

**Principal Funder: Town
and Country
Foundation.**



Letter From The Chair..

October and November have been incredibly busy months. Our 2014 partners Creaseys Accountants in Tunbridge Wells asked me to judge their staff "bake off" earlier this month. This was a new role for me and I felt very honoured to be asked. I spent an extremely pleasant morning tasting cakes, bread and biscuits. What more can a girl want!?! They also donated over £400 from the sale of their cakes!

Then there was our collection outside Sainsbury's

in Tunbridge Wells when, in spite of torrential rain, their generous customers donated over £300. We will be organising a special Christmas collection and bag packing there on December 18th and 19th so look out for us!

Nourish continues to be busy with increased demand for food bags and, with the support of the Town and Country Foundation, our principal funder, we are making excellent progress with our plans to help more people get their lives back on track and to reach more people in crisis in and around Tunbridge Wells. Our amazing volunteer drivers will be delivering seasonal food bags the week before Christmas.

As part of our plans to help people in crisis to eat well balanced, nutritious meals we added recipe cards designed by Creaseys and printed by Minuteman to our food bags this month. We are really excited about this as it's the first step in our plans to encourage more people to cook and avoid purchasing ready meals that are usually expensive and contain high levels of salt, fat and sugar.

We are now working closely with other organisations to set up cooking groups.

As we expand into areas outside central Tunbridge Wells such as Crowborough we need more volunteers and drivers so do call Dawn Stanford, our Operations Manager, on 07785 987532 if you would like to help us. Thanks for your continued support.

Olga Johnson
Chair

Sainsbury's Stall...

Nourish were present outside Sainsbury's in Tunbridge Wells for the weekend of the 1st and 2nd of November.

With the objectives of collecting food and funds as well as generally trying to raise awareness of what we do, who



we support and how we deliver, the weekend was a great success. The weather did its best to help us on the Saturday when these pictures were taken but was not as supportive on the Sunday.

Nevertheless, we collected a fantastic 318.4 kgs of food and raised £348 from donations and from our lolly pick.

To continue to develop our relationship with

Sainsbury's, we will be bag packing and organising a special collection on the 18th and 19th of December so if you're shopping in Sainsbury's in the week before Christmas, please look out for our team and show your support.



How We Can Help...

Dawn, our Operations Manager, was very happy to receive the following message from

the Domestic Abuse Volunteer Support Service, a referral agency we work closely with:

"DAVSS was delighted at the very swift response to an urgent request for food for a domestic abuse survivor who only had tea bags and sugar in her cupboard for a week until she received some money due to her. The request went to Nourish mid-afternoon and by 4.45pm a food parcel had been delivered to her door with the promise of a further delivery 4 days later to make sure she did not go without. The swift response was all we could hope for – Nourish provided food yet again for someone in real need when there was no one else to turn to. Thank you so much for providing this vital service."

The Volunteers View..

There are a huge number of loyal volunteers that help Nourish to function. As Olga Johnson said in her letter, we are always looking for more volunteers. In this article Jane Mars, trustee for Nourish, shares her background, her role within Nourish and some advice for anybody considering volunteering.

What was your background before volunteering for Nourish and why did you decide to volunteer?

"I'm a trustee for Nourish and joined the board in May this year. I also work as an in-house solicitor for a Kent-based social landlord. My work there is aimed at housing



in need, and working to build decent, safe homes and neighbourhoods. I've gained an understanding of the tight budgets many many households are working with. And how insecure employment, zero hours contracts, benefit problems, family breakdown and a whole range of vulnerabilities can rapidly lead to situations where people really don't know where their next meal is coming from.

I cannot bear the thought of not being able to put a meal on the table for my own kids. I don't want others to go through a crisis like that without any safety net."

What role do you perform for Nourish and how many hours do you offer weekly

"When I met with Olga (the chair) and other trustees I was very keen to join the board. I bring legal skills and an extra pair of hands. We meet every two months and steer the work of Nourish at all times. We assess our finances and budgets, plan the upcoming work liaising closely with Dawn, agree on new fundraising initiatives and food collection drives.

This probably takes 4 to 5 hours of my time a week. It varies greatly. When we have an event on like the Dragon Boat race this past September, it's very much more. But a lot of fun and very worthwhile. We are a relatively new charity and a lot of work is going into the transition phase as we mature into a larger more complex structure."

Although alleviating food poverty is a serious subject, do you enjoy your volunteer role?

"I love my job with Nourish! There is a growing need for what we do and I think we are doing a great job and pulling together well as a team providing an essential resource for people in the area. We put together nutritionally sound food solutions for those desperately in need. As well as helping, I'm also learning and making friendships."

What advice would you give to someone considering volunteering for Nourish?

"If others are thinking of volunteering, please do! We always have a need for people on a regular basis to pack, deliver etc. If you can't give too much time or can't volunteer regularly, we also need people to help on occasion by helping out at food collection days or fundraising one offs. If you want to raise funds or collect food, arrange a bake off or fundraising meal through your school, church or other faith centre, work, street, or any other social grouping but need a hand in going about, then do get in touch."



Waitrose Crowborough Collection

Thanks to the consent and consultation of the Crowborough Foodbank, we will shortly have a collection box in the entrance of Waitrose in Crowborough. We hope to collect donations of food up the Christmas period which will come at a very welcome time when demand is high.

NOURISH CHRISTMAS APPEAL 2014

We will shortly be launching our 2014 Christmas Appeal. Christmas is by far our busiest time when many people struggle to meet the costs of the season and those in crisis can be pushed over the edge financially.

In 2013, our weekly referrals more than doubled over the Christmas period and we need funds to ensure that we can provide those in need with the food and support that we offer.

Please help Nourish to support people like Jo....

Jo's Story..

Jo had lived in an abusive marriage for many years and had successfully managed to hide it from her family. The turning point came when the violence escalated and her children were now witnessing the reality of their parent's

relationship. Jo knew things had to change so contacted the Domestic Abuse Volunteer Support Service (DAVSS). A space was available immediately at the women's refuge and she and her children fled their home late that day. DAVSS had already contacted us, so there was a food parcel ready and waiting for Jo and her family when she arrived.

I was worried about so many things but having a food parcel at the refuge meant I could prepare a meal for my children!, says Jo. "Nourish supported me for three weeks while I was trying to get control of my money, and it meant I had one less thing to worry about."

Please help Nourish to support people like Howard...

Howard's Story..

Howard was single and had some issues in managing his finances. If he had an unexpected or unusually high bill, he felt he was doing the right thing in paying these off. The trouble was that he then didn't have enough money for his rent. His housing manager noticed that he would fall behind for a couple of weeks and referred Howard to us for food parcels every now and then when he hit financial crisis point.

It soon became apparent that Howard needed help with two things: how to budget advice from the money support team; and some cookery skills. We were able to arrange a place for Howard on a local free cookery course.

"The cookery course helped me to learn how to make something healthy for myself and how to make the most of my food", says Howard. He continues to work with the money support team on his budgeting and bills.

To support Nourish this Christmas, please donate just £3 either by sending a text "Food35 £3" to 70070 or on our BT Donate page and show that #TunbridgeWellsCares.

Grant Award from the Santander Foundation..

Nourish was surprised and delighted to receive the following message from the Santander Foundations late last week:



"Nourish Foodbank was successfully nominated for a Community Plus grant and has been awarded a grant of £500 from the Santander Foundation to fund a local Foodbank in the Tunbridge Wells / Tonbridge area providing emergency short term and crisis food provision to those in need."

Olga Johnson, Chair of Nourish, thanked the Santander Foundation for their generous grant, adding:

"We are delighted to be awarded a grant of £500 from Santander and, as Christmas approaches, this will enable us to provide seasonal food bags at Christmas. This is a real bonus to us and people in crisis in Tunbridge Wells. Thank you and best wishes on their behalf."

Nourish's Textgiving Service...

Nourish has a Text Giving number. Quite simply, textgiving is a quick and easy way to donate to Nourish Community Foodbank via your mobile phone.

To donate: Text **FOOD35 £2 / £5 / £10** to **70070** (e.g.: FOOD35 £5).

Each £5 we raise pays for 3 days of fresh fruit or vegetables or a fresh meat voucher. If you are planning any fundraising within your organisation or group, please feel free to use this facility.

If you would like to contact Nourish to offer your support in any way or to discuss a potential referral, here are some contact details you may find useful:

Main E-Mail:		office@nourishcommunityfoodbank.org.uk
Main Enquiry Number:		01892 548892
Co-Chair:	Olga Johnson	E-Mail: olga@nourishcommunityfoodbank.org.uk
Operations Manager:	Dawn Stanford	E-Mail: dawn@nourishcommunityfoodbank.org.uk Home: 01892 671389 Mob: 07785 987532
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