



Friday 14th April 2023

Hi Folks,

We hope this finds you well this beautiful Friday. If you're reading this for the first time, welcome!

This week, can you help us deliver? an update from our service user team, The Science Festival, we highlight two exciting vacancies as we look to strengthen and respond, even more progress in the garden AND there's just one week to go to our 3rd Birthday Party!

So let's start there...**Friday 21st April at Leith Arches**, as if you don't know. We know many of you are planning on coming along which is terrific and we are so looking forward to celebrating what has been another year of progress and meeting challenges with you. If you are intending to come please do follow the link and register for tickets so we and the venue know the numbers...



# Empty Kitchens Full Hearts Birthday Party!

Celebrate three years of EKFH with us!

Bar open til 1AM

Bandit Burgers serving til 10PM



7pm - Late  
Friday 21st April  
Leith Arches, EH6 8LY

You'll see the QR code on the poster on site and [the link is here](#).

This event is for any volunteers and staff - past and present - who would like to come along, and plus ones are very welcome, too!

And don't worry if this is not for you or you can't make it we will gather again later in the year.

As you may know we are under a little pressure here at the moment and are more grateful than ever to everyone who's been able to assist - one-off and regulars alike. Thank you.

We are in real need of more **Volunteer Drivers**, you'll see below we have begun recruiting for an additional paid driver role to further underpin the service but volunteer driven deliveries remain so important to our ability to get the food out. Volunteer drivers typically do compact / localised drops - maybe up to 20 but more usually between 10 & 15 addresses in their areas and taking a couple of hours to complete with everything mapped and planned for you.

Volunteer driver shifts are scheduled for mornings but we are going to be changing this in the coming weeks - offering early afternoon options as well, in order to offer greater flexibility.

If you would like to find out more about volunteer delivery driver opportunities, come and have a chat, speak to Chris, or email us at [volunteer@emptykitchens.co.uk](mailto:volunteer@emptykitchens.co.uk). And, please, do share with family members, friends or colleagues, who may be looking for a volunteering opportunity.

From our Service User Team.....We recently provided an update to the March Board meeting on our overall meal provision - currently providing approximately meal packs to **670 people across 310 addresses** throughout Edinburgh every day. **In the past 3 months we onboarded 217 new service users across 144 addresses**, and in the same period there were 178 cancellations across 130 addresses - representing a net increase of 39 service users and 14 addresses.

Provision to **community outreach totalled approximately 150 people** in the quarter, an uplift of 90 people in comparison to the prior quarter - mostly via the Hibs community lunches and the ongoing relationships with outreach programmes in the local Granton area.

We were also able to provide sign-posting support in various ways such as assisting a service user who just had a baby with "new mum and newborn starter packs", referring two service users to the **Edinburgh Clothing Store** and referring a service user to **Rowan Alba** for befriending services.

It remains an ongoing challenge to balance onboarding new service users to keep up with demand, allowing time to start a meaningful engagement process from the outset to identify and signpost additional support services, and reaching some of our longer-term service users. Additionally, we recognise further work needs to be done in improving our relationships with people in hostels and other temporary accommodation, especially because we didn't historically hold individual information and when people move on, we don't necessarily have immediate visibility of this. To give an idea of the scale of the challenge, we **made over 100 calls to service users in the past week alone**.

**The Science Festival.** On Wednesday evening, Mike was present at the award of the Edinburgh medal at the city chambers. This is an award presented by the city of

Edinburgh to “ Those who through Science and technology have made a significant contribution to the understanding and wellbeing of humanity”. This year's recipient is Marion Nestle who was awarded for her lifelong commitment for conducting research, specifically in the fields of food and nutrition, independent of government and business interests.

A titan in the Food politics world and nominated by another great orator on food and food systems, Professor Tim Lang, Marion's presentation was exceptionally engaging and focussed upon what policy makers and civil society can do to relinquish the hold large corporations have over our food system, the dangers of ultra processed foods on health and the environment and the inevitable consequences of remaining with the status quo. Very inspirational stuff. Alongside Mike were the Chair and Coordinator of Edible Edinburgh, a cross sector group dedicated to food system change in Edinburgh, hopefully this evening can be seen as a catalyst to promote better food and food landscapes within our city itself. More can be found out about Marion, her remarkable life, her studies and her literature:- <https://www.foodpolitics.com/about/>

And also here is an interesting video on the same subject by proposer Professor Tim Lang here :- <http://www.foodsystemsacademy.org.uk/videos/tim-lang1.html>

On a similar note, Mike was also present at the launch of a feasibility study by Edinburgh City Council in partnership with Edible Edinburgh into the validity, purpose and locations of proposed indoor markets around Edinburgh city centre. This very comprehensive report conducted by the Archetecht Michael Collins can be downloaded here:- <https://www.dropbox.com/s/reh5wb6c6lclpmb/Edinburgh%20Market%20%26%20food%20hub%20study%20DRAFT.pdf?dl=0>

As you may notice, one of the proposed sites is very close to our doors down here in Granton, Fingers crossed.

**Cherish: Shaping our Planet** - The Edinburgh Science Festival has brought a stunning aerial photography exhibition to Portobello promenade, which provides a birds-eye view of our impact on the landscapes that support all life on Earth. George Steinmetz showcases human agricultural processes in action ranging from **grape harvesting in Lanzarote to Koppert Cress Greenhouses which grow microgreens in the Westlands area of the Netherlands**. Sharyn Coffee shines the light on the utopian architecture of **SuperTree Grove nature park in Singapore, an innovative example of 'urban greening'** which seeks to bring some nature back into urbanised spaces. It's stunning and provides some food for thought.

<https://www.sciencefestival.co.uk/event-details/cherish-shaping-our-planet>

**The Garden Project**.....Well, the compost arrived! And a great deal more has been done.....Thank you gardeners.....



It really is taking shape.

And we would like to ask for **your experience** of using (or not using!) the garden space up until now. [There is a very short form here](#) with a couple of questions to establish a 'baseline' of your experiences of/thoughts about the garden before we continue this work to transform it! In part, this is so that we can measure progress for the garden project funder: hopefully by the end of the project we'll be able to demonstrate you're spending more time in the garden, and enjoying the space! We would be really grateful if you could spare some time to answer these questions - and please be honest! If you've never spent any time in the garden, that's useful for us to know, too.

## THE NOTICE BOARD

### VACANCIES:

We now have the following paid opportunities. If you, or someone you know are interested in joining us then please see the separate WhatsApp broadcasts for further information and for details on how to apply. The vacancies -

**Operations Assistant**

**Delivery Drop Driver**

### ROTA CENTRAL:

Most departments are now showing shift availability through to late June. Note that our involvement with **Project Hibs** looks like it will extend to August - no changes to day or timings. The days and shift timings of the **Garden Project** will change in May - Monday & Thursday will be the days and we are extending the shifts to 10am to 3pm to allow greater flexibility - come along for the full day or just part of. The **Friday Packing** shifts are now 9am to 12 noon.

Do let us know if you are having any problems with Rota Central via the WhatsApp channel or to Volunteer Services at [volunteer@emptykitchens.co.uk](mailto:volunteer@emptykitchens.co.uk)

### EVENTS:

There's still plenty of time to get involved and run Miles for Meals at this year's **Edinburgh Marathon Festival on May 27th and 28th!** And there are a number of ways to get involved - you don't need to run the whole 42.2K! - Last year within our team we had those just embarking on their first running journey (pun intended) or as a fitness in itself, goal signing up to do the 5K, 10K, half-marathon, relay, and whilst this isn't for everyone, going the full distance as a training run ahead of doing some ultra stuff. Wow! So a reminder about 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.

Get in touch with Emily ([emily.gifford@emptykitchens.co.uk](mailto:emily.gifford@emptykitchens.co.uk)) if you have any questions.

If you're not able to take part in any of the events yourself, we would still be really grateful for your help in spreading the word about our team taking part - sharing social media posts to encourage donations would be an enormous help!

**WEBSITE:**

We are extremely keen to include some volunteer testimonies and profiles. You can see the page [here](#). Could you share what being a volunteer with us means to you and perhaps say a little about yourself? Let us or Emily know. You can have a look at the new [Team Page](#) too.

**SOCIALS:**

Our social channels. You may have noted the icons introduced at the bottom of the Roundup? We thought it might be helpful to offer a click through to our feeds here for those who may not be regular visitors to our channels. It's good to see what we are saying and engaging, liking, sharing always helps! Take a look.



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 in the way that's most meaningful to you,

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