



Friday 29th September 2023

Hi folks,

Welcome all to this week's Roundup, we hope it finds you well.

It's been a busy week since we sat down to update you all last Friday.....As we were preparing for the Garden Party we had our first Environmental Health inspection at Granton. A routine and unannounced visit, it went extremely well and we were delighted to be awarded a **PASS**. Thank you everyone, whether there on the day or not, you all contributed to this.

In unrelated news.....Scott completed the **Scottish Half Marathon** on Sunday and surpassed his fundraising target - pics next week - Bravo Scott and enjoy your day today! We attended the [Lifting Neighbourhoods out of Poverty conference](#), and welcomed folk from [Nourish Scotland](#) and [Street Soccer Scotland](#) to the site.

And just to let you know that November's rotas are up on Rota Central and, looking further ahead - but not that far! - to confirm it will be business as usual across the holiday period. More details on this to follow, of course.

So this week, we have our regular monthly update from the SUE team, some dates for the diary starting tomorrow! We point to two reports published this week and Tom's garden news.....

Last Friday's Garden Party! A huge thanks to everyone who came along to the garden party last Friday, and brought so many delicious treats! As you can see, the party was well stocked with goodies and nothing went to waste. It was a lovely chance to get together and enjoy some great food - without letting the weather dampen our spirits. Huge shout out to the gardening team too, who have done such an amazing job on transforming the garden this year. We were sorry not to be able to enjoy the party outside on this occasion.

We are looking forward to organising some more events for our volunteers throughout the year, and are always keen to hear any ideas that you might have. If you have a suggestion or would like to get involved in the planning, do let Sarah know!



SUE Update

The SUE team continues to be busy, and with the support of the dedicated Welcome Desk volunteers, 98 new service users (across 66 addresses) were added to our service this month. The team contacts people monthly, which equates to around **60-80 calls each week**. In reality, the number of calls can be closer to 80-120 calls each week as we will loop back to the previous weeks' call lists where we had been unsuccessful in making contact with service users. The underlying reasons behind the need for food support are fairly consistent over time: over 50% have a physical disability or mental health condition; 46% have experienced homelessness or poor housing conditions; 25% have been the victim of crime and abuse. **The cost of living crisis has had a disproportionate impact on people who were already struggling to make ends meet** - the most deprived fifth of the population would need to spend 50% of their disposable income on food to meet the cost of the Government recommended healthy diet. This compares to just 11% for the least deprived fifth (source: 2023 Broken Plate Report). This statistic chimes with the people we support as 38% of people cited energy bills/overall rising cost of living as the reason they've got in touch, and 50% said that benefits received are not covering basic costs.

The SUE and Welcome Desk teams are in a privileged position to have direct contact with the people you all help EKFH to support, and hear both the positive and negative feedback. Understandably, there are difficult conversations and we aim to resolve them wherever possible; e.g. issues were raised recently around mouldy bread being delivered, so the team changed processes to mitigate the risk of this occurring again. And of course on the upside, we hear how much people are enjoying what we all do and we'd like to share some of these with you.

"We really enjoy the meals, and they are a lifeline for us. We thank you so much for your care and help."

"Everything's working out perfect and it's really helping me a lot."

"Wonderful... it's a great service."

"It's good to have a mixture of different vegetables and I like the rolls. I am happy with the fruit you sent me and it's good you sent me a cake. Could you please tell everyone that makes the meals a big thank you for their time and effort."

"The meals are fantastic and well-balanced, and I'm eating much better as a result. The support is also helping to take the sting out of my financial situation right now and I am very grateful."

"The meals are amazing. Both myself and my son love the food, especially the pasta and couscous. The support is very helpful, and it's a peace of mind."

And finally, one person summed it up as "Perfect...spot on!"

So, a big thank you to everyone for the part you play in supporting EKFH service users, it's much appreciated!

For those wishing to keep across food advocacy and policy here's some **Further Reading**...A couple of interesting reports that came out this week, the first from the food, farming and countryside commission indicating the public support for general food system reform and the second from the food foundation advocating the need for this thinking to be central to all political manifestos come the next general election.

<https://ffcc.co.uk/so-what-do-we-really-want-from-food>

https://foodfoundation.org.uk/sites/default/files/2023-09/Election%2024_Manifesto.pdf

News From The Garden

"A windy week in the garden! As the temperatures and daylight hours begin to drop, so does the activity of the plants in the garden - we're starting to clear out most of the summer plants and get some winter/spring plants in the ground.

We planted some radishes and more kale on Monday, and the neeps we put in last week have germinated already! The whitebeam trees at the front of the garden are beginning to lose their leaves, and we've started to collect them to make leaf mould which will be excellent to add into the soil. Hope everyone has a good weekend."



Thank you Tom!

Now for the diary.....



Lauriston Farm is holding a Harvest Celebration tomorrow - it's free and drop-in, no need to book.

There will be workshops, food, music and more - full details are provided here: [Events for September 2023 | Lauriston Farm](#)

Reggae Got Soul - All Welcome, Good Vibes Guaranteed!

A reminder about 'Reggae Got Soul' at Leith Depot on Saturday 14th October. 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.

Thank you for this week everyone, 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 **November** for all departments.

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.

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

The next Board Meeting is January 2023

If you are interested in attending future Board meetings do let the Secretary, Sam, know.... sam@emptykitchens.co.uk

Membership:

The next members meeting is the AGM on Tuesday 14th November 2023.

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.

