

## How-to Guide

This guide offers more detailed information and advice for those who may be interested in adopting or adapting the initiative in their local area.

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## Fun and Food – Dundee Bairns



<b>Title</b>	Fun and Food – Dundee Bairns
<b>Organisation</b>	Dundee Bairns.
<b>Category</b>	Fully Validated and Effective Local Practice.
<b>Poverty Impact</b>	Mitigation., Awareness.
<b>Introduction to the Project</b>	
<p>The Fun and Food programme by Dundee Bairns works to reduce food insecurity during holidays by delivering cold packed lunches across Dundee during April, Summer and October school holidays. The project delivers the food out to community groups, schools, and family support teams. Fun and Food also helps to support other community provisions such as community fun days in areas of high multiple deprivation, playschemes for kids, day trips, targeted childcare and transitions between different levels of schooling. All activity supported by Dundee Bairns Fun and Food must be free or at a very low cost to children. The project delivered 37,000 meals to over 100 different projects over the summer of 2022.</p>	

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**Initial Idea**

<b>Who had the initial idea?</b>			
David Dorward, former Chief Executive of Dundee City Council.			
<b>How did the idea for the project come about?</b>			
David learned that children who were eligible for free school meals during the school day were not eligible for them outside of school. Head Teachers expressed concern about child food poverty. He was inspired in 2016 after listening to a Winston Churchill Fellow talk about holiday hunger.			
<b>Were plans informed by any published reports / papers / research evidence or practice from elsewhere?</b>			
		No	<input checked="" type="checkbox"/>
		Yes	<input type="checkbox"/>
<b>Was anyone else involved in developing the initial idea of the project?</b>			
		No	<input type="checkbox"/>
		Yes	<input checked="" type="checkbox"/>
The Northwood Charitable Trust, Tay Cuisine, Cash for Kids Tayside, and the Dundee City Council all worked together with Dundee Bairns.			
<b>Were those with lived experience of poverty involved in developing the initial idea of the project?</b>			
		No	<input checked="" type="checkbox"/>
		Yes	<input type="checkbox"/>
<b>Was funding required to support the development of the initial idea of the project?</b>			
		No	<input type="checkbox"/>
		Yes	<input checked="" type="checkbox"/>

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<b>Please provide details of the funding that was used to support the development of the initial idea of the project.</b>	
<b>Which organisation provided funding?</b>	Cash for Kids Tayside.
<b>How much was required?</b>	N/A
<b>What was the specific source of funding? (e.g., particular grant or policy)</b>	N/A
<b>Were specific resources – other than funding - needed when developing the initial idea of the project?</b>	
<b>No</b>	<b>Yes</b>
<b>Please provide details of the resources that were required when developing the initial idea of the project.</b>	
<b>Staff/Volunteer Time</b>	N/A
<b>Facilities / Workspace</b>	N/A
<b>Equipment</b>	Transportation to deliver food.
<b>Local Knowledge</b>	On the areas where child poverty was prevalent.
<b>Food and Drink</b>	Lunches for children who require them during the summer holidays.
<b>Did any barriers have to be overcome when developing the initial idea of the project?</b>	
<i>No</i>	
<b>Yes</b>	✓
Hot meal provision had to stop because children were burning their hands and the food needed to be served to them.	
<b>Did anything in particular enable development of the initial idea of the project?</b>	
<i>No</i>	
<b>Yes</b>	✓
Dundee Bairns was able to establish connections with local businesses and determine which areas of Dundee would most benefit from their services. This was due to the community's support and the founder's prior position as chief executive of the Dundee City Council.	

## Fun and Food – Dundee Bairns



<b>How long did it take between having the initial idea and starting the project?</b>
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Due to the tremendous success of the July–August 2016 pilot programme, Dundee Bairns became an official charity in 2017.
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<b>Who made the decision to introduce the project?</b>
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David Dorward.
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Early Development – Pilot Project or Feasibility Study

<b>Was there a pilot project or feasibility study?</b>	
No	
Yes, a pilot project	✓
Yes, a feasibility study	
<b>What did the pilot study or feasibility study involve?</b>	
<p>9,000 meals were delivered through community projects. During these free activities, food was provided to all participants. This curbed stigmatisation as free food was given to each attendee who came to participate in the activities and the event was not only about free food.</p>	
<b>Who was responsible for the design and/or delivery of the pilot or feasibility study?</b>	
<p>Dundee Bairns, Northwood Charitable Trust, Cash for Kids Tayside, and local schools.</p>	
<b>Were those with lived experience of poverty among those involved in the design or delivery of the pilot project or feasibility study</b>	
No	
Yes	
<p>N/A</p>	

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<b>Was funding required to support the pilot project or feasibility study?</b>			
<b>No</b>		<b>Yes</b>	✓
Please provide details of the funding that was used to support the pilot project or feasibility study.			
<b>Which organisation provided funding?</b>			
<b>How much was required?</b>			
<b>What was the specific source of funding?</b>			
<b>Were specific resources needed to support the pilot project or feasibility study?</b>			
<b>No</b>		<b>Yes</b>	✓
Please provide details of the resources that were required for the pilot project or feasibility study.			
<b>Staff/Volunteer Time</b>	N/A		
<b>Facilities / Workspace</b>	Schools.		
<b>Equipment</b>	N/A		
<b>Local Knowledge</b>	Local communities and schools made people aware of the pilot.		
<b>Food and Drink</b>	Meals were provided.		
<b>Was the pilot project or feasibility study evaluated?</b>			
<b>No</b>			
<b>Yes</b>	✓		
Yes. Due to its success Dundee Bairns became an official charity.			

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<b>Was there evidence from the pilot project or feasibility study that confirmed that it was working / it would work?</b>	
	No
	Yes
N/A	
<b>Who made the decision to continue with the project beyond the pilot or feasibility study?</b>	
N/A	
<b>Was the design of the project modified following the pilot project or feasibility study?</b>	
	No
	Yes
Due to the success of the pilot project, Dundee Bairns continued to operate in the same manner.	

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### Accessing the Service and Engaging with Service Users

<b>Is there a referral process?</b>		
	No	
	Yes	✓
Self-referral.		
<b>Is referral the only way that potential clients are made aware of the project?</b>		
	Yes	
	No	✓
<b>Other than referral, how do potential clients come to know about the project?</b>		
Through community projects.		
<b>What is the most common way through which users typically access the service?</b>		
Email.		

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## Working with People with Lived Experience of Poverty

<b>Are those with lived experience of poverty involved in <u>delivering</u> the project?</b>	
<b>No</b>	
<b>Yes</b>	ü
some of those who volunteer have lived experience of poverty.	
<b>Are people with lived experience of poverty involved in <u>managing</u> the project or project governance?</b>	
<b>No</b>	
<b>Yes</b>	
N/A	
<b>Are people with lived experience of poverty involved <u>in any other aspect</u> of the project? <i>If so, please describe below.</i></b>	
<b>No</b>	
<b>Yes</b>	
N/A	

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## Fun and Food – Dundee Bairns



### Leadership, Governance and Partnership Working

<b>Who is responsible for managing the project?</b>	
Genna Miller, Project Manager.	
<b>Is there a Project Steering or Advisory Group?</b>	
	No
	Yes ✓
There are multiple board members who either lived in poverty or worked on tackling poverty. The members include: David Dorward (former Chief Executive of Dundee City Council), Jackie Roberts (Director of the Care Commission Social Work) Marjory Stewart (ex-Director of Finance for Dundee City Council), John Fife (ex-Director of Education in Perth).	

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**Links to Wider Policies, Strategies and Statutory Requirements**

<b>In your opinion, is the project aligned with national and/or local anti-poverty strategies and priorities (e.g., local authority or health board priorities)?</b>	
<b>Don't know</b>	
<b>No</b>	
<b>Yes</b>	✓
<p>The mission of Dundee Bairns (including the provision of the Fun and Food project) aligns with the Scottish Government “Best Start, Bright Futures tackling child poverty delivery plan” alongside a number of other local, national, and international policy agendas (e.g. the UN Sustainable Development Goals, indicators on Scotland’s National Performance Framework, and Dundee’s Local Child Poverty Action Plan / Report).</p>	
<b>Is the project delivering a service that is a statutory commitment?</b>	
<b>No</b>	
<b>Yes</b>	
N/A	

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**Funding**

<b>Has external funding been secured to support the work?</b>	
<b>No</b>	<input type="checkbox"/>
<b>Yes</b>	<input checked="" type="checkbox"/>
<b>Please provide details of the external funding that was used secured to support this work?</b>	
<b>Which organisation provided funding?</b>	Dundee City Council, Northwood Charitable Trust, the Rank Foundation and Cash for Kids Tayside.
<b>What was the specific funding stream/source/scheme?</b>	Grants and donations.
<b>How much funding was secured?</b>	N/A
<b>For how long has funding been secured?</b>	N/A
<b>Is future funding from the same external source a possibility?</b>	
<b>Don't know</b>	<input type="checkbox"/>
<b>No</b>	<input type="checkbox"/>
<b>Yes</b>	<input checked="" type="checkbox"/>
<b>Is future funding from the same external source based on pre-agreed outcomes or outputs being delivered from this work?</b>	
<b>No</b>	<input type="checkbox"/>
<b>Yes</b>	<input type="checkbox"/>
N/A	

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Staffing and Resources

<b>Do existing staff from the host organisation contribute toward the work of this project as part of their broader work for the organisation?</b>			
		No	
		Yes	✓
Dundee Bairns has a number of paid staff who also work on the Fun and Food project.			
<b>Are existing staff from the host organisation paid extra (for example, taking on extra hours) to contribute toward the work of this project?</b>			
		No	✓
		Yes	
<b>Have additional paid staff been employed to contribute toward the work of this project?</b>			
		No	
		Yes	
N/A			
<b>Are volunteers involved in delivering the project?</b>			
		No	
		Yes	✓
Volunteers are heavily involved in the delivery of food other aspects of the project.			
<b>Are specific resources – other than staff/volunteer time and money - needed to support the delivery of the project?</b>			
		No	
		Yes	✓

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Please provide details of the resources that are required to deliver the project?	
<b>Facilities / Workspace</b>	N/A
<b>Equipment</b>	Transport and drivers.
<b>Local Knowledge</b>	Knowing which neighbourhoods in Dundee need the most support.
<b>Food and Drink</b>	Food for children and families.
Are any of the resources needed to deliver the project provided in-kind, rather than budgeted from project funds?	
	No
	Yes ✓
Tay Cuisine prepare the food to be ready for collection by volunteers who deliver the food to the distributors. The food is funded from the cocktail funding Dundee Bairns receive from multiple sources.	
Were new IT systems, additional software, or upgrades to existing software (databases, Apps) required to deliver this project?	
	No
	Yes ✓
The Nickel Foundation donated and allowed Dundee Bairns to upgrade their IT systems. Some websites have been launched and funded by the Nickel Trust. This is relevant as Fun and Food was the first Dundee Bairns project from which they expanded.	
Was additional training – for staff or volunteers - required to deliver this project?	
	No
	Yes
N/A	

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## Monitoring and Evaluation

<b>Is there baseline data to describe what things were like before the start of the project?</b>				
	No			
	Yes			
N/A				
<b>Is the difference that the project is making measured or monitored by the host organisation?</b>				
	Yes		✓	
	No			
<b>Who within the host organisation is responsible for monitoring the impact of the project?</b>				
Dundee Bairns staff.				
<b>How often is the impact of the project monitored or measured by the host organisation?</b>				
It is collected at the end of the holidays in a feedback form. There are quarterly meetings with school family development workers.				
<b>What methods, techniques or strategies are used by the host organisation to measure the impact of the project?</b>				
Feedback provided by families who have been helped by the project. The positive difference Fun and Food has made is also detailed in the independent impact evaluation produced by SPIRU.				
<b>What information is collected by the host organisation about the project?</b>				
Number of users	Yes	N/A	No	N/A
Profile of users	Yes	N/A	No	N/A
Experience of users	Yes	✓	No	
Outcomes for users	Yes	N/A	No	N/A
Anything else	Yes	✓	No	
The amount of food being provided.				

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<b>Has the data that has been collected by the host organisation been used to adapt the way the project works?</b>		
	No	
	Yes	
N/A		
<b>Has an external organisation been employed to formally evaluate the project?</b>		
	No	
	Yes	
Scottish Poverty and Inequality Research Unit at Glasgow Caledonian University conducted an impact evaluation of the work of Dundee Bairns in 2021.		
<b>Has the insight from the external organisation’s evaluation been used to adapt the way the project works?</b>		
	No	
	Yes	✓
The impact evaluation found evidence of the positive impacts of Dundee Bairns who have continued to build on their previous successes outlined in the report.		
<b>Is there an intention to employ an external organisation to evaluate the impact of the project in the future?</b>		
	Don’t know / no current plans	✓
	No	
	Yes	
<b>Is there an intention to undertake your own formal evaluation in the future to estimate the impact of the project?</b>		
	Don’t know / no current plans	✓
	No	
	Yes	

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### Impact

<b>To what extent have the aims of the project been achieved?</b>	
<b>Fully met</b>	✓
<b>Making progress toward meeting Aims</b>	
<b>Not making progress</b>	
<p>The aims of the project have been achieved as Fun and Food has successfully continued to distribute free meals and provide activities for children during school holidays with increased demand for their provision. The positive steps towards achieving their aims have also been documented by the independent evaluation done in 2021. They have provided and continue to provide thousands of meals during school holiday periods.</p>	
<b>What difference has the project made?</b>	
<p>The project has made a significant difference to children and families in Dundee. Food poverty is a major problem for children and young people in Scotland, with around 28% of children in Dundee living in poverty (in 2018). Dundee Bairns helps to ease some of this burden by targeting food provision for during school breaks when the free school lunches are not being served.</p>	
<b>Have conditions or demand changed since the project was introduced?</b>	
<b>No</b>	
<b>Yes</b>	✓
Demand has increased since the project started.	
<b>Has the project had the capacity to meet these changing conditions and demand?</b>	
<b>Yes</b>	✓
<b>No</b>	
<p>Dundee Bairns has been able to increase their funding and provision of food in accordance with the demand. They have also branched out by delivering other projects in addition to Fun and Food as well to meet needs of the community that were not addressed through Fun and Food.</p>	

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<b>Has the project changed through time?</b>		
		<b>No</b>
		<b>Yes</b>
<b>What changed</b>	The scale of the project: Number of schools provided for changes year-to-year. Location: The service is now also provided to leisure centres, sports camps and other community projects throughout Dundee.	
<b>Why has it changed</b>	The project received further funding. Other areas also received increased funding.	
<b>In your opinion, is the project having an impact on tackling poverty?</b>		
		<b>No</b>
		<b>Yes</b>
Dundee Bairns combated food insecurity in Scotland and therefore reduced child poverty by providing food to children and families during school breaks.		

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## Fun and Food – Dundee Bairns



### Learning from Experience

<b>What is working well?</b>		
The volunteers get to see first-hand the difference they are making.		
<b>What, if anything, is working less well?</b>		
Those who are working on the program do not get to see how their effort and work has helped people until the end of the holidays when the feedback comes through.		
<b>What are the key learning points that you'd like to share with other practitioners?</b>		
The provision of cold lunches is a more feasible approach than distributing hot meals due to safety hazards.		
<b>Are there plans to develop or expand the project in the future?</b>		
	No	
	Yes	✓
There are plans for the project to be more hands-on and expand into areas of Dundee which do not have community workers. They also hope to bridge the gap between poverty and healthy eating.		
<b>How easily do you think this project could be replicated in another setting?</b>		
N/A		

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