



newsletter



SCAN ME



WINTER WARMTH

I WANT TO start by saying a huge thank you to everyone who has made me feel so welcome during my first few months at EATS Rosyth.

Getting to know you all and seeing the energy, dedication and generosity that define this community has been a real highlight.

As winter sets in and we head towards the festive season, it's the perfect time to celebrate the little things that bring us together.

Our "Give a Little Happiness, Take a Little Joy" initiative is all about sharing kindness - whether that's offering a meal, lending a hand, or simply lifting someone's spirits.

A heartfelt thank you also goes to our supporters, volunteers and partners. Your time and generosity makes everything we do possible, helping EATS Rosyth bring care, connection and comfort to so many.

Here's to a season filled with shared moments, kindness and the warmth of community.

Helen Thompson
General Manager

FESTIVE FUN AT EATS



• **FESTIVE WREATH MAKING...tickets on sale at EATS Hub**

GET INTO THE FESTIVE SPIRIT and join us for a fun and friendly Christmas season at EATS Rosyth.

We have planned creative workshops where you can create your own beautiful wreath for your front door. Indulge yourself in our legendary and sumptuous afternoon or cream teas and sample our festive menu at EATS Living Room Café.

Shh...we've also heard that Santa is going to visit us at EATS Centenary Orchard and EATS Hub.

EATS Hub & EATS Living Room Café will be closed Thursday 25th & Friday 26th December Thursday 1st & Friday 2nd January

EVENTS

- **Wednesday 3rd**
Cherry Tree Planting
Rosyth Public Park
1.00-3.30 All welcome
- **Saturday 6th**
Sakura Cherry Tree Party - Rosyth Public Park 1.00-3.30
All Welcome
- **Tuesday 9th**
Wreath Making
Event Tickets £35 via Eventbrite
or at EATS Hub Booking essential
- **Monday 15th**
Last TreeTots session of 2025 and Santa visit 10.00-12.00
- **Sunday 21st**
Festive Afternoon Tea Fundraising Event
Tickets £25 from EATS Hub
Booking essential
- **Monday 22nd**
Santa at EATS Hub 12.00-16.00
Free Event
- **Tuesday 23rd**
Christmas Dinner EATS Hub 5.00-7.00
Booking required £5
- **Tuesday 30th**
New Year Dinner EATS Hub 5.00-7.00
Booking required £5



EATS Rosyth Annual Report 2025

OUR ANNUAL REPORT 2025 is now available! Discover how our volunteers, social enterprise and community projects have helped make Rosyth greener and more connected.

Learn about our cooking sessions, garden initiatives, community meals and EATS exciting future plans. Pick up a copy from EATS Hub or download it from our website to see how together we're growing food, skills and community across Rosyth.

APRIL'S CHARITY CHALLENGE

WE WERE very fortunate to receive £650 from 14-year-old April Wright who completed a charity challenge of walking 13 miles round Loch Leven to raise money for EATS Rosyth.

She chose EATS because she likes what they do for the community, with events in EATS Greenspaces and she thinks it's great that EATS Larder supports so many people.

April is going for her black belt in kickboxing and as part of this, she was asked to do a charity challenge. We are delighted she chose EATS Rosyth.

She was presented with a certificate and the money raised will help support EATS Christmas and New Year activities.



VOLUNTEER CONFIDENCE

NICOLA HAS just finished her six-month Volunteer Mentorship Programme with EATS Rosyth.

Initially she was a table runner helping in EATS café, but for the last three months she has been a member of EATS Baking Club.

She enjoys being part of a small, fun inclusive group and has grown in confidence.

Supported by Jayne, EATS Volunteer Mentor, she has helped to bake and decorate beautiful cakes and tasty biscuits to sell in EATS café.



BREAD BAKING FUN

PUPILS FROM Park Road and Kings Road schools had fun with growing, harvesting, threshing, milling and baking bread from wheat grown in their school gardens.

They made rolls, braided loaves and flatbreads from their home grown wheat, which they had milled into flour. This unique activity was delivered through the EATS Educates project, with support from Scotland The Bread.

EATS Educates is a community based food education project running in all four Rosyth primary schools. This curriculum focused programme enables children to engage in sowing, planting, growing, harvesting, tasting and cooking fresh fruits and vegetables.



THE POLYCRUB...our newest addition to EATS Community Garden



• **OUR NEW POLYCRUB...** a fantastic indoor multi purpose space for growing and learning

AFTER STORM EOWYN destroyed our greenhouse back in January, we realised we had to adapt our growing spaces to withstand climate change.

Charlotte, EATS previous General Manager, was successful in gaining funding from Fife Council Crown Estates Fund for a Polycrub.

The "Polycrub" is a robust indoor growing space, designed in Shetland and built with a solid green ethos to endure the most severe Scottish weather.

During a visit from BAM Construction Ltd, the guys building the new Caledonia High School offered their expertise and

offered to build it. Volunteers worked tirelessly to clear an area of grass, weeds, soil and rubble to create space so it could be completed this year.

We now have a state of the art dual purpose indoor growing space that gives us light, warmth and shelter all year round.

This will allow us to host many more workshops, gatherings, community groups and schools during the colder weather.

Our growing season can extend over the Winter months and during the Summer we look forward to harvesting some exotic crops from melons to peaches.

Would you like to join EATS 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

GIFT VOUCHERS

Do you know someone who can be difficult to buy a present for? EATS Gift Vouchers are the perfect solution when you don't know what to buy.

We have £5 gift vouchers on sale at EATS Living Room Café. They can be used at EATS Rosyth events or in EATS café

• **PAY IT FORWARD** Would you like to help someone by paying for their food or drink? You can pay part or all of their meal by donating at EATS Living Room Café till.

EATS Events

Keep your eyes peeled for information on events we have planned for 2026. Check out the new calendar on our website, posters on our noticeboards, EATS Hub window and Facebook

www.eatsrosyth.org.uk

INSPIRING EVERYONE TO GROW, NOURISH AND SHARE

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