



Friday 11th August 2023

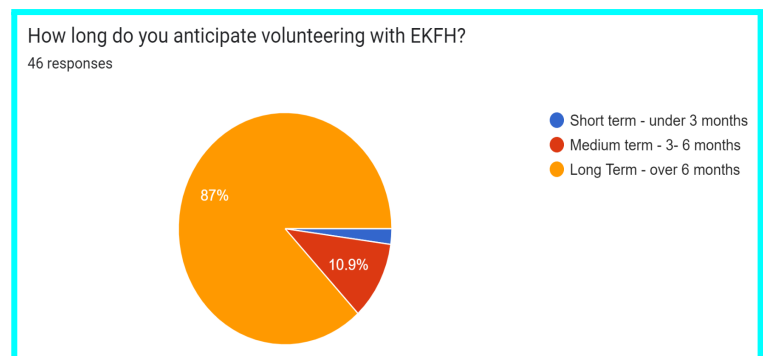
Hi Folks,

Welcome everyone to this week's Roundup. We hope you are well.

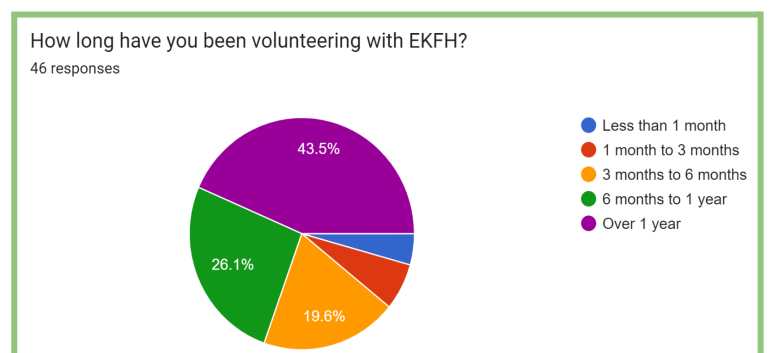
This week.....it's the football season again so a reminder of free ticket availability, we share Jane's recent post on The Kilt Walk, are you joining us? There's the garden of course, and the unexpected pleasure of an unannounced visitor as we were preparing this week's Roundup. We start however with the volunteer survey. It's taken us too long to get this out and we have learnt some lessons about the process on the way. We thank Jane for all her work on this and appreciate your understanding for the time it's taken us to give you visibility.

### Volunteer Survey Spring '23

We wanted to share a brief update on the volunteer survey that came out earlier this year, and say a big thank you to everyone who completed this! We received 46 responses in total, with 43% of respondents having been with us for over a year, but also capturing feedback from more recent joiners.



Great news was that on a scale 1 to 5, 41 respondents ranked the benefit they felt from volunteering with Empty Kitchens Full Hearts between 4 and 5. Reasons for this included volunteers feeling they were giving back to the community, meeting new people, and gaining new skills. We also learned that the majority of respondents felt communication had improved, particularly with the weekly roundups.



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Thanks to the survey, we also identified areas for improvement, based on the feedback that came up most regularly. We wanted to share our responses to these below:

- More contact with the office team and information on their work - We will share more updates on what our team are working on in our weekly updates; have our [‘Meet the Team’ page](#) on our website; and are planning more events for the whole Empty Kitchens Full Hearts community to come together (with the first in September - stay tuned for more details!).
- Shorter shifts to be available on Rota Central - We are so grateful for all the time volunteers give us, and never want anyone to feel they need to stay longer than they wish to! If you can only volunteer for part of a shift, please just add this as a note on RotaCentral, or let us know when you arrive.
- More milk options and milk available at break times - We have set up a regular milk delivery to make sure there is always a variety of milks available to enjoy during your break times.

We feel this has been a great piece of learning on how we collect feedback at EKFH. For our next survey, we plan to have fewer questions and tailor these to specific teams. We hope this will make our future surveys more user-friendly and give us better insights in volunteers’ experiences in their roles!

Big thanks again for completing the survey, and if you have any further feedback, please contact Sarah (On site for a chat Mon-Wed, or on [sarah.hutchison@emptykitchens.co.uk](mailto:sarah.hutchison@emptykitchens.co.uk))!

"I have volunteered with Empty Kitchens for 3 years as it's a cause I really believe in. That's why I've decided to take part in the Kiltwalk and raise money to provide healthy meals to those in need. Please help us by join our walk or donating to a great charity."

We introduced our next **Kiltwalk** team member this week - Jane! Jane is one of our Trustees, and has been a long-time volunteer at Empty Kitchens Full Hearts. She shared why she's taking part in the Kiltwalk and encourages people to donate if they can.

You can still join the team, too! [You can sign up to walk 5, 15, or 21 miles here.](#)

It really helps us if you can share our social media posts about the Kiltwalk to get the word out and help with fundraising - please do share with your networks if you can!

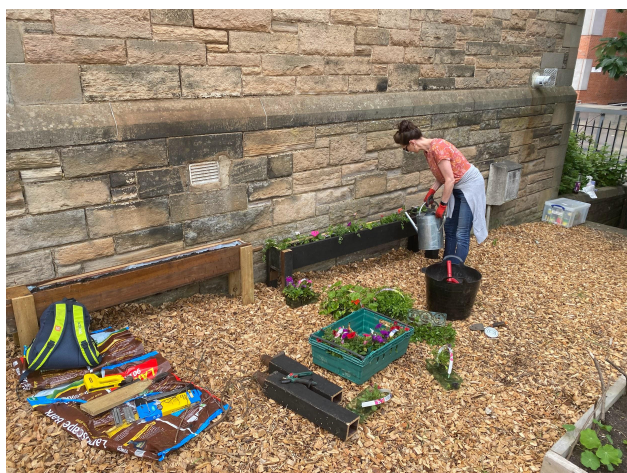


We are delighted to be continuing our partnership with **Hibernian Women FC** for another season! As one of the team's sponsors, we always have an **allocation of free tickets** for home game tickets at Meadowbank stadium.

Please get in touch with Emily ([emily.gifford@emptykitchensc.co.uk](mailto:emily.gifford@emptykitchensc.co.uk)) at any time if you'd like to go along with friends or family. You can see the matches up until the end of August in this picture, or [details of the full season here.](#)

We also have some signed shirts from the players from last season... watch this space for more information about these!

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



“Hello from the Garden! A good weather week this week, warm and a bit of Sun. We harvested some French beans, our first aubergine, blackcurrants and a few courgettes too. The tomatoes are finally starting to ripen in the polytunnel - a wee bit more Sun and heat and they should be ready pretty soon.

We planted out some baby leeks which will be ready over the winter months, and next week we will be clearing a bit more space for some broccoli and winter cabbage.

The wild flowers which were sowed in the ornamental border are all doing really well, and about to flower - this will be good for attracting more pollinators into the garden, and be generally beneficial for the (invertebrate) wildlife of Granton.

A couple more garden benches have been kindly donated, so there is even more seating in the garden. Please do feel free to come out and enjoy the space if you are able."

**The garden program will continue through September with Tom & Team on site Mondays and Thursdays. Do feel free to sign up on Rota Central and come along.**

And then a traveller called....

This is Sam Lloyd. Sam saw our Hot Service sign earlier today and rang the bell to see if we had anything available. It turns out that Sam is riding from Manchester to John 'O' Groats and back again to raise awareness for Anti-Slavery International. Last night he slept in someone's garden, today he found himself on our doorstep. He's not a newcomer to this long distance cycling malarky and has done the Land's End to John O' Groats trip twice, as well as rides around Korea, Japan amongst other adventures. It was a pleasure meeting Sam and hearing his story.



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](mailto:et@emptykitchens.co.uk) or just come and have a chat.

## THE NOTICE BOARD

### **Volunteer Services & Rota Central**

Shift availability is now live for September for all departments.

Gardeners and those considering coming along, please note that the Monday & Thursday shifts will continue all the way through September.

We will again be attending the annual **Volunteer Edinburgh Volunteer Fair** and would welcome your support on the stand if you have an hour or two to spare. Sarah, our Volunteer Coordinator, is leading the day so let her know if you are interested in coming along either when you are on site next or drop her a note [sarah.hutchison@emptykitchens.co.uk](mailto:sarah.hutchison@emptykitchens.co.uk) The date: **Wednesday 13th September**. The venue: **St Paul's & St George's on York Place**.

**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.**

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](mailto:volunteer@emptykitchens.co.uk) Our **Volunteer Coordinator**, Sarah, can be contacted on [sarah.hutchison@emptykitchens.co.uk](mailto:sarah.hutchison@emptykitchens.co.uk)

### **Health & Safety**

**Note that over the next week or two there will be practice evacuation drills.**

Our focus on handwashing continues. The nearest sink upon donning your whites is of course in the laundry room adjacent to the cloakroom.

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.

### **The Kiltwalk - 17th September 2023.**

Could you join the team walking Miles for Meals and help us turn miles into meals by walking **5, 15, or 21 miles**? Take part in the **Wee Wander**, the **Big Stroll**, or the **Mighty Stride**!

**Here's how to get involved:**

1. Sign up for your chosen distance at <https://www.thekiltwalk.co.uk/events/edinburgh>
2. Go to <https://emptykitchens.enthuse.com/cf/edinburgh-kiltwalk-2023> to register as part of our Empty Kitchens Full Hearts team and create your fundraising page

By registering with us and creating a fundraising page - which works in exactly the same way as a GoFundMe or JustGiving page - it's already built into our website and donation platform, and means we can claim GiftAid on relevant donations. Get in touch with Emily ([emily.gifford@emptykitchens.co.uk](mailto:emily.gifford@emptykitchens.co.uk)) if you have any questions!

### **Kitchen Assistant Programme**

We have more places available for our **Kitchen Assistant Programme!** The programme is run in association with Edinburgh College (Granton) and offers the opportunity to develop practical kitchen skills in a supportive environment with us in Granton, alongside taking an accredited course '[Introduction to Cookery and Hospitality Skills](#)' at the Edinburgh College Granton Campus.

The course at Edinburgh College involves a time commitment of 2-3 days (a maximum of 16 hours) per week for 6 months, starting on **August 28th 2023**.

Alongside this, we ask for a commitment of approximately 2-3 shifts (four hours each) per week here with us, but there is flexibility about the days of the week on which these hours take place.

If you know somebody who would be interested, please get in touch with Mike. The programme is supported by the UK Shared Prosperity Fund.

### **Board of Trustees**

If you are interested in attending future Board meetings (the next one is on 19th September) do let the Secretary, Sam, know.... [sam@emptykitchens.co.uk](mailto: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. New Membership applications will be reviewed at the next Board meeting in September.

