



Polish Family Support Centre

Annual Report 2012/13

The Polish Family Support Centre is a voluntary organisation that specialises in helping people in need of emotional, psychological, educational, social, or spiritual support and by offering professional counselling and advocacy services. PFSC promotes and provides counselling and advocacy services for those in the community who are disadvantaged, disabled or socially excluded on the grounds of their ethnic and cultural differences.

PFSC Staff List - May 2013

Marta Nowak-Project Coordinator
Magda Lewandowska - Secretary
Beata Pawlus-Fundraiser
Diana Nowak-Psychologist
Monika Rudzicka-Psychologist
Ewa Nowak- Social Worker

Board of Directors

Andrew Kocaj (CEO)
Kyle Reid
Marcin Nowak
Malgorzata Raczynska
Jakub Zagadlo

Did you know?

Profiles of our Staff and Directors
can be found on our website
www.pfsc.co.uk

Head office

Polish Family Support Centre
10 North Grange Grove
Prestonpans
EH32 9JP

Edinburgh office

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Edinburgh
EH7 6AE

Contact

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Opening hours:

Monday-Friday: 10.00 – 15.00

Polish Family Support Centre

Sort code: 80-11-00
Account number: 00398105



PFSC

Polish Family Support Centre

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View from the Chief Executive

2012/2013 has been another very successful year. Through its charitable activities, the Polish Family Support Centre was recognised by a number of governmental and non-governmental organizations both in the United Kingdom and Poland, furthermore our services are becoming more popular every day by citizens living in other parts of Scotland and the United Kingdom.

We have worked with more individuals, children and families in 2012/13 than last year. The high-quality services offered by the PFSC has enabled us to give the Polish community a positive sense of identity, belonging and recognition.

We opened a new office in Edinburgh and we have introduced new e-Psychologist and Skype online services for those not able to visit us in person.

Our new “Stronger Together” slogan illustrates the new ethos of the SCVO for 2013/14.

The cooperation with government, local authorities, and several public and private departments has found many new beneficiaries and dramatically increased the awareness of our organization.

The organisation will continue to deliver high quality services, continue building trust and relationships and maintain its strong reputation. In many ways, I believe our Polish Family Support Centre is one of the fastest growing Polish charities in the United Kingdom with very promising prospects.











Andrew Kocaj
Chief Executive



Funders and Donors

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- ⊗ EVOC - (UK)
- ⊗ AWARDS FOR ALL - (UK)
- ⊗ FUNDATION SEMPER POLONIA - (PL)
- ⊗ WSPOLNOTA POLSKA - (PL)
- ⊗ EAST LOTHIAN COUNCIL - (UK)
- ⊗ SCOTTISH COMMUNITY FOUNDATION - (UK)
- ⊗ MINISTRY OF FOREIGN AFFAIRS OF THE REPUBLIC OF POLAND - (PL)

PROJECTS	FUNDINGS
"Helping Youth – Investment in their development"	 
"Family Crisis Intervention Center"	
"New and better life"	  
"Legal and Advocacy Assistance"	
"Group Work"	
"Stronger Together"	
"Advocacy Services for Polish Community"	

PFSC funds were received for the Polish and British sources. We believe that any project we run is with the benefits for Polish community living abroad. Working in the partnership with other organisations will increase awareness of the Polish Family Support Centre services and that will enable us to reach people who have not heard about PFSC.

Finance

Income & Expenditures

for the year ended 31 March 2013

	Unrestricted Funds	Restricted Funds	Total Funds 2013	Total Funds 2012
	£	£	£	£
Income Resources				
Voluntary Income				
Grant Funding	-	13,008	13,008	8,911
Donations	538	-	538	360
	<u>538</u>	<u>13,008</u>	<u>13,546</u>	<u>9,271</u>
Resources Expended				
Cost of generating funds	-	-	-	-
Cost of charitable activities	418	15,239	15,657	6,612
Governance costs	480	-	480	300
	<u>898</u>	<u>15,239</u>	<u>16,137</u>	<u>6,912</u>
Net Income (Outgoing) Resources	341	-2,932	-2,591	2,359

Balance Sheet

as at 31 March 2013

	2013 £	2012 £
Fixed Assets		
Tangible Asset	556	442
Current Asset		
Bank & Cash	945	3,470
Creditors		
Amount falling due within one year	480	300
Net Asset	<u>1,021</u>	<u>3,612</u>
Fund Balances		
Unrestricted	297	-44
Restricted	724	3,656
Total funds	<u>1,021</u>	<u>3,612</u>



Achievements and Highlights of the Year

- ④ In 2012 the organisation continued the “Helping Youth- investment in their development” project. Funded by Awards for All which main aim is to tackle difficulties of Polish youth in Scotland. The project is being implemented and the huge differences and improvements for the local youth and their prospects can already be seen.
- ④ In 2012 the Polish Family Support Centre has continued the “New and Better Life” project and received funding from Edinburgh Voluntary Organisations Trust and Scottish Community Foundation, providing comprehensive support to people living in the Edinburgh area, who suffer from mental health issues and social deprivation. This comprised of psychological, educational, legal, social help and advice for individuals and families.
- ④ In 2012 East Lothian Council funded Polish Family Support Centre for the commitment in wellbeing and vibrancy of East Lothian community.
- ④ In 2012, as in previous year, we organise donations of clothes, toys and home appliances to help disadvantaged people living in Scotland. After careful evaluation of living conditions of individuals and families in need, we give specific donated things to Polish citizens and other minorities who are in difficult financial or physical condition.
- ④ We expanded our services to Edinburgh and Lothian’s to reach more people, we have now opened a new office based in the Arts Complex in Edinburgh to serve a wider group of the Polish community.
- ④ Additionally, one of our volunteers and a director was elected as a Policy Committee member at the Scottish Council for Voluntary Organisations (SCVO) and attends numerous meetings related to the Scottish voluntary sector.
- ④ The PFSC organised development workshops, consultations, training workshops for parents and children. Held in the Prestonpans Community Centre and Arts Complex in Edinburgh, it provides emergency services for people living outside Edinburgh who are disabled or are unable to travel to Edinburgh.
- ④ The Polish Family Support Centre developed a new website and improved communications between patients and professionals such as the new e-Psychologist services (online Psychologist).
- ④ The PFSC also held various events for families and disadvantaged children such as the Santa Day for Children and Cinema and Paintball events which aim was to integrate Polish youth abroad.
- ④ We already have the support of Semper Polonia which provides PFSC with learning books and school materials to enable Poles to have Polish place with books and journals available in Polish. Semper Polonia have already donated to PFSC around 150 books.



Gallery

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Integration with youth: "Helping youth investment in their development"



Paintball- "Helping Youth-Investment in their Development"



Christmas Party for Children 2012



Christmas Party for Children 2012



Customer Feedback

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"I feel that PFSC is giving this personal touch to its services for clients and every time I come either to psychologists or just to talk to anyone I feel very unique"

"A year ago I felt stressed and depressed, after coming to regular meeting with psychologist and participating with numerous workshops and group sessions I realise my purpose in life. It may sound very cliché, but I can proudly say PFSC changed my life"

"My friend encouraged me to seek help after my abusive relationship, I was afraid that if I speak no one will take me seriously. PFSC provided me with anonymous care and take me through each step very carefully. I am grateful to meet such wonderful people and I cannot say enough good things about their work"

"Every day I think about my life without the help of Polish Family Support Centre I have goose bumps on my skin. I have children and I lived in a very unhealthy relationship. I was very depressed and sick help. No one in my town spoke Polish and it was hard for me to open up to anyone. My English was not very good and I felt very lonely. I realised that in such small town I lived there is no way I could freely go to Police or ask for help without anyone noticing. Thank god, that I met a women who encouraged me to call PFSC. Not only I met a very great people, but I was not afraid because they made me feel very calm and comfortable. I managed to get out of my relationship and PFSC team found me flat and contacted Scottish organisation to make sure I will not be threatened or found. I am entirely grateful and cannot imagine my life without PFSC help. Without them I would not be the same fulfilled and happy parent to my children, and I would not be a women which is pleased with her life "

Funder's Logo



Ministerstwo Spraw Zagranicznych
Rzeczypospolitej Polskiej



STRONGER
TOGETHER