



The Nibbler!

Issue 14
Autumn 06

'Sound Bites' is a wholefood shop and social change networking point. As well as selling local organic veg, organic bread, vegetarian savouries and other wholefoods, we have a veggie café, notice boards, meeting/therapy room and an online public access computer. **'The Nibbler' is our quarterly newsletter.**

11 Morledge, Derby

Mon-Sat 9.30am - 6pm

Sun 11am - 4pm

www.soundbitesderby.org.uk info@soundbitesderby.org.uk / (01332) 291 369

Sunday Opening

From 1st October Sound Bites will be opening on Sundays from 11- 4pm. This is a trial till the end of the year, and if it proves successful we'll continue after Christmas. We've recently found out that the council car park opposite is open to the public from 5pm on weekdays, and all day Saturday and Sunday, (£1.60 all day Sunday). Although we wouldn't want to encourage car use, for people who want to do a big shop, or have mobility difficulties, this could be very useful.

1st Floor Room For Hire

We have moved our office upstairs into what was the meeting/therapy room on the 2nd floor, which means our old office on the 1st floor is now the meeting/therapy room. This is so that it has more privacy (the other room was a through room and only partitioned with a curtain), and also it is easier to get to – less stairs to climb. So if you are looking for a room to hire (normally £5 an hour, other options negotiable) for a meeting, therapy, workshop, or something else, have a look at our room. In November the carpet will be lifted and the floor improved, making it more suitable for therapies, and easier to clean. Users can book slots 9-6.30 Mon-Sat, 10.30-4.30 Sundays, and after hours slots can potentially be arranged.

Collections

All donations over the last 3 months will go towards events tied in with international 'Buy Nothing Day' at the end of November. £76.68 was raised! Plans so far include a 'Buy Nothing Market' (to be held in St Peter's Church Hall on the 2nd of December 12 – 3.30pm), street theatre, distribution of leaflets about consumerism and the activities of certain companies, and a newsletter. There will be a street theatre workshop by 'StreetActs' (anyone is welcome!) and the next meeting on Wed 18th October. Please contact derby@riseup.net if you want to be kept informed. The next collection will be for **Derbyshire Housing Aid Night Shelter**, which is open 7 nights a week, 365 days a year, particularly important as the nights get colder. See article on back page for more details.

You Can Eat In!



Following the summer Nibbler we decided to alter the way we run our café space and make it self-service. You can still get sandwiches, salads, pasties, cakes, and cold drinks, from the new deli counter by the till and sit and eat them in the café area or take them away. We still have magazines to read, local artists work displayed, and a baby chair (please ask). We plan to start hot drinks again soon, and there may even be hot soup in the winter!

In Store Nutritional Advice

Simon Garrod, a trained nutritionist and herbalist with a holistic approach to well being, will be in Sound Bites on the 14th of October. In the morning, 10 – 1pm, he will be available to discuss your health queries free of charge on a drop in basis. In the afternoon 2 – 5pm, he will be available for private consultations. Please phone 020 7352 5603 to book an appointment.

Price Comparison...

Product: organic sunflower seeds

Price: Sainsbury's £7.50 /kg
Sound Bites scoop n' save £1.50/kg
(Aug.06)

Diary Dates

Please let us know of any events in Jan-March to include in next newsletter

Tue 10th Oct – Amnesty workshop on the ‘War on Terror’. 7 for 7.30pm, Friends Meeting House, St Helens St.

Sat 14th Oct – nutritionist and herbalist at Sound Bites. ‘Drop In,’ in the morning, appointments in the afternoon. (Call Simon 020 7352 5603 to book an appointment)

Sat 14th-Sun 15th – Riff Raff mini festival, workshops, music, camping, food, countryside... Bradley Nook farm nr Ashbourne, tickets £6 from Sound Bites.

Mon 16th Oct – Derby Campaign against Climate Change meeting ‘What can we do to stop global warming?’ Speakers and film from Greenpeace. 7.30pm, Friends Meeting House, St Helens St.

Mon 16th Oct – ‘Food is better than medicine’ seminar with Patrick Holford. Birmingham. £15. 6.30-9.30pm. see www.foodismedicine.co.uk or call 020 8871 2949.

Wed 18th Oct – Street theatre workshop by ‘StreetActs’ in preparation for Buy Less Share More event end of Nov. Venue tbc.. Followed by planning meeting. Please contact derby@riseup.net

Sat 21st Oct – celebrating Apple Day at Sound Bites! Variety of apples to taste and spiral in our special contraption...

Sat 21st Oct - Groove is in the heart, singing workshop 10.30-4.30, The VoiceBox, For man Street, £13/18. Call Beth- 345 508 for info.

Sun 22nd Oct – celebrating Apple Day with the Apple Core Group, stalls by Markeaton Park play area. More info on back page!

Wed 1st Nov –City-Zen, monthly event of diverse entertainments, food, info, open floor and films. 8pm, The Bell, Sadlergate. Entry by donation- Email city-zen@riseup.net

To receive the Nibbler by email please email info@soundbitesderby.org.uk

Sat 4th Nov – International Climate March, London. Coach tickets available from Sound Bites, or call Martin on 01332 558638. Leaves Council House 8.30 am. £12.50/ £8.

Tue 7th Nov – RosSPORT Solidarity Camp speaking tour – find out more about the campaign against Shell development in Ireland. Sound Bites meeting room. 7.30pm.

Fri 10th – 14th Nov – ‘Kekexili’ a moving true story of volunteers protecting the Tibetan antelope. Metro Cinema, Green Lane.

Also Fri 24th – 30th Nov – ‘An Inconvenient Truth’. Al Gore’s film about global warming. Introduction by Derby Campaign against Climate Change on 24th, 6.15pm.

Nov 25th – Dec 2nd – ‘Buy Less Share More’ week. See article front page. Email derby@riseup.net for more details or to get involved.

Sat 2nd Dec – Buy Nothing Market, St Peters Church hall (upstairs), opposite Oxfam. Escape the shopping throng – displays about the waste created at Christmas, arts and crafts activities, stalls from different organisations. Tea, Coffee and Mince Pies 12-3.30pm.

Sat 2nd Dec – aromatherapy massages upstairs to raise money for S19 housing co-op; phone Miv on 0116 2824272 to book.

Wed 6th Dec –City-Zen, see 1st Nov

Sat 9th Dec – Amnesty Write-athon at St Peter’s Church. Send a Christmas card to a ‘prisoner of conscience’ or write a letter for one of Amnesty’s appeals.

Hunt Sabbing

Although hunting with hounds has now been banned the hunt saboteurs association and the league against cruel sports have found that many hunts continue undeterred and it is likely that many hunts are out now for the cubbing season. Public support for hunt sabbing has dropped because people believe that hunting has stopped. Efforts are being made to set up a Derby Animal rights group to go hunt sabbing locally and work on other animal rights issues. Help will also be needed with fund raising so if you are not confident about going hunt sabbing but would like to help there are other ways to get involved. To find out more e-mail info@derbysabs.org or tel. 07754 524661.

The Phone Co-op

Sound Bites hosts a ‘Phone Co-op affinity scheme.’ The Phone Co-op is a telecommunications provider which is owned and controlled by its customers and has a genuine commitment to the environment. It also offers great value calls.

The Phone Co-op will pay Sound Bites a 6% commission on calls billed to customers who register to The Phone Co-op quoting the Sound Bites code 407/AF0360. So if you are fed up with your current phone company and / or would like to help Sound Bites The Phone Co-op might be for you.

www.thephone.coop
Tel 0845 458 9000

Low Cost Low VOC Paint Available At PARC

Paints and finishes release low level toxic emissions into the air for years after application. The source of these toxins is a variety of VOC’s (Volatile Organic Compounds) which, until recently, were essential to the performance of the paint. New environmental regulations, and consumer demand, have led to the development of low-VOC and zero-VOC paints and finishes which are less harmful to human and environmental health.

PARC, Derby’s Play and Recycling Centre on Werburgh St, have just had a delivery of paint from CASA for their paint recycling project. You can buy a range of colours in 1 or 3 litre reusable tubs for £1 a litre. Handmade, with natural pigments, they also have additives to make it into fabric paint. PARC also sells cheap reclaimed: office furniture, wood, curtain rails, ceramic tiles, carpet tiles, wallpaper, varnish and fabric.

Opening hours: Tues and Wed 10am – 3pm and Thurs 10am – 5pm

The Fluoride Debate

Recently a Sound Bites' customer asked what was wrong with fluoride and why we stocked fluoride-free toothpaste. Fluoride is added to the water in many areas supplied by Severn Trent and so consumers may wish to think carefully before using fluoride in their toothpaste too.

Fluoride's supporters tell us that it remineralises tooth enamel, and prevents the production by bacteria in dental plaque of the acid that causes tooth decay.

Anti-fluoride campaigners say it is a cumulative poison. For example, Osteosarcoma, a rare form of cancer, but one of the principle ones affecting children, has been found to be much more common in areas where water is fluoridated. There are many more other ailments and problems (ranging from skeletal fluorosis to still birth, Down's syndrome to lower IQ levels) which have also been found to be significantly more common in areas with fluoridated water. These examples suggest that at the very least more research is needed.

The anti-fluoride lobby has grave concerns about why so little further research has been done, and why there is such strong administrative pressure to fluoridate. They believe that some of the answers may be found in the relationship between large scale industries and governments.

Fluoride is a waste product of the aluminium manufacturing, petrochemical and fertiliser industries. Industry has welcomed the repackaging of fluoride from a costly pollutant to a health product that can be sold to water companies.

In 1945 the 'safe' level ruled to be appropriate to add to drinking water supplies was calculated to be 1 part per million. This level has never changed despite increasing levels of fluoride absorption from other sources. Non organic fruit and vegetables contain traces of fluorides from the pesticides that have been applied to them and of course most toothpastes now contain fluoride.

Sound Bites stocks several fluoride free toothpastes. An important part of Sound Bites' ethos is to stock wholesome foods rather than supplements. We would argue that eating a good diet with a low sugar intake and having a sound dental hygiene routine is a better way to protect your teeth than the use of fluoride.

For more info pick up our more detailed leaflet in the shop, or see www.second-opinions.co.uk/fluoride.html

Problems with sugar by Faye Rimdap.

Everybody knows that the human body needs certain nutrients to function properly, such as vitamins, minerals and amino acids. One of the most important ones that the body needs is glucose, a simple sugar that is a basic source of fuel and energy for the human body. Without glucose, none of the reactions within your cells can take place.

However, most adults and children in the UK are eating too much sugar. It is important to keep an eye on how much we are eating, because sugar often goes hand in hand with high fat commodities such as doughnuts and biscuits.

Therefore consuming too much glucose not found in natural foods such as fruit can cause dangerous health problems within the body such as obesity, depression, mineral deficiencies, diabetes and some reports show that eating too much sugar or unnatural colourings can lead to ADD (Attention deficit disorder) or ADHD (Attention deficit hyperactive disorder) not to mention tooth decay.

The best thing to do is to cut down on our intake of sugar and the best way to do this is to cut down on sugary snacks, read the labels of the foods you buy, watch out for other words that are used to describe sugar, such as sucrose, fructose, invert sugar and corn syrup and cut down on the amount of high sugar drinks that you have.

The Green Gym!

BTCV, (the British Trust for Conservation Volunteers) runs Green Gyms all over the country, including one in Derby at Little Chester Allotments in Chaddesden. Here is an invitation to the project:

Derwent Green Gym runs every Tuesday, Wednesday and Friday. Come and join us for the day. You will gain new friends; have a relaxed day and burn off calories without even noticing. In return for your hard work we will reward you with refreshments for the day. So head down to your Green Gym. It starts at 10am – meet at the gates of the allotment. For more details or to book a place on the courses or day trips please contact Jane on 01332 348 591 or email jane.smith@btcv.org.uk

Derby LETS – Local Exchange and Trading System

Derby LETS is a system for exchanging goods and services in Derby, without money. Individuals join the system and can offer and request services, some of which will be things that would be hard to find anywhere else, such as asking for help with going shopping, or offering lifts. People also offer things like DIY help, loan of camping equipment or tools, language tuition, or gardening assistance.

Derby LETS will be having a stall at the Buy Nothing Market at St Peters Church hall on St Peters St on Sat December 2nd, so come along and find out more, or call Pam Davison on 01332 721759.

(Hopefully there will also be information from the Credit Union, Freecycle and about debt counselling)

A word from Derbyshire Housing Aid

Derbyshire Housing Aid is an independent local charity who have been helping people with their housing problems for just over 10 years.

Homelessness and the lack of affordable and appropriate housing is a growing problem throughout the UK. In Derbyshire alone, we estimate that 25,000 people are either roofless, living in temporary accommodation, or in housing that is unsuitable for their needs.

Our founding service is free, independent legal advice on housing and related issues, but we also work to tackle the root causes of social and economic disadvantage and poverty. We offer a vital lifeline to thousands of people each year, from preventing evictions, overturning unfair decisions by councils and housing associations, to finding homes for people who are sleeping on the streets.

The donations from the collection tins at Sound Bites until Christmas will go directly to the Derby Night Shelter which is a direct access shelter. The only prerequisite is that the individual is 18 years of age. The shelter has 14 beds offering respite from the cold 7 nights a week, 365 days a year. Hot drinks, snacks and a change of clothes are available. The service users will be consulted on how the money is spent and it will benefit them directly. Derbyshire Housing Aid would like to thank everyone for this welcome donation which will help us continue to work with some of the most vulnerable and disadvantaged people in our community.

Apple Day with the Apple Core Group

Apple Day was started in 1990 by Common Ground, a community group whose aims include linking nature with culture.

On Sun 22nd Oct from 11am – 4pm, by the children's canoeing lake in Markeaton Park, there'll be tasting of different varieties of apple, competitions, games, arts and crafts, sale of delicious home baking, home-made chutneys and jams, horticultural advice, pressing windfall apples to make apple juice and the Apple Peeler.

The Apple Core Group are horticulturalists seeking to promote the benefits of eating locally grown, seasonal, organic fruit and vegetables.

Help Wanted for Climate Campaign!

The Derby Campaign against Climate Change is looking for more people to help with various bits: They are running a street stall to hand out leaflets in the run up to the big march on November 4th. It will be opposite Oxfam from 12-1.30 on 7th and 14th October. They also want a budding designer to help with layout of leaflets. Please contact Peter on 01332 600612 if you think you can help.

Rossport Solidarity Camp speaking tour



Rossport Solidarity Camp was established in the middle of June 2005, at the request of residents of Rossport, in north-west Mayo, Ireland, opposing the construction of a high pressure gas pipeline and inland gas refinery in their area.

The aim of the camp is to lend practical support to the local community's struggle against the state and Shell and to provide a base for people who wish to visit the area, to find out more and show their solidarity with the people of Erris.

This is not the only campaign to try and hold Shell accountable for the environmental destruction and human suffering it causes in its activities around the world, but this campaign is a major opportunity to defeat a highly dangerous project and has been an inspiration to many people.

Come to the talk on 7th November to find out more.
7.30pm, Sound Bites meeting room.

What is a Workers' Co-op?

Sound Bites is! But what does it mean? At Sound Bites, all permanent members of staff are co-op members. We have 7 members working in the shop, but we also do everything behind the scenes too, from cleaning the toilets to keeping the books. Co-op members jointly own and run the business, so we share responsibility and make decisions by consensus at weekly meetings. Other forms of co-ops include consumer co-ops and housing co-ops. For more info about co-ops see: www.radicalroutes.org.uk

In addition to being a co-op, Sound Bites is a 'not-for-profit' organisation. Any profits we do make (once we've paid off start-up loans!) will go back into the project or to support other projects with compatible aims to our own.

Christmas Specials

Look out for our organic hampers, and don't forget Sound Bites gift vouchers.

See Nibbler 12 (on our website) for a delicious festive nut roast recipe, and ask about ordering gluten-free Xmas goodies!

Thank Yous

Thanks to the Co-op Dept Store for more shelving! To Dionne for helping with the therapy room, and our tireless cardboard collectors and wholefood packers, Amy, Chris, Gwen, Nigel & 2 Jane's – you're great!