



Friday 9th February 2024

Happy Friday Folks!

It was wonderful to see so many of you last Friday at our **(After) Burns Supper**, thank you all for coming along, we share some pictures and words about it here. It's great to have these gatherings and we look forward to welcoming you to our next one. Watch this space! Also this week, we have our regular **SUE Update**, it's been a really busy month for the team. Also last week we attended and provided food for folks at the **Nourish** Scotland Event - a discussion around the **concept of a Public Diner**. And we were again at **Hibs** on Wednesday....a good evening for us!

Burns Supper!

Last Friday, we had our first volunteer event of the year, with our Burns Supper! A huge thanks to everyone who came along and made it such a lovely afternoon. Thanks also to Scott for putting on such an amazing meal, and to MacSween for donating plenty of haggis. The Burns Supper followed a very successful Friday Hot Service, which was also great to see.

We wanted to share some of the lovely pictures of the day (and food!) with everyone. If you couldn't make this event, we will be hosting another volunteer event at Easter.

Thank you everyone!



Service User Engagement Monthly Update

Perhaps unsurprisingly, January was a very busy month. With the help of the dedicated support of the Welcome Desk and Service User Engagement volunteers, **143 new service users** were onboarded and 153 people no longer need our service. In our regular check-in calls, people share that they are struggling with many issues including poor housing conditions, loneliness and health issues. Support has been provided through referrals and signposting to many organisations this month, including **Health All Around (Park & Stride Group at Saughton Park); Carr Gomm visiting team; VOCAL; Silverline; CHAI; Breathing Space; Health In Mind; Skills Development Scotland; and the Grassmarket Community Project**. As always, we'll follow-up with service users on how they got on with these referrals to see whether they've helped.

Thanks to the generosity of **Scotmid, we've been able to send out £5 vouchers** with meal packs so that people can top up on the everyday basics of bread and milk etc.

"The meals are fantastic. They've been helping through a very difficult time. The most fantastic people come round to deliver, thank you to them and to all the volunteers..."

Nourish Event - An Update from Mike

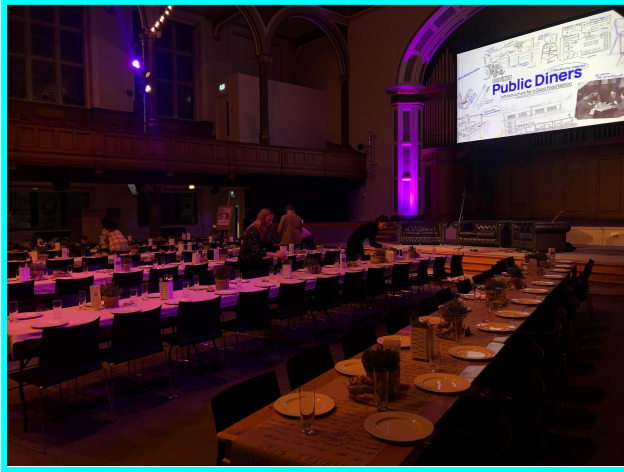
Scott and I were delighted to represent EKFH at the Nourish Scotland Event.

The event as a whole was set up to discuss the concept of a Public Diner, a conceptual eating place which could form part of the infrastructure for a good food nation.

We cooked the food for the evening event - Mince & Tatties and a Lentil curry. Delicious they were too, if you don't mind me saying!



The event was marvellously run by our **good friends at Nourish Scotland and the Chef Steve Brown**. It provided an open thinking **place to discuss ideas around what a Public Diner might look, taste and even feel like** (yes, there was a silent pottery workshop!); where the Diners could be based and how this could be funded, by whom and what type of governance structures these could have. Loads of interesting discussions were had around the event at central hall and contributions were made by Bryce Evans (food historian) and Jayne Jones (vice chair of the public sector catering alliance).



The whole evening was captured by the medium of poetry, which was then recited at the end. **It was creative, thoughtful and fun. Most of all it was a real pleasure to have been asked to be involved.**

We were asked for non-negotiables. At my table, these were the need to focus on the **quality of product** (in all senses of the word); **help supporting local economies thrive** (bakeries that provide the bread for example); and **universal in their appeal** (open and appealing to all walks of life). They also need to be **affordable at the point of access.**

Hibernian FC - Food Collection

And finally, this week we were at Easter Road for the Hibernian FC match against Celtic. Alongside our partners at the **Hibernian Community Foundation**, we were running a collection of food and shaking some buckets for donations! Thanks to very generous support, we collected an amazing **10 crates** and **£195!** Thank you to Olivia, Jason, and Stewart for braving the cold to help us!



Our next match sponsorship for **Hibernian Women's FC at Meadowbank** will be on **Sunday 3rd March**. If you'd like to come along, let Emily know!

Thank you everyone for this week and have 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: Shifts are now live on Rota Central to the end of **March**.

New Shift Added: We have added a KP shift to Sunday afternoons.

Volunteer Opportunities: We are seeking more support in the following areas - **Volunteer Drivers, Cleaning Team, Welcome Desk and Volunteer Services.**

Cancelling a shift: Please, if you can, let us know if you're unable to attend for a shift, we know sometimes it's not possible to give us notice, but if you can it's really helpful!

Subscribing to Roles: Let us know [here](#) if you wish us to add or remove roles, have any volunteering or shift queries or problems with Rota Central.

Leaving Us: Do please let us know if you're needing to step back.

Feedback: You can leave feedback about volunteering with us by using [this form here](#). We check the responses regularly. Feedback can be anonymous if you prefer.

Regular Updates: If you are not receiving the Wednesday Rota Central email or you are but the role(s) are not the one(s) you signed up for, do let us know.

Contact: We always love to hear from you. 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

Illness. If you become unwell or are sensing the onset of symptoms, please do stay home and let us know you are unable to attend. We wish you a swift recovery.

Gloves. We continue to provide gloves for all involved in food preparation and packing. For us, the use of gloves is not obligatory, their use is your preference, they provide an additional barrier when undertaking certain processes. They do prevent contamination under nails, finger jewellery (where it cannot be removed) and provide another layer of protection in the case of minor cuts on the hand, so we ask you to use them in this instance. If using gloves, please wash your hands first and replace the gloves regularly throughout your shift and always after completing a task before starting a new task. Gloves should be removed before bathroom visits, breaks, going outside etc. and replaced (with new gloves) after washing your hands. If you have any kind of skin

condition - which could simply mean temporary dryness, please wear gloves.

If you have a gastro related illness or are displaying symptoms please remember that we ask you not to attend a shift until you've been symptom free for at least 48 hrs.

Board of Trustees

The next Board Meeting is on Wednesday 13th March 2024.

If you are interested in attending future Board meetings then 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.

