

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



Letter From The Co-Chair..

Nourish continues to be busy and with the support of the Town and Country Housing Foundation, our principal funder, we are forging ahead with our plans to help people to get their lives back on track. We are also working closely with Sainsbury's in Tunbridge Wells to raise awareness and increase levels of donated food and will be organising some special events over the next few months.

Demand for food bags is increasing and, at a

time when the shelves in our stores at Big Yellow were looking bare, Lloyds Bank in Tonbridge, AXA PPP and Creaseys in Tunbridge Wells organised food collections for us so deliveries were maintained.

Local support continued in September when we put in a team of twelve rowers for the Dragon Boat races at Bewl Water. The Nourishers won two heats and didn't quite win the third but still managed to raise over £2,000 for Nourish. Our thanks to the staff of Creaseys and Big Yellow who rowed magnificently. An amazing achievement!

As part of our plans to help people on a budget to eat well balanced, nutritious meals we will be adding recipe cards designed and printed by Creaseys 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.

We still need more volunteers to help us deliver food bags and ensure efficient stock control so do call Dawn Stanford on 07785 987532 if you would like to help us. Thanks for your continued support.

Olga Johnson – Co-Chair

Dragon Boat Festival – Bewl Water..

The weekend of the 13th and 14th of September saw the running of the annual Bewl Water Dragon Boat Festival. Over fifty teams took part with over 4,000 spectators attending on the Saturday alone. Nourish Community Foodbank, with huge amounts of support from Creaseys and Big Yellow, entered a team and did very well indeed for a boat that was competing



against tough opposition.

Jane Mars commented: "The team really enjoyed it. Our times were not the fastest but we were far from bumping along the bottom of the league. We won two races and lost one. We didn't make it to the final but there were rowing groups and rugby teams competing so



that wasn't really surprising." Money raised for Nourish from sponsorship and the tombola held on the day is expected to exceed £2,600 so it was a fantastic fund- , and profile-, raising event as well.

Lucy Fuggle of Funraiser, who organised the event, commented: "We had 41 teams paddling yesterday (Saturday) and 14 today (Sunday) with over 4,000 spectators attending Bewl Water on Saturday". Lucy expected the weekend to raise £95,000, although money raised from stalls alongside further sponsorship will add to this.



Jane Mars said after the event: "People were already talking about when we do this next year. Thanks to everyone who helped, rowed, cheered, smoothed things over and raised a few pounds." A further report, including all the names of the rowing team and helpers will be included in the next newsletter. In the meantime, a huge thank you to everyone who made the event such a huge success.



Notes from the Operations Manager...

This last month has been really busy for Nourish. We were very stretched over the summer and supply of food really did not meet demand. Huge thanks to all those who regularly donate or respond to calls for extra help. We really could not do it without you.

Katherine White, one of our volunteers along with Laurel Soden, has taken over the organising of Big Yellow, dealing with rotas for volunteers and

keeping me in the loop with all that happens there. This is a welcome change and, moving forward, more volunteers will be taking on specific roles within Nourish. This allows us to have a concentrated approach to certain aspects of the running of Nourish and to reach further with our support.

Volunteers are the life of Nourish and as we are almost entirely staffed by volunteers it is important to have plenty to cover busy periods, staff events like the hugely successful Dragon Boat race and supermarket collections. Volunteers often use Nourish as a stepping stone into work or during periods when they have extra time to spare.

We say a huge Thank You and Goodbye for now to Alison Behan, Sue Wilson, Margot Shilling, Mary Muramaya and Sue Porritt. These volunteers have all moved out of regular volunteering and into new jobs or projects and we wish them all the success with new ventures. Most volunteers that leave us remain supportive and involved in out of working hours events etc. but this still leaves us with gaps to fill. We are currently recruiting for Big Yellow, packers of food parcels and to help with organising the unit and shelves. We are also looking for people that could help to increase our food donations, being part of a sub group that, led by a trustee, can contact food suppliers, assist with starting street collections, contacting local and national businesses for support and keeping track of our regular donators with up to date wanted lists and feedback. We are also looking for contacts within groups and local organisations that may want to do regular collections also.

If you can help then please spread the word or get in touch for a chat.

07785 987532 / 01892 548892 or e-mail office@nourishcommunityfoodbank.org.uk

See you next month.

Dawn X



Sainsbury's Tunbridge Wells Collection Point..

Sainsbury's in Tunbridge Wells has kindly allowed Nourish to have a collection point for food donations. A recent weekly collection showed the generous Tunbridge Wells shoppers had donated nearly 65 kgs of much needed food.

An Apology..

In our last newsletter I referred to a very generous donation from the Stonebridge Amateur Dramatic Society. It was actually from the **STONEGATE AMATUER DRAMATIC SOCIETY**. Many apologies for my error.

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 Carole Wanless	E-Mail: olga@nourishcommunityfoodbank.org.uk E-Mail: carole.wanless@usa.net
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