

**THE PEOPLE'S  
KITCHEN** est. 1985  
NEWCASTLE

FOOD FRIENDSHIP FUTURES

**THE PEOPLE'S  
KITCHEN** est. 1985

# CHRISTMAS WISHES

KITCHEN TIMES  
ISSUE 22 / WINTER 2021



**Welcome** to The People's Kitchen Christmas newsletter. The dark and cold nights are upon us once again as we edge closer to the festive period. For our Friends, the winter season can be tougher than most, meaning it is imperative we continue to support them in every way we can.



The People's Kitchen offers much more than just a meal and shelter. We will continue to empower our Friends by offering companionship and striving to make their lives easier.

We would like to thank everyone who donated to The People's Kitchen over the harvest period. Your generosity has ensured we have been able to replenish our warehouse ahead of our busiest period of the year. Thank you, as ever, for all your support.

Do you think you could help us in the coming months? If you run a business, now may be a great time to consider choosing The People's Kitchen as your charity of choice for 2022!

In this edition you will hear all about our Feed a Friend for a Fiver campaign, see the amazing changes we have made to The Alison Centre and also discover how we have fared reopening our doors to our Friends for the first time since the Covid-19 pandemic hit.

On behalf of The People's Kitchen, thank you for your continued interest and support. Without you we could not continue to help the most vulnerable in our society. We wish you all a very merry holiday season and a Happy and Healthy New Year.

Aaron Stokes, Editor



**KITCHEN TIMES**  
**ISSUE 22 / WINTER 21**

# BEHIND THE SCENES AT THE PEOPLE'S KITCHEN



Ever wondered what goes on behind closed doors during a regular day at The People's Kitchen? Well, we can tell you all about it!

For over 30 years The People's Kitchen has offered a helping hand to those who need it most. Over the past 12 months we have seen a dramatic increase in the number of Friends using our services every day, meaning we are in need of volunteers more than ever before.

We have an incredible team of volunteers who give up their time to give back to the community. So, what do we get up to behind the scenes?

## WAREHOUSE

Let's start where it all begins – our warehouse. To ensure everything at our city centre base runs smoothly, we need a well-oiled team to deliver our essentials.

Our warehouse volunteers organise goods, sort food, receive menus, and load the cages that deliver everything we need to the Alison Centre so we can welcome Friends indoors to food and friendship.

## ALLOTMENT

Another behind the scenes role our Friends and supporters may not see is our wonderful allotment! Tended to all year round, we are able to use the allotment to serve our Friends with nutritious ingredients that are important to keeping them healthy. Our team of allotment volunteers work hard to grow fresh produce for The People's Kitchen.



## WHAT ABOUT INSIDE THE PEOPLE'S KITCHEN?

### PREP TEAM

Each day a team of volunteers arrives to prepare for our evening service. Our team of cooks begin to work their magic in the kitchen, whipping up everything from healthy leek and mushroom soup to scrumptious mac and cheese! And of course, a lovely pudding for our Friends to enjoy.

The indoor tables are set up, the takeaway boxes are laid out, cutlery sets are made and goodie bags are assembled ready to give out on the evening.

Team leaders are also in attendance overseeing staff rotas, food hygiene and temperature checklists, health and safety, ordering equipment, and liaising with the warehouse and outside agencies. Team leaders are also responsible for training up our new volunteers.

### EVENING TEAM

Our evening team of volunteers perform a changeover before we open our doors on the night.

Once the meals are cooked, they are dished up ready for serving. A tea and coffee station is set up and final checks are made to ensure we are ready to welcome our Friends inside.

The volunteer roles are given out on a rotation basis but can include everything from serving liquid refreshments, serving hot food, clearing tables, dish washing, emptying waste bins, general cleaning including food stations and cookers, door supervision, bathroom supervision, opening and closing checks and most importantly general engagement with our friends.

Our welfare team also arrives for an evening shift, ready to offer their services to our Friends. The overall aim of our welfare volunteers is to provide friendship and support to our Friends across a wide range of issues.

### WEEKEND SERVICE

The People's Kitchen is open seven days a week, with our weekend team giving up their mornings to help our Friends.

Breakfast is prepared and served to approximately 100 people on both Saturday and Sunday mornings. Members of the weekend teams are involved in the food preparation and serve a hearty breakfast to our Friends to give them a solid start to the day.

We are always on the lookout for new volunteers! If you feel like you could spare about four hours a week on a regular basis to help support those less fortunate in our city, then please apply via our website - [peopleskitchen.co.uk/volunteer/](https://www.peopleskitchen.co.uk/volunteer/)

Or you can email us at [recruitment@peopleskitchen.co.uk](mailto:recruitment@peopleskitchen.co.uk) and let us know what positions you are interested in.



# FEED A FRIEND FOR A FIVER

Christmas is almost upon us and we are once again preparing for a busy festive period at The People's Kitchen. Every year we see our demand increase in the winter months as the dark nights draw in and this year is no exception with the added pressure of the Covid-19 pandemic.

To ensure we can continue to help those most at need in our community, we are once again asking our incredible supporters and kind-hearted Geordies to donate to our **Feed a Friend for a Fiver** campaign this winter.

Your fiver donation makes it possible for our Friends to enjoy a warm, three-course meal in a safe space on Christmas Day. Offering friendship alongside this meal often gives people the strength needed to navigate tough times.

These generous donations also help us support our Friends in other ways. As well as serving a hot meal, volunteers provide friends with clothes, well-being packs, food parcels, and sleeping bags. Not only on Christmas Day, but seven days a week all year round.

Individual and businesses can also help make Christmas even more special by donating small gifts and toiletries that will go into Christmas boxes for our Friends and their children. This can include anything from hats, scarves and other items of clothing to selection boxes, sweets and other treats.

The People's Kitchen aims to make life a little more bearable on the streets by providing essential living items. Being warm, clean and clothed is something so many of us take for granted, but for our Friends it is a chance to pause and reenergise.

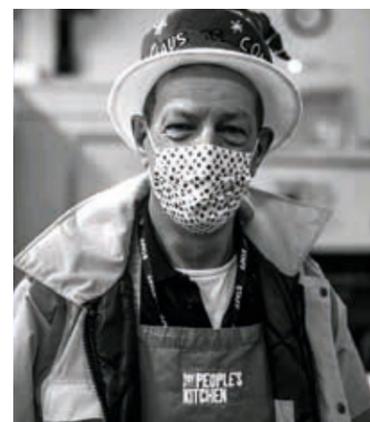
We rely solely on donations and all our volunteers are unpaid. The generosity of individuals and businesses in the North East this winter will help us greatly.

£5 to Feed a Friend for a Fiver is much more than a three-course meal. It helps us provide a warm place to eat on a cold day, with a friendly face when our Friends are lonely. It enables our Friends to have a warm shower and receive clean clothes. It is a place where our volunteers care about our Friends needs and well-being. It is a £5 gift of love.

If we raise more than is needed to cover the Christmas period, the remaining money is used to boost our menus throughout the rest of year.

As well as donating, we need your help in spreading awareness for this campaign. A simple share on social media can help raise funds. We encourage you to tell your friends and family about this amazing campaign too.

YOUR FIVER DONATION MAKES IT POSSIBLE FOR OUR FRIENDS TO ENJOY A WARM, THREE-COURSE MEAL IN A SAFE SPACE ON CHRISTMAS DAY. OFFERING FRIENDSHIP ALONGSIDE THIS MEAL OFTEN GIVES PEOPLE THE STRENGTH NEEDED TO NAVIGATE TOUGH TIMES.





# FEED A FRIEND FOR A FIVER



£5 TO FEED A FRIEND FOR A FIVER IS MUCH MORE THAN A THREE-COURSE MEAL. IT HELPS US PROVIDE A WARM PLACE TO EAT ON A COLD DAY, WITH A FRIENDLY FACE WHEN OUR FRIENDS ARE LONELY.

Donations can be made via our website:  
[www.peopleskitchen.co.uk/feed-a-friend/](http://www.peopleskitchen.co.uk/feed-a-friend/)  
or you can Text **KITCHEN 5** to **70490**.

To keep up to date with our festivities over the Christmas period, follow us on Facebook, Twitter and Instagram. Once again, thank you for your continued support.





# TOM WALKER / LUMO PARTNERSHIP

It's not every day The People's Kitchen gets a shoutout from a Brit Award-winning artist - but recently that very thing happened!

Lumo, FirstGroup's new 100% electric, affordable rail service has made The People's Kitchen its official charity partner.

And that meant some of our amazing volunteers were treated to an intimate performance from the incredible Tom Walker as the inaugural train service travelled from London King's Cross to Edinburgh on October 21.

Tom, whose debut album went to No.1 in the UK, smashed out some of his biggest hits on board and then paid tribute to The People's Kitchen on his Instagram page!

*"Had an awesome time performing a pop-up show at Kings Cross to launch the new environmentally friendly @lumotravel line to Edinburgh," he wrote.*

*"Shout out to The People's Kitchen! I'm really honoured to be able to play to volunteers from the charity and I hope it helps to raise awareness of the great work they do."*

On behalf of all our volunteers, thank you for your support Tom!



# STREET PAWS

In recent months we have had the pleasure of hosting Street Paws at The People's Kitchen. Founded in Newcastle in 2016, Street Paws provides free accessible vet care and support services to homeless people and their pets.

After volunteering at a soup kitchen, founder Michelle Southern saw first-hand the lack of support on offer to homeless people and their animals while on the street.

We are delighted to welcome Street Paws to help our street dogs at The People's Kitchen on the first Wednesday of every month.

# BUILDING REVAMP

We took the opportunity to revamp our premises while we were closed and are thrilled for our Friends to see the changes we made.

Along with our new wall mural in our car park, we've created a library for our Friends to sit in and enjoy when they arrive on an evening.

With colouring books, novels and magazines to choose from, it is a warm and vibrant space where volunteers and Friends can hang out and enjoy a good read.

# REOPENING



The People's Kitchen helped its first Friend all the way back in 1985 and has been supporting those in the community ever since.

But after 35 years of throwing our arms and our doors open to people in the north east, we had to temporarily close our city centre base when Covid-19 hit the UK.

Despite closing our premises in March last year, we were able to make wholesale changes to ensure we could still help those in need across the region.

Our team of wonderful volunteers were out delivering food parcels to our Friends within 24 hours of lockdown restrictions being put in place. Soon after, we began running a takeaway service so those in need of a hearty meal could still come to our centre and pick one up.

But after 18 months, we have been delighted to welcome our Friends back inside at The Alison Centre in recent weeks.

Ensuring we are sticking to social distancing guidelines; our Friends can once again enjoy a warm meal and a chat inside as the winter months start to kick in. Our welfare team can also check in our Friends as they enjoy their food. We are also continuing to offer a takeaway service, so that those still feeling uncomfortable with mixing indoors can come and collect a starter, main and pudding, along with any essentials they need.

Our Friends love being back inside after so long – and we are delighted to be able to accommodate them once again.

Our demand has dramatically increased in the last 18 months and we are now serving more than double the number of meals every night since before the pandemic began.

If you are thinking about volunteering and would like to come and see what an evening shift looks like, please get in touch via our website - [peopleskitchen.co.uk/volunteer/](https://www.peopleskitchen.co.uk/volunteer/)



OUR DEMAND HAS DRAMATICALLY INCREASED IN THE LAST 18 MONTHS AND WE ARE NOW SERVING MORE THAN DOUBLE THE NUMBER OF MEALS EVERY NIGHT SINCE BEFORE THE PANDEMIC BEGAN.



FOR THE LATEST

# NEWS & UPDATES E-NEWSLETTER

REGISTER FOR OUR

BY CONTACTING US ON: [INFO@PEOPLESKITCHEN.CO.UK](mailto:INFO@PEOPLESKITCHEN.CO.UK)

## VOLUNTEER

The People's Kitchen has transformed thousands of lives but this work would be impossible without the work of the charity's volunteers. Our team of volunteers are like a large family, all working towards a common goal – to grow, collect, prepare and serve some 40,000 hot meals per year.

We are in need of a number of specific roles at the moment, if you are interested in helping out get in touch via [recruitment@peopleskitchen.co.uk](mailto:recruitment@peopleskitchen.co.uk)

For all vacancies and further information please visit [www.peopleskitchen.co.uk/volunteer](http://www.peopleskitchen.co.uk/volunteer)

### USE YOUR TIME TO CHANGE A LIFE

- ADMINISTRATION SUPPORT
- ALLOTMENT
- CLOTHING
- COMMUNICATIONS | SOCIAL MEDIA
- FOOD PREPARATION
- FOOD SERVICE
- HR | RECRUITMENT | TRAINING
- IT SUPPORT
- WAREHOUSE | STORES
- WELFARE | SUPPORT

#### THE PEOPLE'S KITCHEN

The Alison Centre, 56 Bath Lane,  
Newcastle upon Tyne, NE4 5SQ

#### CALL US:

0191 222 0699

#### VISIT US ONLINE:

[www.peopleskitchen.co.uk](http://www.peopleskitchen.co.uk)

#### EMAIL US:

[info@peopleskitchen.co.uk](mailto:info@peopleskitchen.co.uk)

#### FOLLOW US:

[@PKnewcastle](https://twitter.com/PKnewcastle)

#### LIKE US:

[/PKnewcastle](https://www.facebook.com/PKnewcastle)



## MAKE A DONATION

There are many ways to make a donation to The People's Kitchen:

#### DONATE VIA JUST GIVING

If you prefer, you can make your donation on our Just Giving page. Simply select the amount you'd like to donate, and your charitable support will reach us straight away.

#### SEND A CHEQUE

You can fill out a cheque payable to The People's Kitchen Ltd and send it to us in the post or drop it into the Alison Centre on Bath Lane. Please be sure to complete an Individual Donation or Group Donation form and send it with your cheque.

#### DONATE FOOD

We gratefully accept food items as donations. Your donations will be used to cook warm, sustaining meals for our Friends. If you get in touch with us, we would be happy to advise on which food items we are most in need of.

#### SHOP OUR AMAZON WISHLIST

Our Amazon Wishlist of the items we most regularly give to our Friends includes food, clothes and toiletries, with prices ranging from £2 to £35. Just view our list to see if there are any items you'd like to purchase on behalf of our Friends

#### SHOP WITH AMAZON SMILE

If you shop through the Amazon Smile site, you can support us without spending an extra penny, as Amazon will make a donation on your behalf. Simply use the Amazon Smile site and select us as your charity of choice.

#### CORPORATE DONATIONS

If you have any end-of-line products or surplus stock, we can put it to great use at The People's Kitchen. If you have donations that could support our work, please get in touch and we can advise on the items we are in need of.