



NEWSLETTER

December 2015

WWW.NOURISHCOMMUNITYFOODBANK.ORG.UK

REGISTERED CHARITY NO. 1154716

Nourish Update

by Olga Johnson (Co-Chair)

Thanks to the generosity of one of our donors, several local companies and the hard work and commitment of our amazing volunteers we were able to provide turkeys with all the trimmings to over sixty families in crisis so they could all enjoy Christmas lunch. Great to know that Christmas spirit is still thriving in Tunbridge Wells!



On a less positive note, like many Care Agencies UK wide, we are experiencing a

huge increase in referrals due to domestic violence. We are working closely with a range of Agencies in Tunbridge Wells to support these families but sadly it seems that with increasing levels of debt, low pay and job losses this trend is likely continue.

This is why we are so pleased that local companies like Childrensalon in Tunbridge Wells, Lloyds Bank in Tonbridge and Catnap Cattery in Tunbridge wells are so supportive with fundraising events and food donations.

With increased demand we need more volunteers to help with packing or delivering food bags so if you would like to find out about volunteer roles we are having a volunteers drop in morning at Manna Café in Tunbridge wells High Street on January 9th from 1000hrs.

Thanks so much for your continued support.

With your help we can ensure that no one goes hungry in Tunbridge Wells

Olga Johnson
Co-Chair



AXA Hearts In Action

Huge thanks to the marketing team from AXA PPP Healthcare who came down to help at our unit at Big Yellow as part of their Hearts in Action work in the community.



Tunbridge Wells Ice Rink

Thank you to those who came along and supported Nourish at the Ice Rink. We had some great donations of food and cash.

Fundraising, Collections and Events

2015-2016



Christmas Collections

Huge thanks to everyone who donated food and funds over the Christmas period.

Thanks go to **Joint Ventures In Property** in Southborough who provided Turkeys with the trimmings for 12 families and 3 individuals.

A private donor and collections from several local companies enabled us to deliver some great Christmas food parcels to 46 families and 21 individuals in crisis over the Christmas week.

Collections were held at **Lloyds bank in Tonbridge, Catnap Cattery, Temple Grove School, St Theodore's Church, Piper Business, One Stop, U3A, AJ Bell, Thompson, Snell & Passmore and Santander in Tunbridge Wells** and we collected a total of over 2.3 tonnes of food!

We also had lots of volunteers that helped out bag packing at Asda in Tunbridge Wells where we collected £66.01 and 97.7kg of food.



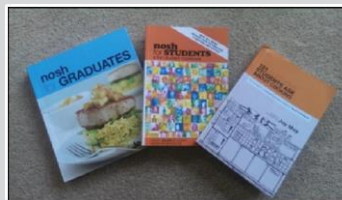
Asda customers also showed their generosity donating an additional 142.5kg over the Christmas period.

#OurTownCares!

Alongside all our Christmas fundraising events, our BTDonate page and text donate service raised over £200 in donations so thank you to everyone who donated!

You can as ever continue to support Nourish by using our text donate service. Simply text **FOOD35 £3** to **70070** to donate £3. Thank You

Nosh Cookbooks For Sale



We have some great cookbooks for sale with thanks to Joy May. You can purchase these great titles at our special price and collect from Big Yellow. Perfect for those going off to University this September

- Nosh for Students: A Fun Student Cookbook - **£2.50**
- Nosh for Graduates - **£3.50**
- 101 Questions Students Ask About Cooking **£2.50**

You can buy any of these books on our ebay page via our website or please email us at office@nourishcommunityfoodbank.org.uk

CORPORATE FUNDRAISING 2016

Is your company thinking of supporting a charity in 2016?

Partnering with us as your chosen charity of the year is a fantastic way to get your whole company united around a local charity and increase staff retention, loyalty and motivation.

We can provide you with a range of fundraising materials, support and motivation along the way.

If you are interested in supporting Nourish Foodbank in 2016 then please email Paul on paul.haines@nourishcommunityfoodbank.org.uk

SCHOOL FOOD DRIVE 2016



School Food Drive 2016

Get your school involved in our Food Drive 2016 and help us collect enough food to get through the Easter period.

From **29th February - 11th March 2016**, we are challenging schools to collect food for Nourish. Your school will compete against others in **Tunbridge Wells and the local areas** – we hope that the friendly competition will spur on schools to increase their efforts – to see who can collect the most food.

If your school would like to get involved, please get them to email paul.haines@nourishcommunityfoodbank.org.uk and we will be in touch to organise a food collection pack for your school!

GET INVOLVED!

Want To Help?

If you would like to get involved with fundraising, volunteering or would like to set up a food collection for Nourish, please call **01892 548 892** or contact us at office@nourishcommunityfoodbank.org.uk