



RCN 1154716

Individual Fundraising

Why support Nourish?

You may be surprised to learn that 20.9% of children in our area live in poverty ⁽¹⁾. We work with over 115 referral agencies such as social services, family liaison workers, Citizens Advice Bureau, domestic violence support workers in our area and Nourish is dedicated to working with them to provide a three-day emergency supply of food for people in crisis. We also signpost people to other organisations who are able to provide additional support and help with the longer-term resolution of issues such as housing associations, specialist debt advisors, money support workers in social housing.

For now, we are a small charity with a big job to do and we couldn't deliver foodbags to people in crisis in our local community without help from people like you!

(1)Source: End Child Poverty, May 2019

How many people did Nourish feed last year?



Every day people in our community find themselves facing a crisis that takes money away from the shopping budget, these can be for various reasons like domestic violence, bereavement, an illness/accident, being on a low income and an unexpected bill coming in with no money spare to pay it, or something as simple as a benefit change.

Ways you can support Nourish

You can support Nourish in many ways and we are incredibly grateful for every generous donation of time or money.

We know that what Nourish gives is so much more than a foodbag, it's a lifeline, a hug, an act of kindness from a stranger when you feel like there is no way up.

We want to make supporting us as easy as possible so please find some ideas below as to how your help can make a huge difference and how we can support you.

- **Donate money**
- **Food donations**
- **Volunteering**
- **Fundraising**
- **Ways we will support you**



Donate money

Big or small, every gift you give helps transform the lives of people living in crisis.

Last year Nourish provided enough food for 57,438 meals.

Did you know that just £3, the price of one takeaway coffee could provide a meal to someone in crisis? The average regular gift given to charities in the UK is a tenner a month ⁽²⁾. Nourish is a bit special because we do more with your tenner, we provide fresh food vouchers in our food bags for people to buy fresh produce alongside the foodbag essentials, ensuring they get a healthy, balanced diet at a really difficult time in their lives. (2)Source: Charities Aid Foundation

Regular Giving

Giving regularly guarantees we have a regular income so we can better meet the needs of our clients. A monthly donation of:

£3 would fund a meal



£10 means fresh food vouchers for a client



£27 covers the cost of a three-day emergency food bag



To support Nourish with a regular gift, please visit

<http://www.nourishcommunityfoodbank.org.uk/give-money/>

Text Giving

Text FOOD to 70085 to donate £3 as a one off

Text MEAL to 70085 to donate £5 a month.

Food donations

Nourish Community Foodbank relies on your goodwill and support.

Almost all the food distributed by us is donated by the public – that’s why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.



“This is Jim, husband, father of two, works full time, organises a children's football club, a member of Banner Farm Residents Association and amongst lots of other things, he also organises a local neighbourhood food collection! Every month (often helped by the family) he drives around his local roads, picks up donated food items and delivers them to #nourishcommunityfoodbank. Thanks to Jim's community spirit the brilliant residents have donated just over 2 tonnes of food in the last year! That’s the equivalent to 3600 meals!!”



Here's what we need to put into our foodbags this month!



WE DESPERATELY NEED:

- SQUASH/FRUIT JUICE
- LONG-LIFE MILK
- CONDIMENTS
- SINGLE-SERVE PASTA/CURRY SAUCES
- SMALL VARIETY PACKS OF CEREAL

WE ALSO NEED:

- TINNED FRUIT
- TINNED CARROTS/PEAS
- TINNED SPAGHETTI

DON'T DONATE AS WE HAVE ENOUGH:

- PASTA
- BEANS
- SOUP
- CEREAL
- TINNED SWEETCORN
- TOILETRIES (INCLUDING SANITARY PRODUCTS)

www.nourishcommunityfoodbank.org.uk
 Telephone: 01892 548892

Our shopping list shows the food items that we need right now. This is updated each month and can be downloaded from our website

<http://www.nourishcommunityfoodbank.org.uk/give-food/>

If you are happy to drop off food donations, please deliver directly to our storage units at Big Yellow Storage, Longfield Road Estate, Tunbridge Wells:

- 8am-6pm Monday to Friday
- 9am-6pm Saturday
- 10am-4pm Sunday

Alternatively if you are organising a community or street collection, we will try to collect anything exceeding ten bags from you.

(Image is an example of food items required, please check website for up to date shopping list)



Volunteering

We cannot do what we do without our incredible band of volunteers, they are literally the life blood of Nourish. We are always looking for more volunteers, your time will make a real difference to the life of people in our community in crisis. Please visit the website for details of current volunteer opportunities www.nourishcommunityfoodbank.org.uk/volunteering/

Volunteer opportunities may include:

Warehouse Packer - To pack and prepare emergency foodbags for delivery, manage donated stock and maintain a clean and safe work environment

Delivery Driver - To collect foodbags from a central storage location for delivery to clients' homes across Tunbridge Wells and surrounding areas, or to pick up donations for delivery to the central storage location

Collection Box Agent - To identify new locations for Nourish donation pods across the community and manage all operational liaison and collections, with regular liaison with the Operations Manager

Business Outreach Co-ordinator - To raise awareness of Nourish among local businesses and engage those willing to support with regular food donations and fundraising initiatives, with regular liaison with the Operations Manager

Organisation and Group Outreach Co-ordinator - To raise awareness of Nourish among local organisations, e.g. Women's Institute, Round Table, Rotary Club, and engage those willing to support with regular food donations, fundraising initiatives and grants, with regular liaison with the Operations Manager

Community Awareness Champion - To raise awareness of Nourish in the local community via leaflet distribution and securing prominent poster display in central locations, with regular liaison with the Operations Manager

Fundraising Champion - To help create, plan and manage all logistics in delivering fundraising events, on behalf of the Nourish Trustees

If you want to ask any questions about getting involved in volunteering for Nourish, please email admin@nourishcommunityfoodbank.org.uk

We would love to hear from you!

Fundraising

Supporting Nourish Events

Nourish runs a number of different initiatives throughout the year that you can come along and support. These include:

- Family fun events for everyone to get involved in e.g. Dragon Boat Rowing
- Fashion shows
- In aid of events e.g. Fireworks, Pantomimes etc
- Buying Nourish Christmas Cards to send is not only a way of demonstrating your support for Nourish, it also helps raise awareness of the work we do



Running your own events in-aid-of Nourish

Whether you want to run a marathon, have a coffee morning, run a jumble sale, take part in a sky dive, organise a fashion show, host a party, have donations for wedding favours or anything else – we would love you to fundraise for Nourish! If you are stuck for inspiration then please click on our top ten ideas on the website.



“Neal makes brilliant lego and car keyrings & photo holders with proceeds all being donated to #nourishcommunityfoodbank. If you'd like to buy one of these gems head to the fab Javabean Café . Thanks for all you do Neal and your epic support! #bemoreNeal.”

“Paul Eames, 66, a local Tunbridge Wells resident and member of Sweetwoods Golf Club chose to support Nourish in fulfilling a long-held ambition, walking the 630-mile South West Coast Path in 41 days in the Autumn of 2018. Paul was thrilled to have smashed his target of £2,000 – thank you Paul!”



Ways we will support you

We have an online toolkit including logos, bunting, template posters, flyers and certificates which you can download and print to help with any fundraising you are doing. www.nourishcommunityfoodbank.org.uk/fundraising/

We can supply a speaker and marketing materials if you are running a big event and want Nourish to be there to explain more about what we do.

We can advise on the logistics of event planning, raffles and prize draws, sponsorship and Gift Aid if you need any help, just get in touch admin@nourishcommunityfoodbank.org.uk

If you are running a public event in aid of Nourish then please let us know. We will do our best to help spread the word to our large follower base on facebook, Linked In, twitter and Instagram.

We LOVE to hear about your fundraising activities too so please tag us and let us know!

Facebook: @nourishcommunityfoodbank

Instagram: @nourishcommunityfoodbank

Twitter: @NourishFoodbank

Our hashtag strapline is #ourtowncares

Or if you have any questions contact us admin@nourishcommunityfoodbank.org.uk.

Gift Aid

Gift Aid gives Nourish an extra 25p for every £1 you donate at no extra cost to you

Gift Aid is an income tax relief designed to benefit charities and Community Amateur Sports Clubs (CASCs). If you're a UK taxpayer, Gift Aid increases the value of your charity donations by 25%, because the charity can reclaim the basic rate of tax on your gift – at no extra cost to you.

If you give via to Nourish via our CAF account, Paypal or online card payment site, then we can claim the Gift Aid for you.

Please visit <https://www.nourishcommunityfoodbank.org.uk/give-money/> to download a form

Thank you!