

www.nourishcommunityfoodbank.org.uk

Reg Charity No: 1154716

Principal Funder: Town and Country Foundation.



An Update from our Co Chair..

Nourish is getting busier with increased demand for food bags and, with the support of the Town and Country Housing Foundation our principal funder, we are making excellent progress identifying hard to reach, vulnerable communities in the Tunbridge Wells area.

54 Easter food bags containing yummy chocolate Easter eggs collected through local schools and supermarkets were distributed over Easter. We also had amazing support from Tunbridge Wells Scouts and had our first Quiz Night on April 17th.

We are expanding our services and, working closely with Circle Housing in Tonbridge, have commenced a three month pilot scheme with them to explore

The possibility of providing food bags to people in crisis in South Tonbridge. As we expand further into Tonbridge we will need more volunteers so do call Dawn Stanford our Operations Manager on 07785 987532 if you would like to help us.

Having now been operating for two years we are organising our very first AGM in Tunbridge Wells on June 15th at 5.30pm in King Charles the Martyr Church Hall. This will be a chance for everyone to meet our trustees, our Operations Manager and our volunteers and to ask them any questions about Nourish. We are producing an Annual Report and Accounts for the meeting so everyone will have the latest information about our progress.

2015 is already proving to be a challenging year and we are all going to be affected by decreased funding and other budget cuts so let's keep looking out for each other and we will all survive stronger and fitter!

Thanks so much for your continued support.

Olga Johnson
Co-Chair

Friends of Nourish

Donating just £3 a month can make a huge difference to our work

Become a friend of Nourish and help us support those in crisis in Tunbridge Wells and the surrounding areas. Nourish helps people going through a crisis with a short-term, emergency bag of food and other essentials. Each bag provides three days' support. For just **£3 a month** you can really make a difference to the support we can give.

How will your money be used?

Your money is critical to the running of Nourish and will be used to pay for three key items.

- Food Storage
- Fresh Food Vouchers
- Petrol For Our Volunteers To Deliver Food Bags



Marianne, one of our Nourish volunteers, writes to tell us why she volunteers..

"I volunteer for Nourish because I'm selfish.

I could tell you it's because of politics; that it's a disgrace that in one of the richest towns in the richest part of the UK there even needs to be a Foodbank. Which is true, and that's what first made me volunteer, but it's not why I carry on.

I could tell you it's because I'm a good person – but people I know will read this and laugh and call me a liar. I'm definitely no Mother Theresa.

No, I volunteer for Nourish for three totally selfish reasons:

- 1) There's very few charity things that make an immediate difference to someone's life. I walk in to the Big Yellow Storage on Friday at 9.30am, pack a foodbag and it is delivered to someone in crisis by noon. So, no matter how rubbish and unproductive a week I've had, Nourish makes me appreciate my lucky life and makes me feel I've done something useful with my time.
- 2) I could fall ill, suffer a bereavement, be made redundant – and I may need Nourish at some point. I need all those people who donate and volunteer to be there if I have a crisis.
- 3) I've met some brilliant, amazing Nourish volunteers that I would never have met otherwise.

So give some tins, some time, some 10ps – they make a huge difference to someone in desperate need and I can guarantee you'll feel pretty good about getting involved too!"

If you would like to get involved with fundraising, volunteering or would like to set up a food collection for Nourish, please contact office@nourishcommunityfoodbank.org.uk or call 01892 548892.



Some of our fund raising activities in April..

Firstly, a huge thank you to Tunbridge Wells Scouts for their collection for Nourish at their St Georges Day Parade on the 17th of April. We weighed an amazing 226 kgs of food which was soon packed into foodbags ready for distribution.

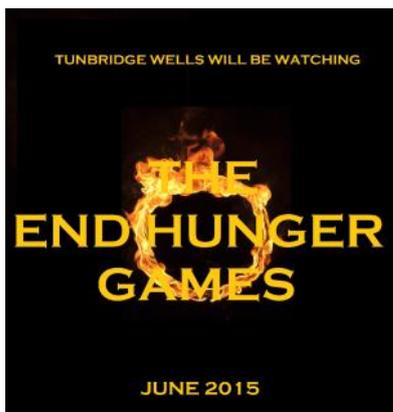
Thank you to everybody who supported the first Nourish Quiz Night, held on 17 April at the King Charles the Martyr Church Hall. We had a very well organised and fun evening which raised, in total, £1,073.95 for Nourish. We hope to see you all again at our next event.

Thank you also to Childrensalon who raised an amazing £179 for Nourish over Easter with a raffle for a fantastic chocolate egg. The money came at a much needed time and we used it to purchase lots of food to fill our shelves.

Thank you as well to Fidelity UK who collected £502.50 from their 'Jeans Day' donations.



Coming Soon.....



Watch out for details about the "End Hunger Games"

We hope you will all get involved in a great fundraising week in aid of Nourish

Details to follow...