



NEWSLETTER

July 2015

[WWW.NOURISHCOMMUNITYFOODBANK.ORG.UK](http://WWW.NOURISHCOMMUNITYFOODBANK.ORG.UK)

REGISTERED CHARITY NO. 1154716

# Nourish Update

by Paul Haines ( Co-Chair )

We are well into 2015-2016 now and the first three months were incredibly busy at Nourish.

We had 367 referrals which is a significant increase on 2014-2015. 290 referrals were to local families and 77 to individuals.

This increase in demand for food bags is likely to continue particularly when more benefit cuts are introduced so our brilliant volunteers will be even busier! We will be storing more food and with more people receiving fresh food vouchers and more petrol being used for deliveries we are organising some exciting fundraising events in the autumn so watch this space!

Now that the summer holidays have arrived with children home from school during the day and no breakfast clubs we are working closely with local supermarkets to secure more food and the YMCA warehouse is happy to take any food donations.

Our pilot move into south Tonbridge is going well and we are now working with three other charities to support 12 more families. The Pavilion fruit and vegetable shop in Tonbridge is supplying fresh fruit and vegetables for us but we are still looking for a

butcher in Tonbridge to work with us on our fresh food voucher scheme. In the meantime JC Rook & Sons in Tunbridge Well is helping us.

Some of our volunteers have been fortunate to move into full time employment and we say goodbye to one of our longest serving drivers, Allen Griffiths. We are now recruiting volunteers in all roles but are really keen to talk to drivers who could help to deliver food parcels. Call Dawn on 07730412978 if you can help.

Thanks as always go to all our supporters and regular donors as without you we could not provide this important safety net for local people in crisis.

Wishing you all a great summer

Paul Haines  
Co-Chair

## Thanks This Month Go To...

Huge thanks to our regular food donators including Sacred Heart Church Wadhurst, Searchpress, St. Peters School, King Charles the Martyr and St. Theodores Church



## Vote Nourish At Asda

If you shop at Asda in Tunbridge Wells then you can help Nourish by dropping your community life green token in the Nourish box.

We are in the box for July and August and have the chance to win a share of £300 so every token counts.

#votenorish



## Sainsbury's Update

We continue to receive amazing food donations on a weekly basis from our collection point in store. We have also seen sustained cash donations from our till pods. As at 17.07.15 we have collected a total of 3,303.80kg of food and £2,906.42

# Fundraising, Collections and Events

2015-2016



## Tesco Collection

Huge thanks to the Tesco Metro, Tesco St. Johns and Tesco Southborough for holding a food collection for Nourish at the recent **Neighbourhood Food Collection**

The staff were fantastic and got really involved and in the spirit.



Thank you to all the customers who donated food and money over the 3 days. The money we raised in store was used to purchase food in the Tesco Metro and inclusive of this we collected a fantastic **367.4kg** of food.

## Thanks To Childrensalon

Thanks go to everyone at team **Childrensalon** who collected a fantastic **314.2kg** of food.

They also donated £200 which was spent to buy another **217.7kg** of food to help replenish our reserves.



## Dragon Boat Festival 2015

The "Nourishers" are taking to the water in the 2015 Dragon Boat Festival at Bewl water on 12th September.

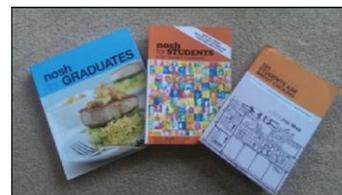
Please see our BTDonate page for details of how to sponsor our rowers and donate to a great cause.

## Save The Date!

Nourish have just confirmed a date for a great fundraising event happening later in the year.

Please keep 21<sup>st</sup> November free for a fantastic night of fundraising, food and music.

## NOSH COOKBOOKS FOR SALE



## Off to University?

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 purchase any of these books on our ebay page via our website or please email us at [office@nourishcommunityfoodbank.org.uk](mailto:office@nourishcommunityfoodbank.org.uk)

## WE WILL MISS YOU



## Goodbye Allen

Allen has been volunteering with us since October 2013 and has driven at least once and sometimes three times every week delivering food parcels. He has gone above and beyond the call of duty on occasions with chasing down escaped dogs and being met at the door by half naked clients and still he returned to drive another day.

We will all miss him at Nourish and his sense of humour and dry wit. We wish him well in his new home and say a huge thank you for all your hard work and dedication over these last two years. You will be a very hard act to follow...

## 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](mailto:office@nourishcommunityfoodbank.org.uk)