



Friday 28th July 2023

Hi Folks,

Welcome to this week's update, and we hope you've had a good week. In this week's roundup, we are delighted to have an introduction from Sarah; an update on the quarterly Board meeting earlier in the week; a request for your help to share the Kitchen Assistant Programme opportunity; a message of thanks to you all from local club Spartans; and a few words from the Kiltwalkers.



Hello everyone! First of all, I wanted to say a big thank you for the wonderful welcome I've had over the last two weeks at EKFH. It has been great meeting so many volunteers and taking part in some packing, delivery and cooking shifts. It is amazing to see the huge amount of work and dedication volunteers and staff give to the organisation, and what an impact it has on the wider Edinburgh community.

As the new Volunteer Coordinator, my role is to support and improve the volunteer experience at Empty Kitchens, as well as lead on new volunteer recruitment. I am always really keen to hear from you all about any feedback or suggestions you might have on improving your volunteering experience. Please feel free to drop me an e-mail on [sarah.hutchison@emptykitchens.co.uk](mailto:sarah.hutchison@emptykitchens.co.uk) - or better yet, please do find me for a chat!

And a little bit more about me, before coming to EKFH, I was working with an international development research firm in project management and delivery. I also volunteered as a Project Worker with YWCA Palestine, where I supported volunteers on their human rights and advocacy training in the West Bank. When I'm not at work, I love reading, running, and walking my dog Morag.

I am really looking forward to working with you all at EKFH!

**Fi and Scott prepare a lovely lunch each day for everyone** - it's usually ready around 12.30pm, why not join us? It's for everyone so, if you can, do stay after the morning shift or pop in before the afternoon shift if you fancy it. There is always a delicious soup, and recently we've been treated to salads made from our very own garden. And the garden offers such a wonderful opportunity to rest and eat before heading in or heading away! Thank you Fi & Scott!

**The Board of Trustees** [Our Trustees \(emptykitchens.co.uk\)](http://emptykitchens.co.uk) met for the regular quarterly meeting earlier this week. In addition to the standing items (updates on operations, finances, health & safety, volunteers, service user engagement and risk management), the Executive Team presented the **EKFH proposed goals and strategy** for the next few years. This is very much still a work-in-progress - the staff team have been discussing the existing goals and challenging ourselves on whether they reflect what EKFH is now, and where we want to get to. **We will be seeking input from volunteers and members before bringing a more fully formed strategy to the next Board meeting in September.** In response to feedback from members, the **Board agreed that draft Board minutes would be circulated to members more quickly**, so the draft minutes of this meeting will be available shortly.

**Spartans CFA shared some news from their summer activity programme** they've been running throughout the school holidays for around 50 children in the local area - what a great big smile stirring a pot of soup made from fresh ingredients!



**Spartans Community Football Academy** @Spartans\_CFA · 22m

Big thanks to [@emptykitchens](https://www.emptykitchens.co.uk) for their support of our Fun Fuelled Club over the Summer Holidays. Providing tasty homemade soup and rolls for the young people to enjoy every week! 🍲🍞😊

[#HereForGood](https://www.emptykitchens.co.uk)





This week, we introduced our first #WednesdayWalker taking part in the **Kiltwalk!** Susan and Janet met up for a training walk, and **Susan shared why she's taking part in the event:**

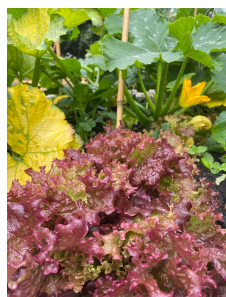
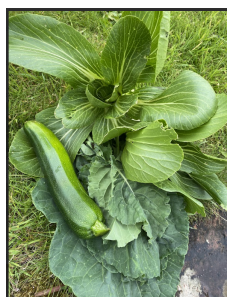
*"Primarily I need to lose weight and get my steps up in order to do that. I enjoy walking but not on my own so having someone else to walk with is great! Raising money for Empty Kitchens has given me the incentive I needed to sign up for the Kiltwalk and hopefully achieve my goals too."*

Good luck, Susan! There's still plenty of time for you to sign up if you'd like to join in - whether you would be up for walking 5, 15, or 21 miles! Every step counts.

To donate to our team of Kiltwalkers, or to sign up to take part yourself, go to: <https://emptykitchens.enthuse.com/cf/edinburgh-kiltwalk-2023> (and there's more information on the noticeboard below).

(Clearly, do not ask Janet if you need any selfie taking advice!)

### News from Tom & Team in The Garden...



Hello from a muggy, overcast garden. It's not been so good for topping up the gardeners' tans, but excellent weather for growing!

In the polytunnel the cucumbers are really very productive, although some are a bit of an odd shape! The tomatoes are getting there, as are the

aubergines. In the raised beds the courgettes are starting to produce fruit, and we have got a couple of squashes and pumpkins forming, fingers crossed they will ripen in time!

The kale, rocket, chard, cauliflower and cabbages are all growing away happily too. Caterpillar patrol seems to be working reasonably well - not too much evidence of them, although I did find a couple of fat ones today which have been sympathetically rehomed in the compost heap.

Hope for some sunshine next week and more enjoyable lunches in the garden (unless you're a caterpillar).

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

**STOP PRESS:** Our new "Velo Shelter" has landed together with a bike stand and tool & pump station. More details and photos of this fully funded enhancement next week!

## THE NOTICE BOARD

### Volunteer Services & Rota Central

Shift availability is now showing across all departments up to the end of August - including Project Hibs.

**We are continuing with our housekeeping on Rota Central - updating and clearing, ensuring roles and details are correct. This work will continue over the coming months. 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](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

**Note that over the next week or two there will be practice evacuation drills.**

Our focus on handwashing continues. The nearest sink upon donning your whites is of course in the laundry room adjacent to the cloakroom.

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. It also makes it easier for us to see everyone who is kindly fundraising for us so that we can support your amazing efforts! Get in touch with Emily ([emily.gifford@emptykitchens.co.uk](mailto:emily.gifford@emptykitchens.co.uk)) if you have any questions!

### **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.

### **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](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. New Membership applications will be reviewed at the next Board meeting in September.

