

Project Food Volunteer Newsletter

To all our lovely volunteers,

Welcome to our latest volunteer newsletter. The time you give to Project Food is invaluable to us and the people we help. We would like to take the opportunity to thank each and every one of you. This newsletter will come to you every few months and will aim to keep you up to date on everything we are up to, tell you about our lunches and get-togethers and tell you about other opportunities coming up that you may like to be involved with.

With very best wishes,

Message from Tiggy Parry, Founder & Director

Thank you all so much for everything you do to support Project Food—you are the backbone of the charity. It's a really exciting time for us as a charity as we run our first ever farm project for people with severe mental health problems, take over the Ottery St Mary hospital kitchens and extend our support for families struggling with the massive rise in the cost of living. Covid and the cost of living crisis has revealed the precarious nature of so many people's lives. We are increasingly working with people who have found the last few years unbearably hard.

It is so wonderful to have such a great team of volunteers working together to help us to support these people, who for no fault of their own find themselves in such difficult situations. The range of skills and experience of our volunteers never ceases to amaze me—you so often teach us something new and help us to develop new ways of working. Thank you.

Opportunities

We have some new volunteer opportunities! If you would like to be involved, please contact Kerry or Hannah.

Delivery drivers - We are in need of a couple of volunteers who would be able to assist with deliveries on an ad-hoc basis when regular drivers are on holiday.

Cooks - Due to an increase in demand, we could do with a few more volunteers to come in weekly or fortnightly to batch cook meals to go out to people in need. If you are unable to commit to weekly, but can come in on an ad-hoc basis when our stocks are low, that would also be great!

Chard - Our Chard cooking sessions are soon to be re-launched with the new name, 'Cooking with Confidence'. We will be looking for 2 volunteers, one to lead the session by doing a cooking demonstration and a cook helper to assist. For more information on what's involved with this group, please get in touch.

Shoppers - We are fortunate to have received funding to continue providing recipe boxes. We need someone who can shop for the ingredients for these boxes. This will require the use of a car and will involve moving items such as tins of tomatoes etc. This will be on a weekly basis.

Gardening - It's all go again in the garden and we will need a small team of volunteers to help maintain it. Led by Allison, our new volunteer head gardener, this will consist of weeding, planting, harvesting and watering our 3 raised beds in our courtyard garden at Axminster Hospital.

Mileage for driving roles will be paid at 55p per mile from Project Food at Axminster Hospital



PROJECT FOOD

A helping hand to healthy eating

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Volunteer Lunch

I think we can all agree that it was really lovely to get together and eat the delicious lunch Sam kindly made for us when we said goodbye to Ella before she set off of her adventure. We would like to invite you all to join us for lunch on **Monday 19th June at 12.30pm**. If anyone would like to help us to prepare and cook the next one, please let us know. Please RSVP to Nic (info@project-food.org.uk) by Wednesday 14th so that we can cater accordingly.

Hello from Ella

“After travelling around the Philippines for a month I have now arrived at the Wildlife Friends Foundation in Thailand to start my volunteering. I have successfully completed 1 week so far and am here for another 6 weeks! I have met lots of great people already and have settled in well. I have worked closely with bears, primates, nocturnals and other animals and will be transferring to join the elephant refuge team next week (I can't wait!) I was approached by the



staff to start working closely with one of the dogs here named Banksy who only has 2 legs due to being hit by a car to get her fit for flight where she will be happily rehomed. This is big news for Banksy after 3 failed adoptions. The work we do each day is hard and physically demanding but I'm having an amazing time learning about all the animals. Meeting people from all over the world and hearing about their stories and backgrounds has also been a highlight! Another highlight so far is when I've been working with Rose, a very old Macaque. She has such a sweet personality and is very gentle and loving compared to the other monkeys!”



Volunteer View - Trisha

Trisha has been volunteering for Project Food since early 2022. She helped us to get our garden up and running and then started to volunteer with our mental health project, Food and Mood, and then moved on to the second series, Food and Mood On The Farm. Here's what she has to say about volunteering

“I have been volunteering with Project Food for about a year, supporting people to eat well and learn new skills which helps to improve our mood.

We were all a little anxious when we met for the first time but now halfway through the project, we are a team. Anxiety, depression and loneliness are lessened for the time we are together. The mixture of being with plants and animals outside has given them an opportunity to understand where our food comes from



and how is grown.

The only problem we have had is no one wants the day to end and we want the project to continue forever!!

Project Food gives me opportunities to use my skills in my retirement.

The major reason for volunteering is the pleasure I get from seeing individuals grow in confidence both within themselves and their ability to cook nutritious meals on a budget.”