



Friday 21st October 2022

Hi Everyone,

Welcome to this week's **Weekly Roundup!**

What extraordinary times we are living through, seemingly not an hour passing without some further "event". We hope you are doing okay? We are so very grateful that you all can continue to find the capacity, the space, to come along and do what you do.

It will be no surprise to hear that demand is increasing. There are changes and differences in patterns of need, which we are learning how to respond to and this is where we'd like to begin this week's update.....

Building Capacity Sharing The Load.....As demand continues to build we are really in need of more **Volunteer Drivers** and cyclists. We can access greater volumes of surplus food, we have now the capacity to prepare & cook more of it, we have the capacity to portion and pack much more than we are currently, but if we cannot deliver it or there is a risk of us being unable to deliver it we cannot make that promise to those needing our support. **Volunteer Drivers are key to being able to realise that capacity and to being able to make that promise.** So, have you signed up to do some deliveries but yet to have a go or perhaps you used to drive for us but no longer do. We are more flexible with timings and route size / duration.....the more drivers the lighter the load! If you are unsure we can arrange a "buddy" or if you'd prefer to not deliver alone and wish to take a friend or family member, that's fine. Please come and talk to us....

We are also looking to develop a **Language Bank**, a library of volunteers with language skills that can assist us with interpretation - written and spoken - with New Scots and those with us who are perhaps with us temporarily, in situations such as service user engagement & support, and with welcoming and integrating new volunteers. If you are fluent in a language and feel you could help then get in touch with Martin.

And we continue to need support in making all of this work so we are looking for volunteers who can help with **Administration.....**in areas such as Volunteer Services, Welcome Desk, Rota Central. All flexible with in some cases options to volunteer from home once confident.

Please come and talk to us if you're interested or drop Martin a note to arrange a chat - martin.clarke@emptykitchens.co.uk

And now to return to our **Introducing** feature. This week we continue with our Trustee Board and wish to introduce you to Helen.....

Hello everyone, I'm Helen. I got involved with Empty Kitchens in January 2021 when I saw a tweet asking for delivery drivers willing to deliver in the snow. I was really impressed with the whole operation and the clear benefit being provided to service users. I very much enjoyed getting out and about during the lockdown and bringing a smile to the faces of those to whom I was delivering.



I then went on to assist with several admin tasks such as drafting the volunteer and employee manuals and assisting with interviews. I also worked with the executive team to develop a risk framework and risk register. I joined the board of Empty Kitchens, Full Hearts CIC in January 2022 and am delighted to have been invited to become a trustee of the charity.

I also volunteer with Volunteer Edinburgh, which has included helping at vaccine clinics and shopping for those unable to get out to the shops themselves. Over the past six months I have helped greet Ukrainians arriving at Edinburgh airport – whilst I am only a small link in the chain, it is great to hear the wonderful feedback from those arriving.

I am a chartered accountant and former auditor. I also have expertise in governance, control environments, regulatory compliance and risk management. I am married and have two grown up sons away at university. In my spare time I love cooking and DIY.

Charity Membership.....We want to highlight again this fantastic opportunity to not only be more involved with what we do but to participate in decisions that form strategy and the future of EKFH - approving changes to our constitution, the appointment of charity trustees and having organisational oversight. Overall, members have an incredibly important role to play. If you've been volunteering with us at any time in the past 12 months why not apply to become a member and help shape the organisation? **Registration Forms** are always available from the Welcome Desk. Forms recently submitted will be circulated to the Board ahead of our first Membership meeting on the 15th November.

Finally, and perhaps even as you read this, our friends at the **Edinburgh University Geographical Society** will be running that **24hr Relay** we highlighted. The relay commenced at 10am this morning, Friday, and finishes on Saturday at 10am. Luke and Scott are participating with Luke running at 4am!! Good luck folks and to everyone running.

And on the Noticeboard ...

Hot Service.....Hot Service will return to Empty Kitchens on Friday 4th November, one service, lunchtime between 1pm and 2pm. Initially we will offer soup and a roll with perhaps the option of meal packs to take away. There are additional things we'd like to do around this service and indeed build the number of days but sometimes it's just important to get started. Shifts will be published on Rota Central. And as you know, Packing Manager Luke Ball is leading this project. Luke can be contacted on luke.ball@emptykitchens.c

New Paypal Link ...Please be aware that the new link we pointed to last week is not yet live - tech issues - so please continue to use the existing link. We will advise here once matters have been resolved. If we can be of any help or if you have a query or concerns do not hesitate to contact Emily Gifford our Fundraising Manager - emily.gifford@emptykitchens.co.uk

Out Of Sight. Out of Mind.....An exhibition of art made by people with experience of mental health issues. Enters its final week at the Summerhall,. Marianne MacKintosh from our Kitchen has a wonderful piece in the show and is also volunteering at the exhibition and wanted us to let you know it was happening. Please get along and support, if you can. Running from 13th to 30th October - further details here: www.outofsightoutofmind.scot/ #OOSOOM2022

Do please carry on sharing our **Volunteer Recruitment** posts - and all our posts for that matter as it all helps with awareness - and we still have flyers and posters. As you know, anyone interested can get in touch via the website www.emptykitchens or email us at volunteer@emptykitchens.co.uk

Don't forget to let us know how you're doing and what's on your mind, and please do let us know what you think of the Weekly Roundup at et@emptykitchens.co.uk or just come and have a chat.

Wishing you all a wonderful weekend,

Martin, Janet, Mike

The Executive Team at Empty Kitchens Full Hearts