

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

FOOD

FRIENDSHIP

FUTURES

**GET
INVOLVED**

KITCHEN TIMES
ISSUE 23 / SPRING 22

FEED A
FRIEND
FOR A
FIVER



Thank you and welcome back to the first People's Kitchen newsletter of 2022. We hope you are looking forward to the year ahead as life returns to some semblance of normality.



Firstly, we would like to thank everyone who supported us over the festive period, either in person or from the outside. Our 'Feed a Friend for a Fiver' campaign was a resounding success and helped us make Christmas a little bit happier for our wonderful Friends.

We are now looking ahead to the Easter period with our Friends back indoors with us seven days a week, as we continue to come out the other side of the pandemic. We are looking forward to the lighter nights returning and being able to offer our Friends extra activities now measures have been lifted.

In this edition you will hear all about our plans for the coming year and we will share how you can get involved with our upcoming events, including our Great North Run team. We will also have words from our volunteers on why they choose to give up their free time to help those in need in our community.

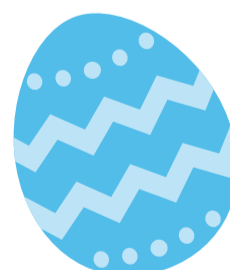
You will also hear what we have been up to in recent months and how you can continue to help us in the near future.

Once again, from everyone at The People's Kitchen, thank you for ongoing support.

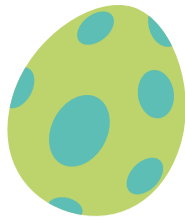
Aaron Stokes, Editor



KITCHEN TIMES ISSUE 23 / SPRING 22



COME AND VOLUNTEER WITH US



Each evening we welcome our Friends through our doors with open arms. Some are seeking friendship, others are seeking advice and each one of them is offered warm, homemade food cooked up by our incredible volunteers.



Our demand has significantly increased in recent years, and we are on the hunt for new volunteers in all departments.

If any of these roles sound up your street, feel free to contact us at www.peopleskitchen.co.uk/volunteer or submit an enquiry to recruitment@peopleskitchen.co.uk.

WELFARE

We strive to offer more than just food at The People's Kitchen with our amazing team of welfare volunteers going above and beyond to help our Friends.

The Welfare team is on hand to support and safeguard our Friends in a whole number of ways.

This might be as simple as making sure that they have a dry pair of socks, trying to help them to find a bed for the night, or trying to help them to make sense of official correspondence.

TEAM LEADER - ALLOTMENT

We are saying goodbye to our very own John Welsh, who has been Team Leader at the allotment for many years. After a very successful tenure, John is relinquishing his duties to spend more time with his family.

Tended to all year round, we 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.

COMMUNICATIONS

To continue supporting our Friends in the community, we need to be able to spread our message far and wide. As such, we are looking to expand our communications team with some new recruits.

The role consists of tasks such as helping with our website, social media, marketing, internal correspondence, future planning, fundraising and with the type of newsletter you're currently reading!

SATURDAY TEAM

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.

If you can spare a few hours of your Saturday mornings, please get in touch!

TEAM LEADER - IT

Are you a whizz with technology? We are looking for someone with IT experience to join our backroom team.

OFFICE SUPPORT

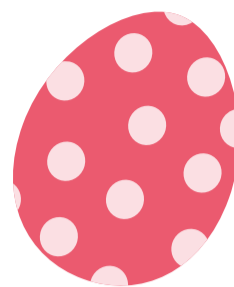
We are also looking for people who can give a few hours throughout the day to answer our phones, provide a warm welcome for any visitors, deal with any post or parcels and provide some basic admin support to help the general running of the kitchen.



If any of these roles sound up your street, feel free to contact us at www.peopleskitchen.co.uk/volunteer or submit an enquiry to recruitment@peopleskitchen.co.uk



HERE IS WHAT WE MAKE FOR OUR FRIENDS



Each evening we welcome hundreds of Friends through our doors with open arms. Some are seeking friendship, others are seeking advice - but each one of them is offered warm, homemade food cooked up by our incredible volunteers.



Have you ever wondered what we cook up for our amazing Friends on an evening? Well look no further!

Every evening, we offer a three-course meal to our Friends, with a vegetarian option also prepared for the main course. The evening menu is chosen by our day volunteers who begin prepping the food in the afternoon.

For starters we often serve a delicious and healthy soup, using homegrown vegetables from our allotment. Spiced squash, tomato & lentil and cheese & leek are just a few of the homely soups on offer in recent weeks.

Time for main course! Our volunteers have heaps of fun coming up with new and inventive main courses to keep our Friends happy. Mouth-watering mac & cheese and scrumptious shepherd's pie are just a few of the options served up.

We like to vary our choices so also serve up the likes of curries, mince & dumplings, fishcake & chips and chilli.

Our Friends can then make room for a lovely homemade pudding for afters! Whether it is Eton Mess with meringues or treacle sponge with cream - they always go down a treat!

We also offer sweet treats from Greggs to those who would like to take something sweet away with them.

Following the pandemic, some of our Friends are still a little wary of having too much contact with others and for those people, we provide all of this as a takeaway option.

Fancy yourself as a dab hand in the kitchen? Come and volunteer with us by going to www.peopleskitchen.co.uk/volunteer/



WHY VOLUNTEERS CHOOSE TO HELP AT THE PEOPLE'S KITCHEN

The People's Kitchen is a community like no other. Every single volunteer who steps through our doors is unpaid and giving up their free time to give back to those less fortunate.



We currently have over 250 volunteers giving up over 50,000 hours every year. Each do their bit with tasks such as food preparation, serving, cleaning, storeroom organising, interacting with our Friends, and much more.

It can be a demanding job but one that is worthwhile all the same. Each volunteer has a different reason as to why they first reached out to our organisation. We'd like to tell you some of their personal stories.

ALEX SECKER

Alex is a project manager at HMRC who has been volunteering at The People's Kitchen since the start of the Covid-19 pandemic. He treats our Friends to wonderful breakfasts each Saturday morning and also dresses up as our very own PK Santa at Christmas!

Alex told us: *"From an early age, I always knew I'd volunteer in some way; however, I never had the confidence. I wanted to give direct support to people in need and work within a non-profitable organisation where I'm doing something that really makes a difference in the lives of others. It was my mum who inspired me to volunteer at People's Kitchen, she joined at the very beginning of the Covid pandemic and spoke very highly of the organisation and the team."*

With the whole world going through a pandemic, knowing that there were people who didn't have the basic needs and resources the least I could do is offer my support where I could. I initially joined 2 years ago as a kitchen cook on Saturday mornings.

There's not much I don't love about working for The People's Kitchen. Volunteering here is one of the most rewarding things I have done, my biggest regret is not doing it earlier! At The People's Kitchen I'm surrounded by an amazing team who are extremely welcoming and supportive, there's a real "happy family" buzz about the place."



MICHAEL STOBBS

Michael has volunteered with The People's Kitchen for over a decade and is our amazing Transport Manager.

Michael: *"As I approach 14 years as a volunteer at The People's Kitchen it's time to reflect on how things have changed over time and*

what my current role entails. When I started as a volunteer along with my wife Margaret, it was as part of the Tuesday night team.

As the years progressed the driving expanded gradually until it eventually got to a point where some days it was a full-time job. It came to a point about 4 years ago where I had to drop out of the Tuesday team, I was also asked to become deputy team leader of drivers and I have carried out the role of transport manager for the last 2 years. This role entails me keeping a check on the vehicles to ensure they are maintained and legal to be on the road. I also try to look after the drivers to ensure that they are safe and that the vans are manned when needed.

Of course, none of this would be possible without the co-operation and unstinting efforts of our great team of drivers and van buddies. The only downside to my current role is that I have little contact with the Friends."

TOM BARTON

Tom spends his days as a journalist for ITV and has been volunteering at The People's Kitchen for just over a year.

Tom said: *"I'm a journalist and went to The People's Kitchen to do a story about the impact of the pandemic on homeless and vulnerable people. I was amazed by the work the Kitchen was doing. I was struck by how welcoming the Kitchen was to anyone who needed help, and how the volunteers were providing Friends with much more than a hot meal."*

In many ways my Wednesday night at the Kitchen is the highlight of my week. The other volunteers are a wonderful group of people - but it's getting to know the Friends that is the most rewarding aspect. Over the months I feel like I've built some real relationships with some really inspiring and interesting people, and I look forward to coming back every week."



COURTNEY SMITH

Courtney is a Psychology student at Northumbria University and gives up her evenings to play a part in our incredible welfare team.

Courtney says: *"I found out about The People's Kitchen when looking for a placement as part of my Psychology course*

at Uni. After reading about the opportunity to become a Welfare volunteer, I applied straight away as I knew it would be perfect in relation to my degree and the skill set I would gain from taking on this role.

From my first shift at The People's Kitchen I fell in love with it. I was taken aback by the selflessness and generosity of all the volunteers there and being surrounded by such people for the last 6 months has massively impacted my outlook, especially being a 20-year-old student with limited life experience.

One of the reasons I love being a part of the Welfare team is being able to build relationships with the Friends on a deeper level - getting to hear their stories and help in any way we can, whether it be getting supplies, finding emergency accommodation or even just being an ear for them to talk to, it has a positive impact upon their lives, no matter how small.

That is what I love about the role - the Friends know they can come to us and trust us to help, and the rewarding feeling you get seeing the impact you can have on another person's life is unmatched.

From a personal perspective, I also enjoy being a part of the Welfare team for the growth and development I have seen within myself that will benefit me in my future line of work in Psychology. Being able to interact with vulnerable people, gain knowledge and understanding of the hardship those face on a day-to-day basis is invaluable experience that I get to be involved in first hand weekly."

A BIT ABOUT OUR FOUNDER

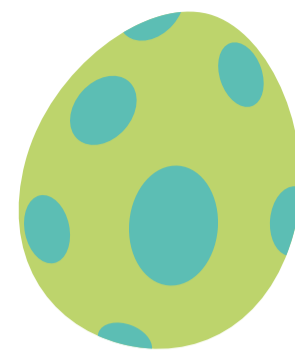
People around the country recently paid tribute to the women in their lives to mark Mother's Day and 'International Women's Day.' And here at The People's Kitchen there is one woman who we regularly like to give thanks to.

That woman is Alison Kay. A grandmother from Heaton who spent the latter stages of her life trying to improve the situation of others in the region. Alison selflessly founded The People's Kitchen in 1985 at the grand old age of 76 after she heard about the death of a rough sleeper in the city.

Despite being registered blind and in frail health at the time, she made it her mission to help others, opening a soup kitchen in the heart of the city. In the years since, The People's Kitchen has grown in numbers – both in volunteers and the Friends that use our services. But none of it would be possible without the tireless work of Alison over 30 years ago.

Alison is sadly no longer with us after her passing in 2001 – but her work lives on thanks to the generosity of our current crop of volunteers and supporters. Before her passing she got the chance to meet Queen Elizabeth II, who paid tribute to her courageous and tireless work in the community.

We will be celebrating Her Majesty later in the summer for the Jubilee Weekend so keep your eyes peeled on our socials for more to come on those celebrations!



GREAT NORTH RUN

We're privileged to have the biggest and best half marathon in the world taking place on our doorstep every year.

So, this time around here at The People's Kitchen we've decided to get involved ourselves by creating our very own PK running team!

Are you one of the lucky ones that has managed to secure a place in the 2022 Great North Run and would love a great cause to support over the 13.1 miles?

We would be delighted if you would choose us, and we'll send you a People's Kitchen t-shirt for the big day.

Please use this link to set up your fundraising page and choose to run for us.

<https://greatnorthrun.enthuse.com/fundraising/start?charityid=340392#!/>

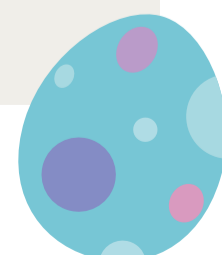


HOW YOU AND YOUR BUSINESS CAN HELP

The People's Kitchen relies on the goodwill of the north east business community to support the homeless and vulnerable by funding essential services.

In the current economic climate, we are experiencing increased financial hardship. Without help from the private sector, our services may be cut back at the very time our Friends need us the most.

If your business can support us, your generous donation will be carefully managed by our Board of Trustees who make sure that funds and goods are used to the maximum benefit of our Friends. As we are run entirely by volunteers, you can be sure that no staff salaries are taken out of your contributions. If your business would like to support our local community and become affiliated with a widely respected and valued organisation, then please get in touch!



AN ARMY OF VOLUNTEERS HELPS THE PEOPLE'S KITCHEN



After a gruelling four-day trek walking along the length of Hadrian's Wall, the last thing you'd expect anyone to do is spend a long night volunteering with one of Newcastle's most vital charities.

But that is exactly what a 10-man team from the 3rd Regiment, Royal Horse Artillery based at Albemarle Barracks did to help their local community.

Sergeant James Berry and his team decided to spend an evening washing dishes, peeling potatoes, serving food, and talking to the Friends of The People's Kitchen as a way of putting something back into their local community.

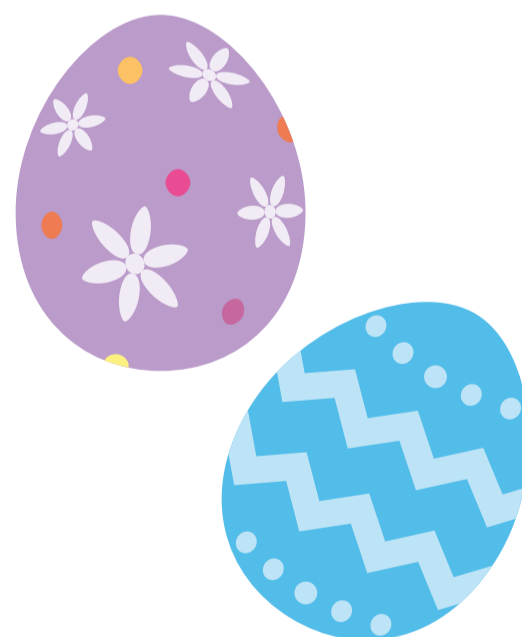
"Our guys have had a good experience which was both humbling and rewarding. I've enjoyed serving the puddings to the Friends and I got a lot out of awareness from talking to people who live a life much different to my own," said Sergeant Berry.

"We've all taken away a sense of achievement and we know a lot more about the fantastic work of The People's Kitchen. I know my team will talk to their family and friends and hopefully encourage others to volunteer their time."

Lesley Black, a Team Leader at The People's Kitchen who has volunteered for almost 10 years was pleased to welcome the soldiers to the Kitchen.

"The team really settled in quickly and reacted to our requests well. Nothing phased them and they helped us by serving food and looking after our Friends. Their military training kicked in as they didn't need any supervision and we are really honoured to have them working with us," she said.

Here at The People's Kitchen, we would like to say a huge thank you to Sergeant Berry and his team for giving up their time to help us out!





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

For all vacancies and further information please visit www.peopleskitchen.co.uk/volunteer

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THE PEOPLE'S KITCHEN

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Newcastle upon Tyne, NE4 5SQ

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EMAIL US:

info@peopleskitchen.co.uk

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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.