

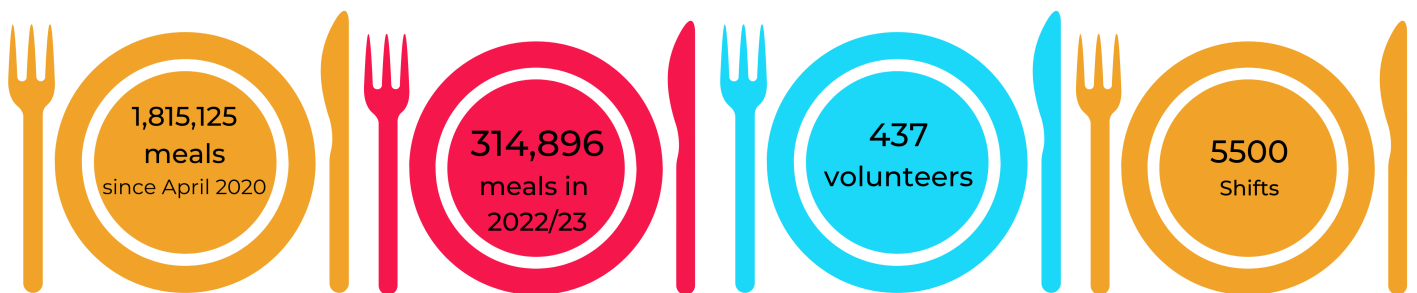


Friday 9th June 2023

Hi Folks,

We hope this week's Roundup finds you well, and looking forward to the weekend - it might be a warm one! This week we share a highlight or two we presented at our AGM, news of the funds raised thanks to the endeavours of Linda and Emily at the Marathon Festival, thoughts and first impressions from Dom, our new driver, and the garden continues to flourish.....

EKFH held its 1st AGM on Wednesday, and it gave us an opportunity to reflect and celebrate what has been achieved in our short history - we only just recently celebrated our 3rd birthday. This came coincidentally at the end of Volunteer Week, and thank you for helping us along the way. Some of the highlights:



Looking back to a year ago, we knew people needed support but we didn't necessarily know why or how we could meaningfully signpost them onto other dedicated support services. By establishing a service user engagement manager team, we are in a better position to set expectations at the outset that we are not intended to be a long-term food provider. Our efforts are paying off - over the past year, we've provided support to 774 new service users and 721 people have moved on. We are building relationships with many support agencies, such as:

- Edinburgh Crisis Centre
- Rowan Alba for befriending services
- Clothesbank+ at Central Church
- Edinburgh Clothing Store
- Ps and Gs
- Bethany Christian Trust

- Shakti Women's Aid

We are delighted to welcome **Dom** to our drivers team, and he has shared a few words from his first few weeks with us ... "I love that I bring sustenance, warmth and nourishment to those in need and the humility and compassion that it has given me by seeing how others live. Anytime I find myself griping, I remember that I am most fortunate to have this job. I would gladly do it for free, but I'm most grateful and understand why you are kind enough to pay - that I too need to pay for the roof over my head. For that I am most grateful. **The client feedback has been nothing short of wonderful. The single greatest thing is how much everyone enjoys the food and more... that they find it delicious.**"

Congratulations to Linda and Emily who took part in the half marathon and 10k respectively at this year's **Edinburgh Marathon Festival!** Between them, they raised an amazing **£833!** Well done - we appreciate all those Miles for Meals! [There's still time to donate to them here.](#) Entries for 2024 are already open if you're feeling very keen..!



We're now looking ahead to the **Kiltwalk**, which is on **17th September 2023**. Could you 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

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

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



“Another busy week in the garden! The dry weather continues, so a lot of extra watering needs to be done. It’s one of my favourite jobs in the garden - you get to check up on all the wee different plants as you go round with the hose.



We planted up another tyre with some flowering plants, hoping it is as successful as the previous tyre with the violas. Our brilliant volunteer team has been busy too, spreading bark, building more raised beds and even gifting us some wee tomatillo plants!”

Thank you Tom & Team!

And thank you everyone for your continued support.

Wishing you all a wonderful weekend in the way that’s most meaningful to you

[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

ROTA CENTRAL:

All Departments are now showing shift availability up to the end of July.

We are doing a lot of 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.

Do let us know if you wish to add or remove roles, have any volunteering or shift queries or problems with Rota Central. Contact us via the WhatsApp channel (07918 121606) or to **Volunteer Services** at volunteer@emptykitchens.co.uk

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.

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 July.

SOCIALS:

Check out our socials here....Please do like and share our messaging!

