



# Pulp Friction CIC

*A Sustainable and Inclusive Social Enterprise*



# Contents Page

- Pulp Friction Introduction
- What We Do
- Our Impact in Numbers
- Our Canteen
- Our Glee Choir
- Our Partners
- What Our Partners Say
- Our Future Plans





## Pulp Friction: An Introduction

- Pulp Friction CIC is a community interest company that was started by Jill Carter and her daughter Jessie Carter-Kay.
- We are based in Nottinghamshire, and we work across the county.
- We aim to provide many opportunities for young adults with learning difficulties to develop their confidence, social skills and work-readiness abilities.
- In 2011 we became a social enterprise.
- Today we are group-led and support more than 50 members.

# What We Do:

We offer a range of social, educational, and environmental opportunities for our volunteers and members.

This includes:

- **Work Opportunities**
- **Formal Training and Qualifications**
- **Personal Support Programmes**
- **Social Activities**
- **Environmental Engagement**



# WHAT WE DO (2016)



The Ice Cream Tricycle

Pulp Friction Smoothie Bikes

Super Kitchen

Fare Share Partnership

Let's Get Cooking Classes

NFRS Canteen



Our Catering Enterprise

Health, Nutrition and Wellbeing Workshops

Health and Wellbeing

Personal Support Programmes

Formal Training and Qualifications

Customer Service Qualifications

Food Hygiene Qualifications

First Aid Courses



Pulp Friction

The Dig In Allotment

Paper Making Classes

The Urban Wormery

Environmental Initiatives

Social Activities

Nordic Walking

The Glee Choir

Activity Days





We have been a social enterprise for **5 years**.

We have received **5 awards**.

We have taken our pedal powered bikes to over **30 community events**.

We have invested over **800 hours** at our NFRS canteen in Bestwood.

To date, employment at our canteen has a social value of over **£14,000**.

## Our Impact in Numbers

We have dedicated over **800 hours** to our Community Allotment.

We have provided more than **200 hours** of music classes to our members.

Our volunteering opportunities have delivered over **£50,000** in health and wellbeing savings to society.

We have prevented more than **3 tonnes** of food from landfill consumption.



Pulp Friction supports more than **50 members**.

Our Atmosphere Glee Choir has **48 members**.

We have provided cookery classes for more than **200 people**.

We have provided more than **2,000 meals** from surplus food to the local community.

## Our Impact on Service Users

**100%** of our surveyed members reported an increase in independence.

**100%** of our surveyed members reported an increase in social inclusion.

We have provided training for **30 individuals**.

**100%** of our surveyed members reported an increase in confidence.

**100%** of our surveyed members reported an increase in happiness.

We have provided beekeeping classes for **30 individuals**.

# Our Pedal-Powered Bikes

- We began as a **Smoothie Bar Project in 2009** when Jessie and her friends took our smoothie bikes to community events.
- We now provide work and volunteering opportunities for many young adults with learning difficulties.
- **In 2012** we began working with Enactus to set up our **Ice Cream Tricycle**.
- Today we make **healthy smoothies, yogurts, ice cream, waffles** and more!
- We have taken our bikes to more than **30 community events!**



## Our Catering Enterprise

- In 2013 we started a travelling community kitchen.
- In 2014 we joined the Super Kitchen scheme.
- We travel around the county and have provided meals in **Chilwell, Beeston, Bramcote and Stapleford**.
- We offer **training courses** to our members.
- We offer **Let's Get Cooking Classes** to our members.



## Our Canteen

- In 2016 we took over the canteen at Nottingham Fire and Rescue Services Head Quarters in Bestwood.
- The canteen is open every weekday from 9.30am-4pm.
- We create delicious, affordable meals from surplus food.
- We provide meals in a social environment.



## Our Glee Choir

- Our Atmosphere Glee Choir meets **every Friday (6.30-8.30pm)** at the Beeston Fire Station.
- We are a **mixed age, mixed ability choir** led by a professional Voice Coach.
- The choir is **open to anyone** who loves to sing and wants to perform at community events.
- Today we have **48 members**.





"I've actually found that I have a singing voice that I didn't realise I had. [The Choir] is the best thing going for me."

James Sweet, Atmosphere Glee Choir Member



"It isn't just about the singing - the singing is an important part of the choir, but for me, one of the most important things to come out of it is the whole sense of community."

Jill Carter, Director of Pulp Friction



"It is a fantastic project. It has been a great opportunity for young people to shine in their own special way."

Sukhi Flora, Parent



## Benefits of Our Choir:

- Community Engagement
- Lasting Friendships
- Improved wellbeing
  - Happiness
- Greater Confidence
- Improved Speech & Communication
- Greater Social Skills



# Our Environmental Commitment

- We place **environmental commitment** at the heart of our mission statement.
- A great deal of our environmental focus centres on **sustainable food awareness**.
- Our smoothies and ice creams are created using **pedal-power**.
- We **grow food** at our own plot at Stapleford Community Allotment.



# Our Environmental Commitment

- Our canteen at Notts Fire and Rescue Service was the **first service to use an urban wormery.**
- Our Canteen **creates meals from surplus food** in the community.
- We have delivered **Let's Get Cooking classes** to more than **200 people** in the community.
- We have provided **bee keeping classes** for more than **30 people.**
- We have provided **paper making classes** to the community.





# Some of Our Partners:



**NOTTINGHAMSHIRE**  
**Fire & Rescue Service**  
*Creating Safer Communities*



**Broxtowe**  
**Borough**  
**COUNCIL**



**NATIONAL**  
**JUSTICE**  
**MUSEUM**



**The University of**  
**Nottingham**

**CHILDREN'S FOOD TRUST**  
*Eat Better Do Better*

# WHAT OUR PARTNERS SAY

They are very satisfied with our work

Our work is relevant and we focus on contemporary social issues

**100% of our respondents stated that...**

They will continue working with us across the next five years.

We make a positive contribution to individual lives

We make a positive social contribution to the community

88% of our respondents stated that we are environmentally responsible.



88% of our respondents stated that we have excellent communication levels.



100% of our respondents stated that they would 'definitely recommend' Pulp Friction to others.





**"Inclusive, Creative and Empowering" -**

Kathy Holmes, Dig In Allotment Volunteer & Nottingham City Council Public Health Manager

**"Essential, Community-Minded & Inspirational" -**

Richard McRae, Chairman of Stapleford Community Group

**"Inspiring, Hardworking and Loving" -**

Marsha Smith, Founder of the Super Kitchen social enterprise

**How would you describe Pulp Friction in 3 words?**

**"Inspirational, Resourceful and Community-Connected" -**

Helen Allen, Manager of Enterprise and Community Innovation at Community Catalysts

**"Creative, Open and Awesome"-**

Alice Donnachie, Project Co-ordinator of Pulp Friction Ice Cream Tricycle (Enactus)

**"Great, Engaging and Fun"-**

Clare Anderton, Events Manager at the University of Nottingham

# Our Future Plans



- To continue to work listen to the needs of our members.
- To provide a support scheme for independent living.
- To broaden our reach across the county.
- To benefit as many different groups in society.
- To continue making a positive social impact within the community.