



Friday 22nd September 2023

Hi Folks,

Welcome everyone to this week's Roundup.

You know, we often worry that there won't be anything to say here - at least not weekly, how silly we are.....and how busy! This week then, we report back on our kilt walking endeavours, and hear from Head Chef Scott who is running in the Scottish Half Marathon and raising money for us! We then turn our attention to our winter campaigns and seek your involvement, and now, just around the corner is the Reggae Got Soul event at Leith Depot. Onwards.....

Kiltwalk 2023



Well done to Susan, Jane, Janet, Luke and Emily who walked a combined **90 miles** on Sunday at the Kiltwalk and have raised an amazing £1,500 between them!

Special shout out to Susan for smashing her fundraising target by raising more than £700 - wow!

Next up is the **Scottish Half Marathon** on Sunday - and our very own Head Chef Scott is taking part!

"I am raising money to support Empty Kitchens Full Hearts because I believe that no one should be suffering from food insecurity. Empty Kitchens supports a wide range of people with meals that help to alleviate the stress of insecurity, while providing healthy and nourishing food. A donation of £15 is enough to support one of our service users with a week's worth of food. Any and all donations are much appreciated so that everyone in need of a little help from Empty Kitchens can get it."

Good luck, Scott! You can help us to spread the word and support Scott by sharing our social media posts with the [link to his fundraising page](#).

If you're taking part in any similar events in the future, or are thinking about doing some fundraising for us, it's now really easy to [set up a fundraising page](#) (similar to GoFundMe or JustGiving) via our website here - have a chat with Emily if you'd like to know more!

Edinburgh Volunteer Recruitment Fair 2023

On Wednesday 13 September we attended the **Edinburgh Volunteer Recruitment Fair** to meet people interested in volunteering. We are so grateful to all the volunteers who gave their time to join us on the stall! It was lovely meeting so many people interested in volunteering, and we hope to see a lot of them joining us for future shifts. We are always keen to spread the word about volunteering with Empty Kitchens, so if you would like to get involved in future recruitment events, keep an eye out here for updates.



Posters and leaflets are always available if you know of somewhere locally or perhaps a place of work where they can be deployed. Folk can sign up via our [website](#) or here's a QR code you can share.....

Winter Fundraising Appeal - We'd Love to Hear Your Ideas!

£15
FEEDS ONE PERSON
FOR A WEEK

£45
FEEDS A FAMILY
FOR A WEEK

£66
DONATE YOUR
ENERGY REBATE

£150
FEEDS SOMEONE
ALL WINTER

GIVE THE GIFT OF PUTTING FOOD ON THE TABLE

Now that we can feel the weather turning... It's time to turn our thoughts to winter and our **annual fundraising appeal**. You might remember that we've run Crowdfunding events around Christmastime in the past, and we are looking to run a targeted winter appeal again this year.

Emily is really keen to hear from you all if you have any ideas about our messaging around this appeal so that we can make sure we're using language that resonates with you as a volunteer body, and more broadly with the general public.

You can see what we went with last year as an example - "Give the gift of putting food on the table"- **What would your suggestions be for this year?** Keep an eye out for a Board where you can add your suggestions, or you can add them to this [digital whiteboard](#) - all ideas welcome!

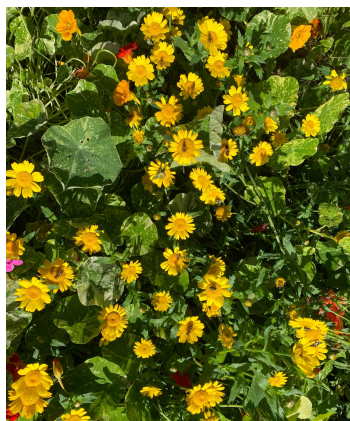
Reggae Got Soul - All Welcome, Good Vibes Guaranteed!

If you're making plans for your autumn, why not head along to Leith Depot on Saturday 14th October for 'Reggae Got Soul'.

The organisers are kindly raising money on our behalf with this event, which looks like it should be a great night! Tickets are available [on Eventbrite](#) or on the door.



News from the Garden



"Hello from the garden! This week we've been mostly tidying and weeding in preparation for the garden party on Friday. We also took out the tomato plants as they had finished, in their place we have put some cabbages and sprouting broccoli which will grow slowly over the winter, and be ready for early spring.

We are still waiting on the squash to ripen and the tatties too, the kale will also continue growing through the autumn and into winter. So whilst some things are coming to an end, other things are just getting started!"

Thanks Tom! Just a reminder that the garden will continue to have Tom's support over the winter and you'll see shifts for the garden (Mondays only) from October on Rota Central. We are looking forward to seeing what's planned for 2024.

Once again, thank you for all your support this week 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

Volunteer Services & Rota Central

Shift availability is now live for **October** for all departments.

Gardeners and those considering coming along, note that gardening sessions will continue on Mondays only in October.

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.

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

Please remember to not take whites and aprons into the bathrooms, and leave them inside before heading out to enjoy the garden on the fine days.

If stepping outside for a cigarette or vape, can we ask that you distance yourself from the building - there's plenty of space on the greens for example, and certainly away from the kitchen windows.

Board of Trustees

If you are interested in attending future Board meetings 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.

