



Friday 17th February 2023

Hi Everyone,

We hope this week's Roundup finds you well and looking forward to the weekend.

This week, opportunities to attend our Board meetings, a few visitors on site this week, and a little bit of health and safety advice...

But first, some recent feedback from one of our newer **community outreach initiatives** providing soup to the **Wester Hailes Community Wellbeing Collective**:

“So grateful for your swift service & continued support for the community here at Wester Hailes and huge gratitude from those that wander through our doors at (Cwc) community wellbeing collective.

We are a fairly new community space here in Wester Hailes. We are providing unique & diverse experiences at the heart of the community For collective well-being. We heard about your amazing work & how you have been supporting many by filling people's hearts with hope and their bellies with nutrition, your praises were being shared via a lovely chat at Wester Hailes community trust so we reached out.

Our community needed a warm space on Sundays here at the plaza so we created a warm & restful space from 12-3pm.

Your soup has meant that no one has gone hungry & while sharing warm food & space together hearts have felt more than full and I would highly recommend your offerings to many. “

As always, thank you to everyone who makes these initiatives possible.

Would you like to attend the next **Board Meeting**? It's really important to us all to establish Volunteer and Service User participation at all levels of the organisation - understanding, contributing and informing all that we do, so we are very keen to hear from any and all Volunteers who'd like to attend future Boards. Please let us know if you're interested in attending by dropping us an email at et@emptykitchens.co.uk or let Sam (Board Secretary) know at sam@emptykitchens.co.uk. . The next Board will be held on **Wednesday 29th March** (5.30pm-7pm).

We've had visits this week from **Edinburgh Community Food, Inspiring Scotland**, and the **Postcode Lottery Trust**. It's always wonderful to be able to welcome people on site so that they can see for themselves all of the hard work put in by every single one of you, however you're supporting us with your time and energy.

Speaking of your support, we're also asking you all to be especially mindful of **personal and environmental hygiene** as we're now in **Norovirus** ("Winter Vomiting Bug") season. As you may be aware, it's a highly transmissible virus that is spread through touch, breath, and eating contaminated food. The symptoms are feeling suddenly sick, vomiting, and diarrhoea with the latter typically lasting 48 hours. On all levels this is a real risk to us as an organisation, as an outbreak could mean suspension of the operation and the risk of wider transmission across staff and volunteer base and families, as well as our service users.

You can help with our defence against this with regular hand washing, the regular cleaning of all touch points, and staying away if you are unwell - not returning for a shift until you have been symptom free for 48 hours. We will be reminding everyone about hand washing when they arrive and regular sanitising and hand washing before and during a volunteering shift.

Note hand sanitiser itself is not effective with the Norovirus virus - hand washing is. But sanitiser and sanitising is a key part of our broader hygiene and prevention response.

You might also find this link useful:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/norovirus>

And finally, **Rota Central** is now showing shift availability through to the end of April. Note that we have posted additional **KP Shifts** over Monday afternoon and Tuesdays to reflect the greater production volumes in part created by the successful outreach activity.

And in **The Garden** from next **Friday (24th February)** Fi (Chef) will be leading the **Gardening Team** - we've posted 5 shifts to start on Rota Central running 2pm-4pm to get things going. If you're not already on the Gardening Rota but would like to be let us know at volunteer@emptykitchens.co.uk and we'll add you. Or have a chat with Fi at fi.grant@emptykitchens.co.uk.

On the Notice Board -

Current Volunteer Feedback. If you haven't managed to yet we'd be extremely grateful if you could fill one in. Closing date is February 28th.

Click on the below link or hard copies are available at the Welcome Desk or on the Mezzanine.

https://docs.google.com/forms/d/e/1FAIpQLSfD9Edld7UjTonmUoRxyqVpHli-WwsJOIGF4hnYTCI6R_7eOQ/viewform

Project Hibs...If you'd like to be involved there are shifts available on Rota Central but before you sign-up, let us know that you're interested - have a chat with Mike or drop him a note. Every Wednesday at Easter Road Stadium for the next 8 weeks - 11.30am to 3.30pm. **If you have signed up please note that there is a slight change to the timing - the shifts are 11.30am until 3.30pm. We appreciate this may be significant to you, just let us know.** Mike can be contacted - mike@emptykitchens.co.uk or lets us know via the volunteer WhatsApp channel.

Building Capacity....Our seeking to build capacity continues into 2023; volunteer drivers & cyclists, the welcome desk, service user engagement, Volunteer Services and Rota Central, all offer opportunities to get involved or be more involved or a change of roles. We're also still keen to develop a Language Bank - people with language skills - Ukrainian particularly - that can assist us with interpretation (written and spoken) as we don't want poor communication to be a barrier for people accessing our service. Please get in touch with Martin at martin.clarke@emptykitchens.co.uk for more detail.

Membership Registration Forms are always available from the Welcome Desk, and will be put forward at the next Board meeting in March. The next Members Meeting will be in June..

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

Wishing you all a wonderful weekend,

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