



NEWSLETTER

November
2015

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REGISTERED CHARITY NO. 1154716

Nourish Update

by Paul Haines (Co-Chair)

As Nourish celebrates it's third birthday this November, it is amazing to think how far we have come since 2012.

It is a huge tribute to all our volunteers, funders and supporters that we are now in a position to support many people experiencing a crisis that before had nowhere to turn. I just want to say a huge thank you to everyone who has been involved in our journey so far and to note that your contribution, whether of time, money or food, really has made a difference.

November has been a busy month for Nourish with future plans dominating our discussions. We have more corporate volunteers coming in over the next month and from January we will be providing volunteering opportunities for the duke of Edinburgh scheme and some local schools.

We remain busy on all fronts delivering 181 food parcels in November with a noticeable increase in deliveries to areas outside central Tunbridge Wells.

We had a brilliant night on the 21st November at Woods and raised a fantastic amount of

money. Thank you to everyone who donated prizes and who came along and supported us.

As we approach Christmas, we have launched our #OurTownCares campaign so please spare a few pennies towards the cost of a foodbag and make this Christmas a bit more bearable for those in crisis. We also have several volunteer opportunities available over the festive period so please get in touch if you have a spare hour or two, especially on the 5th/6th or 15th/16th December.

Thanks so much for your continued support and have a great December.

Paul Haines
Co-Chair



Donate just £3 a month and help us support those in crisis

Regular donations enable us to plan ahead and remain sustainable even when demand increases unexpectedly.

Visit our website for more information



A New Funder

Huge thanks to the South East Water Community Chest Fund. They have chosen to support Nourish with a grant of £454.44 to pay for new collection buckets and volunteer photo ID cards.



Tunbridge Wells Ice Rink

Nourish will be at the Tunbridge Wells Ice rink in a chalet on Saturday 5th and Sunday 6th December.

We will be collecting toiletries (toothpaste, toothbrushes, soap, shampoo, conditioner and shower gel) and household goods (washing up liquid, cloths, scourers, household cleaners and soap powder tablets).

Come along and meet our wonderful volunteers and grab some bargain cookbooks!

Fundraising, Collections and Events

2015-2016



The Big Nourish Bid Off

Well we did it! We had a fantastic night at the Big Bid Off and we have now had all the money in.

Total Raised
£5,004.61

Huge thanks to everyone who came along to support us. Special thanks to all our prize donors, auction winners and raffle players. A full list of prize donors is on our website.

We couldn't have done this without the support of **Childrensalon** and we are so grateful for their ongoing support!

Thanks go to everyone that made the night possible including:

- **Woods Restaurant** for great hospitality and fantastic food
- **Crow Jane** for a blow out performance on the night. Everyone really enjoyed the special set you put together.
- **Crucial Colour** for printing the fantastic brochures and posters.
- **Barnes Kingsnorth Estate Agents** for providing advertising boards.
- **Tony Patchett** for working the door

- **Nuffield Health Tunbridge Wells** for donating day passes & stress balls for all the guests as well as some great prizes.
- **The Mayor of Tunbridge Wells** for coming along and supporting us
- **Colin Quickfall** for being our auctioneer
- **Tomasz Cicecki** from **Photography 4EVER** for being our photographer on the night.

School Food drive 2016

Get your school involved in our Food Drive 2016 and help us collect enough food to get through the Easter period.



School Food Drive

29th February - 11th March 2016

From 29th February - 11th March 2016, we are challenging schools to collect food for Nourish. Your school will compete against others in **Tunbridge Wells and the local areas** – we hope that the friendly competition will spur on schools to increase their efforts – to see who can collect the most food.

If your school would like to get involved, please get them to email paul.haines@nourishcommunityfoodbank.org.uk and we will be in touch to organise a food collection pack for your school!

#OURTOWNCARES

Show That Our Town Cares This Christmas!

Keep an eye out for our new Christmas campaign posters that will be going up shortly!

Thank you to our new design student who has taken the time to help Nourish out. You can donate by texting **FOOD35 £3** to **70070** and show that **#OurTownCares**.

CHRISTMAS VOLUNTEERING



Ice Rink & Asda

We are looking for help at the Ice Rink in Calverley Grounds on 5th and 6th December at our Chalet or at Asda on 15th and 16th December bag packing. If you can spare an hour or 2 then please get in touch.

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