



Friday 10th March 2023

Hi Everyone,

Well, Winter seems not to want to let go this week in more ways than one but the resilience of the Spring flowers in our garden here at Granton gives us all hope.

We've had to call for help a little more than usual this week and we are so grateful to everyone for showing up, squeezing in an hour or two or more!, and perhaps sacrificing something else, in order to help. Thank you!

This week is for the runners and there is a request from us for Easter, news on our 3rd Birthday Party - save the date! and what will be a regular update on the Garden project...



**The Edinburgh Marathon Festival 2023**....It's that time of year again... we're getting ready to run Miles for Meals at this year's Edinburgh Marathon Festival on May 27th and 28th!



Our amazing team raised almost £4,000 last year, and we're looking forward to taking part again this year. We'd love as many people as possible to join our team, running whichever distance you'd like:

- Marathon -
- Half Marathon
- Team Relay (team of 4)
- 10K - 5K

How to get involved:

1. Sign up for your chosen distance at <https://www.edinburghmarathon.com/>

2. Go to <https://emptykitchens.enthuse.com/cf/edinburgh-marathon-2023> to register as part of our Empty Kitchens Full Hearts team and create your fundraising page

That's it! You'll get an email confirming you've joined the team, and then we'll be in touch with more information and fundraising tips! If you've already signed up for a race and would like to fundraise for us, you just need to follow step 2 above.

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. It also makes it easier for us to see everyone who is kindly fundraising for us so that we can support your amazing efforts!

If you've already signed up and you've already set up a fundraising page elsewhere, please let us know so that we know you're running with us and we can support you!

Get in touch with Emily ([emily.gifford@emptykitchens.co.uk](mailto:emily.gifford@emptykitchens.co.uk)) if you have any questions about any of this or need a hand with anything.

In this week's **Rota Central** shift availability messages we pointed to the **Easter** period. We know that for many, the order of things changes, your time, responsibilities and focus necessarily often have to shift and with the holidays comes precious opportunities to be with family. We ask that if you can, you consider the Easter weeks now for us - W/c3rd & 10th of April - and if you are available over the period at any stage that you sign up for anything you can do. We appreciate this may not be possible for everyone at this point but if you can we would be truly grateful. This will allow us to understand the shape of things and plan accordingly. Rotas are posted to the end of April and indeed May for most departments.

**We will soon be THREE.....** At the end of this month EKFH will have been preparing and delivering meals across Edinburgh for three years. It has been because of our volunteers that we have managed to keep going through such a tumultuous few years and we want to celebrate that - and you! So please join us at **Leith Arches on Friday the 21st April** where we will have a super evening of food, drink and music - more details to come...Save the date!

And almost lastly.....Today, Friday 10th, we are welcoming our young friends from **S3 at Portobello High School** in advance of next week's YPI - **Youth Philanthropy Initiative** - final. We highlighted them getting through to the final last week. We know you'll want to join us in wishing them the very best of luck and we look forward to reporting of their success in the coming weeks.

The **Garden Project**.....Is now underway.



**GARDENING  
VOLUNTEERS  
NEEDED!**

Over March, We are going to be working with the Granton Community Gardeners to develop our garden space and we would be grateful for extra volunteers to help out!

If you are interested in this project then please sign up on RotaCentral or get in touch by emailing:

[volunteer@emptykitchens.co.uk](mailto:volunteer@emptykitchens.co.uk)  
~ or ~  
[mike@emptykitchens.co.uk](mailto:mike@emptykitchens.co.uk)

Shifts are up **Rota Central**.

Project days are Mondays and Tuesdays throughout March and the working window is - 10am - 1pm -. If you'd like to participate let us know.....



As you can see. Tremendous progress has been made in clearing what was left of the pergola and in an **HOT OFF THE PRESS** update.....the polytunnel arrived as we were going to press!

**On the Notice Board -**

**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.

We'd also like you to attend our **Board Meetings**. 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](mailto:et@emptykitchens.co.uk) or let Sam (Board Secretary) know at [sam@emptykitchens.co.uk](mailto:sam@emptykitchens.co.uk). The next Board will be held on **Wednesday 29th March** (5.30pm-7pm).

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.

Wishing you all a wonderful weekend,

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