



Friday 1st December 2023

Hi Folks,

Welcome to the first roundup of December! We hope you have had a great week so far (at time of writing...no snow yet!).

This week, as many of you will know, we said farewell to Packing Manager Jess. We gathered after the morning shift on Thursday to share cake and wish Jess every success!. Offsite, we attended the Winter Warmer event at Royston Wardieburn Community Centre on Wednesday, providing a warming vegetable curry for visitors and partner organisations to enjoy. We provided lunch for [The Action Group](#) as well as Hibs - our involvement with Hibs extends next week. We also attended a screening of Ken Loach's The Old Oak at Granton Hub - a powerful film capturing the tensions as refugees are placed into community, and how coming together to share food enabled a flourishing. And on site, we welcomed the new R2 coordinator Anita Aggarwal, friends from Lauriston Farm and engaged with [Nourish Scotland](#) as we look ahead to next year.

Hopefully this week's cold snap will subdue the many colds and viruses doing the rounds and we see you if you've struggled but still made it along to volunteer this week. But please folks, as grateful as we are, if you are unwell stay home and get yourselves better. Coming along with a cold or something heavier only serves to delay your recovery and risks sharing it with others who may be less well equipped to deal with an illness.

On to this week's Roundup then....we share a survey for our bike shelter and repair station. We also have lots of volunteer events to update you on - our festive Mince Pie Week, the next Hibs Women match, our Burns' Supper plans, and a garden update.....

Cycling Scotland - Bike shelter feedback!

In August, we fitted a new bike shelter and repair station, thanks to Cycling Scotland funding. Our aim was to encourage more of our volunteers and staff to travel to us by bike, and we would love to hear your feedback!

We have put together a very short 8 question survey, [linked here](#). All answers are anonymous, and we will share the responses with Cycling Scotland.



Please complete the survey before Monday the 11th of December.

One for your Empty Kitchens' calendar... Mince Pie Week!



We're looking forward to celebrating the festive season with you all. This year we'll be having festive break times from **Monday the 18th December to Tuesday the 26th of December**. We'll have Christmas treats available in the break area for all volunteers and staff to enjoy together. We appreciate all the time you give throughout the year, including during the busy (and chilly!) festive period. See you there!

Hibernian Women - Capital Cup Match Sponsorship

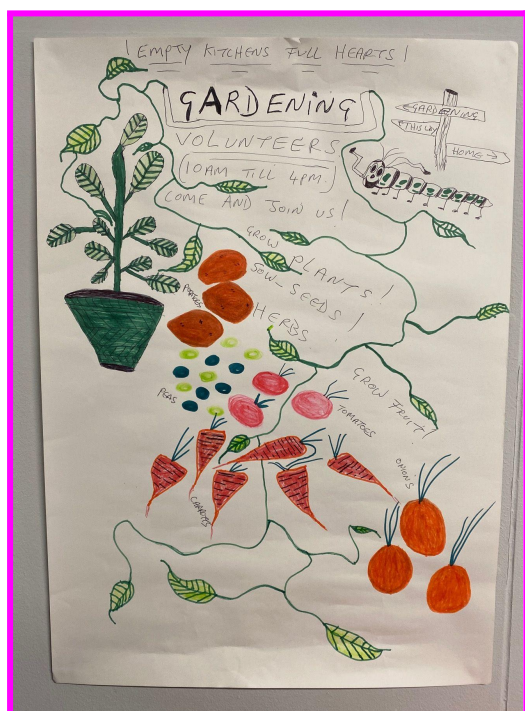
Another reminder that our next sponsored match is on **Sunday 10th December** at Meadowbank. We are planning to have a presence there with banners and some donation buckets. If you'd like to come along and help with this - or even just to watch the game - just let Emily know! The game kicks off at 4.10pm (but you wouldn't have to necessarily stay for the whole game).

And another social event to look forward to in 2024... Our Burns' Supper!

Looking into 2024, we are hoping to have more social events for all our volunteers to enjoy. To help beat the January blues, we'll be hosting a Burns' Supper.

If you would like to get involved in the planning or helping out on the night, please let Sarah know (And of course, any volunteers for addressing the haggis...always welcome!).

And finally, a Garden Update from Tom!



"We had a busy day on Monday - clearing the last of the nasturtiums, and other annual bedding plants. We harvested some parsnips and rocket, and got some garlic planted too.

There was a new volunteer this week, Jackie - she was kind enough to make us an excellent poster for the garden, which is on the wall in the mezzanine - thanks again for that! As always thanks to the brilliant volunteer team, they are a hardy bunch! We also had a visit from Tom Kirby who runs Granton Community Garden, it was nice to catch up and get some of his expert advice. We hope to go visit his garden soon and see what ideas we can borrow!

Hope everyone is staying warm and cosy, and see you all next week."

Just in case you haven't seen, **January's Rotas are now up on Rota Central** for those able to look that far ahead and into 2024! Before then however we'd like to point to the volunteering opportunities over the Holidays. We'll be operational throughout and have posted **extra shifts over the 24th & 25th and 31st & 1st**. We have extra demand in Kitchen, Packing and Deliveries. Please sign up as soon as you can, if you are able. If you'd like to come along with a family member, friend, neighbour or colleague, please let us know via volunteer@emptykitchens.co.uk.

And we are now **37% of the way towards our Winter Campaign** goal! Thank you for your support and please keep sharing, if you can.



And that's us! Thank you for this week everyone, stay warm and wishing you all a wonderful weekend,

[Mike](#), [Janet](#) & [Martin](#)

P.S. Do please let us know what's on your mind by email at et@emptykitchens.co.uk or just come and have a chat.

THE NOTICE BOARD



Winter Fundraising Appeal: Do Good With Food This Winter

We have launched our Winter Fundraising Appeal! We are asking people to 'Do Good With Food' and donate to help us to support our service users throughout the winter. We are **aiming to raise £15,000**.

Can you help us to spread the word about the campaign? You can do this by:

- **Sharing** our posts on Facebook, Instagram, LinkedIn, and X (Twitter)
- **Sending** the [website link](https://emptykitchens.enthuse.com/cf/winter-appeal) to family, friends, and colleagues who could donate

The link to the donation page is: <https://emptykitchens.enthuse.com/cf/winter-appeal>

We can also provide a **printed flyer** if that is something that would be helpful. Ask Emily about this!

Could you share this five times? That could be telling friends and family, sharing on social media, or sharing the link. If everyone does this, imagine how many people we will reach!

If you would like to make a donation that would of course be very much appreciated but we are well aware of how much time and energy you already give to us! Please chat to Emily if you have any questions or other ideas about reaching more people.

Volunteer Services & Rota Central

Shift availability is now live for **January 2024** on all departments.

December and the holidays.....To confirm we will be operational throughout the festive period. **There is extra volunteer capacity on Sunday 24th and on the morning of the 25th across Kitchen, Packing and, specifically on the 25th, drivers.**

Please, if you can, let us know if you're unable to attend for a shift, we know sometimes it's not possible to give us notice, but if you can it's really helpful!

If you are not receiving the Wednesday Rota Central email or you are but the role(s) are not the one(s) you signed up for, do let us know.

If you would like to leave anonymous feedback about volunteering with us, you can always complete [this form here](#). We check the responses regularly.

Let us know if you wish us to add or remove roles, have any volunteering or shift queries or problems with Rota Central or are leaving us.

Contact us via the WhatsApp channel (07918 121606) or to **Volunteer Services** at volunteer@emptykitchens.co.uk Our **Volunteer Coordinator**, Sarah, can be contacted on sarah.hutchison@emptykitchens.co.uk

Health & Safety

As some of you are unfortunately aware, there are a number of viruses doing the rounds. If you are unwell or are sensing the onset of symptoms, please do stay home and let us know you are unable to attend. We wish you a swift recovery.

If you have a gastro related illness or are displaying symptoms please remember that we ask you not to attend a shift until you've been symptom free for at least 48 hrs.

Board of Trustees

The next Board Meeting is on 23rd January 2024.

If you are interested in attending future Board meetings then do let the Secretary, Sam, know.... sam@emptykitchens.co.uk

Membership:

We always welcome new applications to be Empty Kitchens Full Hearts Members! As a Member, you have oversight of what we do, you'll influence strategy, and be voting on matters of constitution and governance including electing our Trustees. Members' meetings take place approximately twice a year, so we hope it's not too big a commitment! You can always come and talk to us about it if you'd like to know more before you apply... Registration forms are available from the Welcome Desk.

