

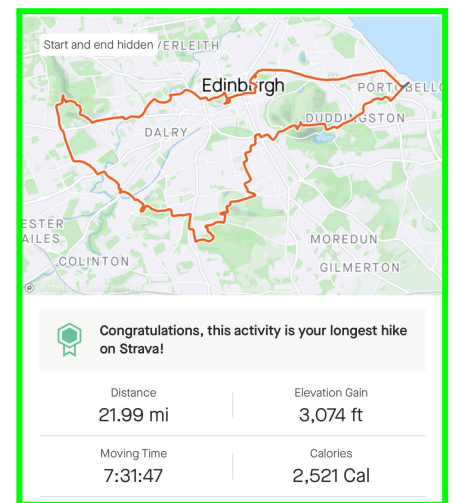


Friday 1st September 2023

Hi Folks,

Welcome everyone to this week's Roundup. We hope you are well.

Here is our **Kiltwalk** update for this week: Luke is taking part in the 21 mile Mighty Stride!



“Training has been going fairly well so far, having completed the 7 hills walk this past weekend with my Mum (and Otter, of course). We started the route at Portobello and made our way to Arthur’s Seat, Blackford Hill, Buckstone Snab - in the Braid Hills, East Craiglockhart, Corstorphine, Castle Rock and last but not least, Calton Hill.

It was a great day out and I’d recommend it to anyone thinking of giving it a go! You can see the route that we took in the picture above.”

You can still join the team, too! [You can sign up to walk 5, 15, or 21 miles here.](#)

It really helps us if you can share our social media posts about the Kiltwalk to get the word out and help with fundraising - please do share with your networks if you can! **We’re aiming for an ambitious £5k fundraising target as a team, so the more you can [share our link](#) the more chance we’ll get there - for context this would support over 20 families to receive food support and receive the wraparound care provided by the service user engagement team for around 6 weeks whilst more longer term support is accessed.**

ZeroWaste Scotland Visit

We wanted to give you a heads up that next Thursday (7th September) a team from **ZeroWaste Scotland** (who funded our new fridges) will be onsite doing some filming. The purpose of this is to capture a snapshot of our work, and how the fridges are being used to get meals to people in need in Edinburgh. If you will be doing a shift on Thursday and do not want to be in the background of any of the footage, please just **let Emily know**. Absolutely no pressure one way or the other!

Garden Party - Friday 22nd September!



Our **Garden Party** will be taking place on **Friday 22nd September** from **2.30-5pm**. We are looking forward to us all getting together as a team and celebrating our lovely garden as we move into the harvest season. We wanted to invite everyone to bring along some of their own dishes if they can, as a team potluck! You can RSVP by [clicking here](#) or get in touch with [Sarah](#) for more details. Looking forward to seeing you there!

Gardening Team Update

This week's update from Tom and team in the garden:

“Sunshine in the Garden this week! Summer is having one last roll of the dice it seems, and it's come up Sunny. We've been harvesting loads of delicious cherry tomatoes this week, about 10 wee punnets - they have definitely been a success! Lots more cucumbers too, a few aubergines, courgettes and even an apple.

Potted up some winter sprouting broccoli and cabbages, and next week we will plant the remainder of the leeks. Some seeds have been kindly donated by one of the volunteers, so we will be planting some of them in the polytunnel once the tomatoes are finished. It's nice to start thinking about winter and next year, but even nicer to be enjoying some late summer nice weather.”



Once again, thank you for all your support this week and 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 September for all departments. October rotas will go live W/c 4th September.

Gardeners and those considering coming along, please note that the Monday & Thursday shifts will continue all the way through September.

We will again be attending the annual **Volunteer Edinburgh Volunteer Fair** and would welcome your support on the stand if you have an hour or two to spare. Sarah, our Volunteer Coordinator, is leading the day so let her know if you are interested in coming along either when you are on site next or drop her a note sarah.hutchison@emptykitchens.co.uk The date: **Wednesday 13th September**. The venue: **St Paul's & St George's on York Place**.

If you are not receiving the Wednesday rota 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

Thank you all who were on site when we conducted the recent practice evacuation drill. The evacuation went well and two more are scheduled for the early autumn.

Our focus on handwashing continues.

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.

The Kiltwalk - 17th September 2023.

Could you join the team walking Miles for Meals and help us turn miles into meals by walking **5, 15, or 21 miles**? Take part in the **Wee Wander**, the **Big Stroll**, or the **Mighty Stride!**

Here's how to get involved:

1. Sign up for your chosen distance at <https://www.thekiltwalk.co.uk/events/edinburgh>
2. Go to <https://emptykitchens.enthuse.com/cf/edinburgh-kiltwalk-2023> to register as part of our Empty Kitchens Full Hearts team and create your fundraising page

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. Get in touch with Emily (emily.gifford@emptykitchens.co.uk) if you have any questions!

Board of Trustees

If you are interested in attending future Board meetings (the next one is on 19th September) do let the Secretary, Sam, know.... 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. New Membership applications will be reviewed at the next Board meeting in September.

Kitchen Assistant Programme

We have more places available for our **Kitchen Assistant Programme!** The programme is run in association with Edinburgh College (Granton) and offers the opportunity to develop practical kitchen skills in a supportive environment with us in Granton, alongside taking an accredited course '[Introduction to Cookery and Hospitality Skills](#)' at the Edinburgh College Granton Campus.

The course at Edinburgh College involves a time commitment of 2-3 days (a maximum of 16 hours) per week for 6 months, starting on **August 28th 2023**.

Alongside this, we ask for a commitment of approximately 2-3 shifts (four hours each) per week here with us, but there is flexibility about the days of the week on which these hours take place.

If you know somebody who would be interested, please get in touch with Mike. The programme is supported by the UK Shared Prosperity Fund.

Content Corner:

- BBC Radio 4: [The recent UN summit focused on the global food system](#)
- BBC Radio 4: [Ultra-processed foods](#)
- BBC Farming: [Lauriston Farm](#)

