Fa'side Community Kitchen

Annual Report 2024-25

#FoodCompany Kindness

















Chair of trustees, Tracey Redpath, introduces our 2024-25 Annual Report

Welcome to our Annual Report, and what a year it has been. As our customer base has grown, so has what we have to offer our customers. We are now delighted to be opening earlier on a Tuesday and Thursday to allow our customers a warm, welcoming space to come along and have a cuppa and a chat or take part in activities. We have watched as new friendships are formed, where everyone supports each other.

All of this wouldn't be possible if we didn't have such a wonderful team of staff and volunteers, who work tirelessly to ensure everyone is made to feel welcome. On behalf of myself and the rest of our Trustees, we are so grateful for everything they do.

I am pleased to report that we have again been successful in securing funding through the Communities Mental Health and Wellbeing fund for Adults, and for this I must thank Volunteer Centre East Lothian for their ongoing support.

Last year we held our first fundraiser, and what a success it was, with everyone enjoying their afternoon while raising vital funds for our day to day running.

Last but not least I want to thank all our supporters who contribute financially or with their time. We really are thankful we live in such a wonderful community.

If you would like to get involved in any way at all, please contact fasideck.booking@gmail.com



The FCK staff team

Joyce Thomson Kitchen Officer

Listening to customers is important. Following up on their suggestions we have added new options to the menu.

We made use of the donated seasonal fruit and we are also grateful for the regular donations of fresh vegetables and eggs we receive from a local farmer. They have all been put to good use.

I couldn't do my job without the support of our volunteers and I want to thank them for all their hard work.

Fiona O'Donnell
Development Worker

The last 12 months have seen lots of changes and some very special moments. None of this would have been possible without our friends in East Lothian Coop Bowling Club..

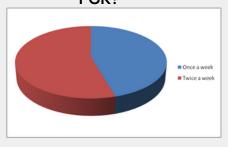
Dionne Leadbetter

Recovery Cafe Kitchen Officer Peer support and nutrition are important parts of the recovery journey. In partnership with Mid and East Lothian Drug and Alcohol Partnership, Dionne plans meals with the members and cooks fresh, homemade food.

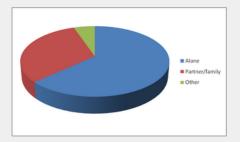
M/a avenue d'avenue de sous and the systematics

We surveyed our customers and they told us....

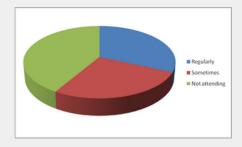
How often do you come to FCK?



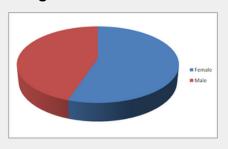
What is your living situation?



How often do you come to the early start?



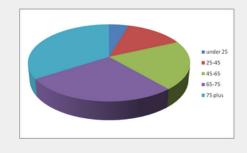
Your gender?



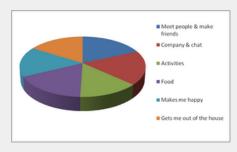
with two days to look forward to"

"It makes my week

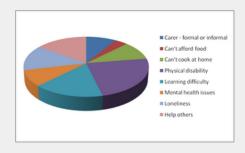
Our customers' ages



Why do you come to FCK?



How would you describe yourself?



In some of the survey questions, our customers chose more than one response



Some information worth highlighting

- over 60% live alone
- 45% are men
- 27% of our customers have learning difficulties
- 39% have a physical disability

FCK delivered over the last year...

2, 754 meals served at the Tuesday and Thursday sessions





60 Christmas dinners delivered on the 25th across Fa'side

Over 1,700 meals prepared to support holiday lunch clubs for children & young people

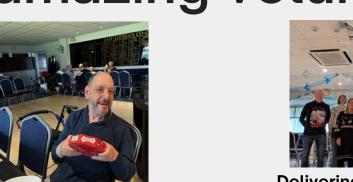
Over 200 meals delivered to vulnerable people living across Fa'side





It was a real pleasure to provide the catering when Isa Thomson was awarded the British Empire medal for her services to East Lothian

Celebrating our amazing volunteers







Delivering meals on Christmas day and all year round



Margaret, our queen of puddings, helping to prepare



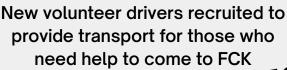
Joyce with new volunteer, Linda

Linda joined our volunteer team this year. Her husband had recently passed away and as Linda had only been living in Tranent for a short time, she didn't know anyone. She thought volunteering would get her out of the house.

Linda enjoys helping in the kitchen and interacting with customers. She has made new friends and feels less isolated. Thank you, Linda, for all the hours you have given to FCK.



Lindsay used her employer volunteer days to help at FCK





Jane supports activities and Billy does everything else!



Some highlights from 2024-25

Our first day out to North Berwick with funding from Fa'side Area Partnership











Christmas Lunch 2024







Our new early starts have been very popular

Intergenerational fun and

entertainment with Recharge

and Windygoul Primary School









CAB Musselburgh income maximisation and energy advice services



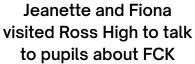
NHS Lothian bowel screening services

service



East Lothian Climate Hub listening to concerns and experience of climate change







"What laughs we have!"

Davie has been coming along to FCK since August last year. He lost his wife 7 years ago and he wants to get out of the house and be in company. Since coming to FCK, Davie has met old friends and made new ones. He enjoys meeting up with people and playing bingo and dominoes. He has won the dominoes more than once but, generous man that he is, he has shared his prizes. His highlight of the year was the visit by Recharge with their karaoke machine. "You couldn't get me away from the mic."



"I like making new friends who I can speak to and tell them my jokes" "I loved the trip and lunch in North Berwick" "I support a cared for individual to socialise. They love the company and conversation"

"FCK supports people to be part of their community" "I enjoy the company. It makes me feel really happy"

"All volunteers are lovely and welcoming" "Keeps me from being lonely"

"It has made such a difference to my mum having a good meal and company each week. Yourself and all the volunteers made my mum feel very welcome since day one or her attending. Thank you for all the team's hard work in keeping the community kitchen and I believe saving people from loneliness and going hungry." Michelle, Customer's daughter

"It's such a great charity and I was blown away with the amount of people that come and enjoy being there. You all do such an amazing job and I'm so glad I found you guys.

Nathan absolutely loves going so thank you"

Kerry, Support Worker

"I like meeting new people and the change of scenery"

I enjoy coming to FCK. It gets me out of the house. They organised a volunteer driver so that I can keep coming as taxis were too expensive" "It gets me out and about, meeting people and company. Food is always excellent"

"I enjoy having a cuppa and chatting with my friends"

We are so fortunate at FCK to have support from the Fa'side community and beyond. There are too many individuals and organisations to thank, but please know that your support makes a real difference to the lives of so many local people experiencing loneliness or struggling with the cost of living. We couldn't do it without you, so thank you from the bottom of our hearts from everyone at FCK.



Fa'side Area Partnership























There are many ways you can help make sure FCK is there for our communities as long as we are needed. Please get in touch if you want to get involved.

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