



Friday 2nd February 2024

Happy Friday! Welcome to the first weekly update of February.

This week was a busy week at Empty Kitchens, with us taking part in the **Nourish Scotland Event on Thursday**, and our **Burns Supper today**. We look forward to sharing some photos and updates in next week's update! We also wanted to share some more about our recent work with Volunteer Edinburgh and their Ukraine Emergency Response team.

## 2 Million Meals - and final week of our Winter Fundraising Appeal

In case you missed it: last month we officially cooked, packed, and delivered our 2 millionth meal! You might have spotted our picture in the paper last week - but here it is, if not!



In our [press release](#) we pointed to our **Winter Fundraising Appeal** -

The appeal will close next week. We were delighted to hit the original £15,000 target on Christmas Eve, but could you help us with a final push? We're not far away from £20,000, which would be an even more amazing final amount!

Maybe you know friends or family who planned to donate and maybe didn't get a chance amongst the whirlwind of Christmas and New Year?

If you can, please do share the link (or our social media posts) over the next few days: <https://emptykitchens.enthuse.com/cf/winter-appeal>



## Volunteer Edinburgh visit!



Our friends at Volunteer Edinburgh have been doing some amazing work supporting displaced Ukrainians arriving in Edinburgh. This includes arranging language classes, group trips and

community events. Their work helps people feel welcomed to the city of Edinburgh, reduce their feelings of social isolation, and create a sense of community.

Volunteer Edinburgh approached us to ask if we could arrange a group visit to Empty Kitchens, with the support of a translator. We were delighted to have the group join us last Wednesday, helping out in the kitchen and packing areas. All three volunteers said they would love to come back, and thanked everyone at Empty Kitchens for being so friendly and welcoming.

**If you would like to learn more about the work Volunteer Edinburgh are doing, or know someone who might benefit from accessing their 'Support Ukraine' services, please take a look at their [website here](#).**

## Good Food Nation Consultation

The Scottish Government is currently consulting on the [National Good Food Nation Plan](#) which is "the first of many steps to progress food system transformation in Scotland." The consultation is running until April 22nd, and there are a series of in-person and online events throughout this period.

To find out more, and to get involved in the consultation, [head to this page](#).



Finally, to let you know that in response to feedback we have updated the volunteering opportunities on **Sundays** by adding an afternoon **Kitchen KP shift**. If a **1pm-4.30pm** shift works for you or you can come along for part of that, why not sign up?

Remember, the call is still out there for extra support across **deliveries, cleaning, Welcome Desk** and **administration** areas. Contact Sarah, to find out more.

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

## THE NOTICE BOARD

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

**Shift availability:** Shifts are now live on Rota Central to the end of **March**.

**New Shift Added:** We have added a KP shift to Sunday afternoons.

**Volunteer Opportunities:** We are seeking more support in the following areas - **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!

**Subscribing to Roles:** Let us know [here](#) if you wish us to add or remove roles, have any volunteering or shift queries or problems with Rota Central.

**Leaving Us:** Do please let us know if you're needing to step back.

**Feedback:** You can leave feedback about volunteering with us by using [this form here](#). We check the responses regularly. Feedback can be anonymous if you prefer.

**Regular Updates:** 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.

**Contact:** We always love to hear from you. 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**

**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](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.

