

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



Letter From The Co-Chair..

Nourish went through a growth phase in 2014, recruiting new trustees and improving processes and procedures through good governance and oversight. The list of agencies that refer people to us has expanded so we reached a lot more people in need of our services.

Moving into 2015, cuts in funding to local councils and charities means more people are living in challenging circumstances so we are continuing our growth path. We have

recruited five new trustees to the board, all with diverse and skilled backgrounds and each with a considered interest in our community. We have established four sub-groups reporting into the board that will focus on specific areas of growth to ensure that we have all the resources we need to maintain the high level of service that we provide.

However, we are still not reaching everyone who needs support such as low income families and older people living on their own. To address this we are establishing stronger links with schools, GP surgeries, charities and home care providers to work in partnership with us.

We have some amazing regular food donors and will strive to maintain these relationships whilst expanding our network into local businesses, schools and churches to ensure that we have sufficient stock to operate at all times.

Our most valuable asset, our volunteers, have been amazing throughout 2014 and we are holding an event in February to show our appreciation for all their hard work. Without them we simply

could not operate. We are recruiting more volunteers in 2015 ensuring that all new volunteers receive full training and support.

As a small independent charity, we rely wholly on donations and fundraising to operate and, as we deliver more foodbags, our costs will also increase. To meet increased demand we are moving to a larger second storage unit at Big Yellow at a cost of £23 each week. We also aim to extend our fresh food voucher scheme to individual bags during 2015 and this will increase our costs by £20 each week. To meet these additional costs we are holding several fundraising events throughout 2015.

If you would like to get involved as a fundraiser, volunteer or donor then please contact us by email at office@nourishcommunityfoodbank.org.

Paul Haines

Childrensalon Christmas Collection..



The staff of Childrensalon of the High Street, Tunbridge Wells held Christmas collection on behalf of Nourish and raised over £340, which the managers of the salon matched, resulting in a donation of nearly £700 for Nourish.

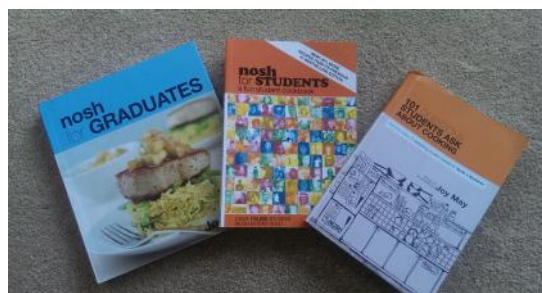
Childrensalon was founded in 1952 by Sybil Harrison and their vision has remained to 'dress children beautifully'.

Thank you to all the staff and management of Childrensalon, Tunbridge Wells, for your very generous donation.

Joy May and Nosh Books..

You may remember from a previous newsletter that we were delighted that Joy May had donated a large quantity of her famous 'Nosh' books.

We are selling copies of the donated books and if you are interested you can purchase individual books from just £2.50 from our E-Bay site (please visit our web-site for the relevant links). If you are interested in a bulk purchase then please mail us at office@nourishcommunityfoodbank.org.uk.



Welcome!

...to our new trustees – Alison Sweeney, Jon Tagg, Joanna Tagg, Adam Snyder and Becky Ash.

Become a Friend of Nourish Community Foodbank Ltd and help us support those in crisis in Tunbridge Wells and the surrounding areas. It really is a case of "this could happen to anyone". Crisis situations can appear from nowhere. They could even be happening to people you know, in your family or in your street.

We have seen a sustained increase in the use of foodbanks in the UK and, in such a wealthy area as Tunbridge Wells, some people still cannot afford to put food on the table.

In Tunbridge Wells, over 16% of households are living in poverty with the overall percentage of children living under the relative poverty line increasing by almost 3 per cent to 14% since 2011. In certain areas of the town this can be as high as 32%.

For just £3 a month you can really make a difference to the support we can give.

How will your money be used? Well, in order to continue to provide an extremely high level of service and maintain our current delivery pattern, we need funds to pay for three key items

Food storage – Nourish needs to fund a second unit at Big Yellow to store donated food.

Fresh food vouchers – In order to maintain a nutritionally balanced food parcel, Nourish gives a fresh food voucher in each of our family bags and hopes to expand this to all our bags. The vouchers can be redeemed at Rooks for fresh meat or Locality for fresh fruit and vegetables.

Petrol for our volunteers – One of our key aims is to deliver our food parcels to the door. This helps those who have difficulty getting to us but also saves much needed money for those in crisis. We have a very wide scope and deliver as far as Cranbrook and Five Oak Green.

Please could you spare £3 a month to support us? We won't waste your money on membership gimmicks like pens or T-shirts. What you WILL get is the satisfaction of knowing you're making a big difference to people in crisis in Tunbridge Wells and our surrounds.

Please visit our web-site and follow the links to our **DONATE** page to join 'Friends of Nourish'.

Thank you..

To Total Contact Saddles ...who raised £287.87
For Nourish from their Silent Auction.





From the Operations Manager...

Wow, Christmas passed in a flash for Nourish with some hefty donations and busy delivery days. The support from our regular donors and our local community was overwhelming. It is hard to describe the reaction of those who received a Christmas parcel but all were humbled by the gifts and treats along with the turkey dinners and daily essentials. We were able to provide the full package to all our referrals

and we are very grateful to all who supported, donated or referred that we were able to help so many.

Nourish relies heavily on its volunteers and each and every one donates their time freely and regularly. It is simple – we wouldn't be able to run without them. The board of trustees and I would like to say thank you and to let them know how much we appreciate the time they give and the dedication to helping our clients. We are holding our annual volunteer appreciation lunch at the Trinity this February. Volunteers will get a chance to meet each other – they all work in different roles and so do not all cross paths - relax with a nice lunch and catch up with the trustees.

Don't forget to check our website for upcoming events and ways to get involved.

Date for the diary – Bake sale Friday the 13 of February at Sainsburys Tunbridge Wells 10.00a to 2.00pm. We are looking for bakers to donate cakes or cupcakes to sell. If you can help please get in touch via email or Facebook.

Until next month...

Dawn

Our Plans...

Nourish has now been established for over two years and in that time has provided essential support to ensure that no one in crisis need be hungry in Tunbridge Wells. We work to achieve this by the provision of short term emergency food with signposting to further support, advocacy and employment and training advice to help people in crisis to get their lives back on track. Now that Nourish is firmly established it is absolutely the right time to put in place plans to ensure that we continue to grow effectively and sustainably without losing sight of our goals and objectives. Much work has been put in over the last few months to draft a business plan looking as far forward as 2018.

Our objectives include such elements as establishing and maintaining a funding network to ensure sustainability, developing robust marketing and communications strategies,...

Our Plans (cont.)...

Broadening our base of supporters and donors of food and attracting more volunteers, trustees and specialist advisors.

To achieve these goals we have set up four sub-groups, led by trustees, to work informally with volunteers and relevant specialists to increase our effectiveness. The four sub-groups are discussing food, fundraising, events and marketing, volunteers and referrals.

Of course, Nourish places great emphasis on the support of local organisations with which we have entered strategic alliances. These include Town and Country Housing Group, Tunbridge Wells Borough Council, Tunbridge Wells, Social Services (Early Intervention team and The Family Support team) and many more.

We are currently in the process of putting the detail into the plan from which will be driven our key performance indicators i.e. the targets towards which we will work.

Nourish is now entering a new and critical phase to establish the sustainable platform from which we can achieve our goals. There is a lot of work to be done and we are grateful to all our supporters, past, present and, hopefully, future who will help us to achieve our aims.

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