

www.nourishcommunityfoodbank.org.

Reg Charity No: 1154716

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



Notes from the Co-Chair...

"Happy New Year! We now have sixty two volunteers and Nourish is helping even more families and single people in crisis and the fresh food voucher system has been very well received.

Everyone has been really generous and in December Lloyds Bank in Tonbridge organised a food collection from their customers while the customers of Asda in Tunbridge Wells donated a further two tonnes of food. Our principal funder Town and Country Foundation generously provided more funds to help us operate more effectively and an anonymous donor enabled us

to purchase turkeys with all the trimmings so that forty families were able to enjoy a lovely Christmas lunch. There were a few tears shed on many doorsteps when our drivers delivered them

There are tough challenges ahead. As emergency loans are cancelled and other services are cut there will be more pressure on food banks. Nourish is ready for this and with the help of our generous supporters and other Agencies we are determined to identify and help more families. No one need go hungry in Tunbridge Wells!"

Best Wishes

Olga Johnson



Nourish would like to say a big Thank You to A J Bell Securities of Tunbridge Wells who generously donated the proceeds from their Christmas raffle to us. A J Bell Securities are a leading provider of stockbroking services to institutional investment businesses with £7.8bn of assets under administration and provide a complete

range of integrated dealing, settlement, custody and research services. Their Tunbridge Wells office is in Calverley Road.

It is with great excitement that we can announce a new friend of Nourish. Creaseys staff held a vote in December and overwhelmingly chose Nourish Community Foodbank as their Charity of the Year for 2014.



Creaseys are accountants, advisors, partners and collaborators. Based in Tunbridge Wells, they help businesses locally, nationally and internationally. We look forward to working closely with them over the twelve months.



The Volunteer's View...

Beginning with this edition, we are hoping to include a short contribution each month from a Nourish volunteer, describing how and why they became involved in Nourish, what they do and what they gain from it. As this is the first of these contributions I thought I would start it by explaining a little about my involvement with the food bank.

My name is Andy Lloyd and I edit the monthly newsletter as well as

oversee the website, although that responsibility is shortly to be passed on. I became involved with Nourish in April of last year after Olga Johnson, a personal friend of mine, was asking for volunteers. To be honest, up to that point I had done very little of what could be called charity work, a point that I was not proud of. I attended a new volunteers meeting in Tunbridge Wells where the huge number of opportunities to help out with Nourish were presented. Working full time meant that I was not in a position to help out during the week but one area where I did feel that I could contribute was on the administration side, such as newsletters and websites where the exact time commitment was not so critical.

I started looking after the web-site in June last year and the newsletter from September. I have personally found volunteering very rewarding. I have met some lovely people, learned some new skills and feel that I have made a contribution, albeit a modest one, to the development of this fledging organisation. I would encourage anyone to volunteer. There are tasks to be done that require all sorts of skills and varying commitments of time and, I can assure you, you will be welcomed and supported. You can also be sure that you are helping make a real difference to the lives of people in Tunbridge Wells who need a little help. Please contact our office using the contact details at the bottom of this newsletter and discuss what you could do.

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.



Lloyds Bank, Tonbridge, Christmas Collection.

You may remember in the last newsletter we mentioned that the management, staff and customers of Lloyds Bank in Tonbridge had very kindly held a collection for food donations to support Nourish. The picture left is a selection of the donations that were made. Thank you very much, management, staff and customers of Lloyds in Tonbridge. Your donations were very well received.

News from the Operations Manager..

"Wow, what a lot of help we have had from our community and supporters of Nourish for the Asda collection. It was a very busy week with lots of new faces and enquiries about what we do. The support was overwhelming from our friends on Twitter, the local church and school and all that went towards collecting a whopping 1933.40kg of much needed food.



We have said goodbye to Vix, our volunteer coordinator who, from the start, has been involved and instrumental in organising the many volunteers and helpers that we have. A huge thank you from me also for all her help since I came to post in August. I am sure the road would have been a lot less smooth without her support and back up.

We move into 2014 with renewed energy and direction. Having much stronger links now with lots of agencies means we are able to direct the help needed to more clients and we are recruiting more drivers and admin volunteers to help with the three days delivering and inputting that we need to do to keep up with demand. More news next month of some coffee mornings where you can come along and learn how you can support us or sign up to volunteering. Watch this space

We are also looking at another unit at Big Yellow. We are needing to store and use so much more food now than before and doing all this from one unit is not feasible. The new unit will cost us £20 a week inclusive and we are searching for pledges to cover or sponsorship from local businesses. If you can help then please e-mail the office.

Once again I thank all our volunteers for their help and support. It takes a lot of dedication to deliver food parcels in the recent weather we have had and without their help and support Nourish would not work.

See you all next month with exciting news for our plans for the Spring!

Best Wishes,

Dawn



Franki and Melissa helping to move all the donations.

Asda Christmas Collection...

As Dawn mentioned in her news, the Asda collection before Christmas was a great success and collected nearly two tonnes of food. However its success was due to the huge number of volunteers who made it possible and we would like to thank them in this newsletter. So a huge thank you goes out to...Sue Masters and her husband, Cat from Big Yellow, Shirley from Nourish, Pat and Carole Wilson, Linsey and Jo Warden, Allen from Nourish, Sarah Carpenter and her daughter Ros Carvell, Jessica Hatch, Melissa Hatch, Lesley Darcy from Nourish, Matt Waugh, Helen Stokes from Nourish, Jane Comerford from Town and Country Housing Group, Paul Haines (Nourish Trustee), Lyn Rajan, Tracey Haigh from Nourish, Laurel Soden from Nourish, Audrey Chapman,

Toni Buckley from Nourish, Amy Murtagh, Olga Johnson (Nourish Co-Chair), Jackie Osbourne (Nourish Trustee), Carole Wanless (Nourish Co-Chair), Elaine Norris and Sarah Farnes from St Phillips Church, Sherwood, Lou Gedney, Marylyn Garwood from Nourish, Susan Porrit from Nourish, Sue Wilson, Kerry Bramblett from Town and Country Housing Group, Sara Browne.

Thank you all very much indeed.



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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