

*Meet & Eat*



# NEWSLETTER

*September 2023*



As we reflect on our busy year so far with many families having attended Meet & Eat enjoying good food and fun activities we have fed over 500 individual meals in 2023 alone.

This summer we have had a fun exercise class from a local yoga teacher, Trisha Baptist, and two sessions from nutritionist Grace Rawlings leading a workshop on healthy snacks. Laura Silverstone from Chilterns Chalk Streams Project also visited with pond life and a fun craft. All of the above ran their sessions for free so a big thank you from us for their kind community spirit.

We have also had visits from our local MP Sarah Green who spent two hours talking to volunteers and families as well as our new Mayor Cllr Wilford Augustus who rolled up his sleeves and helped serve lunch. The new Chair of Trustees at the FoodBank, Roy Abraham, also paid a visit and all were very impressed and positive.

We had three pop up shops with all produce taken. All stock came from the FoodBank and Community Fridge and was greatly appreciated by our families.

Meet & Eat has been providing a service to families in Chesham since Easter 2018. This work is only made possible by our many volunteers, generous donations and sponsorship. We would like to thank all our anonymous donators as well as Chesham Town Council, FoodBank, Rotary Club, Trefoil Guild, Sainsbury's and Tesco for their kind sponsorship. Again a big thanks to our volunteers who have all been amazing with their time and attitude and are the backbone of Meet & Eat as without them we couldn't run.





**Chesham Mayor Cllr Wilford Augustus commented:**

“Another great example of how our community serves one another is Meet & Eat at the United Reformed Church. This programme helps take the pressure off low income families during holidays and is free and open to families in and around Chesham”.



**Quotes from Parents:**

“Any help we can get at the moment is very welcome, everyone is struggling but it is great to know the Meet & Eat team have not forgotten about us”.

“That extra support and contact is lovely”.

“Everyone here is so friendly and not judgmental at all, I can talk about my problems and get support”.

“The cost of living has gone up so much and having somewhere regular to go in the holidays keeps my costs down and takes some of the pressure off”.