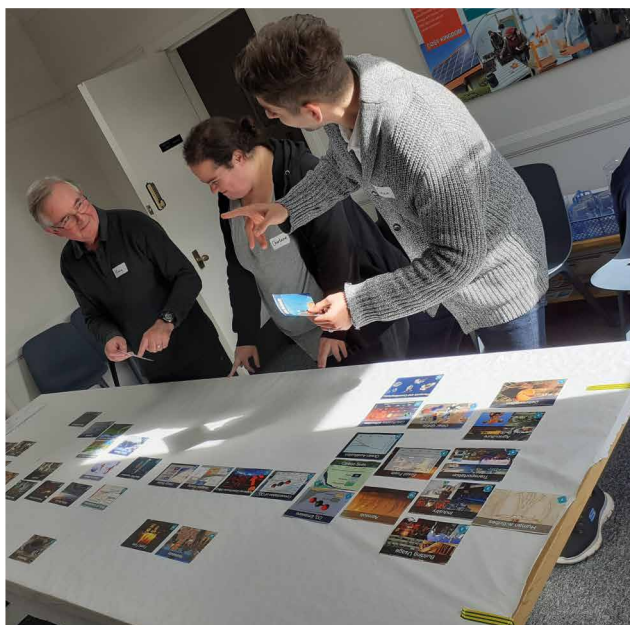




OUR YEAR
2022 - 2023



Greener
Kirkcaldy





WHAT WE DO

Greener Kirkcaldy is a community-led charity working locally to bring people together, take positive action on the climate emergency and support people through fuel poverty and food insecurity.

We deliver a range of projects, events and skills training to achieve the needs and goals of local people - building resilience as a community and working towards a future where everyone can live better and tread more lightly on our planet.

We carry out activities across Kirkcaldy and work with partners to deliver projects across Fife.

Our community building at 8 East Fergus Place houses our offices, community space and kitchens. This is also the base for our community food projects.

We also have a community training garden at Ravenscraig Walled Garden. We also run Lang Toun Cycles Community Bike Shop on Kirkcaldy High Street.

Between April 2022 and March 2023, our activities included:

- The **Cosy Kingdom** energy advice service
- Weekly **Community Meals**, bringing local people together to eat good food
- **Smart Cooking** programmes, teaching basic cooking skills and budgeting
- **Cooking classes** and **kids holiday cooking clubs**
- The **Lang Toun Larder** pantry and **Community Fridge**, which redistribute surplus food within our community
- **Growing and gardening workshops**
- **Climate Action Fife**, a cross-sector partnership project that delivers events and activities to tackle the climate emergency
- **Lang Toun Cycles Community Bike Shop**, a social enterprise on Kirkcaldy High Street.
- **Cycle maintenance classes**, fix-it events and build-a-bike programmes
- **Led cycle rides** and **cycle training** to encourage people to cycle more
- **Kirkcaldy Cycling Festival**
- **Volunteering and employability opportunities** across our organisation
- **Consulting our community, members, staff and volunteers** to develop our 2023-2028 Strategic Plan



**Greener
Kirkcaldy**

**CLIMATE
ACTION
FIFE**

COSY KINGDOM

THE LANG SPOON
COMMUNITY KITCHEN



MESSAGE FROM OUR CHAIR

It will be no surprise to anyone that the Collins Dictionary chose 'permacrisis' for its word of the year in 2022.

The last few years have been enormously challenging for everyone in our community. As we emerged from the difficulties of the COVID-19 pandemic, we started to see the crippling effects of rising prices and the cost of living crisis. Too many households in our local area face the very cruel choice between eating food and heating their homes. This comes at the same time as we see the very real effects of the climate emergency – with droughts and extreme weather becoming more common.

Overcoming these serious problems is the challenge that we have set ourselves at Greener Kirkcaldy. We want to bring people together to make Kirkcaldy a better place to live and work for everyone in our community. We are committed to tackling the climate crisis, helping people to heat their homes and ensuring that everyone has access to good food.

This annual review explains the many ways that Greener Kirkcaldy is supporting people in our community. As Chair, it makes me incredibly proud to see how our work is changing people's lives for the better.

This year saw significant changes for Greener Kirkcaldy. We said goodbye to Suzy Goodsir, who led our staff team for an incredible eleven years. Suzy was one of the five volunteers who came together to found Greener Kirkcaldy in 2009. She has been a huge part of our success. Everyone at Greener Kirkcaldy wishes Suzy all the best for the future – we're excited to see what comes next!



Christine May
Chair

I am extremely proud that Lauren Brook is our new Chief Executive. Lauren, like Suzy, began her journey with Greener Kirkcaldy as a volunteer. She is brimming with exciting ideas and enthusiasm and she has made the role her own. With Lauren's inspiring leadership, we are in a good position to face whatever challenges lie ahead for our community.

To everyone who has supported Greener Kirkcaldy this year, as a member, a volunteer, a trustee, a donor, or a participant, I would just like to say, Thank You!

MESSAGE FROM OUR CHIEF EXECUTIVE

Our annual review shares the amazing achievements of our fantastic staff, volunteers and community. More than 12,000 people took part in our activities last year.

But for me, the most incredible thing about Greener Kirkcaldy is not just the number of people that we work with, it's the range of activities we deliver to make Kirkcaldy a good place to live and work.

From community meals and teaching people to cook and grow, to operating a bike shop on the High Street, helping people stay warm in their homes and leading climate action across the whole of Fife - we do so many things that make a real difference to the lives of people in our area.

I first joined Greener Kirkcaldy as a volunteer. Watching this inspiring charity grow and evolve over the last decade has been amazing. I am very proud to become Chief Executive at a time when our work is more vital and in demand than ever.



Lauren Brook
Chief Executive

Thank you to everyone who makes our work possible - we couldn't do any of it without you.

As a community-led charity, we want to know what projects you think would make a difference. Please get in touch with us if you have an idea.

OUR WORK

CLIMATE ACTION FIFE

Climate Action Fife is a new five-year project bringing together individuals, communities, local government and businesses to tackle the climate emergency and make Fife a greener and fairer place to live.



The project is a cross-sector partnership funded by the National Lottery Community Fund's Climate Action Fund.

Activities include:

- Campaigns and pledges, climate literacy training and engagement events
- Innovative activities encouraging climate-friendly businesses, homes, gardens, food and travel
- Helping communities plant trees
- A Small Grants Fund helping community groups to involve local people in climate action
- A commitment to equity, diversity and inclusion

In its first year, Climate Action Fife worked with over 7,000 people, communities, organisations and businesses across Fife and helped our community to save 18,644 tonnes of carbon dioxide equivalent.

OUR TEAM

Greener Kirkcaldy was formed in 2009, when a small group of local people came together with the aim of doing something positive for the community and the environment. We now have 38 members of staff and 120 regular volunteers. We are independent but we work with a wide range of partners.

ENERGY ADVICE

The Cosy Kingdom household energy advice and fuel poverty service works across Fife, providing home energy advice, a handy service and community outreach work.



Greener Kirkcaldy leads the Cosy Kingdom partnership alongside Citizens Advice & Rights Fife and St Andrews Environmental Network.

We delivered energy advice to 3,713 households, helping them stay warm and save energy. 1,831 households received energy saving measures from the handy service, for example new thermal curtains. Our team helped households in Fife to save over £1.5 million through energy, debt and benefits advice.

We delivered a programme of events, talks and workshops, engaging with 2,902 people and trained 621 frontline workers in energy safeguarding.

GROWING

We developed our community orchard and training garden at Ravenscraig Walled Garden through regular volunteer sessions.



Around 30 volunteers attend the sessions each month. They benefit from regular social contact and develop new skills in gardening. Produce from the gardens supports our Community Food programme.

We launched a climate-friendly garden at our community building and transformed disused land into a wildlife-friendly parklet. We ran several gardening workshops and community events, including Apple Day.

COMMUNITY FOOD

We delivered a range of projects to increase access to healthy, sustainable food and bring people together to learn, cook and eat.



2,500 people joined weekly community meals prepared by our volunteers. 1,400 people visited our Community Fridge, which redistributes surplus food donated by businesses and individuals. 100 people accessed the Lang Toun Larder pantry and our pop-up café, which offers informal support and a chance to meet people. We trialed a new 'Choice First' approach, offering shopping vouchers alongside help with budgeting.

We redistributed over nine tonnes of surplus food through our Community Fridge and pantry. We ran a range of cooking classes throughout the year. 75 people took part in Smart Cooking - a six-week course teaching basic cooking skills, nutrition, food choices and budgeting. 30 Fife College students created tasty and nutritious plant-based menus through our Chefs for the Future competition.

OUR VALUES

Three key values guide all of our work.

- Protecting the Environment
- Social Justice
- Choosing our Own Goals as a Community

These values underpin everything we do and influence how we do it. We use them to guide our activities to ensure we 'walk the talk' environmentally and that our approach is inclusive, participatory and accessible to all.

TRANSPORT

Over 500 people took part in free bike maintenance workshops, cycle training and led rides.



We delivered these activities with partners across the region as part of Climate Action Fife. Our cycling activities encourage people to lower their carbon footprint by using the car less for short journeys. They also benefit health and wellbeing.

Lang Toun Cycles Community Bike Shop offered servicing and repairs, sold 156 refurbished bikes and loaned out 83 cycles to make it easier for people in Kirkcaldy to cycle more. From December to March, we led a pilot partnership to refurbish and redistribute 190 bikes from household recycling centres.

We became Cycling Scotland's Cycling Friendly Partner in Fife. We can help organisations to achieve a Cycling Friendly Employer Award.

VOLUNTEERING AND EMPLOYABILITY

We offered a range of good quality opportunities, to support 139 volunteers, including new roles in our garden and bike shop.



We trained 40 people in food and horticulture skills as part of our Food Works employability courses. We supported 34 young people with taster sessions and placements and we delivered 12 food hygiene courses, helping people gain qualifications that are accredited by The Royal Environmental Health Institute Of Scotland.

YOUR STORIES

CYCLING



Caroline was used to having a car and had not considered making the switch to cycling full-time. Her commute is 14 miles each way. As her job involves unsocial working hours, she cannot use public transport to travel to work.

"I had been a keen cyclist when I was a bit younger, but having young children meant that any journeys to places like the shops or recreation would have been done by car. My attitude changed last year, when the car broke down and needed a very expensive repair. I knew Lang Toun Cycles did a free hire from the e-bike library so I applied just to see if it was an option."

Using a borrowed e-bike grew her confidence so much that she has bought a bike for her daily commute.

"Aside from all the health benefits, I was saving over £350 per month by not using a vehicle. All my kids cycle now and really don't see the need for a car at all!"



Caroline has encouraged her colleagues to explore cycling to work. Some live close to work and are exploring alternatives to the car for their everyday commutes.

"I really enjoyed the experience of Lang Toun Cycles, so much so that I was able to encourage my sister to buy a refurbished bike from the shop, and we regularly go for a spin in the parks around Kirkcaldy. None of this would have happened without the e-bike initiative. It made me realise having a bike again is a real alternative for local travel."

FOOD AND GROWING



Nadine is a member of the Lang Toun Larder pantry. She had relocated to Kirkcaldy and was feeling isolated and keen to meet other people living locally. She retired recently, which has reduced her income.

The pantry gives members access to a wide range of food items at a low cost. Nadine values the choice of fruit and vegetables that are available as she follows a plant-based diet. Having access to affordable and healthy food has helped her to maintain a nutritious diet and manage her income.

The friendly environment at the pantry helped Nadine reduce her feelings of social isolation. She got to know other pantry members by coming to our pop-up café.



Nadine had a garden in her previous home and had been involved in community growing in the past. She missed gardening and signed up to become a gardening volunteer with us. In addition to being part of a team growing fruit and veg, planting flowers, maintaining our orchard and making habitats for biodiversity, she shares the produce grown in the gardens and has made more social connections with other volunteers.

ENERGY ADVICE



Karen is disabled and in receipt of benefits. Her condition means that she needs additional heat but she struggled to keep warm at home.

Her 15-year-old boiler was temperamental and would sometimes stop working or turn itself on in the middle of the night. She was worried about the cost of replacing the boiler and contacted our Cosy Kingdom energy advice service for support.

We helped Karen apply for the Warm Home Discount, a yearly winter discount made through electricity suppliers for eligible customers. We created an energy action plan to help reduce her energy use. We also arranged for our handy service to install draught-proofing in several areas of Karen's home and LED lightbulbs in the rooms she uses most frequently.

We made a referral on Karen's behalf for additional support from Warmer Homes Scotland. As a result, she received a new heating system. She also received a loft insulation top-up and a new energy-efficient front door. Karen was absolutely delighted with the outcome.

"It was a welcome relief to realise that help was available. The advice and support I received has reduced my energy costs and is helping me to stay warm."



“

The cycle training boosted my confidence on the main roads immensely! The leader was kind, knowledgeable and helped the group to become confident cyclists.

”

“

I learned so much from the Climate KnowHow training. There is so much more we can all do to tackle the climate emergency - without making huge adjustments. We are all capable of tackling this.

”

“

I'm definitely more aware of food waste and how far foods have travelled. It's encouraging me to shop locally and to give our garden rhubarb to friends and family rather than waste it.

”

“

I am very grateful for all the energy advice help - I can't express my thanks enough. Friends have spoken about Cosy Kingdom at dinner and when I am in the community - you are doing a great job!

”

“

Greener Kirkcaldy has been a lifeline for me, especially through Covid. You give me a reason to leave the house and make me feel part of something.

”

2022 - 2023

HEADLINE MOMENTS



Greener
Kirkcaldy

MAY 2022

We started a **weekly cooking club** for people who complete our Smart Cooking programmes. This helps them to maintain and develop their cookery skills.



JUNE 2022

We launched **Climate Action Fife**. Developed through an 18-month pilot, the project is a Fife-wide cross-sector partnership. It brings individuals, communities, local government, and businesses together to tackle the climate emergency and make Fife a greener and fairer place to live.



SEPTEMBER 2022

175 people took part in **Kirkcaldy Cycling Festival**, a week of activities engaging local people in cycling. Events included a cooking workshop, film screening, social cycle ride and family fun day.



SEPTEMBER 2022

Cosy Kingdom partnered with radio station K107FM to launch **Cosy Chat**. This weekly series shared practical energy advice to help people affected by the cost of living crisis.



OCTOBER 2022

We held our first **Apple Day at Ravensraig Walled Garden** since 2019. 43 people took part in tours of the garden and orchard and enjoyed freshly squeezed local apple juice and apple cake. We also organised free bike health checks and e-bike try-outs.



NOVEMBER 2022

Our **Annual Gathering & AGM** took place in our community building for the first time since the pandemic. Members and people from our community joined us to hear keynote speaker Emily Wallace from the Corra Foundation and hear more about our work.



DECEMBER 2022

Lang Toun Cycles achieved **Revolve** accreditation from Zero Waste Scotland. This demonstrates the quality of the service offered by our Community Bike Shop.



JANUARY 2023

The **Climate Literacy Project** accredited our Fife Climate Fresk and Climate KnowHow courses. These courses help people to understand the impact of the climate emergency on their lives and community.



FEBRUARY 2023

Over 350 people took part in our community consultation to give us their ideas for **our next five-year strategic plan**. We held a workshop at our annual gathering, an online community survey and pop-up events in the Mercat Centre.



MARCH 2023

Lauren Brook became **our new Chief Executive**. Lauren has been with Greener Kirkcaldy for ten years, originally joining as a volunteer in 2013. She stepped into the shoes of previous Chief Executive Suzy Goodsir, who was one of five volunteers who founded Greener Kirkcaldy in 2009.



OUR YEAR IN NUMBERS

139

volunteers gave
5,700
hours of their time

12,650

people took part
in our activities
and events

790

bikes repaired and
serviced by Lang
Toun Cycles



3,713

impartial
energy advice
sessions through
telephone calls
and home visits

1,831

handy service visits,
helping households
save energy through
measures like
thermal curtains

Over

£1.5m

in financial savings
for households
across Fife

621

frontline workers
trained to 'spot and
refer' people to our
energy service

86

people supported
through our
employability
programmes

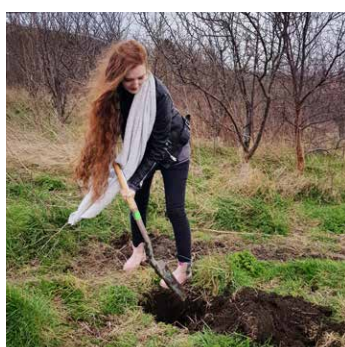


2,500

community meals
served by the Lang
Spoon Community
Kitchen

9 tonnes

of good food
redistributed
through the Lang
Toun Larder and
Community Fridge



73

businesses and
community groups
received support
to become climate-
friendly

81

people trained in
climate literacy
through our Climate
KnowHow course

16

organisations
received grants to
tackle the climate
crisis in their
communities

46,729

tonnes of carbon
saved - equivalent to
27,320 return flights
from Edinburgh to
New York

991

members supported
our work and helped
guide our activities





PLANS FOR THE FUTURE

The Cosy Kingdom energy advice service, Climate Action Fife partnership, community food and gardening activities and work to engage our community on greener travel will continue in 2023-24 and beyond. Training and employability will also remain a core part of our work, along with activities for young people and families and community events and open days.

We will continue to develop our organisation. We will engage with our members, try new ways to diversify our income streams and increase our equality and diversity. Our new Equalities Action Plan sets out the work we will do to improve our diversity and inclusion. Our Climate Action Plan outlines an ambition for our operations to be carbon-neutral by 2030. You can view both plans on our website. We will continue to look for ways to ensure we have a positive impact on the planet and on society.

We will continue to build partnerships and share our learning. We will support other organisations and networks across Fife, Scotland and further afield.



OUR NEW STRATEGIC PLAN

In May 2023, we launched our new strategic plan for 2023 - 2028: *A Greener and Fairer Tomorrow, Starting Today*. This outlines our projects and services over the next five years. We developed the plan using the learning from our previous five-year plan. We also consulted with our staff, volunteers, members and local community.

Our consultations found strong support for continued work on five key themes: climate action, energy, food and growing, travel and community engagement and development.

"I love all of Greener Kirkcaldy's projects and activities - and it's really great that you're asking people what you should do. It really makes us feel like we're part of the organisation and that we can have a say in what happens in Kirkcaldy."

Everything in our Annual Report was made possible by you!

Greener Kirkcaldy's projects, events and skills training meet the needs and goals of local people, building resilience as a community and working towards a future where everyone can live better and tread more lightly on our planet.

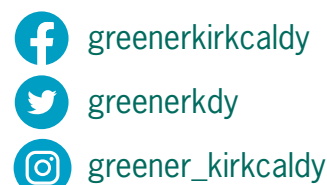
Our work in 2022-23 was funded by Brag Enterprises, British Gas Energy Trust, Community Energy Scotland, Cycling Scotland, Cycling UK, Development Trust Association Scotland, Fife Council, Fife Housing Association, Fife Voluntary Action, Glen Housing Association, Paths for All, The Robertson Trust, SCVO, SGN, The Energy Saving Trust, The National Lottery Community Fund, The Scottish Government, TRIG, Volunteering Matters Action Earth, community donations and the customers of our social enterprise projects. Thank you all!

We would also like to thank the people of Kirkcaldy and Fife who support our work, use our services and help us to plan our future. We couldn't do it without you.



You can support our work by:

- Becoming a member of Greener Kirkcaldy
- Donating your time as a volunteer
- Making a financial donation to support our activities
- Signing up to our mailing list
- Coming along to an event or workshop



Find out more about our work at www.greenerkirkcaldy.org.uk

Contact us

8 East Fergus Place, Kirkcaldy, KY1 1XT
01592 858458
info@greenerkirkcaldy.org.uk
Scottish Charity No. SC041412

