

Changing our world for the better
Project by project

FEL



Annual Report 2022 - 2023

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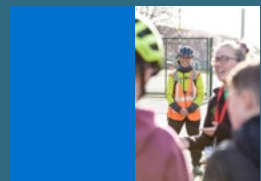
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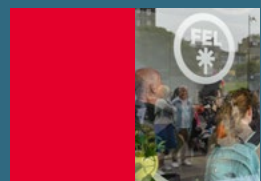
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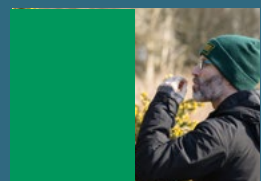
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Introduction from the Director

This was the year in which we began to shake loose the restrictions of the Covid pandemic and ramped up our project activity. We learned many lessons from the years preceding and did our best to carry them forward.

Active Travel remains a high priority for FEL; specifically, our focus on getting bikes into the hands of children, and helping them learn to ride in safety and confidence. We operated three school hubs throughout the year, carrying on established activity: working alongside school administrations to offer cycling in the local area, bike maintenance instruction, and pop-up events. In Alloa Academy alone we engaged with over 800 students and members of staff. We also broadened our offerings to include walking and, a highlight of the school year, skateboarding.

We were asked to extend two exciting pilots in partnership with Transport Scotland. Our partnership with Transport Scotland and Active Clacks drove two projects: Gearing Up, through which we worked with Barnardo's, and Bike Buddies. Via the latter we provided 301 new bicycles to children in SIMD 1 and 2 areas in Bannockburn and Alloa. While numbers tell part of the story, the real plus point was seeing the faces of these children, and young people, when they collected their brand-new bikes.

Our work in schools didn't end there as we delivered Bikeability level 1 and 2 training in four primary schools across Falkirk: 137 children trained in level 1, and 127 trained in level 2. FEL's Project Travel team can be sure that they have empowered a generation of children in Falkirk to cycle for transport - and for pure enjoyment.

One unfortunate aspect of the year ending March 2023 was that Forth Bike, came to an end. While bike share schemes such as this cannot, by their nature, become viable if they are to attempt to pay for themselves, we know first-hand the benefit they bring to people in towns and cities, some without secure bike storage or without the means to buy and maintain a bike of their own. We hope to see a replacement in the Forth Valley in due course.

Back to the positive: another incredible highlight was our delivery of the Falkirk Food Futures programme. A partnership between FEL, Falkirk Council, CVS Falkirk and NHS Forth Valley allowed us to fund projects addressing food insecurity, with more than half a million pounds spent on worthwhile, important local projects. The reach of this project will be felt for years to come: nearly 500 people reported an improvement in their life quality as a direct result of our work. As we head into 2023-24, we will continue the work of Falkirk Food Futures through legacy projects including Health in Mind and Shared Prosperity.

FEL's reach and impact is incredibly varied and vital. This year, we knew it was time to re-launch the brand to make our presence and communication more cohesive across the board, to better share that impact with our supporters and communities. We embarked on a brand audit with the assistance of Brand Oath, an award-winning brand consultancy firm in Edinburgh, and subsequently re-launched. A new look and logo, a fine-tuned mission statement and a sharper understand of who and what we are for helped drive us forward in this financial year, and will continue to in coming ones. It has helped to shape how we think about and talk about ourselves; we are proud of the valuable work we do and by re-branding, we have shifted our mindset. We now know how to use that pride to inform our future work.

We know what a difference we are making in local communities by listening to them and putting our skills, knowledge, enthusiasm and experience to good use.

Together, we are making a difference. We are dedicated to showing people how to make changes to benefit their lives, their communities, and the world around them. FEL is focused on helping our people to thrive.

We are changing our world for the better, project by project.

Clara Walker, Executive Director

Project Travel

Active Schools Hubs
Bike Buddies and Gearing up
NHS Active Travel
Cycle Forth
EST eBike Loans
Project Travel Activity





Active Travel is a huge part of what we do and how we focus our work. As we endeavour to help our communities recover from the devastation of Covid, we have delivered several exciting pilots, extended projects in existing areas, and continued some of our most successful activities.

It is due to FEL's reputation for delivering national outcomes at a local and regional level, which is why we were selected to work in partnership with Transport Scotland and other funders to operate Bike Buddies, Gearing Up, and Cycle to Volunteer.



Active Schools Hubs

We continued our outstanding work in Alloa and Bannockburn, providing three secondary schools with permanent Active Travel hubs. These projects see FEL officers on campus each week to deliver activity that increases awareness of and participation in cycling and walking for everyday, short journeys.

School hubs aim to create a central space within the school to promote and support active travel, encourage more students to choose active journeys, and improve the physical, mental, and social well-being of each school community.

By creating active travel officer roles in each hub, we provide children with a recognisable, approachable adult who encourages these children in activity outside of school work and home life. This is a role we take seriously, and we find our impact on individual children to be invaluable. Work with the ASN (Additional Support Needs) departments has been particularly rewarding, providing positive examples and agency to pupils who may face challenges in the school environment.

The three Active Travel Hubs are in Lornshill Academy, Alloa Academy, and Bannockburn High. All three are funded by Paths for All's Smarter Choices, Smarter Places fund.

The Lornshill Active Travel Hub project supports active and sustainable travel within the Lornshill Academy community. This was our fourth year working with Lornshill, and our officers have been able to build strong connections with some of the children as they grow and move through the curriculum.

The Alloa Academy Active Travel Hub began working in August 2022. One of the hub's biggest successes was the Active Travel pop-up in December. We reached a record number of pupils from every year group, with many trying the smoothie bikes, having fun and giving us an opportunity to address individual barriers to active travel.

The Bannockburn High Hub provided campaigns to support National Active Travel awareness days, Dr Bike events, a lock library, staff training, led walks and cycles, support for summer hub activities, lunchtime walks for teachers and staff, and a school wide Step Count Challenge. Activities included collaboration with various organisations, including Stirling Council's Youth Participation Team, Police Scotland, Love My Bus, and the Endura Life Cycle Trust.

The project has successfully brought Active Travel to the forefront of these school communities, instilling the benefits of walking and cycling and removing the stigma associated with these modes of transport.



“The pupils I have sent to you have complex and significant needs. They find it difficult to engage with learning but your approach has been so successful they are delighted to work with you.

My S5 twin girls have learned to ride a bike. This has given them a sense of achievement that they struggle to get elsewhere. It is a lifelong skill that, due to their difficult home circumstances, they have not and would not gain.

Thank you for your hard work. I hope that your input continues for a long time. I feel it has been of huge benefit to our school.”

**Mrs Lorna Shepherd, Principle Teacher of Pupil Support,
Bannockburn High School**



Facts and stats

Lornshill Academy:

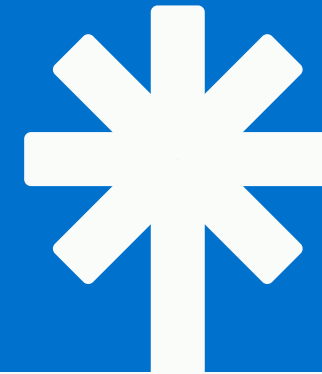
- 696 total engagements
- 2 weekly SQA bike maintenance classes
- 63 1:1 Health and Wellbeing sessions around walking and cycling
- 50 bikes serviced
- 115 individual bike bus journeys
- 67 pupils taking part in Bike to School week

Alloa Academy:

- 97 events and outreach sessions in the Hub's first year
- 800 engagements with pupils and teachers

Bannockburn High:

- 174 activities
- 1,132 engagements with pupils and staff
- 112 pupils taking part in 30 led walks and cycles
- 24 S2 pupils completed Bikeability level 3 trial provided by Cycling Scotland
- 500% increase in cycling





Bike Buddies and Gearing Up

Transport Scotland selected FEL as a trusted partner with extensive experience in community outreach to run pilot projects in giving children bicycles and safety equipment such as helmets. These projects were scheduled to run in some of the most deprived locales in Scotland. FEL worked in partnership with Barnardo's and our school hubs to meet requirements, giving each child a bicycle that was suitable for that individual.

Bike Buddies

Delivered via the school hubs, this project targeted primary seven pupils from the catchment areas of Lornhill Academy, Alloa Academy and Bannockburn High School. This was one of 10 pilot projects funded by Transport Scotland as part of Scottish Government's 100 days pledge to provide bikes for young people.

Criteria for pupils to receive a free bike was either:

- Pupil qualifies for Free School Meals (FSM)
- Pupil lives within an SIMD (Scottish Index of Multiple Deprivation) 1 or 2 area

The aim was not only to provide bikes, but to also support children to use them safely. It was important that we not just equip children with the physical items, but also ensure they were capable of following road safety requirements. Pupils from Lornhill and Alloa took part in a delivery day where they received their bike, helmet, light, locks, a jacket, gloves, puncture kits and if needed, a bike cover. During the delivery pupils took part in a led ride from their primary school to their new high schools and were taught how to fix a puncture.

The Bannockburn catchment area received their bikes and accessories as well as some basic cycle skills. Since the project conclusion, pupils have been spotted out around Stirling and Clackmannanshire on their bikes.

One pupil from the Bannockburn cluster said: "I can't believe I'm getting a new bike, is it really one of these?" Many of the pupils said they will use their new bike over the summer holidays.

Facts & stats

- 133 bikes were given out to 2022 primary 7 cohort between March and June.
- 168 bikes were given out to the 2023 primary 7 cohort. Delivery of this ran into the 23/24 funding year.



Gearing up

The Gearing Up project was another one of Transport Scotland's free bikes pilots, aimed at giving children from low-income areas a free bike and the support to use that bike. It was delivered by FEL in partnership with Barnardo's operating across Falkirk and Clackmannanshire. Barnardo's referred young people, aged 10-22, to FEL. The programme targets those who have experienced and are dealing with life challenges, ensuring access to bikes reaches some of the most vulnerable young people in Scotland.

This specific model partnered with Barnardo's, targeting 16-20-year-olds. Groups of 6-8 pupils were referred by Barnardo's staff and took part in a 6-week programme of cycling activities, including basic maintenance and culminating in a long led ride. Bike accessories such as helmets, locks and lights were provided to every participant. All bikes were serviced and repaired frequently throughout the year.

Bikes were retained between each week's session to ensure the young people continued to attend. Only after the final long bike ride did the participants 'graduate' with their bike, which they had selected personally from a small selection, to ensure retention into the programme. FEL provided snacks to participants during each session as it was recognised that some of these young people may not have eaten throughout the day.

The programme was structured into 6 weekly 2-hour sessions focusing on essential cycle skills training, led rides, maintenance workshops, and safe route planning.

This project supported some of the most deprived and vulnerable children in our communities. The programme exceeded Barnardo's expectations in terms of increased confidence, reduced anxieties, greater peer support, increased attainment and commitment. They have stated it was the best activity they had offered their young people which a "transition into life".

The feedback has been very rewarding. The young people who received bikes continue to use them on a daily basis. The highlight of the project has been the social impact the sessions and bikes have had on this group, who often suffer from social isolation and have little interaction with others outside their family or social group. Gearing Up introduced young people who had never met previously; by the away day session on week 5 they were great company and very supportive of one another.



“ I loved the whole experience, being out on the bikes was amazing.”

“ It gave me the belief that I could cycle further, I cycled 15 miles with my dad yesterday!”

“ My family are happy I’m taking part; it’s keeping me out of trouble getting a bike.”

“ I’ve learned about gears and bike checks, I liked being part of a group.”

“ 18 miles is too far to cycle! But I managed it.”



NHS Active Travel

Funder: NHS Forth Valley and Paths for All, Smarter Choices, Smarter Places

Two distinct arms to one ambitious project: to help both staff and patients in the Forth Valley cycle more, via the provision of information, loan bikes, led rides, and maintenance. Our support led to an increase in cycling confidence, desire to cycle, and ability to make shorter journeys by bike.

Our NHS work is facilitated by a permanent officer on site at Forth Valley Royal Hospital in Larbert. By having a member of our team there on specific days, we are able to offer high-quality, consistent and reliable support, which in turn is vital in encouraging both staff and patients to travel by bicycle.

Pop-Up Events

- 163 meaningful staff engagements at 7 events, resulting in more staff being aware of their local active and sustainable travel options

90-Day E-bike Trials

- 42 loans of e-bikes to NHS FV staff
- 4,184 cumulative days of e-bike loans
- 2,906 miles cycled, the equivalent of 797kg of CO₂ in car miles
- 56% of survey respondents said they were very likely or certain to continue cycling after the loan





Step Count Challenge

- 3 step count challenges: 199 teams, 946 participants, and 227,244,277 steps (the equivalent to 139,850 miles or 38.31 of CO2 in car miles)
- 94% said that the challenge increased the amount that they walked and that they would continue to walk more as a result



E-bike and E-cargo Bike Loans

- 7 e-bikes on loan to 5 Forth Valley GP surgeries, providing active travel options for home visits and other work journeys
- 2 e-cargo bikes on loan with GPs in NHS FV area, providing an active travel alternative for transportation of documents and medicines





Forth Bike

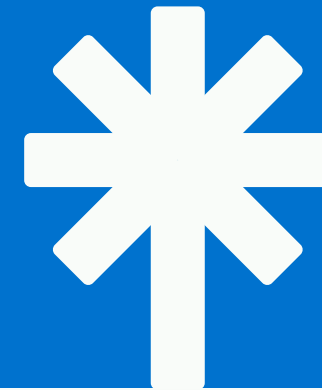
- 2 new stations opened on 7th November at NHS Forth Valley sites: Camelon Health Clinic and NHS Bungalows (Lochview)
- 8 new bikes were added to the network at the same time
- 5 Forth Bike memberships were distributed to staff on the launch day.



Forth Bike usage stats:

- Average of 4.57 hires every day across NHS sites
- Average of 17.79 miles being cycled on Forth Bike to or from NHS FV sites every day
- 5938 total miles from NHS FV sites is the equivalent of more than Larbert to Tokyo (in a straight line)
- The CO2 emissions from this many car miles would be approximately 1.69 tonnes

Across the whole Forth Bike network, 16,291 journeys were made across Forth Valley covering 65,456 miles in the calendar year of 2022.



Case study

Lynda is a clinical coding officer at NHS Forth Valley's Royal Hospital and trialled one of our e-bikes during 2021. The opportunity allowed Lynda to cycle instead of using a car between 5 and 10 times every week, travelling up to 10 miles every work day, and, just as importantly, reintroduce cycling to her lifestyle. It wasn't just the daily work commute either. Leisure time and errands also became an opportunity to get out on the e-bike and get some fresh air and movement.

"I returned the e-bike over two years ago and both my husband and I bought our own e-bikes as we loved them so much. I am still cycling and will return to cycling to work again shortly since my hours at work have changed again to make this more possible."

It was great to hear that Lynda and her husband have bought their own e-bikes (a cost that can be spread out with interest-free loans from Energy Savings Trust), so we wanted to learn more about why e-bikes felt like the right choice for them:

"The trial gave us the chance to try cycling again as we had not had bikes for a long time. I think an e-bike gives the option of using it without power if you want and also the option of extra power if you need or want it. We go further on our e-bikes than we would on a regular bike as it is easier to venture further."

The extra miles made possible by the electric assist on these bikes can really make a difference to your day and your lifestyle, so if you work for NHS Forth Valley don't hesitate to get in touch from your NHS email and ask to be added to the 90-Day E-bike Trial Waiting List. Asked if she would recommend e-bikes to anyone thinking about it, Lynda said, "I would totally recommend trying the trial for any colleagues".



Cycle Forth

Funder: Stirling and Clackmannanshire Councils, City Region Deal

Alana: “It doesn’t matter what else is going on in my life just now, I know that I have this to come to and when I ride my new bike I only think about that, it’s great.”

Esther: “I enjoyed a lot about the bike training, it has equipped me with more confidence in manoeuvring the bike on roads. Shaz and Drew are so professional, informative and helpful all along the journey, especially the laughter and sense of humour. I did share what I learned from the course with my teenage son who now practices riding his bike to and from school even in challenging Scottish weather! That’s a real big difference.”

Facts and stats

Confidence-building, led rides with focus on peer-support.

- Seven 90-minute sessions delivered in Tillicoultry with 6 participants (1 male, 5 female). All participants received refurbished bikes and accessories through the Clacks Regeneration Project for participating.
- 1 pop-up with 15 attendees (5 male, 10 female) at the Mayfield Centre in Stirling to promote the upcoming block in February.





EST eBike Loans

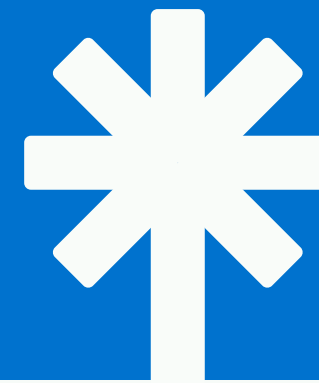
Funder: Energy Saving Trust

Facts and stats

Free ebike loans to the public and businesses/ organisations, to see how they could integrate.

- 84 ebikes loaned out to individuals and businesses/ organisations.
- 12,731 miles cycled by loanees.
- This is equivalent to cycling from Stirling to Nairobi and back!
- 7,500 loan days.

We loaned an ebike to food a delivery rider. During his loan period, he covered an impressive 4117 miles delivering food to customers around Falkirk town centre. Due to the pedestrianised nature of the town centre, it was quicker for him to deliver to the customers by bicycle than car.





Project Travel activity

Funder: Paths for All, Smarter Choices, Smarter Places Capability Fund

Facts and stats

Increasing the number of people choosing to walk, cycle and wheel for everyday journeys at a local and regional level across Forth Valley.

- Core activity engaged with 992 people across 89 events.
- 741 people tried an ebike or ecargo bike with kids trailers, seats and accessories at our events.
- 68 individuals from partner organisations attended our Hub Network webinars.
- 528 people engaged with across 11 events as part of our Wonder Women campaign to promote cycling to women and girls.

- 110 people engaged as part of our Bus for You sessions, supporting young people to take up their free bus pass.
- 25 people engaged through our Active Travel Skills Academy.
- 38 young people engaged through our Wild Steps Wild Beats walking project, linking music and walking in nature.



Project Food

Falkirk Food Futures
The GEM Project
Sustainable Thinking Scotland
Tamfourhill Community Hub
Forth Valley Food Futures
Health in Mind





Healthy, happy communities start with a robust, sustainable food system. Good food is a basic right, and one of the ways in which we as an organisation can improve the welfare of both our people and our climate.

Our headline project this year was Falkirk Food Futures, a partnership project distributing funds to projects addressing food insecurity. This also led to the launch of Forth Valley Food Futures, incorporating partnerships in three counties. By activating our networks, we are helping to build a better food future within the Central Belt, that will benefit generations of people.



Falkirk Food Futures

Funder: Community Renewal Fund

The Falkirk Food Futures Programme (FFFP, or the Programme) was a partnership project between Forth Environment Link (FEL), Falkirk Council, CVS Falkirk and NHS Forth Valley.

With a total grant allocation of £534,000, the FFFP funded both revenue and capital projects for community organisations, charities, and others in the third sector. Eligible applicants could apply for grant funding of between £5,000 and £30,000 for projects that addressed food insecurity. In addition, an overarching training programme of events and education activities was delivered around the theme of good food and sustainability.

The value of this project was vast, and FEL faced new challenges in the undertaking. We became a substantial grant giver – something we had never done before. We had to design and implement new processes, which doesn't come without dedication and hard work. We learned a great deal from Falkirk Food Futures, and it is a testament to our experience and partnerships that the project was so successful. FFFP was a great splash of activity that created ripples within these communities. Though delivery technically concluded in September 2022, the benefits continue and will do so for some time to come.





Facts & stats

- 20 projects were supported through grants - improving physical infrastructure; developing skills around food growing and cooking; bringing people together
- 17 community organisations engaged in digital inclusion support and training
- 14 young people completed the Good Food Ambassador programme from 2 local high schools
- 487 participants in 39 Food Education activities
- 30 Mental Health Support sessions

- 3 sets of Food Dialogues supported between 20 people in Community Food Organisations and the public sector
- 274 community staff/volunteers improved their skills
- 494 people reported improvements with their health and wellbeing
- 156 people reported an increase in confidence in community food growing



The GEM Project

£23,738 awarded

The overall highlight of the GEM (Growing, Eating and Meeting) Project in Grangemouth's Kersiebank Community Education Centre was the transformation of people and place. We offered a suite of training courses and 12 people took advantage of this. Many of them received certificates that could help with future employment and education. Three of our volunteers have returned to education and employment since being part of the GEM. The transformed café area and outdoor space has helped reduced isolation within the local community. The fact that the funding has finished but the people want the activities to continue is success in itself.



Sustainable Thinking Scotland £30,000 awarded

The award was used to pay the wages of our farm-hand officer, Roy. Apart from the obvious improvement in his health, wellbeing and productivity, the secondary benefits have been wonderful. Thanks to the CRF for paying his wages and helping us create an environment that's helped him and in turn a huge number of the community with his input in the food production and at community meals and workshops. We appreciate the opportunity to be able to have done this.





Tamfourhill Community Hub £22,620 awarded

The cooking classes were a highlight, and we feel this is a success outcome that we are able to continue in the community. The produce of fruit and vegetables has been successful and seeing the young people and communities' reaction to the produce has definitely been a highlight. The engagement from the groups and the impact on our communities' social lives, health and wellbeing has been a great success.



Forth Valley Food Futures

Funder: Falkirk Council Community Renewal Fund, NHS Forth Valley

Following on from Falkirk Food Futures, one FEL project coordinator focused on creating a partnership to enable good food work to be completed across the whole of the Forth Valley as efficiently as possible. We developed ongoing collaboration, shared learning, and opportunities between Forth Valley's three food partnerships.

From this, a website was created that collates food resources into one place. A directory, noticeboard, list of resources in local areas, and a Sustainable Food map tell the story of food in the wider geographic area. Listed are sustainable food producers as well as spaces that deal with food rescue and redistribution, including emergency food.

Partnerships were developed to manage ongoing funding applications, resource allocation and policy creation, under the umbrella of Forth Valley Food Futures. FEL continues to administrate for both Forth Valley Food Futures and Stirling Food Partnership, drawing on our history and expertise to help food systems become as seamless as possible.



The Stirling Food Partnership

Funder: Stirling Council and Sustainable Food Places

Clacks Good Food

Funder: NHS Forth Valley, Sustainable Food Places, CTSI, Alloa First

Cross-sector Food Partnerships for Stirling and Clackmannanshire. Members of the Sustainable Food Places UK network.

- Food Governance & Strategy
- Healthy Food For All
- Good Food Movement
- Sustainable Food Economy
- Catering & Procurement
- Food for the Climate

A series of events held across each county, specific to the area, helped shape activity. Data gathered and relationships built through these platforms will help inform multi-year food actions plans across the Forth Valley.





Health in Mind

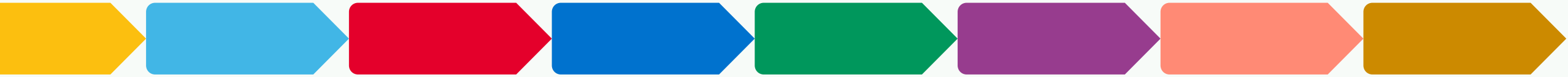

Funder: Communities Mental Health & Wellbeing Fund

Workshops to support physical and mental wellbeing of individuals and communities. Reduced social isolation, got people outdoors. This project brought together FEL's twin approaches of Active Travel and access to good, sustainable food.

Jasem said: "Forth Bikes changed my daily life. I have the chance to explore Falkirk area using an electric bike, which I absolutely love. I really enjoy cycling around Callendar Park and to the Kelpies. Thank you very much for this opportunity and hopefully more people get to experience all the benefits this scheme offers."

Facts and stats


- 10 workshops: 5 cooking & 5 cycling
- 50 participants
- Worked with 7 organisations in Falkirk: Caledonia Service, FDAMH, Woodland Resource Centre, Psychological Services, Braveheart, The Thrive Programme, and the Refugee Groups at Cladhan Hotel in Falkirk



Project People

Partnerships & Pathways Extension
Scotland Loves Local



A man with dark hair and a goatee, wearing a green sweater, stands in a bar or shop. He is holding a stack of wrapped gifts and a brown suitcase. The background is filled with various decorations, including hanging plants, lights, and a blue motorcycle. The scene is warm and inviting, with a focus on local community and business support.

Ongoing consultancy with local communities means we can help them build their own Place Plans, and work on finding the right solutions for their unique set of circumstances. FEL worked with communities in Denny and Bainsford and Langlees to unravel their needs and create a plan.

We also facilitated the Scotland Loves Local project, building collaboration across businesses and their local audiences. By ensuring independent, novel businesses are recognised and have custom, we helped put money and value back into the local economy.



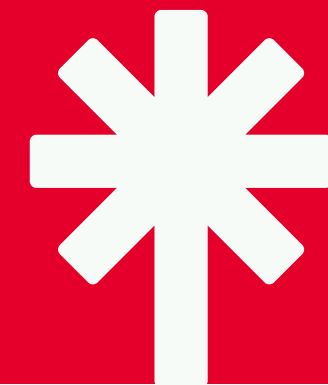
Partnerships & Pathways Extension

Funder: Investing in Communities

FEL provided continued service delivery to mitigate the impact of the COVID-19 pandemic by supporting volunteers, delivering monthly networking events, delivering Climate Ready action plans to each community, encouraging health and wellbeing through linked FEL projects, and increasing and maintaining partnerships across Falkirk. This was no small task, and it called for immersion in each place and its communities.

Following this activity we delivered:

- 2 Climate Action Plans for 2 local communities - Bainsford & Langlees and Denny.
- Community Design Workshops in both areas to draw up ideas for land use, focusing on Living Well Locally.
- Community Growing Training for 1 local resident in each community to support them in setting up and running community gardens.
- A Community Garden Plan for Bainsford & Langlees.
- Community Meals and Arts & Crafts workshop.
- 2 Climate Literacy workshops.





“The biggest impact is really unmeasurable in the social interactions that have taken place. Neighbours have been interested to see the changes in the garden and they have come together to cook and share recipe ideas. After Covid this project has brought the community back together whilst learning new skills in the garden and the kitchen.”

Denny resident, impact survey



Scotland Loves Local

Funder: Scotland's Town's Partnership

The Scotland Loves Local project aimed to build collaboration across business and communities. We used the Falkirk District Gift Card scheme to cement and promote new partnerships and facilitate localised responses around Living Well Locally.

We launched the 'Meet the Shops' campaign to showcase and celebrate the unique character of Falkirk High Street. Seven shops, also part of the Falkirk District Card, were invited to have their portraits taken by renowned photographer Julie Howden, known for her work on the 'Local Food Heroes' exhibition in Stirling. The photos and interviews captured during the shoot now serve as valuable assets for Falkirk Delivers' social media channels and garnered interest from local press for the campaign's launch.

Being part of the Love Local scheme, this campaign also doubles as promotion for the Falkirk District Card. To extend the impact, we printed and framed the portraits for display in some of the participating shops. The response from the local business community has been overwhelmingly positive, and with the support of Falkirk Delivers, they can now amplify their businesses further.

Facts & Stats


- £3785 distributed over 43 cards - that is an extra £3,785 into the local Falkirk economy
- We provided loaded Falkirk Loves Local cards with a total of £150 each to 17 Falkirk based food provision groups and providers.
- 7 Local Businesses engaged through our Meet the Shops Campaign.
- 80 people engaged with our Climate Action Planning Survey, with Falkirk District Cards as a reward.
- 4 community climate events hosted with incentivised Falkirk District Cards as a reward.



Project Nature

Get Growing Falkirk





Growing food is a way of engaging with the earth in a physical way, and is proven to be beneficial for wellbeing. By encouraging local communities and individuals to grow their own food, we are also helping increase understanding and respect for local food systems and seasonality - both vital in our fight to save the climate.



Get Growing Falkirk

Funder: Falkirk Council

FEL received funding to support the outcomes of Dig in Falkirk and the Falkirk Food Futures (FFF) programme. The aims were to:

- Work closely with communities and community organisations to address food insecurity in Falkirk and build a fairer resilient and sustainable food future.
- Support community growing provision and develop more sites for community use.
- Create resilient communities with a focus on net zero outcomes around food and reuse.

Key deliverables will include:

Development of a growing volunteer network, providing seasonal, local advice to existing and emerging food growing projects; a micro grant scheme offering grants of up to £200 for seeds, tools and equipment; access to our food ambassador network to help embed a positive food culture across the region; and support to identify cross policy funding opportunities to help develop Falkirk into a Sustainable Food Place.



A photograph of two women sitting outdoors in a garden. They are both wearing bright orange jackets. The woman on the left has short, grey hair and is looking towards the woman on the right. The woman on the right has long, blonde hair and is also looking towards the other woman. They appear to be in conversation. In the foreground, there are green plants with small purple flowers. The background is slightly blurred, showing a metal fence and some greenery.

Funding & Finance

FEL would like to thank and acknowledge the support we receive from a wide range of funders. This year's accounts have been fully audited in accordance with UK Charity regulations and have been prepared using the new Charities FRS 102 SORP.

Partnership Working

The impact, reach and success of our activity is as a direct result of the strong partnerships we have developed with a wide range of local and national organisations. Together we are stronger and more able to make a positive impact where it will be felt the most. We couldn't do what we do without this level of support and we are enormously grateful to everyone who has contributed to our work this year.

The breakdown of funding for this year is in the table below.

Income	Unrestricted Funds	Restricted Funds	2023	2022
Donations and legacies	35,569	-	35,569	6,353
Charitable Activities	57,081	1,248,816	1,305,897	1,382,053
Total	92,650	1,248,816	1,248,816	1,388,406
Expenditure				
Raising Funds	39,306	-	39,306	38,352
Charitable Activities	30,109	1,341,886	1,371,995	1,217,898
Total	69,415	1,341,886	1,411,301	1,256,250
Net Income /(expenditure)	23,235	(93,070)	(69,835)	132,156
Transfer between funds	26,856	(26,856)	-	-
Net movement in funds	50,091	(119,926)	(69,835)	132,156
Balances brought forward	345,193	359,583	704,776	572,620
Balances carried forward	395,284	239,657	634,941	704,776

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