



SFiCE Foundation
Helping Vulnerable Adults in Nottingham, UK

Support For Individuals in a Caring
Environment

SFiCE Foundation: Making a Difference

In 2024, we worked tirelessly to support our community. Through projects like our Social Cafe, Health and Wellbeing and Benefits Advice Group, we made a real impact. Thank you to our volunteers, donors, and community members. Your support makes it all possible.

2024

Annual Impact Report

2,777

KG of food waste saved
from landfill

5,208

Meals Served

£85,198

£'s of Funding Secured to support
our projects





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Introduction

Welcome to the SFiCE Foundation's Impact Report for 2024.

This report details our key outcomes, achievements, and impactful projects, while also outlining our vision for 2025.

As we celebrate 10 years of serving our community, we also mark a significant milestone: our first year of comprehensive social and community impact reporting. We're committed to understanding the true impact of our work—the difference we make to the lives of those we seek to help. This report, and those to follow, will explore these impacts and identify key trends as we continue to deepen our understanding of SFiCE's benefit to the community.

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

**- Parminder Dhanjal,
Director**





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Strategic Overview

Our Vision

We envision contributing to Nottingham becoming a stronger, more resilient community where individuals facing age-related challenges, ill health, disability, financial hardship, or other disadvantages have the support they need to flourish



Our Values

SFiCE Foundation is guided by values of inclusivity, compassion, and community spirit. We provide a welcoming environment for everyone, regardless of background, operating on non-religious, non-political, and non-sectarian principles. We are committed to supporting people during vulnerable periods in their lives, using community development as the foundation of our work.



Our Impact on the Community

In 2024, SFiCE's reach grew, enabling us to support an estimated **500** individuals. Participants themselves shared that attending our projects contributed to improvements in their mental health and nutrition.



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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

5,208 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 **209** individuals, this project offered a lifeline by providing access to food parcels, clothing, toiletries, showers, and laundry services.

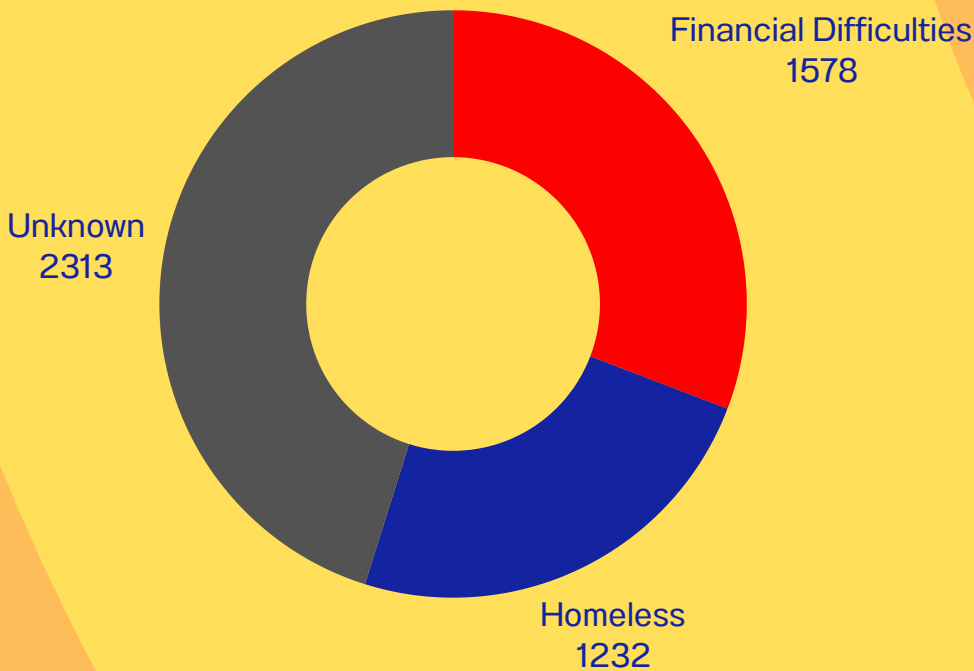
ESOL Classes

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

63 students achieved a greater command of spoken and listening English through our ESOL class

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 2024, we served an average of 36 free three-course meals daily—a total of 5,208 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, 1,232 went to individuals experiencing homelessness and 1,578 to those facing acute financial hardship.*

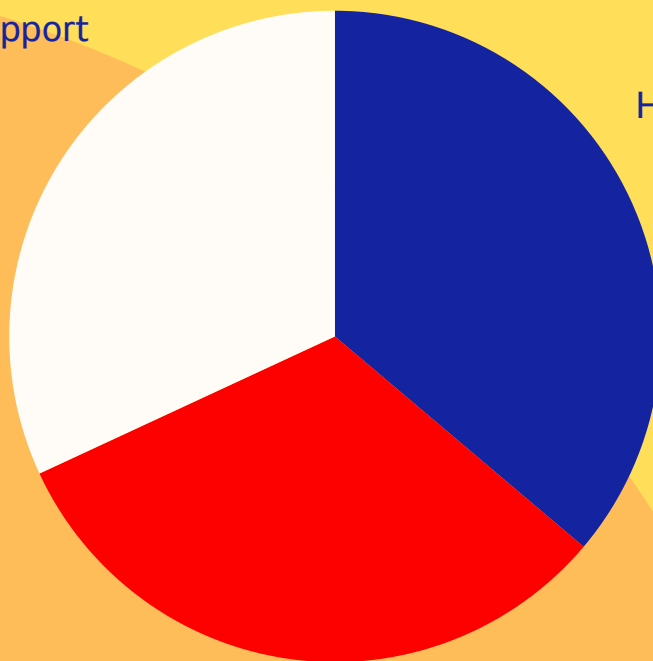
*These figures represent meals served and may include individuals who accessed our services multiple times, highlighting the ongoing need for this essential community support.

Health and Wellbeing



Since joining SFiCE in April 2024, our Health and Wellbeing Officer, Ro, has made a significant positive impact on the lives of our service users. Embracing a holistic approach, Ro develops bespoke plans for each individual, addressing their diverse needs and empowering them to improve their prospects. This has resulted in tangible outcomes, including securing accommodation, gaining employment, and improving mental health, among other achievements.

Mental Health Support
31.9%



Housing Support
36.2%

Employment Support
31.9%

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

*Figures shown are from a 8 month period from
MAY 2024- DECEMBER 2024

Support Services

125

Showers accessed

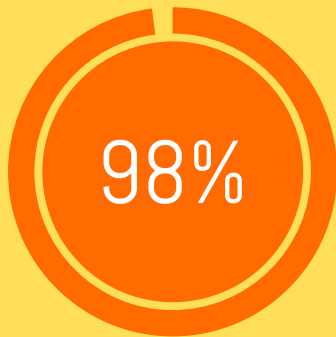
61

Loads of Laundry done

65

Food Parcels distributed

Music for Wellbeing



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

The Music for Wellbeing project has quickly become a valuable resource for our community. Under the guidance of a qualified and highly experienced music teacher, our group provides participants with a positive outlet for creative expression and fosters a strong sense of community through shared musical experiences.

Support Hub

Our new pilot project, The Support Hub has quickly become a beacon of hope for those facing digital and benefits-related challenges. We've helped people gain essential computer skills, apply for jobs online, and access vital benefits, all in a welcoming and supportive environment. It's amazing to see how a little support can make a world of difference!



Celebrating our Volunteers



2,468

Hours of Volunteer experience
Accessed

13

Consistent Volunteer Roles
available weekly

26

Service Users accessed our
Volunteer Programme

I was interested in volunteering in order to help the local community and at the same time gain some skills in order to get a job. I love what SFiCE does and it's a lovely welcoming environment where you feel kindness from staff and volunteers.

- Carl Biddle, Volunteer

Volunteering is the lifeblood of our organisation, enriching both our community and the lives of those who give their time. In 2024, our dedicated volunteers contributed an incredible 2,468 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 and supporting our Benefits Advisor, our volunteers fill crucial roles.

Each week, we offer around 13 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, Framework, Beam, 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-

The National Lottery, The Tudor Trust, Albert Hunt Trust, Charles Littlewood Trust, Gemini, Hockley Hustle, Nottingham Street Aid



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