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Letter From The Co-Chair..

As I stand down as Co-Chair of Nourish this month, I can hardly believe that two years have passed since Olga and I were asked to help set up and chair a new foodbank in Tunbridge Wells. Thanks to the loan of a room from YMCA Furniture warehouse, where Nourish stored a mix of purchased food and food donations, the charity packed bags and made its first deliveries during the week before Christmas 2012.

It's been a steep learning curve for us and the

rest of the Board since then. We have had to professionalise the way the foodbank is run in order to meet the increasing demand for the service and to ensure that foodbags go to those most in need. This is an on-going process and in the coming weeks the Board will be setting up Food, Fundraising and Volunteer sub-committees with the aim of ensuring that food levels are managed better; that there is a structured programme of fundraising to lessen the dependence on grants from its regular funders; and that volunteers are better supported and informed about the running of the foodbank.

Suggestions about how the foodbank could run better, or any aspect of the service that could be improved, will always be welcome. Nourish is very much a team effort and your input, whether as a board member, volunteer, donor or foodbag recipient is greatly valued.

Carole Wanless

Would you like to contribute to the work of Nourish?

In order to meet increasing demands and to take forward our ambitious plans to provide more sustainable support to those receiving food bags, Nourish are now looking to strengthen our trustee board. As you will have read above, Carole Wanless is standing down and we now need a new Co-Chair and three additional trustees to join the Nourish board and be directors of Nourish Company limited by guarantee set up for future social enterprises through Nourish.

The role of the Chair is to lead the Board of Trustees, ensuring that it fulfils its responsibilities for the governance of the charity. Responsibilities include (but are not limited to) providing leadership for the board, chairing board meetings, representing Nourish at functions and acting as a spokesperson. The role of chair requires leadership skills, experience of committee work, financial awareness, good inter-personal skills, impartiality and fairness.

The purpose of the role of trustee is to ensure, working with the other trustees, that the charity is effectively and efficiently managed. In particular, but not exclusively, the trustees ensure that all of the charity's activities are within the law, are accountable to other stakeholders such as donors, beneficiaries, staff, volunteers and the general public and determine the charity's mission and ethos. All trustees are expected to use their specific knowledge or experience to help the board reach sound decisions.

If you would like to be considered for either of these roles, please contact Olga Johnson on [olga@nourishcommunityfoodbank.org.uk](mailto:olga@nourishcommunityfoodbank.org.uk) in the first instance for a full job description. The closing date for applications is the 17<sup>th</sup> of November, with preliminary discussions taking place during the week of the 24<sup>th</sup> of November.



Collection at Sainsburys Tunbridge Wells..

Nourish will have a stall outside Sainsburys in Tunbridge Wells on the 1<sup>st</sup> of November. It will be a 'lolly pick' stall with a display board behind it that will have details about what Nourish do and who we are. We will also have trolleys there to receive food donations. We will carry on collecting food into the evening.

On Sunday 2<sup>nd</sup> November we will be collecting donations of money at stands at the entrances. We are looking for volunteers for both days to man the stalls. A two hour slot we believe works most

effectively with slots available from 10.00am to 8.00pm on the Saturday and from 10.00am to 4.00pm on the Sunday.

We will also be looking for volunteers to transport the donations to our storage unit. If you could help please contact Dawn Stanford on 07785 987532.





Creaseys 'Bake Off' in support of Nourish..

Earlier this month Creaseys Accountants of Tunbridge Wells, for whom Nourish Community Foodbank is their charity of the year 2014, held a Bake Off to raise funds. With the country gripped by the final episodes of 'GBBO' (who saw that result coming??) interest in baking has never been greater. Creaseys asked their staff at their

new offices in Tunbridge Wells to bake with flair and imagination for contest for which one of the judges was Olga Johnson, our Co Chair. Olga reported: "Together with my fellow judge Russell Smith, I tasted seven cakes, five trays of biscuits and four loaves, all baked by the staff of Creaseys."

The overall winner for her delicious strawberry



gateau was Yan, Charlie Goss won for her biscuits and Vivienne Wright for her bread. Olga reported that all of the entries were of a very high standard and it was incredibly difficult to pick out the eventual winners.

Sales of the cakes, bread and biscuits to Creaseys staff raised £226 for Nourish which, when added to additional fund raising contributions, meant that over £430 was donated to Nourish.

Thank you very much to everybody who supported the bake off and for the very generous donation to Nourish. It comes at a time when demands on our support will be severely tested so it is very welcome.



Creaseys new Office Launch Event..

Creaseys recently held a reception to mark the opening of their new offices. Olga Johnson, Co Chair, represented Nourish.

## Notes from the Operations Manager...

Harvest donations have been fantastic this year with over 2.5 tons of food donated so far and donations still coming in. Special thanks to those who have donated so far....



Tonbridge Girls Grammar, Tunbridge Wells Girls Grammar, Bidborough Primary School, St James Infant School, St Peter's Infant School, St Augustine Scout troop, Brenchley and Matfield School, Temple Grove Academy, Hildenborough Church of England Primary School, St Theodore's Church in Cranbrook, St Philip's Church, Cranbrook Congregational Church and Wadhurst Sacred Heart.

These donations mean so much to us and I would like to say a huge thank you from all at Nourish. Photographs of donations coming in can be found on our website.

Sainsburys continue to support us as their Charity of the Year and to celebrate this and promote the new partnership we will be outside Sainsburys Tunbridge Wells on Saturday the 1<sup>st</sup> of November with some of their staff with a lolly pick stall and a teddy bear raffle. Please come along and see snapshots of the last year and find out what we will be up to in the future. Try your luck at the lolly pick and the raffle and meet some of the volunteers. On Sunday the 2<sup>nd</sup> of November we will be collecting money outside and our food collection point will welcome donations on both days.

If you would like to help with this or any upcoming events then please get in touch with me at [office@nourishcommunityfoodbank.org.uk](mailto:office@nourishcommunityfoodbank.org.uk).

We will be packing bags for donations on the 18<sup>th</sup> and 19 of December in Sainsburys, both days 10.00am to 4.00pm and we are desperately looking for volunteers to help in 1 or 2 hour shifts with this also.

We are heading into what is really our most busy time and most crucially, it is a hard fact that many individuals and families will be eating the contents of our food parcels for Christmas dinner. It is very humbling to deliver parcels near to Christmas, in fact at any time and see how much these parcels mean to the receivers. Volunteers and donations of both food and money make this possible and without which Nourish could not operate.

Our aim for 2015 is to have 1,000 people signed up to be a Friend of Nourish and donate just £3 a month. This will make us more sustainable and more attractive to outside funders to show that we have our own funding. Where does the money go? In every family food parcel we put a voucher that can be exchanged for fresh meat and fresh vegetables in two local businesses in Tunbridge Wells. If we had more funding we could roll this out to every parcel. Our volunteers hardly claim any expenses but we do pay out for minimum mileage expenses to deliver parcels all over Tunbridge Wells and as far as Hawkhurst, Cranbrook, Pembury, Five Oak Green, Langton and all in between. We have some admin costs as you would expect and normal business expenses. Every penny is spent on serving our clients so donators can rest assured that anything donated goes to support those who need it most. Standing order forms can be downloaded from our website and posted back to us. Printed forms can also be sent by request.

If you would like to help in any way then please give me a call or email me for a chat.

07785 987532 / 01892 548892

dawn@nourishcommunityfoodbank.org.uk

See you next month

Dawn x



#### Donation from Nosh Books...

Nourish were delighted to receive a donation of books from Joy May, author of the 'Nosh for...' series of cook-books.

Joy's original book, 'Nosh for Students' was inspired by her son, Ben, who left for university with no cooking skills.

Toasted sandwiches and Mars Bars were his staple diet but this didn't serve him too well! What was needed to encourage him to cook was an easily obtainable taste of home with pictures for every recipe. 'Nosh for Students' was born and since then Joy has helped over 150,000 students get cooking with her straightforward approach. Joy's range of books has increased since her first publication and now includes books for those favouring vegetarian and gluten-free recipes as well as busy mums and dads.

Joy very kindly donated two boxes of her books which will be used to support our clients as well as for fund raising. Olga Johnson, Co-Chair, explained: "We have already used some of the books as prizes in a raffle which raised £50 and others are being sent with the family food bags. We are

also talking to local companies about staff 'bake offs' for budget meals based on a food bag and using the books as prizes. Finally we have set up a book shelf in local banks and food shops for customers to make a donation in return for a book, Nosh books being amongst them."

Thank you very much, Joy, for your generous donation. For more on the Nosh range, please visit [www.noshbooks.com](http://www.noshbooks.com).



## Recent Generous Donations....

We picked up a second collection from our Sainsburys Collection Point in early October – weighing in at 62.5kgs!!

An anonymous donor left 33.9kgs at the YMCA warehouse!!

Donors via our Amazon Wishlist have donated 72.3kgs!!

Thanks everyone....

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

Main Enquiry Number: 01892 548892

Co-Chair: Olga Johnson E-Mail: [olga@nourishcommunityfoodbank.org.uk](mailto:olga@nourishcommunityfoodbank.org.uk)  
Carole Wanless E-Mail: [carole.wanless@usa.net](mailto:carole.wanless@usa.net)

Operations Manager: Dawn Stanford E-Mail: [dawn@nourishcommunityfoodbank.org.uk](mailto:dawn@nourishcommunityfoodbank.org.uk)  
Home: 01892 671389  
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Newsletter: Andrew Lloyd E-Mail: [andy@nourishcommunityfoodbank.org.uk](mailto:andy@nourishcommunityfoodbank.org.uk)

Web-site: Paul Haines E-Mail: [paul.haines@btinternet.com](mailto:paul.haines@btinternet.com)