

www.nourishcommunityfoodbank.org.uk

Reg Charity No: 1154716

Principal Funder: Town and Country Foundation.



An update from our Co-Chair

With your help we provided 1,939 people with emergency food on 2013/2014 and it looks like a similar story in 2014/2015. In the nine months to 31 December 2014, we helped almost 1,500 people. Shockingly almost half are children under 18.

We are as busy as ever and the first three months of 2015 has seen a sustained need for our service, unlike last year where we had a reduction in referrals during the period. We continue to meet demand but we still feel that we are not reaching some of the most vulnerable local people in crisis and we are currently expanding our referral network and increasing our volunteer base in order to maximise the impact we can have.

We have recently started a pilot expansion into South Tonbridge with our first deliveries in mid-March. To meet this increase in demand, we have moved to a bigger second unit at Big Yellow at a cost of £47 a week. We will keep you updated on our progress.

I'd like to take this opportunity to thank you for your fantastic support and generosity that has enabled us to continue to provide this service. I would also like to take this opportunity to thank TWBC and TCHG Foundation for their continued ongoing financial support in 2015/2016.

I would like to wish you all a very Happy Easter and hope to see you at our Quiz Night on 17th of April.

Paul Haines
Co-Chair
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What Nourish Means...

Anne's Story

Anne lives with her beloved dog. Now she also lives with cancer. Ongoing, intensive chemotherapy means that she has had to stop work. "We can't predict things like cancer so I've been struggling with things for a while," she admits "and the bills have been mounting up."

Referred to us by a local housing group, Nourish is supporting Anne for six weeks while she sorts through her bills and applies for extra financial support to help with everyday costs while she battles cancer.

"When I got the dog I was working and didn't have cancer. I feel so guilty that I'm not able to feed my dog properly now. So it means so much that the foodbags even contain dog food and some small treats for me." She says. "I'm so lucky to live in an area that is served by Nourish."

A Volunteer Story..

This month we talk to Lesley Darcy.

- Q: Lesley, what motivated you to volunteer for Nourish?
A: "I wanted to give my time to a local project and I had heard of Nourish through a friend back in 2012. However I have only been able to volunteer since last September"
Q: What tasks do you help with?
A: "I help with packing food bags in the unit, collecting, unpacking and sorting donations, helping at fundraising events and assisting Dawn with some of the administration."



- Q: What do you like about volunteering for Nourish?
A: "The thing I love most about volunteering at Nourish is that there is a very direct and obvious link between the work I do and the help it gives an individual or family. I know that when I pack a bag, someone will potentially be receiving and using it within a few hours, which makes me feel like I am making a difference."

**QUIZ NIGHT
& SILENT AUCTION**
in aid of

Friday 17th April 2015
Tickets: £10 including Fish and Chips
Beer, wine and soft drinks on sale all night
Doors open at 7.30 pm
Quiz begins at 8.00 pm

King Charles the Martyr Church Hall, 3 Warwick Park,
Tunbridge Wells, TN2 5TA

Teams of 4-10 will test their general knowledge, with Tunbridge Wells' own Town Crier as Quizmaster, bid for some amazing prizes, all in the name of an excellent cause!

Please contact becky@totallicensing.com for tickets!

You can make a difference to local people going hungry!

www.facebook.com/nourishcommunityfoodbank www.nourishcommunityfoodbank.org.uk

Local people in crisis are going hungry!

**HELP US
EGGSTERMINATE
HUNGER
THIS EASTER**

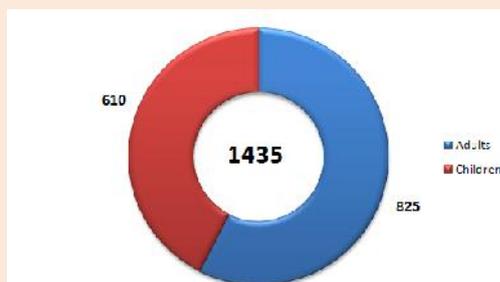
Text
FOOD35 £3
to
70070

Nourish
Tunbridge Wells Community Foodbank

Registered Charity 1154716 www.nourishcommunityfoodbank.org.uk

An Update on our Statistics

Our statistics for 2014 have been finalised and in the period 1 April 2014 to 31 December 2014, 1,435 people in crisis in Tunbridge Wells and surrounding areas were provided with three days emergency food.



And Finally..

Thank you to Sainsburys in Tunbridge Wells who have kindly donated fresh hot cross buns and Easter eggs for our Easter food parcels.

Thanks to NPA Satellite Mapping, part of CGG, who collected Easter eggs for our holiday parcels.

Thank you also to the Parliament Choir who donated £65 from the sale of flapjacks and brownies.

And finally thank you to all our volunteers who are collecting at Sainsburys Tunbridge Wells on Sunday 29th of March.

If you would like to get involved with fundraising, volunteering or would like to set up a food collection for Nourish, please contact office@nourishcommunityfoodbank.org.uk or call 01892 548892.