



# newsletter



SCAN ME



## CELEBRATING 10 YEARS TOGETHER

**THIS YEAR, EATS Rosyth marks a decade of incredible growth, progress, and community spirit.**

From a small idea in 2015, to a thriving central hub, EATS has flourished thanks to the dedication of our fantastic staff and volunteers.

A big thank you to everyone who has helped shape it into what it is today.

We're proud that so many people benefit from our vibrant EATS Greenspaces and the welcoming EATS Living Room Café – places where our community comes together to grow, nourish and share.

As we look ahead, we're excited for the future under the leadership of our new General Manager, Helen, and we hope the next ten years bring even more positive progress.

In celebration of this milestone, we have a week of special treats in EATS Hub from Monday 18th August. Plus an exhibition of photographs – so pop in for a cuppa, see the display and celebrate with us.

Here's to the next 10 years of growing together.

**Anda Griveteanu**  
Chair: Board of Trustees



## Amazing transformation

• PROUD volunteers at EATS Centenary Garden

**TEN YEARS AGO** when Rosyth Community Council had the idea of setting up a vegetable garden in a disused play park at Park Road, little did they realise then that the enthusiasm of local volunteers would transform a previous derelict area into a vibrant growing space.

What is visible today is an inspiring community garden and four original volunteers Marilyn, Davie, Mike and Tam are still involved. "Coming to the garden has become a regular activity," says Marilyn. "It has supported me throughout difficult times, coping with bereavement and the Covid lockdown, it's been a haven for me, connecting with nature and I've got to know people who have become friends - they are like an extended family. The joy of seeing families and children benefit from our work in the garden is so rewarding. We have 39 raised beds for veg and are committed to sustainable practices."

EATS Community Garden is located between 117-119 Park Road, open Mon-Thurs 9am-3pm, Sun 11am-2pm. Everyone is welcome.



## SINCE 2015, WE HAVE...

- **SERVED 14,624** community meals
- **SAVED 49,975kg** of food from landfill from various local supermarkets – which saves 150,090 kg of Co2e
- **ENGAGED 452** volunteers aged 14 - 86
- **SERVED 3141** plates of soup
- **OVER 7500kg** of fruit and veg harvested from EATS Garden and EATS Orchard
- **EMPLOYED 13** part /full-time staff across the project
- **INVOLVED 20** students from Duke of Edinburgh in EATS Hub
- **ENGAGED 286** kids from the four Rosyth primary schools with EATS Educates
- **MORE THAN 31** regular groups have get togethers at EATS
- **SERVED 23,569** cups of tea
- **OVER 160** TreeTots sessions in EATS Orchard
- **MORE THAN 100** people visited EATS Greenspaces weekly
- **70** corporate groups helped in EATS Greenspaces

# GROWING TOGETHER SINCE 2015



“ I spent seven years as Chair at EATS Rosyth and have watched proudly as the team, the organisation and its valued volunteers develop an amazing community-based charity doing great things from those simple beginnings. Pitching for grants, recruiting staff and leading the organisation was a really rewarding thing to be involved in. ”

STEPHEN LYNAS Chair 2016-2023



## 2015

- Rosyth Community Council had an idea to bring the Edible and Tasty Spaces project to the community.
- Volunteers transform disused ground into a thriving Community Garden marking Rosyth's Centenary.

## 2016

- After gaining a Climate Action Challenge grant from the Scottish Government, Rosyth Community Projects Ltd (RCPL) locally known as EATS Rosyth began.
- A board of trustees is set up to oversee the project.
- Three staff are employed, two gardeners and a community cook.
- The Rosyth Community Hub, a centre for food-sharing and sustainability opens in Aberlour Street.
- The Centenary Orchard is planted with 71 native Scottish fruit trees.

## 2017

- Local residents vote with their Tesco tokens, and are gifted enough money to build the Orchard classroom.
- Seasonal celebration events become annual highlights - Apple Press Day and Hallowe'en.
- Volunteer numbers rise, and EATS host their first Christmas Dinner.
- A facebook page is created to keep everyone updated with activities.

## 2018

- Rosyth Community Projects Ltd register as a charity.
- Recognition follows, with Beautiful Fife Silver Gilt and Kingdom FM's Best Community Project awards.

## 2019

- EATS Rosyth deepens its community impact with diverse activities from Alzheimer's support group, to "Art in the Orchard" and family cooking sessions.
- The project wins the Reducing Inequalities Award and is a finalist in three other community awards.

## 2020

- During the pandemic, EATS Rosyth becomes a lifeline – distributing emergency food, ready meals and support to hundreds of families.
- Volunteers work tirelessly from their temporary base in Rosyth Baptist Church and the delivery van provides a vital link in difficult times.

## 2021

- EATS Rosyth purchase the former Clydesdale Bank and with the help of Rosyth Men's Shed and start to transform this new hub with a teaching kitchen, café and office space.
- Wildlife ponds, school visits and honey harvesting enrich EATS Orchard.
- Thanks to volunteers and funders, this year lays the foundation for long-term sustainability and impact.

## 2022

- Kingdom FM Local Hero Award recognize EATS Rosyth's impact.
- Volunteer numbers and activities expand, from garden learning to warm meal sharing.
- "Friday Takeaway" is launched, pizza events bring families together, and sustainable food workshops educate the community.

## 2023

- In May, EATS Rosyth open their brand-new EATS Hub and EATS Living Room Café in Queensferry Road.
- EATS grows into a true social enterprise, hosting events, workshops and home to a surplus food larder.
- Community groups find a meeting space, from Mindfulness Crafts to Andy's Man Club and Dementia Club.

## 2024

- EATS Educates launches in the four local primary schools, integrating gardening and cooking into learning.
- Community events expand in EATS Greenspaces with Apple Day, Cafe Inc, yoga and volunteer BBQs.
- Fresh produce from EATS Greenspaces increasingly feature in EATS Living Room Café menu.
- Afternoon Tea is a hit with customers.
- After consultation, EATS Rosyth produce a 3 year strategy - vision, mission, values and objectives.
- EATS Rosyth launch a new website, newsletter and instagram account.

## 2025

- EATS Hub and Café thrive with shared meals, cooking classes, book club, bingo nights to Stop Smoking groups and Parkinson's Café.
- EATS Rosyth win the FVA Green Environmental Award highlighting EATS Rosyth's leadership in sustainability, growing food locally and waste reduction.
- Celebrations: 18-22 August. Competitions, photographic display, themed food and drink offers.

DIARY DATE: Sat 27th September  
Apple Day 2-5pm  
EATS Centenary Orchard.  
Apple-themed activities and a fun, relaxing afternoon outdoors with friends and family. All ages welcome.

**Would you like to join our community of volunteers?**

WE WORK and learn together and support each other.

We have opportunities in EATS Greenspaces, EATS Living Room Cafe & Kitchen.

Pop in for a chat or contact [derek@eatsrosyth.org.uk](mailto:derek@eatsrosyth.org.uk)

[www.eatsrosyth.org.uk](http://www.eatsrosyth.org.uk)

INSPIRING EVERYONE TO GROW, NOURISH AND SHARE

EATS Rosyth (Rosyth Community Projects Ltd) is a Scottish Charity: SC048688, regulated by OSCR. 115a Queensferry Road, Rosyth KY11 2PS