

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



Letter From The Co-Chair..

Carole Wanless is stepping down as Co-Chair of Nourish after two years. Carole was involved with Nourish from the start and, together with our principal funder Town and Country Housing, played a pivotal role in setting up Nourish as a registered charity and recruiting a new trustee board. She also had overall responsibility for income generation during our first two years and with this we have achieved extraordinary success. On behalf of Nourish trustees, volunteers and those receiving food bags I would

like to thank Carole for all her hard work and commitment to Nourish. It was a huge privilege to have worked with Carole and we shall miss her very much.

I am now delighted to announce that Paul Haines, Trustee of Nourish, will be our new Co-Chair. I am looking forward to working with Paul and with his communication and financial expertise I know he will be a very effective colleague.

Olga Johnson

**Merry Christmas and a Happy New Year to all supporters,
donors, volunteers and partners of Nourish Community
Foodbank**

From our new Co-Chair..

Dear Friends of Nourish,

Nourish represents a network of dedicated individuals, our board members, our operations manager and all our wonderful volunteers, working together to try to improve the lives of those in crisis in our Town and the surrounding areas. As the newly elected Co-Chair of the Board, I would like to say a huge thank you to all those who have been involved with Nourish since its inception in 2012 and to those who continue to



Local people in crisis are going hungry!

**Help us make their Christmas a little bit easier
by donating money towards a foodbag**

Donate £3 and show that

#TunbridgeWellsCares

Nourish
Tunbridge Wells Community Foodbank

TEXT

FOOD35 £3

to

70070

www.nourishcommunityfoodbank.org.uk



strive to help those in need.

We have seen an increased necessity for emergency support since we started providing the service and in 2013-14 we provided three days' emergency food to 1939 people of which a huge 47% were children under 18.

These figures really resonate with me and I am saddened that in such an affluent town we still have children going hungry. We need to ensure that the correct help is provided to reduce these numbers. We have built up some fantastic relationships with local frontline referral agencies and will continue to work with them to ensure all our clients receive the ongoing support they need. Of course we could not and would not exist without the generosity of local individuals, schools, churches and businesses that consistently

show their support with donations of food and money to enable us to provide such an essential service so I would like to say a huge thank you to all our donors and funders. As we move into 2015, Nourish remains well positioned to provide emergency food and support to those in crisis, however we still need to rely on both fundraising and food donations and your support throughout the next twelve months will be just as, if not more, important as we grow and help more people in need.

Our Christmas campaign to show that #TunbridgeWellsCares has seen some fantastic donations but let's continue this into 2015 and help us to provide help where needed.

I look forward to working together with our talented and energetic board of directors, staff and volunteers in 2015. I am sure that together, we will continue to offer a fresh perspective and new ideas to help maintain our high level of support for those in crisis.

If you have any questions, ideas or concerns, I welcome your input via e-mail at paul.haines@nourishcommunityfoodbank.org.uk. I wish you all a Merry Christmas and let's show that #TunbridgeWellsCares in 2015!

All the best,

Paul Haines

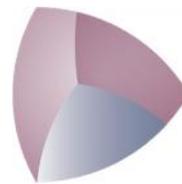


Collection at Sainsbury's...

Nourish were once again out in force at Sainsbury's in Tunbridge Wells where volunteers helped pack shoppers bags at the check-outs on the 18th and 19th and December.

Yet again the generous customers of Sainsbury's showed their support for their local Foodbank and Nourish raised over £640.

Thank you Sainsbury's!



CREASEYS
(thinking ahead) since 1868

Creaseys Christmas Jumper Day

Creaseys has been a huge supporter of Nourish this year. Nourish was their Charity of the Year in 2014

and for the past twelve months their support has been overwhelmingly generous, enthusiastic and passionate.

One of their final events for Nourish was a Christmas Jumper Day on the 12th of December which raised £150. In total, Creaseys support has raised over £3,000 for Nourish this year.

Thank you very much, Creaseys! Your support has been fantastic!





The Volunteers View...

Each month we like to speak with one of our volunteers to hear how they became involved with Nourish. This month we met with Allen Griffiths, a volunteer delivery driver.

Allen, what was your background before volunteering for Nourish and why did you decide to volunteer?

I was in Housing, I worked for Moat as a housing manager on a regeneration scheme in Ashford amongst other jobs. I felt that I had never done any proper volunteering before and that perhaps it was about time I put a little something back into the

community. It's not much but at least it's something.

What role do you perform for Nourish and how many hours do you offer weekly?

I drive, delivering the bags of food, usually at least 3 deliveries at a time once a week for about 2 hours on a Friday normally though in the past I have done 3 days. Whereas normally I finish within 2 hours, on one occasion when 5 out of the 6 deliveries were out it took me almost 4 hours in the morning and I had to go back to some in the evening which took another one and half hours. That however was only once though a few times it has been as much as 3 hours a session. Now, after many requests, we have proper "we missed you notes" and if I cannot find anywhere safe to leave the bags then I put a note through the door and return them to the Big Yellow.

Although alleviating food poverty is a serious subject, do you enjoy your volunteer role?

Enjoy is not the right word, satisfying would be a better one.

What advice would you give to someone considering volunteering for Nourish?

Have a go, there is nothing to lose and everything to gain, but do it for the right reasons and from the right place in yourself and not a superior one, I have seen that done and it doesn't work. If you can't be genuine, it's better not to bother.

Thanks very much, Allen. If you'd like to volunteer, please contact Dawn, our operations manager, using her contact details at the end of the newsletter.

And finally.....

Dawn, our operations manager, reported the most amazing story of generosity and kindness. A young girl, who had just turned 15, decided that she wanted to donate her birthday money to Nourish as she 'didn't really need anything'. Our storage unit manager said that Sophia and her mother had arrived with eight or nine bags of food which they had just bought with her birthday money.

Sophia, from all of us, thank you for thinking of others less fortunate at this time of year. Your donation will make a big difference to somebody.

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Registered Charity 1154716

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 E-Mail: olga@nourishcommunityfoodbank.org.uk
Paul Haines E-mail: paul.haines@nourishcommunityfoodbank.org.uk

Operations Manager: Dawn Stanford E-Mail: dawn@nourishcommunityfoodbank.org.uk
Home: 01892 671389
Mob: 07785 987532

Newsletter: Andy Lloyd E-Mail: andy@nourishcommunityfoodbank.org.uk