



Friday 26 January 2024

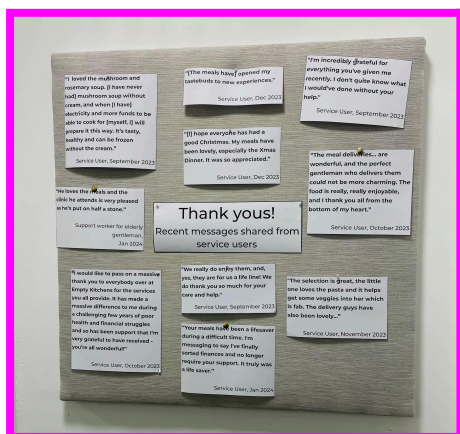
Happy Friday everyone! Hope you have had a lovely week, despite the stormy weather. It has been a busy week with **our 2 Million Meals photo taken on Tuesday**, and our **February board meeting**. More news on these to follow next week.

Today we share a reminder that our **Burns Supper** will be taking place next Friday, so please come along if you can. We've also **updated our Thank You Wall** in the main corridor this week with some recent service user feedback. Please do have a read!

And while we are on the topic of thank yous - **Susan**, our new Packing Manager, wanted to share **“a HUGE PERSONAL THANK YOU for the enormous support and lovely feedback I’ve had from our wonderful volunteers”**.

Looking ahead to next week, we have our second **Nourish** event, and we share a reminder for the next **Hibs’ match and collection** on the 7th February. Finally, we share the **Joseph Rowntree Foundation “UK Poverty 2024 Report”** with some reflections.

New ‘Thank You’s’ Wall - Please give it a read!



We've updated our 'Thank You' wall in the corridor, to include some of our most recent feedback from service users. This feedback was collected by our Service User Engagement and Welcome Desk teams. These 'thank yous' are to everyone at Empty Kitchens for all their hard work. We'll be updating the board on a rolling period from now on, so please do stop and take a read before and after your shift. Hopefully it will brighten your day (especially during this wintry weather!).

Volunteer Event - Burns Supper - 2nd Feb, 2.30-4.30pm

On Friday the 2nd February, we'll be celebrating Burns with some haggis, neeps and tatties (and a wee dram if you fancy!). There will be alcoholic and non-alcoholic drinks available, but feel free to bring your own tippie of choice too.

As the first of our get-togethers this year, we would love to have you with us! And if you have a talent for addressing a haggis... we may well need your help. If you have any questions about the event, or would like to get involved in the planning, please let Sarah know.

To RSVP, please sign-up for a ticket on [Eventbrite here](#), or fill out the sheet at the Welcome Desk. We will ask for any food allergies or dietary requirements, so we can pass these onto the Kitchen.





Nourish Scotland Event - Public Diners: Infrastructure for a Good Food Nation

Next week, we're involved in Nourish Scotland's public diner event on Thursday 1st February. The one-day conference will:

- Get **inspiration from the 1940s' British Restaurants** and other examples
- Discuss the **benefits Public Diners** could deliver for our health, economy, social security, social cohesion and climate
- Work out a **model for a public diner** - menu, food sourcing, service and more
- Get the chance to **experience and review a prototype public diner menu**.

As well as providing food for the event, we're looking forward to taking part in all of these discussions. We'll update about it in the next few weeks, but you can also still [book a space if you'd like to come along](#) yourself.

Reminder - Hibernian v Celtic - Food Collection 'Donation Station'



Our partners at the **Hibernian Community Foundation** are running a food collection at the **Hibernian FC v Celtic** match at Easter Road on **Wednesday 7th February**. We'll have a table and crates for collecting food, and will also have buckets for taking donations. The last time we did this it was amazingly successful - **49 crates of food were collected!**

Would you like to come along and help with this? Our 'donation station' will be set up before the match from around 6.30pm. The match kicks off at 8pm. You would be very welcome to then stay on for the match. We will have tickets available.

If you would like to help, please **let Emily know** - in person when you're on site, or by email (emily.gifford@emptykitchens.co.uk)

Joseph Rowntree Foundation: UK Poverty 2024

The Joseph Rowntree Foundation released their report 'UK Poverty 2024: The Essential Guide to Understanding Poverty in the UK'. Some of their key findings include:

- Poverty levels have increased to close to pre-pandemic levels. **More than 1 in 5 people (22%) in the UK were in poverty in 2021/22.**
- Poverty is deepening. In 2021/22, **6 million people were in 'very deep' poverty**, which is people whose income is less than 40% of the UK median. More than 12 million people have experienced very deep poverty in at least one year between 2017-19 and 2020-21.
- Certain groups are disproportionately impacted. In 2021/22, rates of poverty were:
 - **Larger families:** 43% of children in families with 3 or more children
 - Families whose childcare responsibilities limit their ability to work: 44% of children of **lone-parent families** are living in poverty
 - **Minority ethnic groups:** particularly people in Pakistani and Bangladeshi households, more than 50% of whom are in poverty
 - **Disabled people:** 31% of disabled people were in poverty. This is even higher (38%) for people with a long-term, limiting mental health condition
 - **Informal carers:** 28% of people with caring responsibilities
 - **People living in rented accommodation:** 43% of social renters and 35% of private renters
 - **Families claiming income-related benefits**
 - **Part-time workers and the self-employed:** the poverty rate for part time workers was double that for full time workers
 - **Families not in work:** 56%



Much of this is echoed by our own information about our service users:

- 52% are in receipt of benefits
- 50% have a mental or physical health condition
- 50% are unemployed and/or unable to work long-term
- 50% are experiencing or have experienced homelessness or poor housing
- 5% are employed part time
- 3% have care responsibilities

You can read the [full report here](#).

And, as always, thank you to everyone for this week and have 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 **March 2024** on all departments.

Volunteer Opportunities: Volunteer Drivers, Cleaning Team, Welcome Desk and Volunteer Services.

Cancelling a shift. 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

Illness. If you become 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.

Gloves. We continue to provide gloves for all involved in food preparation and packing. For us, the use of gloves is not obligatory, their use is your preference, they provide an additional barrier when undertaking certain processes. They do prevent contamination under nails, finger jewellery (where it cannot be removed) and provide another layer of protection in the case of minor cuts on the hand, so we ask you to use them in this instance. If using gloves, please wash your hands first and replace the gloves regularly throughout your shift and always after completing a task before starting a new task. Gloves should be removed before bathroom visits, breaks, going outside etc. and replaced (with new gloves) after washing your hands. If you have any kind of skin condition - which could simply mean temporary dryness, please wear gloves.

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 Wednesday 13th March 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.

