



2023

The Muirhead Outreach Project

MUIRHEAD IMPACT

REPORT



Table of Contents

0102

Introduction Values

0304

Manager's Report Fundraising Report

0506

FinanceMuirhead in the News

07

Family Days



“
Made us feel welcomed and part of the Muirhead community. Supported us to help our children overcome difficulties in their lives. Shown care and compassion when we have had issues which we have requested help with. Overall your input has greatly helped my own mental health and in turn allows me to help my children.
”
muirhead-outreach.org.uk
MUIRHEAD PARENT

1. Introduction

"Keeping families together through challenging times".

Our vision is for all families to overcome difficulties then go on to have healthy relationships and positive experiences.

A small, early intervention charity, supporting families to repair and rebuild relationships.

We aim to help minimise the impact trauma has on families and help them break the trauma- cycle. We give them a foundation on which they can build, either on their own or with the help of specialist support. We help families rebuild and repair relationships and give them tools to create sustainable, life-long change.

Our aims are:

- Parents and children will have improved well-being.
- Parents and children will have improved self-esteem.
- Parents and children will have an increased sense of belonging
- Parents and children will have an increased sense of achievement.
- Families will have more positive experiences.
- Families will have more resilience.
- Families will be less isolated.
- Children will display fewer concerning behaviours.
- Some families will be alleviated of poverty.

All newly referred families work through an 8-week foundation period where they learn about family routines, communication, emotions, attachment and needs and how to effectively de- escalate. During this period, we work with the family as a whole – both parents and child (and anyone else that may stay in the home). We realise that sustainability means making changes for everyone in the home and, as a result of our inclusiveness, quality of life improves for all members of the family.

After the foundation period of work, the parent & play group, pet therapy, teen art well-being group and parent groups and workshops become available to the family. This gives them a chance to continue their development and for us to maintain a connection with the family. These groups help provide the families with a sense of belonging, important social connections, a sense of achievement and a sense that life can be good! Our support continues throughout the school holidays where families can join us on family days or take a break at our beach side caravan.

2. Values

Our values are important in ensuring our community is getting the support they deserve.

Our values show how we treat our families and colleagues and expect to be treated in return. They help us to align with other organisations who have similar values and ensure sustainable change for the families we support..



Safe

We aim to create an ethos of care where everyone has the right to be in a secure and safe environment. We ensure families are safe from harm, neglect and exploitation and aim to reduce the impact of trauma.



Nurture

We give families the tools to repair, maintain and nurture themselves and relationships. We nurture our staff by having a caring work environment where their health and well-being are paramount.



Inclusion

Families are at the centre of our support. They have a voice in their care. We work in partnership with them and other organisations to create an ethos of inclusion and ensure people feel valued.



Understanding

Using empathy and compassion we show understanding by never judging, listening and appreciating different perspectives and giving families the tools to achieve this.



Connection

We aim to help improve family relationships that then have a wider positive impact on developing relationships out-with the family unit. We build these connections through partnership working and our Foundation Work.



Transparency

We work with an open, honest and respectful approach. Transparent communication fosters a collaborative culture, where everyone has a voice and secrets are abolished in favour of honesty and openness.



Community

As social beings, understanding other people opens up the possibility of seeing and understanding situations from different perspectives. In this sense, we favour the processes involved in building a community that creates empathy and values.



Sustainability

Our work makes long-term changes for families which allow them to go on to conduct a full, rich life; finding meaning, and flourishing. Our charity must be equally sustainable and we must be able to continue to be here. We accomplish this through creating change and building a fundraising strategy.

3. Managers Report



2023 was the year we planned to help our community and charity DRIVE FORWARD.

Our intention in 2023 was always to DRIVE the service into an area of growth. We set out our aspirations to grow the reputation of the service as well as providing good support to families who were experiencing difficult times. I think it would be fair to say we have achieved that. Our statistics and feedback are evidence of this.

We worked with 50 families, a total of 176 individuals. We worked with 69 adults and 107 children. We did this with 1 full time staff member and two part time support staff!

19 of the families were new to Muirhead Outreach Project and 31 received continuing support.

We worked with 50 families in 2023, a total of 176 individuals.

- 100% were satisfied or very satisfied with our support.
- 100% had more positive experiences.
- 93% felt we'd helped them to be better at communication and expressing emotions.

3. Managers Report



2023 was the year we helped our community and charity THRIVE.

The growth of the service has been slow and steady. Staff shortages have contributed to this and our priority has always been supporting our families, somewhat slowing growth. Recruitment was difficult in 2023.

We have been able to grow connections with other services through networking, training and by being part of forums relevant to our service.

We know our reputation of providing support has grown through the increase in referral numbers. Although our self referrals have decreased greatly, we have seen an increase in referrals from other services.

We worked with 69 adults and 107 children.

- 86% felt more resilient.
- 71% felt their children displayed fewer concerning behaviours.
- 71% felt their well-being had improved.

3. Managers Report



2023 was the year we planned to help our community and charity DRIVE FORWARD.

We have always wanted to GROW Muirhead Outreach Project and always know we want to get BIG but not too big that we lose sight of what it is we do and what we do well! We also feel that slow and steady growth is integral to ensuring sustainability.

The work carried out in 2023 has put us in a strong position for growth in 2024 and I look forward to next years AGM where I can talk about the development of these projects that are going to help grow the service.

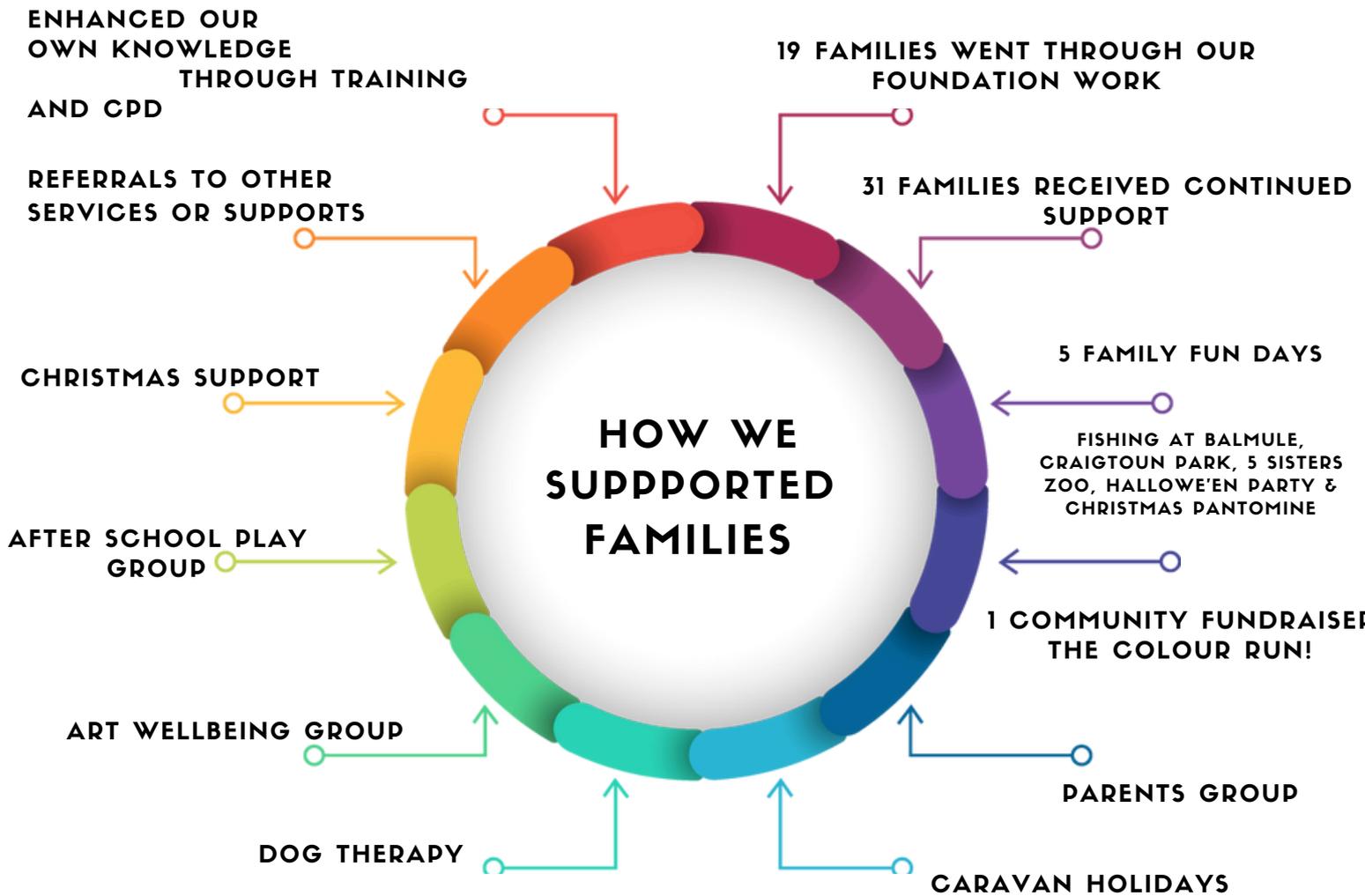
Our charity was once again nominated for the organisation of the year with Fife Voluntary Action.

Our Chair of the Trustees short-listed for the Trustee of the year award.

We had 39 families referred to us in 2023.

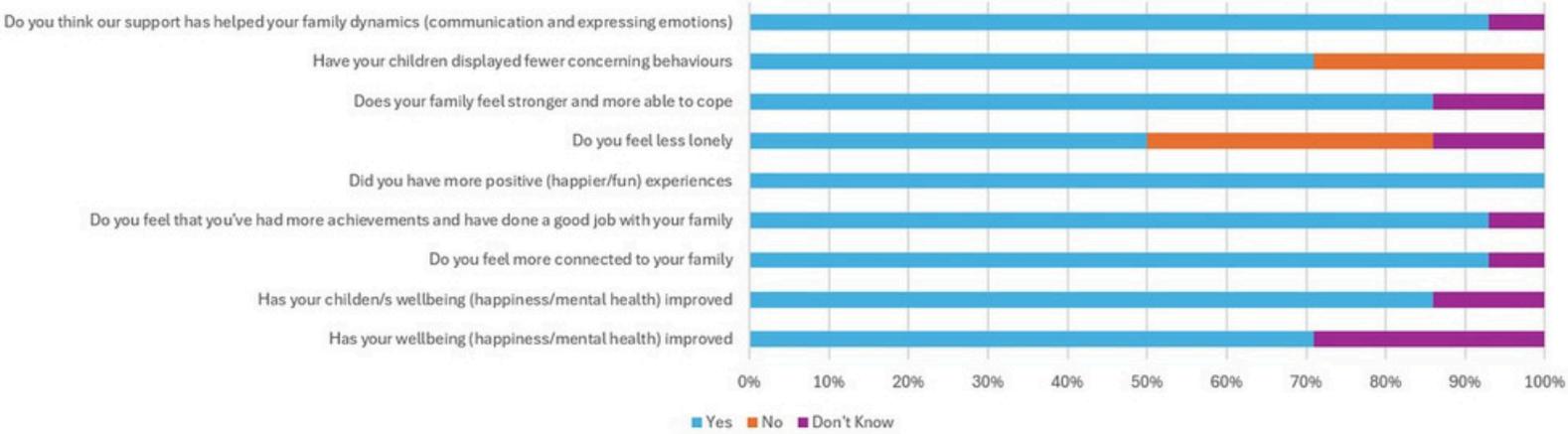
- 93% felt they'd had more achievements.
- 93% felt better connected with their families.
- 86% felt their children's well-being had improved .

3. Managers Report



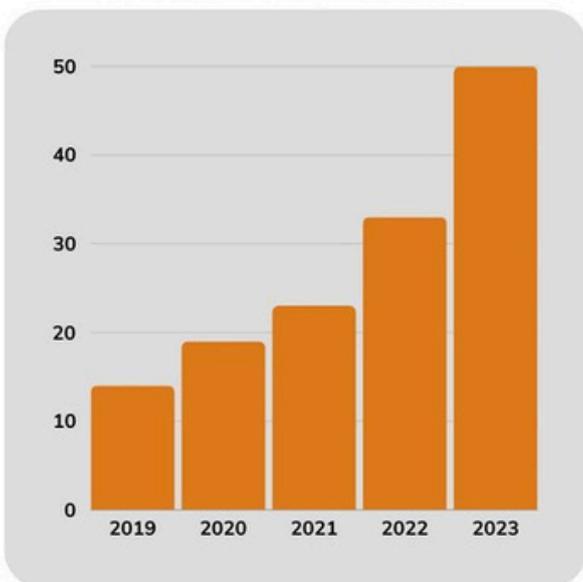
3. Managers Report

MOP 2023 Feedback Responses





MASSIVE increase in families supported in the last 5 years





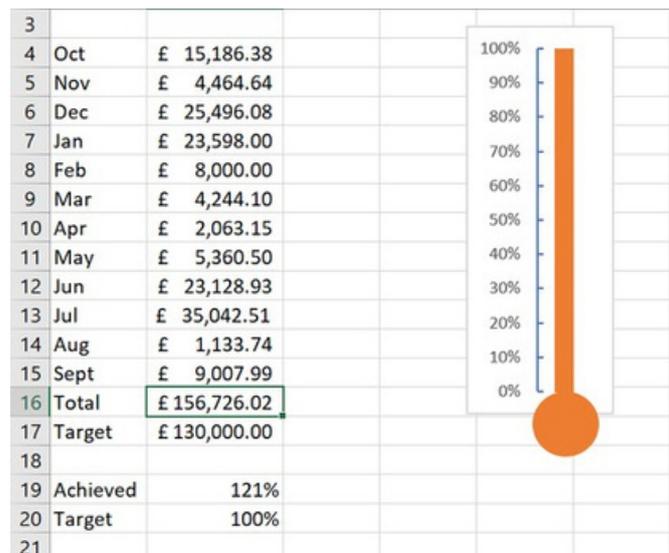
We now support more than double the number of families, with the same small team!

4. Fundraising Report

2023 was a strong year of Trusts and Foundations fundraising for Muirhead.

2023 was a steady year for Muirhead. Whilst our successful bids were fewer than 2022, multi-year funding kept us ticking over and we increased our income by 22%, exceeding our target by 21% (Target was £130,000, income was £156,726).

	FY 2021-2022	FY 2022-2023	Increase	Current Income: October 2022 – February 2023
Overall Donations	£128,295	£156,706	22%	£81,374



In 2023 £375,500 of funding was applied for, of which, 29% (£109,699) has been successful and at the upper end of the industry standard.

As in previous years, the majority of our funding has come from applications to Trusts and Foundations. We had a small income from the Rainbow Run but unfortunately, probably due to the Cost of Living Crisis, individual giving is down. We had two other events planned in 2023, which were cancelled, due to lack of uptake.

4. Fundraising Report

In 2023 we had encouraging support from the community with donations and sponsorship coming in regularly.

We were thrilled to have the support of our Chair of the board, in raising over £1100 by running marathons.

We're very grateful to Fife Dog's Trust for their continued support and the amazing donation of games and toys as well as £600 to our donation bucket.

We continue to be supported by Leviton and have a good working relationship with them as well as B2B Flooring and The Rotary Club of Glenrothes.

Our Virtual Christmas Donation bucket was a **HUGE** success raising over £5000. We are so grateful for all the generous donations. Natalie Jones Hair and Judith Quinn were significant donors and to the anonymous donors, we send thanks.

VIRTUAL DONATION BUCKET



Help fund our vital work by making a donation.



Click



Donate



Support



Share

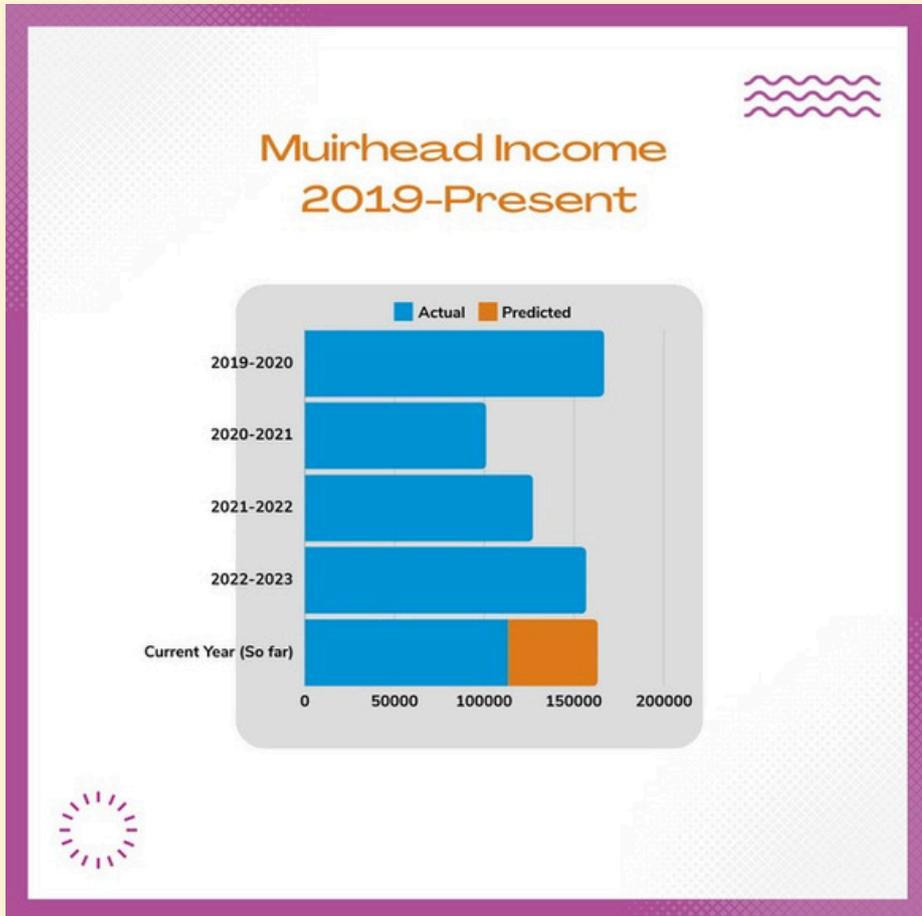


Muirhead Income

What the future looks like.

In summation, 2023 was another good year for Muirhead, in terms of Trusts and Foundation fundraising. The Rainbow Run was a massive community success, which we will continue to build on, hopefully further diversifying our income. We had strong support from the community who frequently donated and garnered sponsorship.

We will continue to grow our reputation of delivering a good support package to families experiencing difficult and challenging times.



5. Finance

Finance Report

End of Year September 2023

FINANCE REPORT FOR YE 30.09.2023 – pre annual adjustments and audit

BANK

At 30th September 2023 we had £104,603.12 in the Muirhead bank account.

ACCOUNTS

The accounts for the period to 30th September 2023 are showing a net profit of £22,147.69. This is an increase of £7,188.51 compared to the same period last year and is due to an increase in income of £27,234.91 partly offset by an increase in costs of £20,046.40.

	PE 30.09.2022	PE 30.09.2023	Difference	Ref
Income – Unrestricted donations	£43,659.08	£66,587.59	£22,928.51	1
Income – Restricted donations	£69,065.00	£90,700.20	£21,635.20	2
Income – other inc caravan, rent, direct costs	£17,328.80	£0.00	(£17,328.80)	3
Total Income	£130,052.88	£157,287.79	£27,234.91	
Direct Expenditure	£33,202.54	£27,995.62	(£5,206.92)	4
Overheads	£81,891.16	£107,144.48	£25,253.32	5
Total Expenditure	£115,093.70	£135,140.10	£20,046.40	
NET PROFIT/(LOSS)	£14,959.18	£22,147.69	£7,188.51	

1. Unrestricted donations in PE 30.09.23 were £66,588 (2022: £43,659) meaning there was an increase in unrestricted funds in the year of £22,929.
2. Restricted donations in PE 30.09.2023 amounted to £90,700 (2022: £69,065) which is an increase in the current year of £21,635.
3. Additionally PE 30.09.22 detailed £17,329 of other income. There was no other income analysed for PE 30.09.23. The combination of the various revenue streams gives an overall increase in donations/funding of £27,235.
4. Direct expenditure decreased by £5,207 between PE 2022 and PE 2023. This can be broken down into the following movements:
 - £3,129 decrease in 2023 on caravan costs
 - £1,995 increase in 2023 on fund raising costs
 - £3,045 increase in 2023 on gifts
 - £5,614 decrease in 2023 on activities
 - £3,175 decrease in 2023 on support at home
 - £1,185 increase in cost of sales goods in 2023. No costs in 2022 – possible different nom being used?
 - £486 increase in 2023 on other direct costs including food
5. There was an increase in overhead expenditure of £25,253 in 2023. The more significant movements are noted below:
 - £31,222 increase in staff salaries – is this correct? Could be timing diff?
 - £1,038 decrease in rent, rates, electric and premises running costs
 - £4,320 decrease in professional, consultancy, legal and accounting fees
 - £1,612 increase in computer support costs
 - £1,581 decrease in office equipment
 - £1,409 increase in corrections
 - £1,039 decrease in insurance
 - £1,407 decrease in sundries
 - £395 increase in other categories

6. Muirhead in the News in 2023

U Q THE COURIER Evening Telegraph

Referrals double for Glenrothes charity offering family support

How can you help raise funds for this important local charity?

In partnership with Leviton March 3 2023, 9:33am

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Glenrothes inaugural Rainbow Run was held last month at Gilvenbank Park in the town, with the event adding some colour to a grey weekend as runners took to the 2km and 5km courses with huge enthusiasm.

Sponsored by local businesses, Leviton and Go Glenrothes, the Muirhead Outreach Project organised the successful event to boost wellbeing and raise funds for charities. The event saw hundreds participate, with organisers praising the atmosphere on the day.

7. Family Days 2023

Families enjoyed 5 family days in 2023, including, Fishing at Balmule, Craigtoun country Park, Five Sisters Zoo, a Hallowe'en family fun day and trip to the Panto to see 'Beauty and the wee Beastie'.

Easter Eggs and selection boxes were provided by local businesses; The Rotary Club of Glenrothes, Barrie Book keeping and I-Scaff Solutions. The family days were funded by Children in Need.



Balmule Fishery



Craigtoun Country Park & 5 Sisters Zoo



Hallowe'en and Pantomime

"You have helped in many ways. Have helped to improve our confidence and self esteem as parents. Have helped us to overcome difficulties as a family. Have made us more open to speaking about our mental health and made us more hopeful for the future"

Muirhead Parent



We would like to thank all of our supporters and funders in 2023.

ABC Foundation
B2B Flooring
Dr. Guthrie's Association
Eva Reckitt Trust Fund
Fife Dog Training
Fife Voluntary Action – Mental Health & Wellbeing for Adults
Fife Voluntary Action – Our Minds Matter
Fitton Trust
Henry Smith Charity
Hugh Fraser Foundation
James Woods Bequest Fund
Leviton
Natalie Jones Hair
National Lottery – Improving Lives
New Park Educational Trust
Robin Leith Foundation
Stafford Trust
Swire Charitable Trust
The Dickon Trust – Foundation Scotland
The Paristamen Charity
The Robertson Trust
The Rotary Club of Glenrothes
The Russell Trust
Thistledown Trust
Volvox Trust

We thank you for your continued support.



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