

▷ IT'S ALL GONE PING PONG AT OUR TABLE TENNIS NIGHT

In September we ran our first Table Tennis Night with help from the Murrayfield Table Tennis club. Our guests had a ball with good food, a fantastic cake and lots of games play with some new skills learnt.

Thank you to our wonderful volunteers who helped with the event and the team from Murrayfield Table Tennis club who came to support us and show us how it's done.

We are incredibly lucky to be able to keep the table at Harrison Place so there will be lots of opportunities to practise our new found skills ready for another night!



▷ DATA PROTECTION UPDATE

In line with the new legislation regarding data protection and the implementation of the Data Protection Act 2018 (incorporating the provisions of the General Data Protection Regulations (GDPR)), Fresh Start has updated its privacy policy and can be found on our website, or you can contact admin@freshstartweb.org.uk if you would like to receive a copy.

▷ STAFF CHANGES

We are delighted to welcome our new Business Manager, Carrie-Ann Scougall, to the team. She has been getting to know the staff, volunteers and service users and has even taken part in our cooking classes, gardening and painted with a hit squad!

We are also excited to welcome Heather Norris, our new Senior Grants and Trust Officer and David Scott, our new

Warehouse Assistant. David is a real Fresh Start success story, going through our Jump Start program, then volunteering in cooking classes and gardening and now gaining employment with us!

We also bid a fond farewell to Mark Robertson, one of Volunteer Coordinators, who has left us for pastures new. We would like to wish Mark the best of luck in his new, exciting role!

▷ DATES FOR YOUR DAIRY

Fresh Start will be taking part in the annual Christmas Carol Concert at St Cuthbert's Church on 18th Dec 12.30. All are welcome to join us for a festive celebration. And also the Fresh Start AGM will take place on the 4th Dec 3pm



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

FreshStart

helping people make a home for themselves

COOKERS FOR CHRISTMAS APPEAL

Fresh Start are launching their annual Cookers for Christmas Appeal for 2018.

After someone has experienced a period of homelessness, being able to afford a cooker for their new home is a luxury that unfortunately many cannot afford, along with many other essential household items. Around the Christmas period, this lack of amenity is felt further as all around, messages of indulging in delicious treats and sitting down for tasty meals are shown almost at the turn of every corner.

At Fresh Start, we want to make this a reality for people who have been homeless and provide them with a brand new cooker, fully fitted by our trained and professional team. Any small donation is welcome and will go towards providing someone with a new cooker that will make a real difference to their festive period and life going forward.

You can donate online though Just Giving by visiting www.freshstartweb.org.uk/donate, or by sending a cheque to Fresh Start at the address at the foot of the newsletter.



▷ DRIVING IT HOME FOR FRESH START

On Friday the 7th of September, the Fourth Annual Simple Group Golf Invitational was held in aid of Fresh Start, at the stunning grounds of Gleneagles Golf Resort. Over 30 clients, partners and employees of Simple Group gathered at Gleneagles on a gloriously sunny morning for a fantastic day of networking, fundraising for Fresh Start and some (not so) great golf!

From a Golf Card where players could enter the prize draw for £2 an entry to challenges throughout the day's play, there were plenty of ways to raise awareness and funds for Fresh Start. The 'On the Green' challenge on the 2nd hole proved to be the most challenging for the players. The players had to land their tee shot on the green and if they missed the green, they would have to make a £10 donation to Fresh Start. Needless to say, the challenge worked perfectly as just over half of the players missed the



In total, through Simple Group's clients, partners and staff, £474 was raised on the day for Fresh Start. Simple Group's Chairman, Vincent Moore, pledged to double this amount, and rounded it up to a grand total of £1000 for Fresh Start! Here's what Vincent Moore, Chairman of Simple Group had to say

about the event:

"At Simple Group, we really value the work charities, such as Fresh Start, do and we're pleased to say that, after Simple Group doubled the initial amount raised, the £1000 raised at the Fourth Annual Simple Group Golf Invitational was the most

we've ever raised at one of our Golf Invitationals. We were delighted to support Fresh Start and the great work that they do in fighting to end homelessness and we're looking forward to continuing to grow our partnership with Fresh Start."

▷ WONDERFUL KILT WALKERS!

Huge congratulations to Biddy and Jen who bravely battled four seasons in one day to complete the whole 24 miles of Edinburgh's Kilt Walk, raising funds for Fresh Start!

Massive thank you to everyone who supported us along the way and all donations received are greatly appreciated.

The Tom Hunter Foundation has also very kindly pledged to match fund by an additional 40% to the total raised!



▷ YARN BOMBING

If you've never heard of yarn bombing before then you won't be alone. It's a recently adopted pastime which involves covering a public area in knitting as an art form, protest or entertainment. It might not be everybody's cup of tea but when I learned that allotment holders at Telferton were planning a bit of Yarn Bombing ahead of their open day in August I felt certain that between the staff, volunteers and service users at Fresh Start, there were probably enough of us who were just daft enough to take on the challenge.

It took no more than a brief Facebook appeal and a few emails before we were donated wools of all conceivable colours and needles of all possible sizes. We held a "Knit Night" for which there was a great turn out and on one of those beautiful

summer evenings, we all sat under the cherry trees knitting and chatting over cups of tea and cake. The uninitiated were shown the basics of casting on and knitting a line or two by the many skilled and experienced knitters who had sprung up. Before long, and for the weeks following, the knitted squares started to show up all over the place. Staff were caught knitting at their desks, in meetings and over their lunch breaks and volunteers seemed to be constantly dropping by with bundles of squares at the offices.

Because of the wonderfully varied squares put forward, the finished blanket was touchingly singular and I couldn't help feeling it made for a lovely metaphor for what we try to do at Fresh Start.

If anyone has any ideas for next year's Yarn Bomb challenge then don't keep it to yourself!

▷ TELFERTON OPEN DAY

Thanks to all who attended Fresh Start's Open Day at Telferton Allotment in August, it was a fun filled day enjoyed by all.

Thanks to the lovely weather we have experienced this summer, we have harvested some rather huge vegetables in our garden that have been used in our cooking classes, supper clubs, on the street stall and donated to the residents of Craigmillar.



Yarn Bombing proofing to be a very enjoyable task indeed! The finished result below and above: