along various information about all the activities we do here at Boomerang. She also had a visit to St John's Academy as well as the DISC Centre highlighting all our services.



Penumbra Mental Health Charity attended the Centre to do sessions working with people suffering from anxiety, fitness matters and self-care.

"These sessions were extremely beneficial to me. It was great to meet up with other people going through the same mental health conditions as myself and these sessions made me understand I was not the only person suffering. I hope to continue with this service in the hope that my mental health will improve."

Our Cosy Café has had the support of many organisations including Shelter and Social Security Scotland, who were on hand to help with any queries anyone had.





Our local minister, Rev Jean Kirkwood of Stobswell Trinity Church continues to attend on a Wednesday to chat to our local residents who are attending the Cosy Café, offering support where appropriate. The congregation at the church have also been a great support to the Centre with various donations of toys for the children at Christmas and Easter Eggs.

Dundee Carers Centre attended the Cosy Café with their "Carers Community Vote for Carers" whereby people had to vote regarding the Community Budget.

In February 2023, Morgan Academy pupils attended our Cosy Café presenting their Art Exhibition and our local residents had to vote for their favourite one.

"It was exciting for me to come along and show off my work to the people at Boomerang and it made me so pleased with myself when everyone was admiring my work and has given me so much confidence to continue with my art."

We also hosted "Coffee with a Cop" sessions over the year in our Cosy Café where Police from Maryfield Community Police came along and talked to people about any issues they may have.

Our Cosy Café has supported 1382 people over the course of the year.

Holiday Provision

We held Summer Clubs for children over the Easter, Summer, and October School holidays. This was in conjunction with Dundee Bairns "Holiday Hunger" programme and with funding from DCC Summer 22 holiday provision. Activities were provided and each day the children were given a healthy lunch. They also had trips to the Dundee Museum of Transport, Verdant Works, Discovery Ship, Camperdown Wildlife Park, and the Dundee Science Centre. They were also treated to Edens Garden pet



handling. We had 12 children attend each day who fell into the following categories:

Lone parent family

Minority ethnic families

Family with a disabled adult or child

Family with a mother under 25

Families with a child under 1

Families with 3 or more children

Low-income families

Children in care

Children on care plan

"The school holidays are very stressful for myself and the whole family as my husband has just become unemployed and things financially are very hard. For my children to attend such fantastic activities and outings makes us as a family so happy. It is also great that they receive a healthy packed lunch. When they go back to school, they can tell all their friends all the places they attended, making them not feel left out."

Boomerang also attended the Maryfield Ward Family, Food & Fun days in conjunction with the Dundee City Council Community Regeneration Team, taking along an activity which, the children and their families could do.

Boomerang also linked up with the Charity Aviation without Borders and the Scottish Aero Club and 10 children from Boomerang had a day up at Scone Airport and were shown around the hanger and then were taken up on private planes over Tayside. It was a day to remember for all of the children.

"My brother and I have never been on an aeroplane as my family cannot afford holidays like some other families. This was the best day of my life and I want to train to be a pilot now!"



Stay and Play Toddlers



Our Stay and Play team have worked hard over the last year to rearrange their space in a way that was better suited to the needs of the families who use the space.

For example, what was once a cupboard has now been transformed into a sensory room. This was in response to the growing number of children that were coming to the group who had additional support needs or simply needed space away from the busy session. Parents and Carers love this space, and it is used daily by all children, promoting integration and equality in play for all children.

We created a "Walk In Wardrobe" where parents and carers are able to access free clothes for their children. Clothes are ordered by age and gender to make it easier to locate items. Clothing also goes through mandatory checks for stains and signs of extreme wear. We do this to promote dignity and choice, and so that they can clothe their child appropriately with clean, suitable clothing.

The Adult Literacy team worked with the Toddler group over several sessions. These included a Story Sack Session, where children got to design their own bag to keep their books in and it encouraged discussions around using the library. On another occasion, children and their adult got involved in making their own "nature books," where children could put things that had gathered outside e.g.: feathers, leaves, twigs etc. This was a great way of introducing new activities in outdoor play. Many adults benefitted heavily from this service as they were able to get involved in activities that they would usually dismiss for themselves, as well as being able to have in depth conversations about literacy and further learning. As a result of these sessions, two adults went on to use the ALT's CV writing service and another was able to access their ESOL service.





The DCA also attended to deliver their "Art at the Start" programme. Sessions were delivered by an art therapist from DCA, in which children and their adult could get involved in some messy and sensory play. Children made art from a variety of mediums, most notably they made patterns using paint inside of a salad spinner. This was a great opportunity to encourage families to engage with this sort of play at home with items that they already have in the home. The response to these sessions was positive and led to adults enquiring about activities like this within the city.

We have also linked up with the National Literacy Trust who brought along new adult and children's books and "Back to School" packs for children.

"This is a fantastic service. I love reading to my children before they go to sleep at night. I'm a single mother and some books are very expensive so this is a lifeline to me to receive new books to read to my children."

Our toddler group supported 1712 children over the course of the year.

Lunch Club

The Lunch Club runs on a Monday to a Thursday at 12.15 pm. The Lunch Club is a place where people can get together and meet others from all backgrounds. The people who attend enjoy a two course (sometimes three course) meal. The Lunch Club is the perfect place to meet new people, have a chat and play some games.

There is a great atmosphere at the lunch club which is due to Sam, Lynne and the volunteers making it an enjoyable social activity. There is also the opportunity to



take part in other activities in the Centre before and after lunch club. Staff and volunteers are also able to signpost to other organisations when needed.

Over the last year we have supported 2099 people through the daily lunch club.



Larder



Due to the cost-of-living crisis we have seen a huge increase in people attending our Community Larder. The Larder is open on a Monday, Wednesday, and a Friday from 10am to 12 noon and is open to all with no referral.

We aim to reduce food waste by taking surplus food collected from supermarkets and giving people a chance to use it.



Individuals pay a small fee for 8-12 items and depending on availability we can provide a variety of tinned and frozen foods, bread, fresh fruit and vegetables, cleaning products and a range of personal hygiene products.

In the year 2022/2033, 4453 people accessed the larder. Our volunteers work so hard in assisting our members who come in and their membership leads to improved physical and mental wellbeing. With the opening of our Cosy Café, they also have the opportunity to meet new friends, have community spirit, access food and new opportunities.

In early 2023 we received a substantial donation from the Trussell Trust to allow us to continue with the running of the Larder and we also received donations from various local businesses and individuals. Faith in the Community have also been a great support to us via The Community Food Network.

This essential service has continued to provide food at a time of great need, and we would like to thank the local shops, farmers, and supermarkets for their donations. By linking up with FareShare and the local shops and supermarkets we continue to reduce food waste.

Our partnership with Neighbourly and Fareshare Go has seen an increase in food donations to the larder. Through Fareshare Go we have made a total of 115 collections of excess food that would otherwise be going to waste, which equates to 4808kg of food, the equivalent of 11483 meals, which has made a CO2 saving of 15385kg.

We have also had numerous donations from Fans Supporting Foodbanks over the year, who have chosen us as one of the eight food larders/banks that they are supporting. At each of the home football games, the volunteers did a collection of food and toiletry items to be donated to the larders. We are incredibly grateful for their support this year and for their continued support.

Groups and Activities

We continue with our fitness and wellbeing classes such as Chair Yoga and Pilates and these classes are continuing to increase in numbers with an average of 22 attending Pilates each week and 32 attending chair yoga.





The Walk and Talk Group in partnership with the Dundee Community Health Team continues to be extremely busy, with over 50 people attending on a weekly basis.

"This group is a way for all our service users getting together to meet up with their friends and have fun. It is also very beneficial to me as a support worker as some days can be very lonely when you are working with a client on your own and they are non-verbal. It's so good to see all the clients and support workers out together."

A carpet bowls group was introduced on a Friday after Soup and a Roll. This changed to Boccia later in the year as it was easier for the participants to do. We are now seeing up to 20 people attend this group each week and this has helped build peoples social connections and learn new skills.





We also started up a Film Club on a Monday afternoon which is again attended by clients and their support workers but also members of Boomerang.

In March we set up a new Drumming Group, thanks to funding from the Mental Health and Wellbeing Fund and 20 people attended the sessions every Thursday night.



We also introduced a new evening Adult Art Class in August 2022, and this has been well attended.

"We as a class not only come along for the art but also to socialise. We have all became great friends through this group and has assisted in improving our mental health."



At our Reminiscence Group we have had various speakers attend during the year The "History Tellers Exhibition" arrived here at Boomerang and this was information about Old Dundee, where people worked/lived etc.

Dundee University came up to the Centre with their "Walk around Dundee Monopoly Board" and everyone had a great time talking about their memories.

Other speakers who attended were Patrick Murray who travelled all the way from Glasgow to give a talk on "Hilltown Dundee"; Robert Murray Author ("The Butchers Boy"); Anne Leslie from DVVA talking about "Holidays of the past"; Caroline from the Unicorn; Alistair Wilson from Arthurstone Library with VR kits; Brian Robertson from Dundee Transport Museum with a talk on the "Advertising Buses "and Peter from the V & A.

In September 2022, "The Big Back Garden" Project came to Boomerang. This is a Project that celebrates the iconic and popular park Baxter Park by exploring people's memories and what it means to them now. Pupils from Morgan Academy history class also came down to find out all about it.

Our Knit & Natter group meets on a Monday at 1 p.m. and the Craft Group Wednesdays also at 1 p.m.

A "knit "n" natter" focus group has many benefits. It provides a creative, relaxing, and enjoyable experience for the participants and knitting has been connected to combating depression, anxiety, post-traumatic stress disorder, addiction, eating disorders and chronic pain, proving that a wide range of people could benefit from it.

Crafting is good for your brain and as well as learning the craft itself, there are cognitive and mental health benefits to learning a craft. You can also develop improved hand-eye coordination and improved memory retention by learning a craft.

Both groups attended all our Fayres in 2022 selling the fruits of their labours. The proceeds from both groups go to local very worthwhile Charities including Boomerang. As always, we are very grateful for the support from both these groups.

<u>Events</u>

At the beginning of January, we held our first ever "Adult Learning Fayre" in conjunction with DVVA and many other organisations. Various organisations were invited along to showcase their services and over 100 people came through the



door with a number of volunteers being recruited for Boomerang and other organisations.

"I suffer badly from poor mental health, and it was extremely difficult for me to attend this event. However, by attending I am now accessing other classes at Boomerang such as the cooking classes etc. If it wasn't for Boomerang, I don't know how I would be coping with daily life. I am now cooking healthier meals for all of my family."

We held several social events during the year 2022/23 including Easter, Summer, and Christmas Fayres. We had over 200 people attend these events, with the majority coming from the Maryfield area. We had the support of Dundee University who were doing children's activities, The Dundee Makaton Choir for entertainment and also the SWE Wrestlers to meet children and their families with people getting their photographs taken and wrestling demonstrations in the fitness room. The Fayres were also supported by the National Literacy Trust in bringing along new adult and childrens books. All monies raised went into the running of the Centre.



We also had our first ever Curry night and Jumble sale in the Centre with again all monies raised going into the running of the Centre.

Various themed Afternoon teas were held in the Centre celebrating Burns Day, St Patrick's Day, Valentines Day, and we also organised a Vintage Afternoon tea.





We also held quiz nights in the Fort in Broughty Ferry and again these nights were very well attended.

The Elfie Picket Theatre attended Boomerang for the first time with their Production of "Dolly Parton Saved my Life" which had forty people attend.

A Charity Golf Day was also held in August with the proceeds being split between Boomerang and CHAS Childrens Hospice. Over 30 teams attended on the day and again was a great success. Monies raised went into the running of the Centre.

Christmas activities

Christmas was an extremely busy time for all the staff and volunteers here at Boomerang. Our grotto was created for children and their families to come along to the Centre and meet Santa.





We held a Christmas Lunch courtesy of the Asda Foundation Empowerment Local Communities Grant and also again a donation from Scott and Anne Harvey-Chisholm. We were overwhelmed by all the donations of toys and food from local businesses, the local Church, and the general public. Hundreds of selection boxes were handed in which were used in our grotto and also donated to the food larder.

A Christmas buffet was also held to thank our fantastic volunteers and there was also a Christmas Afternoon tea for our lunch club regulars!

Some of our community members went along to Clepington Primary School where some of the children put on a little Christmas performance for them.

We also had Transition Dundee do a Wreath Making Project which again was well attended, and people enjoyed learning a new skill.

Dundee FC Community Trust also invited some of our service users to attend a Christmas Lunch at Dens Park.

"Christmas can be a very lonely time as I live on my own but by coming along to all of these parties I feel I can cope with Christmas so much better."

Volunteering

Our volunteers have continued to give so much time, energy, commitment, and skills to Boomerang and to celebrate this in June 2022, we celebrated "Volunteer Awareness Week" and invited them into the Centre, and they were treated to a buffet and refreshments. Each volunteer was also presented with a Certificate in appreciation of all their hard work.

We have also started a Volunteer of The Month Award with a different volunteer being rewarded for their hard work each month!

Over the last year we had over 50 volunteers through the door. We also awarded over 400 hours in Saltire awards to our youth volunteers between the ages of 12-25.



Treasurers Annual Report

The centre was awarded the annual grant from Dundee City Council with advice that budgets were tight and there might not be the same amount of funding next year. All the major funders have said the same, as the demand for funds this year is higher than ever.

CIN gave the last two awards of £11955 in May and July and no prospect of any further funding. This meant we had to look at the possibility of the youth fund ending. This proved to be a reality and the staff unfortunately were made redundant and the premises at the Pitkerro road had to be shut down.

Funding was secured for one person to run the art class at the Centre.

The lottery was another funder that gave £52576 in June but said that they were reluctant to continue supporting the Centre. Fortunately, funding is secure to keep the people in post till August 2023

Generous funding of £2500 was received from Arnold Clark in June and December, £8000 from the Scottish Council.

The Centre received funding of £8000 to have the fire alarm system upgraded from Dundee City Council Maryfield Regeneration Forum.

The annual golf tournament helped to fund the purchase of a defibrillator and it is now situated outside the front entrance.

The larder, lunch club, Toddlers and wellbeing groups saw an increase of usage during the year which resulted in the increase in much needed revenue.

A donation from one of the committee members cleared the car park of the large tree which had dominated the landscape.

The Centre received a steady stream of small grants through the year and in particular, November saw an upsurge in small occasions such as the Halloween Party, Christmas Fayre, Weightwatchers, and a Quiz night, resulting in approx. £1500 in revenue.

Of the many funders thanks go to Dundee City Council, DVVA, The National Lottery, Stobswell Forum, Maryfield Community Regeneration Forum, Tayside Solicitors Property Centre, Embark, Crowdfunder, Tayside Health Board, Foundation Scotland, Thornton Law Leng Trust, Dundee Bairns, Michael A Brown Solicitors.

Robert Wishart

Treasurer

