



www.foodfactsfriend.org.uk

NEWSLETTER JUNE 2023

We provide a safe place to meet, talk, eat and get specialist advice

42 John Street, Penicuik

**CAN YOU
HELP?**

It is a very exciting time for us and we are working on some changes at the Hub in Penicuik and will be able to provide the details in our next newsletter.

To continue to help everyone in the area we always need volunteers and there are a wide range of roles.

We have people of all ages from teenagers to retirees and are particularly keen to get more young people involved.

There is also a wide variety of ways to volunteer. You can work in our cafe, organise our food and grocery departments, be a delivery driver, raise funds, help run the community pantry, or assist with admin.

If you want to find out more then please drop in to the Hub on John Street, Penicuik, or mail us on:

foodfactsfriends@gmail.com

or call us on 07507-697109.



We were able to celebrate our volunteers at the Midlothian Volunteers Awards that took place at beautiful Newbattle Abbey.

Lisa McEwan was nominated in the outstanding new volunteer category, Marion Mather in the health and well-being category, Margaret Scott in the equality and diversity category, and Alan Griffith and the whole FFF team in the dedicated service category.

Everyone came away with a certificate for their hard work and had a thoroughly enjoyable evening.

"It was great to see our volunteers being recognised for their hard work," said Mark Wells, FFF co-ordinator.



**Food
Facts
Friends**

What We Need

Tinned meat	Soap powder	Toilet roll
UHT milk	Jam	Mayonnaise
Diluting juice	Sauces	Tinned fruit
Instant noodles	Shower gel	Soap
Coffee	Tea	Cereal
Toiletries	Ready meals	Sugar
Dog & cat food	Vegetables	Nappies

Opening Hours

Foodshare: Mondays & Fridays 10.30am – 1pm

Café: Mon-Fri 10am- 3pm Sat 11am - 1pm

Community Pantry: Tues & Thurs 10.30am – 3pm and Saturdays 11am – 1pm

Our Services

Family advice and child support from Children 1st - every Thursday

Mens Well Being group - Wednesday afternoon

Digital Skills Learning - Tuesday morning

Community food pantry and fridge

Contact Us & Donate

FFF Community Hub – 42 John Street,
Penicuik, EH26 8AB

www.foodfactsfriends.org.uk

Food collection points around Penicuik



Meet Our People

Erin Sneddon has recently joined us as a volunteer in the role of assistant manager, supporting FFF manager and co-ordinator Mark Wells.

Erin is inspired by her mum who runs Penicuik Ambassadors and when she attended a community meal at Ladywood Leisure Centre she knew she wanted to get involved.

“I wanted to help people and this fits in well with my university studies in social work.

“My work ranges from helping in the café to simply having a chat with FFF customers and I am thoroughly enjoying it.

“Customers and volunteers are so positive and willing to help each other, it is really inspiring.

“FFF is full of compassion and life and in the Hub there is an optimistic energy making it a truly wonderful place to volunteer.

“On top of that FFF provides amazing support within the community and indispensable service for those in need.”

Erin is settling into her new role and getting to know all the other volunteers as well as customers. We hope everyone welcomes her support and enthusiasm.