



NEWSLETTER

August 2015

REGISTERED CHARITY NO. 1154716

[WWW.NOURISHCOMMUNITYFOODBANK.ORG.UK](http://WWW.NOURISHCOMMUNITYFOODBANK.ORG.UK)

# Nourish Update

by Olga Johnson ( Co-Chair )

During the school summer holidays, Nourish has been even busier but with the support of the Town and Country Housing Foundation, our principal funder, we are reaching even more vulnerable families and individuals in Tunbridge Wells.

Circle Housing and Porchlight are working closely with us as we continue to expand further into Tonbridge.

We are working closely with all the front line agencies that refer families to us for food bags to ensure that we are making a positive impact. As these partnerships develop we aim to work together with those we support by helping them to have healthier, more sustainable lifestyles.

This September we are entering a boat in the Bewl Water Dragon Boat race on September 12<sup>th</sup> and this should be a really fun day so do come along and cheer our team on!

We are still looking at recruiting volunteers in all roles but are really keen to talk to drivers who could help to deliver food parcels. Call

Dawn on 07730412978 if you can help for a few hours, especially on a Friday morning.

Thanks so much for your continued support.

Olga Johnson

Co-Chair

## Thanks This Month Go To...

Huge thanks to our regular food donors including Sacred Heart Church Wadhurst, Searchpress, St. Peters School, King Charles the Martyr and St. Theodores Church

## Is your company thinking of supporting a charity in 2016?

Partnering with us as your chosen charity of the year is a fantastic way to get your whole company united around a local charity and increase staff retention, loyalty and motivation.

We can provide you with a range of fundraising materials, support and motivation along the way.

If you are interested in supporting Nourish Foodbank in 2016 then please email Paul on [paul.haines@nourishcommunityfoodbank.org.uk](mailto:paul.haines@nourishcommunityfoodbank.org.uk)



## A New Funder

Huge thanks to the **Mrs Smith & Mount Trust** for their grant of £3,750.00. The grant will pay towards our fresh food voucher scheme to ensure our beneficiaries receive a healthy and balanced diet.

Our fresh food vouchers are exchangeable at **JC Rook & sons** for fresh meat or **Locality** for fresh fruit and vegetables and go in every bag.



## Sainsbury's Update

We continue to receive amazing food donations on a weekly basis from our collection point in store. We have also seen sustained cash donations from our till pods. As at 15.08.15 we have collected a total of 3,536.70kg of food and £2,906.42

# Fundraising, Collections and Events

2015-2016



## A Night Of Music, Food And Fundraising

Nourish, in conjunction with Childrensalon, are holding a very exciting night of fundraising at Woods restaurant in the pantiles on 21<sup>st</sup> November.

The ticketed event will consist of a night of music and food with a live auction and raffle in order to raise necessary funds and awareness for Nourish.



We hope to get many local businesses and organisations helping to raise funds for their local foodbank and supporting people in crisis.

If you would like to contribute a prize to our auction or raffle then please email [paul.haines@nourishcommunityfoodbank.org.uk](mailto:paul.haines@nourishcommunityfoodbank.org.uk) with a description, a value and a photo if possible.

Any item or service donated will receive exposure on our website and social media

Tickets will go on sale soon so save the date!!

## TARC Music Event

Thanks to the **Acoustic Reverb Collective** for holding a free music event at the Forum on 16<sup>th</sup> August.



They held a bucket collection and were also collecting donated food.

They raised £50 and donated three large carrier bags of food to Nourish. Watch out for more upcoming events.

## Asda Green Tokens

Thanks go to everyone who supported Nourish with their green token at Asda Tunbridge Wells over the past two months.

We came second out of the three charities and raised £50.

## DRAGON BOAT FESTIVAL 2015



## Help Sponsor The "Nourishers"!

The "Nourishers" are at it again and are rowing in the 2015 Dragon Boat Festival on 12th September at Bewl Water to raise much needed funds.

A mixture of Trustees and Volunteers will be donning their life vests and taking to the water to try and beat our 2014 result of 2 out of 3 wins in our heats!!

Please help us raise as much as possible at this amazing event by sponsoring our rowers and coming along to see us at our stall on the day!

You can sponsor us on our BTDonate site [here](#)

## WE WILL MISS YOU



## Goodbye Claudia

This month we say goodbye to Claudia Vale, Claudia has been a volunteer for Nourish since the early months and has worked in the unit, delivered parcels and collected donations. She has been one of the mums helping with and collecting donations from St Peter's school and it has been a family affair with son Bobbie Joe helping with supermarket collections and husband Bob coming with work colleagues for a corporate volunteer day. Claudia leaves us to enter a new full time job after working from home and all at Nourish wish her all the best on this new and exciting chapter while selfishly missing her team spirit, laughter and passion for helping those who need it most.

## GET INVOLVED!

## Want To Help?

If you would like to get involved with fundraising, volunteering or would like to set up a food collection for Nourish, please call **01892 548 892** or contact us at [office@nourishcommunityfoodbank.org.uk](mailto:office@nourishcommunityfoodbank.org.uk)