

FOR IMMEDIATE RELEASE:

Hailsham Mayor and Deputy Attend Book Launch Event

11 July 2019

A new book revealing how to use food on a budget, written for Hailsham Foodbank and part-funded by Hailsham Town Council, was officially launched at a special event held at the Town Council Offices yesterday evening [10 July].

Community Stuff, a Sussex-based CIC (not for profit company) which brings the community together with free fun activities, events, training and learning opportunities, has voluntarily written and published a cookery book for the called *Beyond The Foodbank*.

The launch and celebration event was attended by the Mayor and Deputy Mayor of Hailsham, Councillors Paul Holbrook and Amanda O'Rawe, and pictures from some of the 38 projects Community Stuff has operated in Eastbourne and surrounding areas during the past 6 years was on display for guests to see.

The free book includes ideas for those who use the Foodbank on how to use food items in their emergency 3-day foodbox, in addition to (due to popular demand from local residents) a 6-week empty cupboard plan, for people who are in crisis with a lack of food and want to get back on track on a low budget.

The publication has chapters on how to restock cupboards over 6 weeks and eat 3 healthy meals a day, with costed shopping lists to take to the shops, meal plans and easy to follow recipes. The book also includes food facts, what we need to eat for a healthy diet and another section on how to organise your finances.

Community Stuff has been funded recently by Money Saving Experts (MSE) to deliver two 6-week 'Foodskills' courses at young mothers' houses in Newhaven and Eastbourne using the book as a resource.

The CIC was also given a grant by Hailsham Town Council of £500 to cover the cost to get some of the books printed for Hailsham Foodbank to give out free to their clients.

Town Mayor Councillor Paul Holbrook, delighted to have been invited to attend the book launch said: "Beyond the Foodbank is an admirable book, which I'm sure will rightfully achieve its aim of helping people to overcome shortage of food and learn how to plan meals on a low budget."

"I'd like to thank staff and volunteers at Community Stuff for everything they do locally – and for enlightening us with their brilliant ideas and suggestions for healthy eating and affordable meal plans, as outlined in their new book".

For more information on *Beyond The Foodbank* and Community Stuff CIC, contact Clare Hackney (Director) on 01323 727058, send an email to clare.hackney@sky.com or visit www.communitystuff.org.uk

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Notes to Editors:

- Beyond the Foodbank is a project designed to teach basic cookery skills to clients, enabling them to cook healthy delicious food on a budget. Initially funded by Chances for Change, and run at St Andrews URC Church Hall, next to Eastbourne Foodbank. When this funding came to an end Eastbourne Foodbank applied for funding from Sussex Community Foundation to keep this" invaluable project" going.
- Beyond the Foodbank is now based at Mathew 25 Mission on Seaside in Eastbourne and runs every Thursday from 10-30am-2pm.

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