

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



Notes from the Co-Chair...

"Nourish continues to be busy and with the support of Town and Country Foundation, our principal funder, we are forging ahead with our plans to help people in crisis to get their lives back on track. Local companies have been brilliant. Lloyds Bank in Tonbridge, AXA PPP, Creaseys and Cripps Harries Hall in Tunbridge Wells had food collections for us in May.

We are also planning to add recipe cards to our food bags to help people make the best use of the food that we provide. Staff at Creaseys have

generously devised eight scrummy recipes for our food bags and are printing them on laminated cards for us so we will start to include them next month.

Later this year we are launching cookery groups to make more delicious and nutritious meals on a budget. We are also setting up a "Friends of Nourish" scheme to help us take forward other exciting plans we have to ensure that no one in the Tunbridge Wells area goes hungry. More next month! Finally we still need more volunteers so do call Dawn Stanford on 07785 987532 if you would like to help us."

Olga Johnson  
Co- Chair



Tunbridge Wells District Scouts St Georges Day Celebration..

Nourish would like to say a huge thank you to all Beavers, Cubs and Scouts in the Tunbridge Wells District who supported us at their St Georges Day celebration.

An amazing 600 scouts and their leaders

attended the celebration at Adamswell Court just outside Tunbridge Wells on Sunday the 27<sup>th</sup> of April. All scouts were asked to bring one item to help support Nourish and we ended up with a great collection of over 156 kgs.



We urgently need donations of tinned soups, coffee, breakfast cereals, Longlife milk and cooking sauces for pasta. Can you help??

**John Lewis**

John Lewis in Tunbridge Wells...

John Lewis in Tunbridge Wells has selected Nourish as one of their three chosen charities in their 'Community Matters' charity support for May. By placing your green disc in the Nourish Box near the check outs you will help Nourish Community Foodbank receive a proportion of the £3,000 that John Lewis will kindly donate to their chosen charities this month.



e-Bay for Charity...

If you sell items on e-Bay you can now donate a percentage of the sales value to Nourish. Using 'e-Bay for Charity' you can select the percentage you wish to donate (between 10% and 100%) and e-Bay will match the percentage of you donation from their listing fee. Please bear this in mind if you have some unwanted articles that you were considering selling via this popular auction site.

### Cripps Harries Hall Donation...

Cripps Harries Hall, solicitors with offices at Wallside House, Mount Ephraim, Tunbridge Wells as well as Kings Hill and London, have been incredibly generous and donated over 145 kgs of food to Nourish in May. Thank you very much indeed from all of us at Nourish!



# Cripps Harries Hall.

### Donations in May...

Nourish had a fantastic week for donations in May and we would like to say a huge thank you to all of you who have supported us, including:

Stephens Road Collection:	80.8 kgs
The Potato Shop, Tenterden:	25 kgs
Sacred Heart, Wadhurst:	190.9 kgs
Singing for Fun, Crowborough:	64.6 kgs
Bishops Down Primary School:	98.6 kgs



### From the Operations Manager...

"This month has seen a really huge increase in enquiries from people wanting to know how they can help. Two lovely boys in Year 8 at the Boys Grammar School are organising an 'own clothes day' for July and taking a donation of food in return for wearing their own clothes to school – more to follow next month. Jiskoot, our neighbours on the estate near Big Yellow are organising a food drive with other businesses in the area – more to



follow on that too. We are very busy at Big Yellow now we have two units to manage and we couldn't do it without a strong army of volunteers. They all devote regular time and effort to make sure we get all our parcels out each week and that the food donations are sorted and sent out before they expire. Every single volunteer is essential to make sure the team works to its best. Details are on our website if you know someone who has a few hours a month to spare and would like to get involved. We need the food drives organised by so many to make sure our supplies are kept up with the demand. Could you help?

For me it has been a hectic month of settling in to the new office arrangements at Gateway and the Town Hall. It has made partner working so much easier with me being so central and now we can get our admin volunteers inducted into using Gateway a couple of mornings a week to help me with the administration.

We have started to welcome and train the volunteers from King Charles The Martyr church in Tunbridge Wells and they are already proving to be a welcome asset to the team. With lots of holidays coming up over the summer months it is essential for us to have cover as the long school holidays see an increase in family referrals to us.

The lovely weather has also seen us spring clean the unit and stock-take the shelves. We are in need of certain items so check our Amazon wish-list and website if you are doing a collection to see what we are most short of.

Thank you for all your support and interest.

Dawn x"

### Sacred Heart Wadhurst..

Sacred Heart Wadhurst has been a staunch supporter of Nourish Community Foodbank almost since we first launched. In May their donation of over 190 kgs of food means that their total donations now exceed two tonnes. Their generosity is very much appreciated by our clients and we send our sincerest thanks to all at Sacred Heart for their support.

### Appointment Of New Trustee

Nourish are delighted to announce the appointment of Robert Avery as a new Trustee.

Robert has been Vicar of King Charles the Martyr Church, near to the Pantiles and the oldest building in the town, for the past ten years, and lives nearby with his wife Jacqui and two children, Anna and Joe.

Since leaving university he has always worked for the church and previous posts have been in Plymouth, Cambridge and



Telford. In addition to the wide and diverse range of tasks and challenges that being a vicar brings, he has also taken roles in the areas of adult education, training, vocational discernment and professional development. He is a governor at Bennett Memorial Diocesan School, and has on several occasions been chaplain to the Mayor of Tunbridge Wells.

## 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:		<a href="mailto:office@nourishcommunityfoodbank.org.uk">office@nourishcommunityfoodbank.org.uk</a>
Main Enquiry Number:		01892 548892
Co-Chair:	Olga Johnson Carole Wanless	E-Mail: <a href="mailto:olga@nourishcommunityfoodbank.org.uk">olga@nourishcommunityfoodbank.org.uk</a> E-Mail: <a href="mailto:carole.wanless@usa.net">carole.wanless@usa.net</a>
Operations Manager:	Dawn Stanford	E-Mail: <a href="mailto:dawn@nourishcommunityfoodbank.org.uk">dawn@nourishcommunityfoodbank.org.uk</a> Home: 01892 671389 Mob: 07785 987532
Newsletter:	Andy Lloyd	E-Mail: <a href="mailto:andy@nourishcommunityfoodbank.org.uk">andy@nourishcommunityfoodbank.org.uk</a>
Web-site:	Paul Haines	E-Mail: <a href="mailto:paul.haines@btinternet.com">paul.haines@btinternet.com</a>