



the Nibbler

Issue 41

July -Sep 2013

Newsletter of Sound Bites

**Derby's independent wholefood grocery
& info space (see map on back page)**

A not-for-profit workers' co-operative

Yaffle Café & Books upstairs! 11-5 Mon-Sat (Thu til 8.30, Fri til 7)



To the River!

There is now an almost direct route across from the shop to the river by the right hand side of the council house ! From there its left to Darley Park or right to Bass' Rec park, and on to the cycle track or the railway station. Will it be a take-away tea or a tub of ice-cream? (or even an ice-cream cone from Yaffle upstairs....)

Thanks to local illustrator Lydia Garner for the image www.lydiagarner.co.uk

New unit, new stock

Many thanks to the Midlands co-op for giving us a central glass display unit, now showing off our eco-house and bodycare products - as a result we have created more shelf space for foods, and also a new section for other eco-products such as stationary - watch that space or give us your ideas!

New Website 1st Aug!

Designed by Gerry, our fantastic IT volunteer, soundbitesderby.org.uk will now be more interactive, with an events calendar and noticeboard which you can submit dates and notices to, a blog, and more obvious links to other local groups and what they're up to.

Community Corner

We'd also like to invite local groups to put up displays in the window, opposite our noticeboard - are there any carpenters out there or people with spare display boards, to help construct the space?

Repaying loans early..

3 years ago we were due to repay two thirds of our start-up loans, but could only afford half the amount due, and had to ask people to extend for another 5 years... now 2 years before the new due date, we are able to repay all the loans that accrue interest, which will save £500. We are also finally able to pay wages for our weekly meetings, which have been done voluntarily for over 5 years. Let's keep the trend going!

Remember...

**Home Delivery
Available, inc
Veg Boxes &
Bulk Discounts!**

www.soundbitesderby.org.uk

Whats.....New?

Organic Veg

Customers have been raving on facebook about the beautiful salad packs we are getting from Green Health (Shipley Park) - they include Namera leaves grown from Stormy Hall biodynamic seeds they bought from us, and are topped with beautiful flowers. Green Health have tomatoes on the way, we've had garlic from Robin in Ilkeston, and expect currants soon from Chaddesden. If you have surplus home-grown produce not using chemicals, get in touch with ruth.s@soundbitesderby.org.uk.

On the Shelves

Hopefully you'll notice we've begun moving things around in earnest! We have a wonderful new central stand for the household and body care section, giving it the attention it deserves.

As promised, Cooper Cakes praline slices are a great treat, rich and scrummy, and totally gluten free, at £1.50 a slice they are very popular.

Do you like your chocolate with a little something extra? We now stock 'Mood Chocolates' from Organico in Blueberry and Hazelnut flavours, what an amazing taste at £2.19 (100g).

Plamil now do a range of Chocolate Flakes. Use them in baking, for hot chocolates or cool milkshakes, really versatile product to play with at £2.99.

Continuing this sweet theme, Meridian organic maple syrup is now in, £6.49 a bottle, perfect for drizzling on ice creams over summer!

Do you crave wotsits? Well, how about this astounding peanutty version!! Mais Flips come in peanut & spicy peppercorn or peanut & roasted cashew flavours. £1.30 a bag, would go down great at a picnic.

We have a lot of gluten-free customers, and only a few fresh savoury options (ganmodoki, pakoras) - are there any aspiring savoury bakers out there who would like to fill the gap?!

We are working on expanding our own packed range a bit, starting with organic cashew pieces in 250g/500g/1Kg packs at £2.80/£5.15/£9.75. Keep an eye out for larger Goji sizes and Chia seeds too! Suggestions always welcome!

Feeling the heat? We have some great new drinks in the fridge to quench your thirst, Sicilian still lemonade/blood orange from Sunita at 90p/£1.40!

Finally, cleaning up with the best of them are our new Ecoforce recycled cloths, £1.19 for 2, great sturdy material and much better for the environment.



Upstairs - Yaffle Cafe Bookshop

For most of the week the first floor is taken over by the marvellous Yaffle Café. See insert. Yaffle also put on private dinner parties!

Room for Hire and Therapies

The room is also available for hire while the café is not open, for meetings, workshops, exhibitions, and therapists, standard hire rate £6.50/hr. Some evenings and Sundays may be possible by arrangement. See Sound Bites website or contact the shop.

Guerrilla Gardening

A group of residents from Arboretum and Normanton wards have been discussing guerrilla gardening in the city for some time. In March this year we decided that the area opposite the Rosehill Business Centre on Normanton Road had been unkept and rundown for far too long. Later we heard from another resident that they thought it might have been uncared for for around 20 years. The area, as well as overgrown, was full of litter. We contacted Streetpride and were initially told that we would have to pay to help with cleansing the area of needles etc but luckily they changed their minds as we were all volunteering. Streetpride were a huge help with providing sharps bins and collection of all the litter and bramble etc that had been cut back.

On the first day we met we had about fifteen people help out. We brought snacks and drinks and the atmosphere was really positive. The area is really busy with passers by both on foot and driving so it felt like a really positive, visible event in an area stereotyped as a problem area with apathetic residents. We've been invited to speak on BBC Radio Derby and enthusiastically supported by them. Another time we brought young people from the local area to the site and they planted some herbs and sunflowers. The area is clear and improved now but still needs time and resources putting into it. We're hoping to team up with other projects such as Normanton in Bloom and Pocket Places for People to keep the project moving forward. Our most urgent need is weeding out of Couch Grass, as we can't do *anything* further until that is cleared! If you can help weed please contact clairery@hotmail.co.uk or ruthy_15@hotmail.com



The only organic café!

How many of our customers use the Yaffle Cafe upstairs?! Did you know all their ingredients are bought from Sound Bites so all veg and bread is organic? Where else can you get that eating out?!

The coffee (£1.30) and hot chocolate (£1.80) are fairtrade, a massive range of teas (£1.10), organic soup (with bread/toast £2.75), organic meal (changes twice weekly £4.95), all day veggie breakfast (including drink £5), cakes (£1.65), organic beans on toast (£2.20), toasties (£2.30-£2.70), vegan ploughmans (£3.95), water or juice....and now ice-creams too!

Plus the free Social Change Library, free wifi, colourful walls, a birds eye view of the street (from the window table!), and second hand books to buy! If it gets busier they would like to expand to the next floor up (currently office space that gets converted for games nights and big meal nights) which would also help Sound Bites with more rental income, so please check it out on your next visit!

Tim's Charity Bike Ride

A huge 'Thank You' to all who kindly sponsored me on my Somerset Gran Fondo last month (200 hilly kms, 9.5 hours, and 2 sore legs!). I managed to raise £500 for the Derby Counselling Centre, a not-for-profit charity, offering affordable counselling to those on low or limited income. The money will be put towards new signage to promote the Centre. Thanks again! (Tim, SB co-op member)

Beyond Borders 2014

The annual midlands publication for Refugee Week is open to new writers, artists, or photographers who may want to contribute next year. Also contact them if you'd like to volunteer for refugee/asylum organisations, who are under more pressure than usual due to cuts. beyondbordersnrf@gmail.com

We want to recycle!



Derby Climate Coalition surveyed 1000 households in an inner-city area of Derby on their attitudes to

recycling after the city council proposed removing their curbside collection service. The majority of respondents are strongly supportive of recycling and wish to continue to have this service provided.

The council proposal affects 140 streets, where there have been complaints about bins on streets etc, but when engaged with more fully on the issues related to climate change, 2/3 respondents didn't want recycling stopped. The lack of support and advice available for recycling is linked to cuts and job losses. Brown bins are also being removed across the city from November, and then only collected again from next year if you pay. If you want to find out more or get advice about home composting contact 721291 or

derbyrecycling@live.co.uk. The full report of the Derby Climate Coalition's residents survey is available to read on lucycare.net

Sustainable Food

More than 20 people attended the food workshop, the latest Towards Sustainable Derby monthly session, at the Friends Meeting House on Sun 21 July. People shared knowledge and ideas about what impacts on food sustainability globally and nationally, and how Derby could be more sustainable in terms of food.

The workshop ended with people making decisions about their own next steps, a go-round of inspiring projects, and a taste of a local Sun Gold tomato (in the shop now, at end of July!). The next session will be on Transition Towns - Sun 18 August, see diary. If you are interested in food particularly, see 1st Sep for new food group.

The People's Assembly

The People's Assembly is an attempt to bring together the many different groups fighting the government's austerity cuts - 'For a People's Britain, Not a Bankers' Britain'.

Part of the declaration states 'We can defend education, health and welfare provision funded from general taxation and available to all, or we can surrender the gains that have improved the lives of millions of people for over more than 50 years'.

There was a national meeting in London in July and now local groups are forming around the country to build towards the national demo in support of the NHS (at the Conservative Party Conference in Manchester Sun 29 Sep), and a national day of direct action against austerity on Tue Nov 5th.

A preparatory Derby group has got together, with plans for a possible day-event in October. To find out more see the website at derbypa.wordpress.com/ - everyone is invited. The group is also looking for help with the website and facebook page. If you would like to help with street stalls/ street theatre to raise awareness of local effects and responses to the cuts, contact ruth.s@soundbitesderby.org.uk.



Eco-House open day

Ever been interesting in how to make your property more environmentally friendly, lower your individual impact and reduce your usage bills? Well, Kate & Geoff Ball have done the hard work and are having an Eco-House Open Day at their local property in Derby. It will be split into 2 sessions, the first on ecological building and performance measurements and then the second session shows how to apply these themes to your own property to improve its performance. It's totally free to attend, ad a great opportunity to ask questions to informed people, children are welcome, and you can book your attendance on <http://thornhillecohouse.eventbrite.co.uk> / for the 13th & 14th August.

Waste Not...

Homemade Soya Yogert

Take a pint of soya milk and gently heat til luke warm. Add 1tbsp live soya yogert and keep in a warm place overnight (you can use a flask). Next time you can use a tbsp of the yogert you have made and it will thicken a bit each batch. (Thanks to a customer for this recipe)

and Vegan Cheese Sauce:

Mix 40g Engevita, 50g flour and 1 tsp salt in a saucepan. Add 450ml water bit by bit, stirring well with a wooden spoon or whisk until smooth and creamy. Bring slowly to the boil stirring constantly, until bubbling. Leave to boil for 1 minute, then take off heat and whisk in 70g marg and 2 tsp mustard. The sauce will thicken if left to stand, but you can reheat by adding a bit more water. Serves 6

For a thicker version to drizzle on pizzas, use 2tbsp cornflour and 2tbsp flour, and use 225ml oil instead of the marg, and about 200ml more water. This will be enough for 3 large oven trays.

Thanks to 'Another Dinner is Possible' cookbook for this recipe.

Bike Recycling

Donate unwanted bikes for refurbishment in HMP Stocken. Bike Back are training prisoners, and then selling affordable second hand bikes. Call 07710 632999.

Collection tins by tills

from end of April -July this year. Supporting women and families affected by drug and alcohol abuse.



The current charity collection is for the Guerrilla Gardening Project in Normanton to enable them with tools and supplies to enhance the local area. Please see their article for more details on the project, or to give your support.

Recipe for Red Quinoa Tabbouleh

A tasty and nutritious variation on a favourite summer salad

- 200g red quinoa
- Juice and zest of 2 lemons
- 2 cloves of garlic, crushed
- 3 tbsp olive oil
- 1 cucumber, diced
- 4 tomatoes, diced
- 4 spring onions, finely chopped
- A good bunch of flat leaf parsley and mint, finely chopped
- 1 tin chickpeas, drained
- Salt and Pepper

-Boil quinoa till tender, drain, and add to all other ingredients. Serve with warm pitta breads.

Surplus Apples?

The Apple Core group (running Apple Day in October) and 3 Cats Cider (making local cider!) are both possible candidates for any surplus apples you may have. Contact us and we'll pass the message on.

Also, it was good to see a few more organic ciders in the Derby Beer Festival this summer!



Thank you for your generosity in the last collection. A total of £31.32 was collected for the Women's Work

Remember: Catering Available!

Small Ads.....

Green Man with a van

Sound Bites driver Chris is available for jobs needing a van/driver - please call 07905 346271.

Vote Shambhu cheesecakes!

Shambhu's lemon & coconut cheesecake has been nominated for a Vegfest UK award - If you like them go to their website and click on the award logo to cast your vote.

www.shambhus.co.uk

Lodge Farm volunteers

If you want to get a bit of on-the-land experience and time out of the city, this is a good opportunity - Derwentio Housing who now run the allotment at Kirk Langley are looking for help - call 292776 or see www.derwentiohousing.com/take-action/volunteer/4/farm-volunteer.html for more info.

Animal Campaigns

For postcards to send to your MP about animals in circuses or Freedom of Information in relation to animal experiments contact Animal Defenders International 0207 630 3340. For badger cull postcards call Viva 01732 364546.

Derby Counselling Centre

We offer affordable, confidential, 50 minute weekly therapy sessions in a safe environment, with non-judgemental listening, empathic feedback, and acceptance of you as a person, encouraging self-understanding, self-reliance and self-healing. 01332 366863

Positive Money survey

What do people outside of finance know about Quantitative Easing?

<https://www.surveymonkey.com/s/QuantitativeEasing>

Whistlewood Common – an invitation to invest

This project has been set up to purchase ten acres of land on Melbourne Common, to create orchards, forest gardens, productive woodlands, and a space for events and education.

They are backed by the National Forest Company which has offered a grant of over £50,000, and the Directors of the Society have a proven track record in community events, education, horticulture, forestry, woodland crafts and corporate activities.

The community share issue has a target of raising £50,000 as soon as possible to secure the land. You will be investing in building an innovative land-based community project of potentially national significance. Many communities across the country have raised start-up capital via community share issues, and this is now a popular way for people to demonstrate their support for worthwhile projects. See www.whistlewoodcommon.org to read the share prospectus and business plan. Application forms are also on the website.

Derby Babywearers

For Mums and Dads who struggle with prams and want to find a solution that benefits both you and your child, a local group called Derby Babywearers has started, offering advice and support to those who want to sling the buggy and try the sling. This benefits a baby's physical and emotional development, helps bonding, and makes shopping (especially in Soundbites!) a breeze. Contact Derbybabywearers@hotmail.co.uk



Sound Bites, 11 Morledge DE1 2AW
Open Mon-Sat 9.30-6 (Thu til 7pm)

Getting to us: Derby bus station is only 200m away. There are cycle racks outside the shop, and disabled parking (other car parks nearby).

We also deliver: by bike for people with mobility difficulties, or by van to anyone else in and around Derby (including Belper and Ilkeston). See our online shop, or email home@soundbitesderby.org.uk - or call 01332 291369

www.soundbitesderby.org.uk

DERBY GREEN DIARY

July - Sept 2013

Fri 26 July - 1 Aug - The Story of Wikileaks, film at QUAD.

Sat 27 July - Self-publishing Fair - stalls, talks, workshops to encourage creative output... inc Footprinters zine workshop, Crowdfunder surgery, live printing, music... QUAD, 10-4pm.

Sun 4 Aug - support 'the depressed cake shop' raise awareness of mental illness, Broomfield College Food & Craft festival, 10-4pm.

Sun 11 Aug - Brinsley Animal Rescue Open Day 11-4pm. See <http://brinsleyanimalrescue.org/>

Tue/Wed 13/14 Aug - free Eco-house tutorials at a house in Derby which has undergone an energy efficiency upgrade. Book a place at www.thornhillecohouse.eventbrite.co.uk/ (also see Open Day Sun Sep 15)

Wed 14 Aug - launch of Palestine Solidarity group, Madeley Centre, Normanton, 7pm.

Sat 17-Tue 20 Aug - Reclaim the Power camp and protest on fuel poverty and climate change, West Burton EDF power station, Notts. Veggies catering are looking for volunteers to help too. Contact dean@veggies.co.uk For more info see nodashforgas.org.uk

Sun 18 Aug - Towards Sustainable Derby - Transition Towns - 12.30, Friends Meeting House, St Helens St. Bring lunch.

Tue 20 Aug - Enjoying Derby Alice Wheeldon short walk - tracing the history of a local conscientious objector - Assembly Rooms, 1pm.

Fri 30 Aug -Sun 1 Sep - Off the Tracks festival, Castle Donington, www.offthetracks.co.uk/

Sat 31 Aug - Have a Heart for Animals event - food, music, games, talks, films. St Peters Church, 10-4pm.

Sun 1 Sep - Food Sovereignty group first meeting, 12pm bring lunch, 1pm meeting. Yaffle Café.

Sat 14 Sep - Festival of Peace and Progress, celebrating the campaign to clear the name of Alice Wheeldon - cycle ride, song, art, workshops. 10.30-5pm, The Guildhall. Peggy Seeger in the evening. See derbypeopleshistory.co.uk

Sun 15 Sep - Open Day - a house in Derby which has undergone an energy efficiency upgrade. Register at superhomes.org.uk

Wed 25 Sep - History of Derby Co-op, how the Co-op changed the face of Derby from 1850. 7.30pm, The Brunswick. derbypeoplesh@yahoo.co.uk

Sun 29 Sep - National protest in defence of the NHS and against cuts, at the Tory party conference, Manchester. Coaches from Derby, details tba.

Fri 11 Oct - Sound Bites annual Classical Guitar recital, time tbc..

Sat 5 Oct - Derby's 2nd Real Food Fair, date and venue tbc...

Sat 12 Oct - People's Assembly day event, date and venue tbc...

Sat 12 Oct - volunteer training day for Derby Churches night shelter this winter, 10.30am – 12.00 noon, Ozzy Rd Church, Charnwood St. More info from nightshelter@derbycitymission.org.uk

WE CAN PUBLICISE YOUR EVENTS!
Please email
ruth.s@soundbitesderby.org.uk
- we also do a monthly emailout.

The Nipper

**Yaffle Cafe is open:
Mon-Sat 11-5
Meal Night: Thu 5.30-8.30
Fri open til 7pm**

Newsletter of Yaffle Cafe and Bookshop (The Nibblers little sister!!!)



Musical Meal Month October

We have decided to make our October meal nights into musical extravaganzas! As well as food from countries with a rich musical tradition, we've been talking to a Georgian Choir and Brazilian Samba band about live performances, maybe a few film screenings as well. Should be great! Look for 'musical meal month' on our website for more...

Meal Night goes Multisensory!

THU's 5.30-8.30

We've also decided to generally turn Yaffle Meal Nights into a multisensory experience! Starting with Bulgaria on 1st August there will be photo slide shows, a more elaborate menu and more of a musical emphasis. Book now!

Booking recommended for Thursdays. 07799815083. Upcoming meal night themes are:

Aug - 1st Bulgaria, 8th Spain, 15th Argentina, 22nd Turkey, 29th Algeria

Sep - 6th Italy, 13th Ukraine, 20th Hungary, 27th Egypt

Oct - (very provisional—see 'Musical Month October' link on our website nearer the time or check the notice boards) 3rd Mali, 10th Brazil, 17th Cuba, 24th Georgia, 31st Romania

Mosaic Yaffle

Word on the street is that we've spoken to a local artist about a big mosaic of a Yaffle outside Yaffle Café window. For those of you who don't know, a Yaffle is the folk name for a Green Woodpecker. We hope this new addition doesn't confuse the pigeons!

Palestine

There's a Palestine Solidarity Campaign Derby Launch event with food and film showings at the Madeley Centre, Normanton DE23 on 14th August at 7pm.

Peace News and Iran Talk

We held an excellent talk at the Friends Meeting House with Emily Johns and Milan Rai from Peace News following their recent trip to Iran, about the nuclear 'threat' of Iran and a rich account of Iranian culture.

An exhibition of Emily's work will be in the café very soon and copies of Peace News, the money of which will go to funding of this project. More such talks planned in the near future.

Games Night and Storytellers Club!

Our next monthly late Saturday Night is on 3rd August. We'll have a bit of storytelling on one floor, board games on the other.

Bring a story to read or one of your own, or a board game to play. Food and drink available. Opening times 6.30pm-9.30pm

Electro Late Opening Fridays

Rumour has it we will have the occasional live DJ or electro album of the week for our last couple of hours on Friday (now open till 7pm).

Seats on the Streets

We're looking into putting seats on the streets (though with planning etc. this might take a few months). More news on this in due course!

Ice Cream and a cool place to sit

Strawberry and Vanilla ice cream available in cones. Homemade frozen chocolate covered banana too! (see stretched picture above!)

Besides this our café is in the shade and has the window open in the summer if you're looking for somewhere cool to sit...

www.yafflecafe.co.uk