



**SFiCE Foundation**  
Helping Vulnerable Adults in Nottingham, UK

Support For Individuals in a Caring  
Environment

**SFiCE Foundation:  
Making a Difference**

In 2025, we made a real difference in our community through the Social Café, ESOL classes, Health and Wellbeing, and Music sessions. Thank you to our volunteers, donors, and supporters, none of this would be possible without you.

# 2025

## Annual Impact Report

**4,255**

KG of food waste saved  
from landfill

**5,929**

Meals Served

**£151,223**

£'s of Funding Secured to support  
our projects



# Introduction



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**"Happiness  
comes  
when we  
think of  
others,  
before we  
think of  
ourselves."**

**Parminder Dhanjal,  
Director**

This year marks a significant milestone as we celebrate 10 years of serving our community. Over the past decade, SFiCE has grown in both reach and impact, and 2025 has been a year of continued development.

Demand has increased across all of our projects, reflecting rising need and the trust placed in our services. In response, we have expanded our support, including the introduction of our new Breakfast Club, creating an additional space for connection and practical help.

This has also been a year of staff transition and growth. Despite change, our commitment has remained the same: to deliver meaningful, lasting impact for the individuals and communities we serve.

This report highlights our key outcomes and achievements as we continue building on ten years of community impact.





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# Strategic Overview

## Our Vision

We aim to help make Nottingham a stronger and more resilient community, where people experiencing housing insecurity, poor health, disability, financial hardship, social isolation or other disadvantages have the support they need to thrive.

## Our Values

At SFICE Foundation, we create a welcoming, compassionate space for all adults, supporting them through vulnerable moments in their lives. From meals and hygiene support to wellbeing activities and education, our services foster connection, confidence, and resilience. By putting community at the heart of everything we do, we empower individuals to take positive steps forward.

## Our Impact on the Community

In 2025, SFICE's reach grew, enabling us to support an estimated 550 individuals, including 207 accessing our services for the first time. Participants reported that attending our projects contributed to improvements in their mental health, wellbeing, and nutrition, reflecting the tangible impact of our support on the lives of those we serve.



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## Projects

### Social Café

A hot, three-course meal should be a right, not a privilege. We serve free meals to all, removing every barrier to accessing vital sustenance.

## Outcome

**5,929** meals addressed critical food insecurity among vulnerable adults in Nottingham.

### Health and Wellbeing

Supporting individuals holistically, addressing their diverse needs, creating lasting impact.

**45** individuals experienced transformative change through our support.

### Support Services

We provide comprehensive support through our project, offering essential resources like emergency food, clothing, toiletries, and access to showering and laundry facilities.

For **896** individuals, this project offered a lifeline by providing access to food parcels, clothing, toiletries, showers, and laundry services.

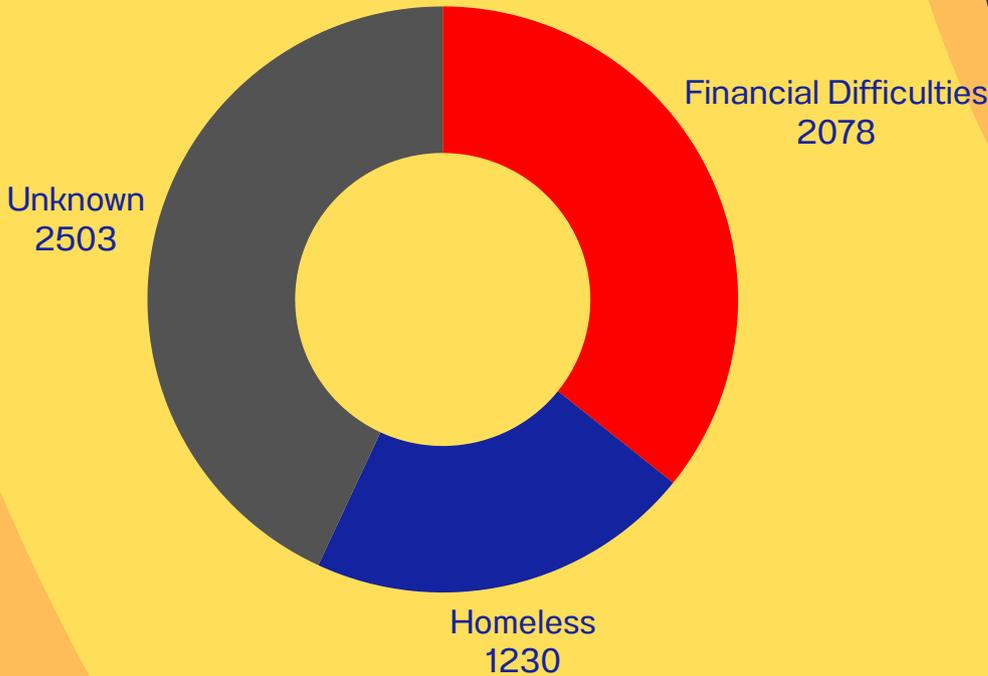
### ESOL Classes

Free ESOL classes are essential for non-native English speakers, providing the language skills needed for integration, independence, and opportunity

Our ESOL classes attracted a total of **644** attendances, providing vital opportunities for participants to improve their English, build confidence, and engage with the wider community.

# Social Cafe

Who we supported



I was struggling with food since I started rough sleeping but now knowing this place I do not worry as much as I am guaranteed a 3 course meal and the food is lovely and healthy.

- Damian, Service User

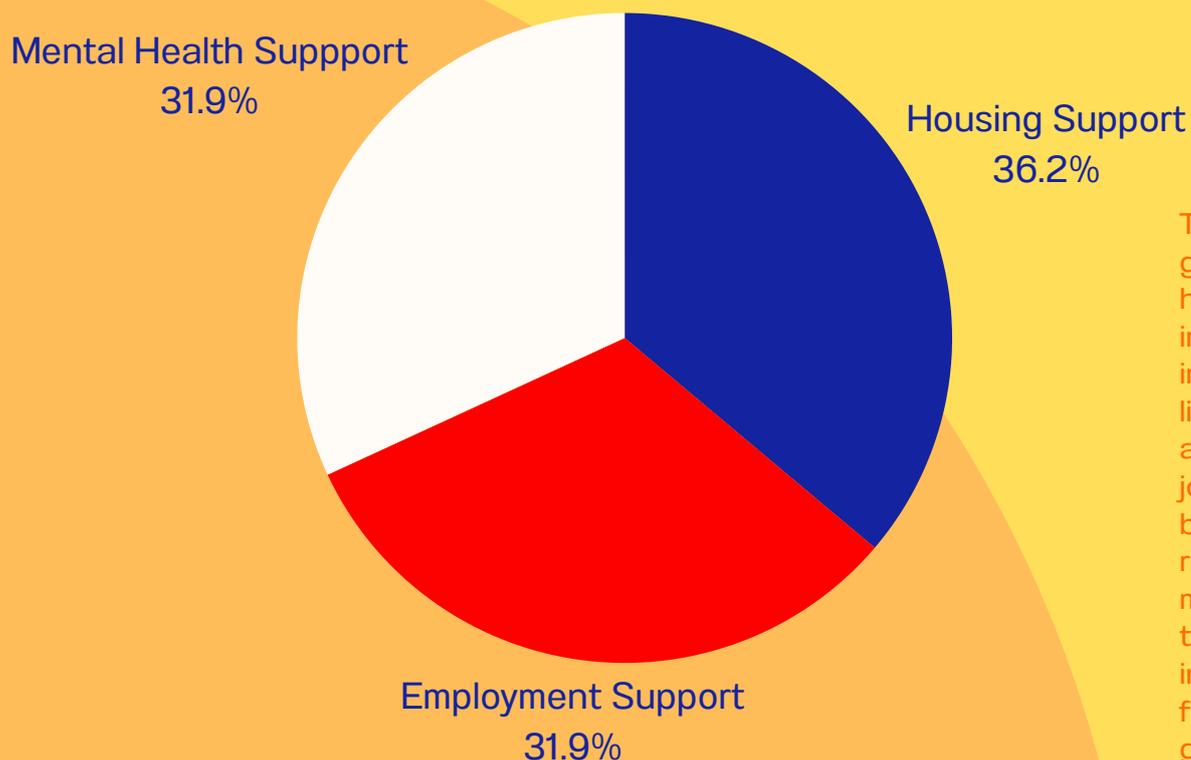
In 2025, we served an average of 41 free three-course meals daily—a total of 5,929 meals—providing vital nourishment and support to those in need. These meals were served in a safe, warm space, offering not just sustenance but also valuable social connection.

While many who accessed our services preferred not to disclose their personal circumstances, we know that among these meals, 1,230 went to individuals experiencing homelessness and 2078 to those facing acute financial hardship.\*

\*These figures represent meals served and may include individuals who accessed our services multiple times, highlighting the ongoing need for this essential community support.

# Health and Wellbeing

Towards the end of this reporting period, Ro was promoted to Assistant Manager, and we were pleased to welcome Dana as our new Health & Wellbeing Officer. Trained by Ro, Dana has quickly made a fantastic contribution, delivering tailored, person-centred support that has led to tangible outcomes for our service users, including improved wellbeing, access to accommodation, and progress towards employment and independence. As an Arabic speaker, Dana has also helped break down language barriers for many of the people we support, enabling clearer communication, greater trust, and more effective engagement.



The help Ro gave me will have a very big impact on improving my life. I will be able to find a job again, I will be back on the right track in my life. The team who work in this foundation are great people. Here I feel at home

-Sandra, Service User

# Support Services

176

Toiletry packs distributed

69

Loads of Laundry done

170

Food Vouchers distributed

## Music for Wellbeing

In 2025, the Music for Wellbeing project continues to be a cherished resource for our community. Guided by a highly qualified and experienced music teacher, the group offers participants a positive outlet for creative expression while nurturing a strong sense of connection through shared musical experiences.



98% of Service Users said their mood was improved after participation in a session

## ESOL

The ESOL (English for Speakers of Other Languages) class has become an essential resource for our community, recording **644** attendances last year. Led by a skilled and experienced language instructor, the class offers participants a supportive environment to develop their English language skills, build confidence, and engage with others. Through interactive lessons and collaborative activities, the class fosters a welcoming sense of community and empowers learners to connect more fully in their daily lives.

# Breakfast Club

94

Breakfasts served

9

Accessed Support Services

4

New Volunteer Roles

At the end of last year, we launched a Friday Breakfast Club, and these are just the early figures. The club has already served **94** breakfasts, quickly becoming very popular and filling an important gap in the community by providing a hot meal for those experiencing financial difficulty. Through the Breakfast Club, **9** people accessed support services via the building, and the initiative also led to the creation of four new volunteer roles. In addition, it has encouraged greater attendance at the Music for Wellbeing sessions and created opportunities for socialising between breakfast and music, strengthening connections across the community.



# Celebrating our Volunteers



**3,134**

Hours of Volunteer experience  
Accessed

**15**

Consistent Volunteer Roles  
available weekly

Volunteering is the lifeblood of our organisation, enriching both our community and the lives of those who give their time. In 2025, our dedicated volunteers contributed an incredible 3,134 hours, supporting our vital services. From preparing nutritious meals in our kitchen, fostering community connections in our social café, to providing essential support within our ESOL training courses, our volunteers fill crucial roles.

Each week, we offer around 15 volunteer opportunities, with the potential for even more as we develop new roles in areas like social media, volunteer coordination, and community activities.

Beyond the tangible support, volunteering empowers individuals. We're proud that several service users have transitioned into volunteer roles, demonstrating the transformative power of giving back. Even those who regularly help with tasks like cleaning, though not formal volunteers, contribute significantly to our positive environment. Furthermore, our work with organisations like The Friary, Nottingham Street Aid and our local Primary Care Network has enabled us to better support individuals, highlighting the broader impact of our volunteer programme.

These contributions, both big and small, strengthen our community and enable us to better serve those in need.

# Looking Forward

Looking forward, collaboration is key to unlocking even greater things for SFiCE! We're excited to build on our existing partnerships with fantastic local organisations and make connections with even more groups who share our passion for supporting vulnerable individuals. By joining forces, sharing ideas, and working together, we can create a ripple effect of positive change and build a truly supportive community for everyone we serve.

At SFiCE, we recognise the incredible value of our volunteers and are committed to their development, nurturing their talents and providing them with the support they need to flourish, benefiting both individuals and our community!

And, of course, a huge thank you to our wonderful funders and donors – your generosity makes all the difference! Together, with compassion and dedication, we can create a community where everyone's basic needs are met, their rights are respected, and they are empowered to live a fulfilling life



Generously supported by  
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