



Nourish
Community Foodbank Charity Number: 1154716
Unit 5, Kingstanding Way, Tunbridge Wells, TN2 3UP

Nourish Community Foodbank Limited is a Registered Limited Company (08303764) in England and Wales & a Registered Charity (1154716) in England and Wales



Friends of Nourish

**#OUR
TOWN
CARES**

Working together to feed our local community



Who are **Nourish** ?

Hello,

Thank you for taking the time to find out how you can support Nourish Community Foodbank.

Nourish is an independent foodbank charity (RCN1154716) which provides aid to vulnerable people experiencing food poverty and have nowhere else to turn.

Nourish Community Foodbank was started in November 2012 and provides emergency food, provisions and support to individuals and families across the Borough of Tunbridge Wells and South Tonbridge. We support people of all faiths or none, are non-political and welcome all, irrespective of age, sex, religion or gender.

In the last 12 years Nourish has grown from a small community group to a charity depended upon by a multitude of frontline referral agencies. In 2023/2024 we supplied **17,721** food deliveries to people in crisis. Nourish delivers food parcels and more recently fuel vouchers directly to clients to protect their confidentiality.

But now, for the first time in the charity's history, we are experiencing a drastic decline in both food and monetary donations, and this is having a significant impact on our finances. We are in urgent need of support from our community to ensure we need never turn away someone in food poverty.

Please read on to find out more about what we do, and how you can support us.

Dawn Stanford BEM

Operations Director
Nourish Community Foodbank



What we do

Nourish Community Foodbank was established as an independent foodbank in November 2012.

Our aim is to help the most vulnerable in our society by providing emergency food to those in crisis who have no safety net.

- Nourish provides emergency food, provisions and support to individuals and families at a time of financial crisis
- We cover the whole borough of Tunbridge Wells, South Tonbridge and rural areas of East Sussex, such as Ticehurst, Wadhurst and Lamberhurst
- We have a robust referral framework, through which we work with frontline agencies across the borough, who determine need and refer clients to Nourish
- Uniquely, we deliver the food to our clients. This assists with confidentiality and supports those with physical, financial or safeguarding issues (such as domestic abuse). It also ensures those in rural areas, often isolated from accessing town centre services, can get the support they need
- We deliver more than just food parcels – clients are also signposted to organisations who can help them resolve the root cause of their problems

Last year at Nourish

4,395
clients referred



159,498
meals provided



£123,236
of *food* purchased



17,721
deliveries to
clients



£99,422
of *fuel vouchers*
distributed



Why we need your help

Nourish finds its financial position in 2025/2026 fundamentally changed:

- A drastic downturn in financial donations. In 2023-2024, ad hoc donations were down **36%** on the previous year and this decline continued in 2024-25, with ad hoc donations down a further **55%**
- Corporate financial donations have also fallen by 74% from 2022-23 to 2024-25
- Food donations from the general public have decreased by **75%**. This means Nourish has moved from a largely donated food charity to a predominantly purchased food charity
- We had to provide additional support. Energy prices rose sharply in 2023-24, and many of our clients were struggling to pay their heating bills - a stark choice of 'heat or eat'. We allocated money from our reserves to buy vouchers to help them pay for gas and electricity. All together Nourish paid out **£100,000** to provide this vital additional service.

“We are struggling to meet the need in our community. Put simply, only with your support will we be able to continue to help people in food crisis.”

**Simon Vincent, Chair of Trustees,
Nourish Community Foodbank**

How you can help

Regular Giving

We want to be sustainable, to be able to plan for the future and be cost-efficient in our spending. Regular income from businesses, individuals, clubs, associations, schools, places of worship and charitable trusts helps us to achieve these goals.

From as little as £5 a month, you can help make a meaningful difference to people struggling to afford food in your community. Please complete the Friends of Nourish Regular Giving Form or visit www.nourishcommunityfoodbank.org.uk/support-us/give-money/ to set up a regular gift to Nourish.



DONATE A Meal

Buy a meal a month for a family



FEED A Family £10

Buy a day's food for a family of five



BUY A Bag £40

Buy a food parcel to provide a family with food for a week

"I give £40 per month to Nourish. I like to think that my donation is helping a family just like mine to have a week of healthy nutritious food at a difficult time in their lives."

Jane T

Run an event for us

Whether you want to hold a coffee morning, organise a fashion show, host a golf day, have donations instead of wedding gifts or anything else – we would love you to fundraise for Nourish! If you are stuck for inspiration then please get in touch with us. If you are running a public event in aid of Nourish then please let us know and we will do our best to help spread the word to our large follower base on Facebook and Instagram.

If it's a big event, we can supply a speaker and marketing materials if you want Nourish to be there to explain more about what we do. Simply get in touch at admin@nourishcommunityfoodbank.org.uk

Challenge yourself

Take on a personal or group challenge and raise funds for Nourish this year. Maybe you want to run a marathon or take part in a sky dive? Give up beer for a year or take part in a sponsored head shave? Walk **10,000** steps a day or cycle to Paris? We would be delighted if you wanted to support us with your challenge. To help you we have created an online toolkit which includes bunting, template posters and flyers, thank you certificates which can be downloaded from www.nourishcommunityfoodbank.org.uk/raise-funds

Ebay Giving

When you sell on Ebay you can gift a percentage or all of the money you make to **Nourish Community Foodbank** – just search for Nourish Community Foodbank at www.charity.ebay.co.uk/

Paypal Giving Fund

Why not set up a Paypal fundraiser as an alternative to birthday presents or as a group fundraiser with friends or work colleagues? Visit www.paypal.com/gb/fundraiser/charity/189751 to find out more.

Digital Ambassadors

Help us spread the word about Nourish Community Foodbank on your social media accounts. Comment on and share our posts and help us to raise awareness about the cause [#ourtowncares](https://twitter.com/ourtowncares).

Alternatively, you can text a one-off or regular monthly donation by simply texting

FOOD to 70085 to give £5 once

OR

MEAL to 70085 to give £5 a month

Give Food at a Nourish Donation Station

We have a number of food donation points across the borough where you can donate food items. Visit www.nourishcommunityfoodbank.org.uk/give-food to see our updated wish list and find a location near you. If there is a large group of you collecting at your club or centre, we can deliver a food donation station and come to empty it once a month, typically on the first Friday of each month. Alternatively you can drop directly at our warehouse at **Unit 5 Kingstanding Way, Tunbridge Wells, TN2 3UP on Monday-Friday 8.30am-Midday.**



Run a Community Street Collection

We are urgently looking for more people to organise street collections of food. Can your street help? Is there a great organiser, teenager doing community work experience or recent retiree who can organise a monthly collection for us? If you are interested please get in touch office@nourishcommunityfoodbank.org.uk



Volunteering

We couldn't do what we do without our incredible band of volunteers, who are the life blood of Nourish. We are often looking for more people to help and your time will make a real difference to the lives of people in our community.

Visit www.nourishcommunityfoodbank.org.uk/give-time to see what roles you could give some time to.



Thank you!



@nourishcommunityfoodbank

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