



Friday 2nd June 2023

Hi Folks,

As yesterday was the first day of Volunteer Week (1st-7th June) we'd like to take the opportunity to simply say...



Thank you to all our volunteers past and present who have chopped, cooked, portioned, packed, scrubbed, delivered, gardened, called, emailed, organised, cycled, driven, ran, walked, given, represented, shared and done!

We are in awe of you all, every day.

This week, news on **Hibs and Hubs**, an opportunity to understand a little more about the circumstances and journey of our service users through a brief **case study** shared by our SUE team, news of **Food Policy** progress at Edinburgh City Council, and as ever, an update from **Tom & Team** in the garden.....

Hibs & Hubs.....Over the past year, EKFH's relationship with **Hibs** has developed into a longer-term partnership. So, we've been getting in touch with service users in the locality to assess the feasibility of Hibs to be one of our Hub drop-off points.....And we are delighted to share with you that **Hibs will become our latest Hub** from w/b 19th June! With the additional benefit of a hot meal being served to those folk collecting their packs from the ground - Janet this week called 58 service users in proximity to the ground and whilst there are clear challenges for many - common barriers being mental health and mobility, there is enough take up to make it a viable opportunity for all. Hibs will be offering a hot-service drop-in lunch on Mondays, Wednesdays and Fridays going forward - our involvement will continue on Wednesday only, for now.

Case Study.....As part of our SUE work our connection and understanding of the wider circumstances of those we support develops. This week we'd like to share with you one such "case study". You'll appreciate some details have been omitted:

This service user....was in temporary housing when they asked for our support. Eating well and regularly was essential due to having to inject with insulin 3 times a day with a meal. They were struggling with health problems associated with diabetes - recently diagnosed. They had been used to being employed and were finding unemployment and temporary accommodation very difficult. They were also on sickness benefit and going to the job centre to try to find work. They walked long distances due to not having any money for bus fares despite painful feet due to diabetes going untreated for a while. They felt socially isolated and mentioned "mental problems" with "changing moods and feelings." We provided information for befriending services, mental health support and free bus pass; we also sent a link to a Works and Benefits website which had a self-assessment form. During a follow-up conversation, they admitted that the root of the problem is gambling so we provided information on gambling addiction support. They were keen on finding employment and turning their life around. A couple of months later they cancelled meal support. They had found a job and were moving out of temporary accommodation.

From the Council Chamber.....On Thursday a motion was tabled at the full meeting of Edinburgh council by **Councillor Facienda, Councillor for Leith** and the **Chair of the Edible Edinburgh partnership. The Edible Edinburgh Sustainable Food Partnership**, of which **EKFH** forms a part of the development working group, brings together stakeholders and partners to address key issues of health, well-being, climate change and food justice, campaigning for change and informing policy for collaborative food and growing projects. The motion in question was amongst other things to reaffirm the council's support for this group, understand the importance public sector procurement plays in sustainable food networks and to recognise food's central importance in achieving the council's key goals of the Council Business Plan, Challenging Poverty, Achieving Net Zero 2030 ambitions and the well-being of all Edinburgh citizens. Similarly, as a part of the **Good Food Nation** bill passed by the Scottish Government in 2022, all local authorities in Scotland are legally required to publish a good food nation plan. We were delighted to see that there was huge cross party support for the motion and look forward to working alongside the council in the sustainable food space moving

forward. More details, a webcast and a thoroughly engaging deputation by Pete Ritchie of Nourish Scotland can be found here:

<https://democracy.edinburgh.gov.uk/ieListDocuments.aspx?CId=150&MId=6476&Ver=4>

Pete Ritchie deputation (18:40 mins-35:00 mins)

Councillor Facienda Motion 8.9 - Achieving our sustainable food goals (4:50:12 - 5:07:40)



News from Tom & Team in The Garden.....

"Beautiful sunny weather this week in the garden. On Monday we took delivery of some woodchip and topsoil. On Thursday we planted some Cauliflowers, Cabbages, Pak Choi and Parsnips. The pigeons have been enjoying some alfresco dining, unfortunately they seem to particularly like our Kale plants, so we have made a few bird scarers to try to discourage them. Fingers crossed!"



Every week sees such fantastic progress. And we loved hearing how the tomato plants had settled down and looked much happier this week!

Next week, we'll update you on the AGM - happening this coming Wednesday, 7th June, there'll be a story or two from the Marathon Festival, and an update on May's adventure with Edinburgh Community Bookshop. Until then don't forget to scan the Notice Board below - updated weekly.

Wishing you all a wonderful weekend in the way that's most meaningful to you

[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

Edinburgh Community Book Shop:

Whilst May is now behind us and our partnership month is at a close you can still support their superb work.....

- Sharing related **social media posts** to spread the word
- Popping into the shop if you're **looking for gifts** or adding to your own book collection!
- **Donating any books** that you'd like to pass on to their next reader. You can either hand them in to Emily and we'll do a big drop-off, or go directly to the shop.

VACANCIES:

We received a remarkable response to the advert for the additional (temporary) Delivery Driver role, posted last week. Interviews are now ongoing.

Please make family, friends and colleagues aware of the work we do and what we offer in terms of the variety of roles and the flexibility we offer....as well as being a great place to come and be!

ROTA CENTRAL:

All Departments are now showing shift availability up to the end of July.

We are doing a lot of housekeeping on Rota Central, updating and clearing, ensuring roles and details are correct. This work will continue over the coming months. If you are not receiving the Wednesday rota email or you are but the role(s) are not the one(s) you signed up for, do let us know.

Do let us know if you are interested in any of the above roles, have any volunteering or shift queries or problems with Rota Central. Contact us via the WhatsApp channel (07918 121606) or to **Volunteer Services** at volunteer@emptykitchens.co.uk

WEBSITE:

We are extremely keen to include some volunteer testimonies and profiles. You can see the page [here](#). Could you share what being a volunteer with us means to you and

perhaps say a little about yourself? Let us or Emily know. You can have a look at the new [Team Page](#) too.

Membership:

The AGM is this coming Wednesday - 7th June.

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. Our first Members' AGM will be taking place in June, and new Membership applications will be reviewed at the next Board meeting in July.

SOCIALS:

Check out our socials here...

