



NATIONAL VOLUNTEER WEEK 1-7 JUNE

newsletter



SCAN ME



HELLO AND WELCOME...

to this special 'National Volunteers Week' edition of EATS Rosyth Newsletter.

With 132 registered volunteers across EATS Living Room Café, EATS Centenary Orchard and EATS Community Garden, with ages ranging from 14 to 86, it's fair to say volunteers are essential to the ongoing success of EATS Rosyth.

It's easy to forget the impact, sometimes unseen and often unacknowledged, that our volunteers have on their local community.

Our nominations in the upcoming volunteer awards ceremonies are validation of the whole teams success, and everyone connected with EATS Rosyth should be proud of the work we do.

You'll have likely seen our café and garden volunteers performing their roles, they are the public face of EATS Rosyth, but in this newsletter we're highlighting other roles our volunteers support us with, helping deliver the diverse range of services which the team provides.

Thank you to each and every volunteer.

Derek Henderson
VOLUNTEER COORDINATOR

AMAZING RECOGNITION FOR EATS Rosyth



• **SHORTLISTED FOR AWARDS** Volunteers Davie and Martin

CONGRATULATIONS TO Greenspace volunteer Martin Flynn who has been shortlisted in the Scottish Council for Voluntary Organisations (SCVO), 'Volunteer of the Year' Scottish Charity Awards 2025 taking place on Thursday 19th June in Glasgow.

In the Fife Voluntary Action (FVA) Awards, Davie Barbour has been shortlisted in the 'Trustee/Board Member' category. EATS Rosyth have also been nominated in 'Social Inclusion' and 'Green/Environmental' categories.

EATS Rosyth are proud to have been shortlisted for these awards, its a great reflection on the exceptional work and the incredible contribution all of our volunteers make.

Martin and Davie have both been involved with EATS Rosyth since the early days.

I ENJOY VOLUNTEERING AT EATS BECAUSE...

"It helps me meet other people, I enjoy it and I'm proud of the volunteering I do"

• **RICHARD: office volunteer**

"There is never a dull moment"

• **SUE: EATS Larder volunteer**

"The banter from the staff and volunteers is simply awesome"

• **SHIRLEY: kitchen volunteer**

"It's great seeing the kids have fun in EATS orchard"

• **COLIN: orchard volunteer**

"I like to make the customers feel welcome and like having a chat with them"

• **JOSIE: café volunteer**

"I keep the orchard neat and tidy, keep the grass cut and enjoy the company of other volunteers"

• **CHARLIE: garden volunteer**

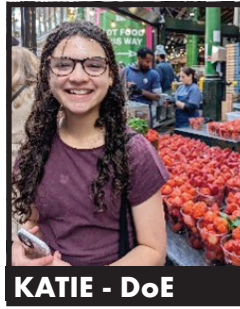
WHAT OUR VALUED VOLUNTEERS SAY...

Driving for EATS gets me out & about, and meeting new people. I've made friends with fellow volunteers Dave and Colin, we have a good laugh on our travels. It's a fulfilling experience as we are fighting food waste.



LEWIS - driver

I started volunteering at EATS as part of my Duke of Edinburgh Award. I've learned loads of practical skills and improved my confidence in working with the public. I enjoy the friendly atmosphere and helping in the community.



KATIE - DoE

I joined the baking club in order to share my passion for baking. We bake on the premises and sell in EATS Living Room Café to bring funds into the project. It's fun to learn, share skills, recipes and be creative.



VICKY - baking

MONDAY TREETOTS SESSION: EATS Orchard



• *TreeTots group watering vegetables in EATS Orchard, Mondays 10.00-11.30*

“VOLUNTEERING AT TreeTots, EATS under 5's mum and toddler group, is such a rewarding role, providing fun and engaging activities, from water play to mud kitchens, to crafts and planting and sowing seeds with the children.

Come wind, rain or shine we arrive to set up every Monday and let imaginations in nature run wild.” • **Cheryl-Ann:TreeTots volunteer**

Would you like to join our community of volunteers?

WE HAVE opportunities in EATS Living Room Cafe and Kitchen, and EATS Greenspaces. We always welcome new volunteers, we work and learn together and support each other.

Whether you are retired and have some free time or a school leaver looking for work experience, pop into EATS Hub for more information or email derek@eatsrosyth.org.uk

GAINING CONFIDENCE



• **MENTOR Jayne**

JAYNE IS our new Volunteer mentor, whose role is to work alongside new volunteers who might need a bit of extra support to settle into their volunteer role, until their confidence increases.

Jayne can be found in EATS café/kitchen on Tuesdays, Wednesdays and Thursdays, and is happy to explain more about her role and how she can help, if you think it may benefit you.

EATS Hub new phone number: 01383 553605

www.eatsrosyth.org.uk

INSPIRING EVERYONE TO GROW, NOURISH AND SHARE

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