



▷ FRESH START PANTRY NEEDS YOUR HELP!

Fresh Start have seen a significant drop in donations and yet an ever growing need for pantry donations.

We have seen a significant drop in food donations in the height of the cost-of-living crisis, both from the general public and from our network of community-based organisations that we share food through. We believe this is due to the fact that people are having to make cutbacks to their giving, and thus, the food-based organisations that we share food through are also no longer being able to share goods with us, as they too are seeing a scarcity.

Our community food pantry is an essential lifeline and poverty/homelessness prevention service that allows families and individuals who are facing financial struggle to meet their rent and bills while maintaining dignity and choice to shop for themselves for the items that they want. This service runs from donations of food and fundraised money that we purchase produce from.

We need your help to fill the shelves again and if you are able to help, please have a look at our shopping list and donate what you can.

FreshStart

helping people make a home for themselves

SCOTTISH CHARITY AWARDS 2023 ▷▷



"We are absolutely delighted to win this prestigious award from SCVO. It really means a lot to us to get this recognition. I would like to send a heartfelt thanks to all the staff, the Fresh Start board, all our wonderful volunteers and all our supporters who allow all this amazing work to happen."

We are delighted to announce that Fresh Start are the winners of the Community Action award at the SCVO Scottish Charity Awards 2023.

The Community Action award was awarded for our continued work with the community, in our Hub space, tackling the cycle of repeat homelessness and poverty across Edinburgh. Thanks to insights from invaluable community researchers, our Meet & Eat community meals initiative was

brought to life. In addition to this, we continue to expand and develop our work within the local community through cookery lessons, English classes and our homeware shop, run alongside financial and housing services, providing invaluable knowledge, skills and support to make a better life for those living in poverty.

The awards took place on 23rd June at the Sheraton Hotel, with staff and volunteers dressing to impress for the occasion!

It was a wonderful night of celebration for all charities involved and it was great to hear about all the important work going on in the sector.

Congratulations to all nominees and winners, you are all winners in our eyes!



▷ THANK YOU

A huge thank you and congratulations goes out to Vermilion - The Smile Experts for raising £2,000 for Fresh Start through taking part in the Hairy Haggis Relay race in the Edinburgh Marathon Festival!

The runners trained hard, and worked to raise funds and awareness of need in Edinburgh. The money will go far to help those moving on from homelessness and facing financial struggle throughout the city.

Thank you for all of your hard work, determination and dedication to Fresh Start's cause.



If you can, please 'like' 'follow' and 'share' us on Facebook and Twitter. This is a good way for us raise our profile in the wider community. We post regularly to keep in touch with our followers and supporters. We appreciate all your help. www.facebook.com/fresh.start.edinburgh and Twitter: @FreshStartWeb.

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YOU CAN FOLLOW FRESH START ON FACEBOOK



▷ RIDE TO THE SUN SUCCESS

The annual Ride to the Sun cycling event took place over the weekend following the summer solstice with hundreds of riders making the mammoth 100 mile overnight trip from Carlisle to Cramond.

The cyclists had one of the warmest nights of the year this year, a stark contrast to last year's washout, with our first cyclists reaching the finish line around 12.20am!

Upon finishing the cyclists were treated to bacon rolls and

chilli supplied by Fresh Start's amazing team of volunteers, along with a cheeky pint from local brewery Stewart Brewing.

The event raised a over £2,000 for Fresh Start, which will go a long way to allow us to continue to deliver our vital services.



▷ HAVE YOU EVER CONSIDERED LEAVING A GIFT TO FRESH START IN YOUR WILL

Leaving a gift to Fresh Start in your will is a wonderful way to support us, and help us to continue to support people whose lives have been devastated by homelessness.

After remembering your loved ones, a gift to Fresh Start of any size will make an important difference to providing people with the support and skills to move forward in their lives after homelessness.

There are various types of gift that can be left in a Will to support Fresh Start, but we would always recommend speaking to a qualified professional when drafting or making any changes to your Will.

For more information on what type of gift can be left and how you can leave a lasting legacy that will go on to help so many people, please find enclosed a leaflet with more information.



▷ JOIN US ON THE EDINBURGH KILT WALK 2023!

Fresh Start is delighted to be taking part in Edinburgh Kiltwalk again this year!

We are looking for more people than ever to walk in support of Fresh Start! The Kiltwalk is a great opportunity to raise vital funds for Fresh Start, as all money raised is match funded by 50% by the Hunter Foundation, meaning for every £100 raised, we receive £150!

The Kiltwalk is a great opportunity to meet people, have fun, get some exercise and enjoy the scenery in our beautiful city of Edinburgh. Everyone is welcome to take part, whether as an individual, with a friend or as a wider team. Fresh Start staff and volunteers will be walking each route, so Kiltwalkers can join the team for the route, or go it

on your own or part of another group!

This year the Kiltwalk takes place on Sunday, 17th September, with start time varying between 9-11am, depending on what route you choose to take part in.

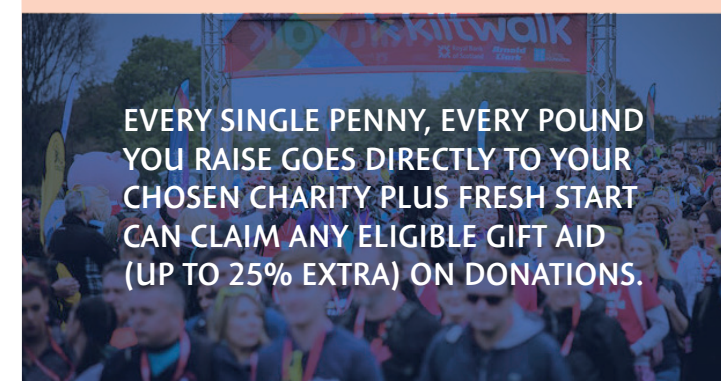
There are a number of routes to choose from depending on your ability and how much of a challenge you want to undertake! The Mighty Stride, an almost marathon length 21 mile walk kicking off at Bingham Medway, The Big Stroll, sitting at just over a half marathon at 14.7 miles, starting in Musselburgh, and The Wee Wander, a 5 mile gentle walk from Gypsy Brae.

All routes finish up at the iconic BT Murrayfield Stadium, where friends and family can wait to cheer you over the finish line for a well deserved drink and food,

provided by local businesses. The different routes give an option for everyone, and you can even bring your dog along to join in the fun on The Wee Wander!

Fresh Start have several staff members taking part, so if you don't feel up to joining in the walk yourself, you can still sponsor Team Fresh Start by completing the enclosed sponsorship form. We would also love to hear from you if you are taking part to raise funds for Fresh Start, so please email darcey@freshstartweb.org.uk and we can provide you with any fundraising materials you may need!

This is a great opportunity to get some exercise and do something that you enjoy and raise some much-needed funds for Fresh Start.



EVERY SINGLE PENNY, EVERY POUND YOU RAISE GOES DIRECTLY TO YOUR CHOSEN CHARITY PLUS FRESH START CAN CLAIM ANY ELIGIBLE GIFT AID (UP TO 25% EXTRA) ON DONATIONS.

