

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



Notes from the Editor...

As I write, the 'holiday season' (yes, I really heard it described like that recently) is about to explode upon us and for many families that means exciting trips to explore new countries and adventures. As exciting as those plans can be, we must not forget that for many families living close to where we do, the summer is a time for belt-tightening and worrying about how to put food on the Table. Nourish exists to help as many people as we can get through tough times like these. As you will read in this newsletter, Nourish are working very hard to provide this help but perhaps one of the most

worrying things I read while compiling this edition was in the piece from Dawn, our Operations Manager, where she mentioned that, at one stage, we had run out of food. Clearly the work we do is vital if demand can exceed our resources like that.

There are many ways you can support Nourish – through donations of time, food or financial support or through supporting us at events throughout the next few weeks, details of which you can read about in this newsletter. We are also pleased to announce the formation of 'Friends of Nourish' where our objective is to encourage 1,000 people to commit £3 a month to Nourish to help us fund our storage, fresh food voucher scheme and transport costs. You can find more details about this initiative on our web-site. Have a peaceful summer.

Andrew

Bewl Water Dragon Boat Festival

The trustees of Nourish were delighted to learn recently that we have obtained an entry into the 2014 Bewl Water Dragon Boat Festival, to be held on the weekend of the 13th and 14th of September.

The Dragon Boat Festival has been held



with over £2.4m being raised so far for over 200 charities.

However entry into the Dragon Boat festival is a serious commitment. Each boat requires sixteen rowers with a drummer (it is suggested that the drummer is 'slightly built' to keep the overall weight down) to keep the crew rowing as a team. Each boat is expected to raise in excess of £2,000



annually since 1998 and is regarded as the largest festival of its type in Europe, with eight five teams competing over the weekend in eight dragon boats. The event has been amazingly successful as a charity fundraising platform



for their charity so each member of the crew has to be responsible for raising at least 120. However the exposure the Festival gives a charity is invaluable and further fundraising and promotion can be carried out over the weekend.

Already we are starting to fill up places on the crew but if you would like to take part, either as a member of the crew or as part of the fundraising team, please contact Nourish

via any of the contact points mentioned at the foot of this newsletter. We would be very pleased to hear from you and have your support for what is sure to be a highlight of our fundraising year.



LLOYDS BANKING GROUP
COMMUNITY FUND

Lloyds Banking Group Community Fund

Nourish Community Foodbank were overjoyed to hear that we had been short-listed for an award through the Lloyds Bank Community Fund 2014 initiative.

As Lloyds Bank say: "We believe in helping the

communities we're part of thrive. That's why our community fund provides grants to support local good causes across England, Wales, Northern Ireland, the Channel Islands and the Isle of Man. In 2014, our community fund will see over 1,400 good causes receive an award of £3,000, £2,000, £1,000 or £500."

So how did we get this far? After an initial submission, 600 Lloyds Banking Group colleagues worked together in a selection panel to review 4,500



applications and decide the final four organisations short-listed in each of their 352 communities. The next stage will be a public vote which will take place from the 2nd of September to the 10th of October. Votes can be cast on-line, in participating Lloyds Bank branches and via text.

Generously, every organisation on the short-list will get an award with the number of votes cast in each community deciding how the awards will be allocated. The organisation with the most votes will be awarded the highest award of £3,000 down to the fourth highest receiving £500.

Without being disrespectful to our fellow good causes, all of whom will have equally compelling propositions, we would like to maximise the outcome for Nourish so nearer the time, we will be letting you know where and how you can support us and enable us to channel these much needed funds into our efforts to ensure that nobody in Tunbridge Wells need ever go hungry.



Creaseys Summer Charity Rounders Tournament

Creaseys are hosting their annual Summer Charity

Rounders Tournament in the picturesque setting of Penshurst Place, Penshurst on the evening of Tuesday the 22nd of July. They are generously supporting Nourish Community Foodbank through the tournament and teams of between eight and ten can be entered for £280. With catering provided by Basils Wholefoods, it promises to be a sporting and charitable evening to remember.

If you would like to contact Creaseys to discuss entering a team and supporting the event, please e-mail 'inspire@creaseys.co.uk'

The New 'Friend of Nourish' Scheme

With a sustained increase of 16% in the use



of foodbanks across the UK and estimates that over 16% of families in Tunbridge Wells are living in poverty, the demands on Nourish Community Foodbank can only go up. That is why we are announcing the launch of our new 'Friends of Nourish' scheme.

With the objective of asking 1,000 people to commit to contributing £3 a month, the income from



the new scheme will allow us to fund the second storage unit at Big Yellow, expand our Fresh Food Voucher scheme and also continue to fund the fuel expenses of our band of volunteers who travel around Tunbridge Wells

and the surrounds making food parcel deliveries.

No income from the scheme will be used to fund membership gimmicks so please do not expect any pens, t-shirts or coffee mugs. Instead you can be assured that your donations will go directly to where it matters – providing emergency support to people in need.

For more information on the 'Friends of Nourish' scheme and to sign up, please visit our web-site at www.nourishcommunityfoodbank.org.uk and follow the links from the home page.



Markerstudy Donations

Nourish were delighted to receive a food donation of

more than 188 kgs from Markerstudy Ltd in Chapman Way, Tunbridge Wells. Markerstudy is an innovative and entrepreneurial company specialising in motor insurance and accident claims handling.

Thank you, Markerstudy!





Notes from the Operations Manager..

“June has been a good month for us with lots of events and collections going on. However we pretty much ran out of food and found ourselves in the position of having to buy some and a volunteer donating £300 of shopping to help us fulfil our food parcels ourselves.

Over the last three months (April, May and June) we have distributed 118 family parcels and 161 individual parcels to those in and around

Tunbridge Wells and our food collections and regular donators are essential to us being able to help that many people. We see an increase in the summer months of referrals as families do not have access to school meals and breakfast clubs and a reduction in donations as people are away for the holidays. We are very lucky to have the regular support of street collections from Mat and his team in Stephens Road and regular church donations such as Brenchley, St Lukes, King Charles, St Theodores and Sacred Heart. These collections along with schools like Holmewood House, who do a collection every term, are what enables us to send food parcels to those in need. We will be doing another supermarket collection in Asda Tunbridge Wells early in July so please come along and speak to one of our volunteers to say hello, donate if you can and spread the word. If you have an idea of how to make donating easier or have questions about how we work, then pop along.

A huge thank you to our dedicated team of volunteers who volunteer and donate through the summer months. We really couldn't do without you.

See you next month.

Dawn x.”



North Farm Estate Food Drive

Huge thanks goes to all those at Jiskoot, Longfield Road, for organising the North Farm Food Drive in aid of Nourish. A team of volunteers from the company created posters and leaflets and contacted local businesses. They got 27 businesses involved and collected a fantastic 160 kgs of food.

Skidders Company Lady Neville Charity

Thank you to the Skidders Company Lady Neville Charity for their grant of £668 to cover the cost of two sturdy pop-up banners and associated artwork.



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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