

# Stirling Aid 2022/23

## Annual Report

### Chairman's Statement

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I am pleased to present the Chairman's report for this year, highlighting the significant accomplishments and efforts of our organisation.

In Stirling, our focus to help focus volunteers post covid was to support as much wellbeing

Wellbeing Clubs were being ran in Stirling which included Yoga Fitness, in Feb 2023 , Knitting Club, Painting Club, Pottery Classes and Community Trips to such as the Botanic Gardens, Dollar. We believe in nurturing future generations, and in collaboration with organisation such as Al Masaar. We had an open day held at the Stirling Islamic Centre to help open our doors to the wider community.

Focus for this year was food delivery and Wellbeing Having last year and we joined the Interfaith Food Justice Network based in Glasgow. This platform brought together various faiths to collectively address the challenges faced by those in need. Through Interfaith Glasgow, we were able to identify families requiring assistance, and we delivered food to numerous households. Working with Destiny Church and Kindness Charity and Glasgow Central Mosque we were able to bring our help

By October 2023, we achieved a remarkable milestone of distributing 245,000kg of food to four main partner organizations. This included 4401 pickups of food and over 8000 deliveries, providing approximately 610,000 meals to those who needed them.

Internationally our focus this year's major abroad project including providing Jackets to the international Charity Ummah Welfare, their appeal was winter woollies for. This was for over 1000 children's jackets for Syrian Children. This was raised in Clackmannanshire by Alloa Community.

As we entered Winter and into 2023, we have continued our help with winter warmers for refugees in transit. The donations were successfully delivered to Central Warehousing in and then shipped to border points for those in need. Despite the

challenges, we remain steadfast in our commitment to continue support areas where there is a humanitarian need regardless of politics.

I am proud of the dedication and hard work exhibited by all members and volunteers of our organisation. Together, we have made a significant impact on the lives of those in need, and our efforts have not gone unnoticed. As we move forward, let us continue to stand united in our mission to serve the community and make a positive difference in the lives of others.

Thank you for your unwavering support and commitment.

Sincerely,

**Z A Haider**

Zahir Haider,  
Chairman, Stirling Aid.

## Trustees Statement

With the charity now operating in Stirling and Glasgow, we can take advantage of the geographic distribution of foodbank support. The excess food in the Stirling area allowed us to divert resources to the needy areas of Glasgow. By building strong relationships with Waitrose, Tesco, and Marks & Spencer, we were able to help people in the post-lockdown period. It is important to recognize that, although we had a limited amount of funds, our volunteers worked hard to collect the food and send it to foodbanks and individuals in need.

### VOLUNTEERS IMPACT STATEMENT

PICKUP FROM	PICKUP NO TRAYS	DESTINATION	NO. OF TRAYS TO	Manhours
			DROP OFF Total	Daily Hours
TCM	12	FOODBANK,LONDON ROAD		4
EXTRA	12	HI RISE FLATS, SHETTLESTON		4
WAITROSE	15	Destiny Church		
TCM	10	HI RISE BLOCHAIRN FLATS		4
EXTRA	10	FOODBANK, ST ENOCHS		4
	4	DESTINY CHURCH		
TCM	12	FOODBANK,LONDON ROAD		4
EXTRA	12	HI RISE FLATS SHETTLESTON		4
TCM	12	FOODBANK, ST ENOCHS		4
EXTRA	12	HI RISE FLATS, TOWNHEAD		4
		FOODBANK, GLASGOW		
TCM	9	CENTRAL MOSQ		4
		FOODBANK, GLASGOW		
TCM	10	CENTRAL MOSQ		4
		FOODBANK, GLASGOW		
EXTRA	10	CENTRAL MOSQ		4
ST				
ROLLOX	10	Destiny Church		4
	150			48

Volunteers Impact  
Continued

MILEAGE. AND FUEL WEEKLY MILEAGE COVERAGE	414 MILES	£90
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WORKHOURS FOR FOOD DELIVERY HOURLY RATE FOR BENEFIT IN KIND TO CHARITY WEEKLY COST TO RUN CHARITY ANNUAL COST TO RUN CHARITY FOOD PROJECT		£480  £570 £29,640
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Just Under £30k worth of work was done by volunteers and this is a recognition of their wonderful input for food provision project alone.

For the Wellbeing projects

WORKHOUR WEEKLY = 16 OVER 3 MONTHS HOURLY RATE COST ANNUAL COST TO RUN CHARITY FOOD PROJECT	192 HOURS 10  £1920
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For Annual Support from Dunblane Volunteers

Weekly the Thank you for your unwavering support and commitment by helping to reuse and repurpose clothes throughout the year would amount to 6 hours per week over 52 weeks. 312 Hours Annual would amount to £3120. In total around £35,000 of benefits in kind has been put in by volunteers. With a real income of the bank just over £1800. The Trustees will continue to work hard and make every penny count.

Sincerely,

*Azra Bhatti*

Azra Bhatti,  
Treasurer on Behalf of Board of Trustees.

## Food We supplied to Various Organisations

As food hubs become operational, our collaboration with Glasgow Housing Association has concluded. However, we remain committed to delivering food to those in need. With demand initially very high, Stirling Aid leveraged its extensive network of contacts to successfully establish distribution channels for essential supplies.



## Helping : Empower Women for Change



Single Delivery Per Week, Weekly: Distribution includes:

Bread n Veg	Veg	Facility	Locale
20	20	Foodbank	Glasgow

Monthly Tin food deliveries equated up to 200 per month to help top up. This is mothers and toddlers' group as well as foodbank, we donated nappies and other toiletries on regular basis. They operate in St Enoch Area of Glasgow.

- **Weekly Distribution:**

- **Bread n Veg:**

- **Bread:** 20 trays → 20 trays × 10 meals/tray = **200 meals**

- **Veg:** 20 trays → 20 trays × 10 meals/tray = **200 meals**



### Yearly Distribution (52 weeks):

- Bread: 200 meals x 52 weeks = **10,400 meals/year**
- Veg: 200 meals x 52 weeks = **10,400 meals/year**

## Helping : Kindness Charity, Glasgow to 15 Sept 2023



### Two Deliveries Per Week year-round, Weekly: Distribution includes:

Bread	Veg	Facility	Locale
50	100	Shop	Glasgow

Kindness group serve Central Glasgow and Setup Nightly Stall at George Square. They have served nearly 55,000 people during the pandemic and our food has regularly been main stay, backup to their distribution to services users. We have tackled winter distribution and Ukraine Collection with Kindness too.

- **Two Deliveries Per Week Year-Round**
- **Weekly Distribution:**

- **Bread:** 50 trays → 50 trays × 10 meals/tray = **500 meals**
- **Veg:** 100 trays → 100 trays × 10 meals/tray = **1,000 meals**

#### Yearly Distribution (52 weeks):

- Bread: 500 meals × 52 weeks = **26,000 meals/year**
- Veg: 1,000 meals × 52 weeks = **52,000 meals/year**

## Helping : Glasgow Central Mosque's Foodbank



#### Two Deliveries Per Week: Distribution includes:

Bread	Veg	Facility	Locale
90	140	Mosque Dispensary	Glasgow

Serving nearly 220 families across Glasgow, Stirling Aid tops of the Dispensary Vegetables and Bread regularly

#### Glasgow Central Mosque's Foodbank (Ongoing)

- **Two Deliveries Per Week**
- **Weekly Distribution:**



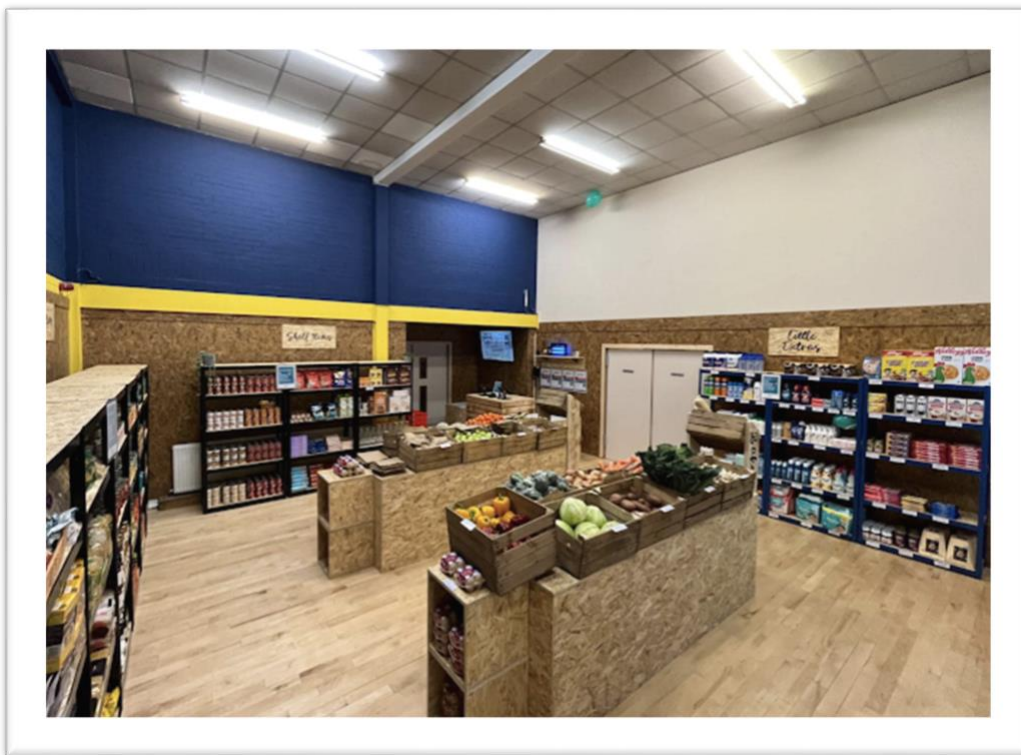
- **Bread:** 90 trays → 90 trays × 10 meals/tray = **900 meals**
- **Veg:** 140 trays → 140 trays × 10 meals/tray = **1,400 meals**

#### Yearly Distribution (52 weeks):

- Bread: 900 meals × 52 weeks = **46,800 meals/year**
- Veg: 1,400 meals × 52 weeks = **72,800 meals/year**

## Helping: Destiny Church Pantry Gorbals

With the Gorbals Pantry's volunteers they have now collected the following



Two Deliveries Per Week over 5month period, Weekly: Distribution includes:

Bread	Veg / Meat	Facility	Locale
200	140	Pantry Gorbals	Glasgow

#### Destiny Church Pantry, Gorbals

- Two Deliveries Per Week over 5 Months
  - Weekly Distribution:

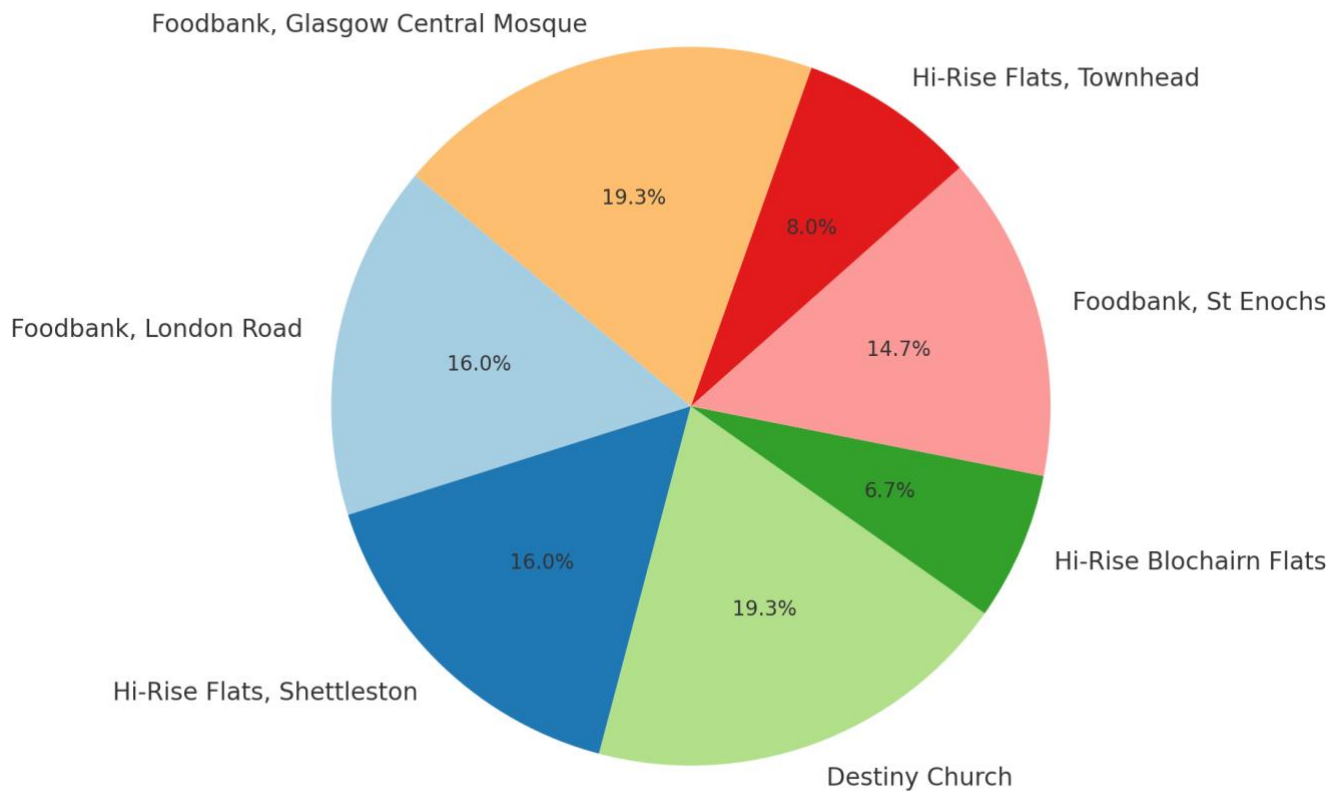
- **Bread:** 200 trays → 200 trays × 10 meals/tray = **2,000 meals**
- **Veg/Meat:** 140 trays → 140 trays × 10 meals/tray = **1,400 meals**

**Total Distribution for 5 months (approximately 20 weeks):**

- Bread: 2,000 meals × 20 weeks = **40,000 meals**
- Veg/Meat: 1,400 meals × 20 weeks = **28,000 meals**

## Summary

Tray Distribution by Destination



## Helping : Individuals and End Users

We remain committed to supporting the Interfaith Food Justice Network. This forum is dedicated to addressing food provision and food justice issues across the city and beyond. Through this network, we share information, resources, and support to those impacted. We've also extended our help to individuals facing food shortages.

Stirling Aid is one of the few charities operating after 7:30 PM to deliver food directly to individuals. As part of the Food Justice Network, other organizations often rely on us to deliver food and food packs to those in need. Additionally, we respond to urgent requests from Facebook and our contacts, providing meals, food, toiletries, and nappies to families in desperate situations, often with little or no food at home.

These requests have remained consistent to 20 to 30 deliveries per month

One typical case stands out: a mother and toddler who were granted only £40 for a week's worth of food while seeking asylum. The Food Justice Network reached out to us, and Stirling Aid delivered food to them that very night. Our food packs, which can be supplemented with ready meals and tins, are made from our regular deliveries. In summary, Stirling Aid continues to support those in need, providing essential food as prices rise.

1. **Food Deliveries (Organizations through the Food Justice Network) – 50%**
2. **Food Deliveries (Individual Urgent Requests via Facebook/Contacts) – 30%**
3. **Essential Items (Toiletries, Nappies, etc.) – 10%**
4. **Specific Case Responses (Asylum Seekers, Families in Crisis) – 10%**

## Wellbeing. : Youth & Encouraging the young

### Supporting Youngsters' Development - The Teen Girl's Arts & Crafts Project

At Stirling Aid, we believed in empowering the youth and supporting their personal growth. In partnership with Al Masaar, we organised the Teen Girl's Arts & Crafts Project, a transformative initiative aimed at helping girls facing anxiety issues related to school exams, social media, and self-confidence.

The project provided a safe and inclusive space for these young girls to express their concerns, interact with their peers, and learn a new skill. It was held weekly on Friday nights at the Dunblane Centre. The project began with sewing and craft sessions. At the onset, the girls were quiet and somewhat reserved, but as soon as they received sewing materials and instructions, their curiosity and interest were sparked.

Starting with basic skills like threading a needle and doing a running stitch, the girls quickly progressed to more advanced techniques like hemming and sewing on buttons. The process of creating something with their own hands proved to be therapeutic and enjoyable, while also fostering a sense of accomplishment and confidence.

The dedication and enthusiasm of the girls were remarkable as they continued attending sessions even during school holidays. They proudly crafted their first item, a hand-sewn cushion, and took it home with immense pride. As the weeks passed, the project introduced the girls to the art of glass painting. Armed with mirrors and paints, they drew intricate patterns on paper before transferring them to the mirrors, further honing their skills and boosting their self-assurance.



Beyond acquiring new crafts skills, the Teen Arts & Crafts Project successfully built a sense of community and friendship among the participants. These young girls found a supportive environment that encouraged them to embrace their uniqueness and build connections with one another.

This project exemplified Stirling Aid's commitment to fostering inclusivity and supporting personal development among youngsters, especially those from minority backgrounds. The positive impact on these girls illustrated the importance of such initiatives in creating a more compassionate and cohesive society.

Through these endeavours, we continued to make a meaningful difference in the lives of those in need, both locally and globally. Together, we strove to create a world where compassion and empowerment were at the forefront, paving the way for a brighter future for all.

## Wellbeing - Helping the Elderly

In collaboration with Al Masaar, Stirling Aid established a lunch club for some of the most vulnerable individuals in the community to support their mental health and well-being. The necessity for this initiative arose after the pandemic, which left some ladies isolated indoors for nearly two years without any social interaction beyond their homes. Many had experienced the loss of loved ones to COVID-19, leading to fear and apprehension about mingling with others.

The primary aim of both charities was to create a safe and friendly atmosphere, providing a supportive space for these individuals to interact. To introduce the project, the first two sessions were held on Zoom in the comfort of their own homes, allowing us to share information and build rapport with the attendees.

The initial meeting received a positive response, encouraging us to continue with weekly in-person sessions at the Mayfield Centre in Stirling. Throughout the year, we invited professionals to deliver talks on various mental health subjects, and we offered taster sessions of Yoga, Pilates, and Tai Chi.

During these sessions, we addressed the fears and concerns of the group and their families related to various illnesses, such as Diabetes, Dementia, ADHD, heart disease, and anxiety. Additionally, we conducted two weeks of interactive aromatherapy sessions, educating participants about the use of oils and natural herbal remedies for ailments such as sleep disorders, hay fever, and headaches.

Each session concluded with a shared healthy lunch, fostering a sense of camaraderie and encouraging meaningful conversations.

The lunch club gathered every Thursday at the Mayfield Centre during school term time, and we paused during school holidays. Over time, the group formed connections akin to family, providing a familiar and comfortable environment while delivering informative and productive outcomes.

A notable impact of this initiative was the inspiration it sparked in other towns to start similar programs for their communities. Observing the success of our lunch club, they modelled their groups, creating a positive "knock-on" effect that would benefit more people in raising awareness about mental health and addressing this growing issue.





## Stirling Aid 2022/3 Annual Report Conclusion

### Conclusion

As we reflect on this year's accomplishments, our collective efforts have profoundly impacted both our local and global communities. From the extensive food distribution achieved through our partnerships with organisations like the Interfaith Food Justice Network and the Glasgow Central Mosque, to the support provided through wellbeing initiatives and international aid projects, we have demonstrated unwavering commitment and compassion.

The success of our various programmes—from the dynamic Wellbeing Clubs in Stirling to the impactful Teen Girl's Arts & Crafts Project—highlights our dedication to addressing diverse needs. Our food distribution efforts, which have provided approximately 610,000 meals, and our international contributions, such as the donation of jackets to Syrian children, underscore the breadth of our outreach and support.

The strength of our organisation lies not only in the resources we mobilise but, in the spirit, and dedication of our volunteers and partners. Their tireless work, from handling food deliveries to supporting vulnerable individuals, has been instrumental in our success. The substantial value of their contributions, estimated at over £35,000, is a testament to their commitment and generosity.

Looking ahead, our mission remains clear: to continue serving those in need with compassion and effectiveness. We are inspired by the positive changes we have facilitated and remain steadfast in our goal to enhance the well-being of individuals and communities. As we build on this year's achievements, we are excited to embrace new opportunities and challenges with the same dedication that has driven our success thus far.

Thank you to all who have supported our efforts—your unwavering commitment is the cornerstone of our progress. Together, we will continue to make a meaningful difference, fostering a world where compassion and support are always at the forefront.

Sincerely,

Warm regards,

Zahir Haider

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