





# Friends of Nourish

## Working together to feed our local community

### Why support Nourish?

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 provisions to those in crisis that need a safety net and do not know where to turn.

**20% of children in Tunbridge Wells are living in poverty, that equates to 6 children in every classroom.**

- Nourish provides emergency food, provisions and support to individuals and families in a time of financial crisis
- We cover the whole borough of Tunbridge Wells as well as South Tonbridge
- We have a robust referral framework working with over 200 frontline agencies who make referrals to Nourish
- Uniquely, we deliver food packages to our clients which assists with confidentiality and supports those with physical or financial mobility issues
- We are not just food parcels - beneficiaries are also signposted to organisations who can help them resolve the root cause of their problems

**In 2022/23 we delivered to over 17,000 people in crisis**

The cost of living crisis continues to affect more and more people in our community. For the first time in the charity's history we felt we also had to help people meet the higher energy costs of both cooking food and heating their homes, and so we have been distributing energy vouchers to those in need when funding permits. Many of our new referrals are from families who never thought they would need the support of a foodbank.

**158,891**

*meals* provided



**+36%**

**17,099**

*people in crisis*  
received food



**+31%**

**48%**

were *children*  
under 18



**+3%**

**£105,055**

of *food* purchased



**+63%**

## How you can help

At Nourish Community Foodbank we rely on the support of our community who give money, food and time to help us to ensure nobody in our area goes hungry. We are committed to nurturing our relationships with our supporters. Put simply, your help can transform the lives of people living in crisis.

### Give Money

#### Regular Giving

We want to become sustainable, be able to plan for the future and be cost-efficient in our spending. Regular income helps us to achieve these goals.



#### Meal a month £5 per month

Buy a meal a month for a family



#### Family of five £10 per month

Buy a day's food for a family of five



#### Buy a bag £40 per month

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, that is just like mine, to have a week of healthy, nutritious food at a difficult time in their lives." Jane T.*

#### Text to Donate

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.

#### 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/](http://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](http://www.paypal.com/gb/fundraiser/charity/189751) to find out more.

### Give Food

#### Donate 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/](http://www.nourishcommunityfoodbank.org.uk/give-food/).

#### Run a Community Street Collection

We are urgently looking for more street collections of food donations. Can your street help? Is there a great organiser, teen doing D of E or recent retiree who can organise a monthly collection for us? If you are interested please get in touch [office@nourishcommunityfoodbank.org.uk](mailto:office@nourishcommunityfoodbank.org.uk).

## Give Time

### Volunteering

We cannot do what we do without our incredible band of volunteers, they are literally the life blood of Nourish. We are always looking for more volunteers, your time will make a real difference to the life of people in our community in crisis.

### 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**. Follow us:

 [nourish community foodbank](https://www.facebook.com/nourishcommunityfoodbank)  [@nourishcommunityfoodbank](https://www.instagram.com/nourishcommunityfoodbank)  [@NourishFoodbank](https://twitter.com/NourishFoodbank)

## Raise Funds

### Run an event for us

Whether you want to host a coffee morning, run a jumble sale, organise a fashion show, host a party, have donations for wedding favours 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. We will do our best to help spread the word to our large follower base on Facebook, X and Instagram.

### Challenge yourself

Take on a personal 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 while you do your thing!

We have an online toolkit including bunting, template posters, flyers, sponsor forms and certificates which you can download and print to help with any fundraising you are doing.

[www.nourishcommunityfoodbank.org.uk/fundraising/](http://www.nourishcommunityfoodbank.org.uk/fundraising/)

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. We can advise on the logistics of event planning, raffles/prize draws, sponsorship and Gift Aid. For advice, please get in touch [admin@nourishcommunityfoodbank.org.uk](mailto:admin@nourishcommunityfoodbank.org.uk)

**We LOVE to hear about your fundraising activities too so please tag us and let us know!**

 [nourish community foodbank](https://www.facebook.com/nourishcommunityfoodbank)  [@nourishcommunityfoodbank](https://www.instagram.com/nourishcommunityfoodbank)  [@NourishFoodbank](https://twitter.com/NourishFoodbank)





# Nourish

Community Foodbank

Charity Number: 1154716



[www.nourishcommunityfoodbank.org.uk](http://www.nourishcommunityfoodbank.org.uk)

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For your incredible support of

