

# EMPTY KITCHENS FULL HEARTS

## Volunteers' Update - Thursday 19th September



### Big thanks to our Kiltwalkers!

A huge thank you to our volunteer Kiltwalkers who took part in the Kiltwalk on Sunday.

Together, our 17 Kiltwalkers raised an incredible £3,864. That's enough to make more than 1270 meal packs for people who need them. We couldn't have raised this total without the generous support of our volunteers and their families and friends. Thank you.

We started the day with a lovely breakfast prepared by Scott. In true Empty Kitchens style, we ensured no food was wasted and took along some leftover bacon rolls, veggie rolls and croissants to enjoy en route! Huge thanks to Scott for putting the breakfast together.

Two of our Kiltwalkers (Trish and Tom) have shared their experiences on the next page.

We were lucky with the weather, and enjoyed a lovely walk together up to Murrayfield. It was wonderful to see so many charities and great causes represented on the day.

If you're worried you miss the chance to donate - fear not! [You can still support the team using this link.](#)

It was lovely being part of a team and fundraising together. If you've ever fancied taking part in a similar event and would like to know more, please have a chat with [Janet](#) or [Sarah](#).



### This update includes:

- Kiltwalk news!
- Helping out at the Volunteer Recruitment Fair 2024
- Garden news
- Edinburgh Crisis Centre visit



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## The final word from our Kiltwalkers...

"What a fabulous way to spend a sunny (partly drizzly) Sunday! The Kiltwalk with our colleagues at EKFH was a lovely event and raising money for our wonderful organisation made it all the more fun. Ok so we had to get through that pain barrier of the first couple of miles and then it was plain sailing. Great to meet other walkers doing the same thing as us and raising valuable funds for worthy causes. Thank you to Scott for giving us a hearty breakfast to sustain us! Look forward to next year and maybe you could join us!"  
- **Trish**

"I really enjoyed the wee Kiltwalk, it was fun to be able to walk together as a team, and I think we all felt smart in our Empty Kitchen T-shirts. There was a great atmosphere with all the other walkers, and it was interesting to see the other charities, large and small, that people were walking for. I look forwards to doing it again next year!" -

**Tom**

### Volunteer Recruitment Fair - 1 Oct 2024

On Tuesday the 1 October, we will be heading to the Volunteer Edinburgh Recruitment Fair 2024. The Fair takes places every year, and is a great way for prospective volunteers to hear about how they can get involved.

This year, the event will take place from 10am-5pm at St Paul's and St George's Church on York Place.

Last year, a few of our wonderful volunteers joined us for a couple of hours throughout the day, helping at the stall and chatting to people about volunteering is like. If you would like to come along, please let [Sarah](#) or [Martin](#) know.

### Garden team update

The sun has been out this week and we've had a productive time in the garden. As we head into Autumn the last of the tomatoes and cucumbers have been picked, as have the mangetout. There are still carrots in the ground but they aren't getting much bigger now.

We have had some help from a new volunteer Paul this week, it's always nice to have some new faces around. Thanks to all the regular volunteers too! Thanks,  
Tom



# Visit from the Edinburgh Crisis Centre

We had an interesting visit from Laura Brownlie from the Edinburgh Crisis Centre (Penumbra), to share information about the support our respective charities offer.

The Edinburgh Crisis Centre provides short-term, yet vital and compassionate emotional support to those who are experiencing a mental health crisis. We have been signposting our service users to them for quite a while. During Laura's visit, we learned more about their services, and some of the self-help techniques that they offer – grounding/distraction, breathing exercises, guided meditations, ways to handle emotions, self-care and signpost to various counselling services within Edinburgh. For service users who have recently accessed their support, they offer access to various groups, such as: yoga, art, writing and a health and nutrition group, which are run by volunteers.

They are available 24/7 every single day of the year, through e-mail, text and phone. One-to-one sessions are also available by appointment, after which the option for further support and rest in the centre can be discussed.

A service user can stay anonymous if they wish. They only need to provide their date of birth and postcode to ensure they are over 18 and an Edinburgh resident. Being sensitive and aware of how daunting getting

in touch for help and support can be, especially around mental health, around mental health, Laura shared the following tip: all someone needs to do is send a text first, with just the word “hi” and someone will take it from there. She also added, “We understand it can take some time to build trust. We don't judge anyone or define what a mental health crisis is.”

## Contact Edinburgh Crisis Centre

Freephone: 0808 801 0414

Text: 0797 442 9075

Email:

[crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

Website:

[www.edinburghcrisiscentre.org.uk](http://www.edinburghcrisiscentre.org.uk)

Please get in touch with Leila if you would like to know more about mental health support options on 07771 195 631 or [email](mailto:leila@edinburghcrisiscentre.org.uk). All communication is confidential.



**Edinburgh  
Crisis  
Centre** **24/7**

Feeling distressed? Affected by others' distress?  
Would you like help and support?

 **Freephone 0808 8010 414**

 **0797 442 9075**

We do not define a crisis. We will be guided by what this means to you. You can choose to remain anonymous when you contact us.

**Edinburgh Crisis Centre**  
For 24 hour confidential help and support when you or someone you know is feeling distressed

**FIRST CONTACT US**

 Freephone 0808 8010 414  
 0797 442 9075 or  
 [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

Following your initial contact we can discuss further options for support. This can include face to face meetings and the opportunity to stay overnight.  
[www.edinburghcrisiscentre.org.uk](http://www.edinburghcrisiscentre.org.uk)