



Friday 4th November 2022

Hi Everyone,

Welcome to this week's **Weekly Roundup**.

Thank you for everything you have done this week and particularly to those travelling to site or out delivering earlier on in the week when it was really wet and horrible, we truly appreciate your commitment.

Today, a beautiful autumnal day, we are delighted to launch our **Hot Service**. This is more of a returning than a brand new thing but it marks a critical step in our journey and a really important one for us and our community, and finally brings the garden space into play. We imagine it will be a slow start - we have deliberately soft launched, but know this will build.



WEEKLY
HOT FOOD SERVICE

POP IN FOR SOME SOUP
AND A CHAT!

Starting
Friday 4th November

1pm - 2pm

3 - 11 West Granton Road, EH5 1HG

www.emptykitchens.co.uk

EMPTY KITCHENS FULL HEARTS 

You may have seen our social media posts. Do please share.

There are shift slots on rota central for each Friday from 12.45 to 2.15pm, so please do sign up if you fancy being involved and do please spread the word!

Another step on our journey to becoming the organisation we wish to be is the development of our **Mental Health & Wellbeing Policy**. Fiona Ogg who is supporting us in this area is taking the lead on the creation of what we see as a critical part of informing who we are. As Fiona says...

"We are keen to create the best working environment possible in Empty Kitchens and this includes promoting and protecting the mental health and wellbeing of all our employees and volunteers."

And we can only really do this with your input. We want you to tell us what you see as the factors which influence overall wellbeing in the workplace and what you feel would be important to include in our Empty Kitchens Mental Health & Wellbeing Policy. So to this end, we are looking for people to be part of a small focus group in November and December to provide input to and review a draft policy before we finalise.

If you are interested in joining this group, we would be grateful if you could contact Fiona by Wednesday 16th November to express your interest. fiona.ogg@emptykitchens.co.uk

This week we are **Introducing** Lucy Craig, the first of our three newly appointed Trustees. Lucy...

"Hi everyone, my name is Lucy and I'm a new trustee with EKFH. In my day job I work as a finance manager in the charity sector, and help run a couple of restaurants. I'm really excited to be getting involved in the fantastic work that EKFH are doing across Edinburgh and see if there are ways in which the hospitality sector could be more involved.



I have previously studied Social Development and Health and have a keen interest in different approaches to tackling health inequalities, the work that EKFH is doing addresses many of these issues directly and I'm looking forward to getting more involved!"

Welcome to Empty Kitchens, Lucy.

And on the Reminders & Recaps ...

Christmas Meal Delivery....We need your help to cook (Thursday 22nd), pack (Friday 23rd) and deliver (Saturday 24th) these meals. The volunteer shifts are up on rota central so please sign up if you are able to - santa hats are optional!

For those wondering about **Christmas Day**....We will be operating a normal Sunday shift pattern / demand on the day and into the week leading up to Hogmanay. As **New Year's Eve** falls on the Saturday this year which coincides with our shutdown day, we will not be operational on the Saturday. **Sunday 1st January** will be a normal operating day. Shifts will be on Rota Central imminently.

Fundraising Concert! with Lorna Luft and Worbey & Farrell on Thursday 5th January.



[Tickets are available here](#) - we hope you'll be keen to come along, and tickets would make excellent Christmas presents! We'll also need some volunteers to help us with various front-of-house roles on the day - if you're interested in being involved, please let Emily know.

Building Capacity we are really in need of more **Volunteer Drivers & Cyclists** and **Admin Support**. We are also looking to develop a **Language Bank**, a library of volunteers with language skills that can assist us with interpretation - written and spoken - with New Scots and those with us who are perhaps with us temporarily, in situations such as service user engagement & support, and with welcoming and integrating new volunteers. If you are fluent in a language and feel you could help then get in touch with Martin.

Our **Community Work & Service User Engagement** - We are supporting **Royston & Wardieburn Community Centre with an adult learning & skills programme and Streetworks' Wellness Wednesdays**. We will continue to develop these connections to build deeper relationships and hopefully support more people struggling with food insecurity.

I think that's about it - please do let us know what's on your mind by email at et@emptykitchens.co.uk or just come and have a chat.

Thanks again and wishing you all a wonderful weekend,

Janet, Mike and Martin