

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



Notes from the Co-Chair...

"As I write this, schools are about to break up for half term. For lots of families this means day trips in the car and a family meal out. And this is exactly how it should be, but for those families struggling to put food on the table the reality is very different. Half term means having to provide more food to hungry children at home all day and keeping the heating on to ensure that children are kept warm, both of which incur additional expense.

Nearly all of the two tonnes of food Nourish volunteers collected at ASDA Tunbridge Wells, and

the food donation from Lloyds Bank in Tonbridge, has gone and we urgently need to re-stock our shelves at Big Yellow Storage in anticipation of an increase in requests after the school holidays.

If you are able to help, or know a local business or organisation who might be interested in supporting Nourish, please get in touch with us. Our contact details are on the back page.

Thank You

Carole"

Stradbrook Dental Centre

Nourish would like to say Thank You to the Stradbrook Dental Centre in Tonbridge for their donation of toothpaste.



Maintaining good dental care can be very difficult for those who are struggling to feed their families so Stradbrook Dental Centre's donation will be very welcome. Stradbrook Dental Centre's highly experienced and qualified team offer dentistry and specialist services in a friendly, relaxed environment. They can be contacted on 01732 770666 or info@stradbrookdentalcentre.co.uk.



Creating Confidence in the Kitchen

Nourish is working with Mosaic Cooking to support our clients who may not be very confident when it comes to cooking.

Run by Lee Athwal, Mosaic Cooking's objective is 'Creating Confident Cooks and Making Food Go Further'. Mosaic run a five week cookery course in Tunbridge Wells which aims to teach basic cooking skills and explore cooking using both fresh and tinned ingredients. The class runs from 10.00am until noon and there is no charge for the course with all ingredients and equipment being supplied. All Mosaic asks from their attendees is that they commit to all five weeks of the course. There is a 'Graduation Prize' at the end of the course and all attendees get to keep a file of recipes and hints and tips.

Mosaic plan to run a pilot beginner course in March at a venue in Tunbridge Wells and attendees will take home some useful ingredients, such as herbs or spices, at the end of each class and perhaps some useful kitchen equipment.

It is fantastic that Nourish now has the opportunity to refer clients to Mosaic who need some support in mastering cooking skills as there is little point in providing food that needs preparation and cooking if those skills do not exist. Mosaic works in conjunction with Churches Together in Tunbridge Wells, Nourish Community Foodbank and Town and Country Housing.

If you know of anybody who might benefit from Mosaic's course, Mosaic can be contacted via Nourish, by e-mail to lee.athwal1@virginmedia.com or by phoning Lee on 07980 599890.

Wadhurst Rotary

Co-Chair Carole Wanless received a warm welcome from the members of Wadhurst Rotary when she made a presentation about Nourish earlier this month. The members were greatly interested in how the Foodbank worked and have generously offered to donate half the proceeds of their Quiz which is being held at the Wadhurst Commemoration Hall on the 1st of March. Any supporters wishing to take a table (£60 for a team of six) should contact Godfrey Wood at godfrey@godfreywood.plus.com.

Rotary



CREASEYS

(thinking ahead) since 1868

Presentation to Creaseys

Olga Johnson, Co-Chair of Nourish, gave a presentation to Creaseys Accountants at their head office in Lonsdale Gardens, Tunbridge Wells on Tuesday the 4th of February. Creaseys, as you may recall from the January newsletter, recently voted to choose Nourish Community Foodbank as their Charity of the Year for 2014. The staff of Creaseys were very interested to hear how the work of Nourish was impacting those less fortunate in Tunbridge Wells and we are discussing some practical ways in which they can contribute. Some ideas were offered which Olga will be working on as we move into the Spring.

Referral Agencies

As you are probably aware, Nourish makes contact with its clients through our network of referral agencies so building that network, maintaining contact with them and acknowledging the support that they provide to Nourish is vital to our work. In acknowledgement of their tireless support, therefore, we would like to mention below a number of agencies who we are currently working closely with. The list is by no means exhaustive so if you work with a referral agency that is not mentioned, please don't think we're ignoring you. In future newsletters we would like to explore how our relationship with individual agencies works.

So... some of the agencies we are currently working closely with include..

- Town and Country Housing Group (Housing Team, Income Management Team, Money Support Team).
- The Tunbridge Wells and District Citizens Advice Bureau.
- The Social Services (Early Intervention Team, Social Workers, Elderly Social Work Team).
- The Royal British Legion Industries (RBLI).
- Age Concern.
- Highlands House and the Community Mental Health Team.
- Gateway (Housing Team and Reception).
- The Probation Service.
- Crime Reduction Initiatives (CRI)
- The YMCA and Ryder House.
- Look Ahead (over three locations).
- Tunbridge Wells Borough Council via Terry Hughes.
- Family Liaison Officers at several primary and secondary schools in Tunbridge Wells.
- Harmony Childrens Centre.
- Little Forest Childrens Centre.
- TN2 Community Centre.
- The police service, specifically in Tunbridge Wells, Cranbrook and Tonbridge.
- Women's Refuge.
- Domestic Abuse Volunteer Support Services.
- West Kent Debt Help.
- The Rowan Tree Surgery.
- The Clarincade Medical Centre.

If you know of anyone who would benefit from the support of Nourish, please ask them to contact us via the most appropriate agency for them from the list above.

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.

Notes from the Operations Manager..

"This month has been a little quieter for deliveries after the huge increase up to Christmas and has allowed us to have some serious reorganising time in the unit. Huge thank you to Laurel and her team for date checking and sorting the few tons of food that we have in our main unit. This brings me nicely to the news that we have had to increase to two units. We have around a ton of food going through the unit every week and to work and sort food and bags ready for deliveries safely and to have the best



working environment for our volunteers, we have taken on a second unit to store packed bags for delivery, maintain workable levels of stock on our shelves and to store catering sizes of food.

We have tightened up our referral system with a dedicated e-mail address solely for referrals so that our office e-mail can deal with enquiries only. This will make it easier to track and check the many referrals that come to us each week from all of our many referrals agents. We are still recruiting volunteers and following the departure of Vix, our volunteer coordinator to pastures new, I am looking for a volunteer administrator to support me with recruiting and tracking applications. Can you help?

I would like to say a special thank you to Robert and the congregation of King Charles the Martyr for making me feel so welcome on my visit and for the work you intend to do for us and the support you gave me, both on the day and by contact afterwards. If you would like a member of Nourish to present to your church or group then please get in touch.

This brings me to my final ask...till next month anyway! I would like to hold some coffee mornings, to tell you about Nourish and the work we do, fill out applications for potential volunteers and answer questions about how to get involved. If you have a venue, some free time and some interested people then please get in touch. It would be great to bring along some volunteers from Nourish to you why and how they got involved. We are also having some 'Open House' mornings at Big Yellow. If you would like come and have a look around the unit and see where we work from then please do e-mail the office.

As always I would like to say a huge thank you to all the team at Nourish. It would not work without every single one of our volunteers and your time, commitment and support is so very much appreciated.

See you next month!

Dawn x"

From The Editor..

As you know, the lifeblood of Nourish, or indeed any voluntary organisation, is its loyal team of volunteers. In the newsletter I would very much like to pay tribute to those volunteers or tell their stories – for instance: why they volunteered, what roles they perform, what they gain from volunteering with Nourish? If you would be happy to share your story and hopefully inspire others to volunteer with Nourish please contact me - Andy Lloyd – on andyrlloyd47@yahoo.com.



The Nourish Website..

Paul Haines, our recently appointed Nourish Trustee, has taken over the maintenance of the Nourish website.

If there is anything you would like added to the web-site, please contact Paul on paul.haines@btinternet.com

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

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

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

Newsletter: Andy Lloyd E-Mail: andy@nourishcommunityfoodbank.org.uk

Web-site: Paul Haines E-Mail: paul.haines@btinternet.com