



Issue 25
July - Sep 09

the Nibbler

Newsletter of Sound Bites

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

A not-for-profit workers co-operative

FULL CATALOGUE NOW on our website: www.soundbitesderby.org.uk

Vegetable Pedallers Film!

Cycle Derby have approached us with a proposal to make a film about our Veg Pedallers delivery scheme! The storyline will echo the feature in the Derby Telegraph, with vegetables picked in Kniveton, brought in by bicycle, packed in the shop and then delivered by bicycle to customers around Derby. Filming will commence this August, with the film being entered into the Bike Film Festival in October.

Powered by renewables

Did you know... Sound Bites shop have our electricity provided by Good Energy, the only energy provider to supply 100% from renewable sources (wind, small-scale hydro and solar generation). If you sign up and mention Sound Bites we get a bonus! (www.goodenergy.co.uk) We also try to use suppliers for other services that are themselves powered by renewables (again, mention us if you sign up!), such as the Phone Co-op for our phone and internet (www.thephone.coop), Naturesave for insurance (www.naturesave.co.uk), and Ecohost for webspace (www.ecohost.coop). See inside about our 12volt fridge!

Fundraising Jute Bags

Thank you to everyone who has bought a new red jute bag at the special fundraising price of £5. Limited edition, so don't miss your chance to get one of these future collectors items!

More Fundraising Plans

Although our sales continue to gradually increase and we are very economical with wages (amazing volunteers and all paid staff on minimum wage), due to rising costs and slower growth than expected this year, we estimate a £15,000 shortfall in funds to repay start-up costs due in December. We are looking to increase home delivery custom (online shop on the way!), hire of the meeting/therapy room, and event catering. Great food from only £5 a head!

Donate for Ecofest?

Can you help our fundraising stall at this year's Ecofest? (19-20 Sep) We need prizes for people who can knock down 10 tin cans... All prizes must be second hand or otherwise in keeping with the environmental theme. We particularly want big cuddly toys!

Local/Organic Fruit & Veg, & Home Delivery

Sandwiches, Salads and Soup

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Events / Therapy Room

Library, Bookcrossing, Notices & Magazines



Whats New?

Organic Veg

If you're interested in our **in-shop veg-bags** (from £4) or **Home Delivery scheme** (from £10 inc delivery) you don't need to commit to every week, you can have a trial go, and fortnightly orders are available. Details of delivery, and our full catalogue are available on our website, or just email home@soundbitesderby.org.uk

As we go to print, we have local onions, new potatoes, beetroot, cabbage and strawberries, and more...plus...

just in - delicious local blackcurrants!!

On the Shelves

New in: ~ local Braille ale fundraising for DAB £1.95
~ Bia Nua **gluten free flours, xanthan gum and baking powder**. Also available from local baker Rowanberry Cakes, **gluten-free cakes to order!** £10.50
~ Smooze **coconut milk ice lollies**, only 35p!
~ Real Nice pure fruit **organic berry ice lollies**, £1.15
~ Booja Booja **fresh truffle 2packs!** 3 flavours, £1.25

Coming Soon!

~ **Recycled plastic** washing up sponge scourers, £1.19 for 2.
~ Spoff **gluten free porridge**, and mueslis!
~ **Chestnut flour**, £6.95 for 500g, but apparently it's the new thing!
~ Organic **tinned ready meals**:
♦ Ratatouille (99p introductory offer)
♦ Chickpea and bean tagine £1.69
♦ Bean Cassoulet £1.69
~ Organic **Hand Sanitizer** - great for festivals. £2.99
~ 2 new **organic drinks** from Luscombe Farm
♦ Carrot and Sicilian Orange Juice £1.49
♦ Blueberry Crush £1.59
~ Organic **Vanilla Yofu** (soya yogurt) 500g pot £1.49
~ Booja Booja **small tubs of ice cream!**

First Floor Room for Hire

We have space for more people to hire out this lovely room. A city centre bargain at £5 an hour (non-commercial rates negotiable). Please get in touch with any queries. Ideal for meetings of up to 10 people, holistic therapists, or for crafts, small events/exhibitions, rehearsal space or something else!

Therapies available

(see web for more info)

To make enquiries contact the therapists:

- ♦ Thai/Indian **Massage /Yoga**
Call Dionne - 07724 096861
- ♦ **Reflexology** and Champissage
Call Nicci - 07968 076155
- ♦ **Aromatherapy** Massage
Call Barbara - 01773 824289
- ♦ **Counselling and Psychotherapy**
Call Ambika - 07960 987622
- ♦ **Freedom from Phobias**
Call Jane - 01332 340740
- ♦ **Shiatsu** - Call Richard 07942 335117



Green Man with a Van

Chris who does Sound Bites home delivery in his van running on recycled veg oil, is available for other jobs needing a van. Please contact him on 07905 346271.

Online Shop on the way!

This should really be front page news, but as it's still in development we don't yet have a definite launch date. A HUGE thank you to programmer Gerry for offering his web skills to help our Home Delivery flourish. If you want to talk IT, Gerry is at <http://g.mayfield.it>

Housing Co-op in need

Blackcurrent Housing Co-op in Northampton is looking for new members, as well as volunteers to help with renovation and plumbing work on their 120 year old building. Repair of sash windows can be taught. See blackcurrentcentre.org.uk

Woodland Volunteer

Rob, a Sound Bites customer and photographer, wants to learn about woodland management. If you work in woodland and would like an assistant, email rb_cope@msn.com

Use the Fig!

Since we began we've had a mutually beneficial relationship with the 'Health Food' stall in the Eagle Market, each sending customers to the other for things we don't stock. Isobel's stall has now moved further up the market, and changed name to 'The Fig'. While we concentrate on food, The Fig stocks supplements and medicinal products you find in the chain health food shops, but is a local independent business.

12 volt fridge

At the Big Green Gathering, where we are running a shop this year (in a marquee for 5 days!), only renewable energy is allowed - no generators. We will be supported by V3, based in Nottingham, who will provide renewable power, and are converting a second-hand chest freezer into a low-power fridge for us! It will only need to be turned on for a few minutes a day to maintain the necessary temperature. We plan to then use it in the van to add chilled items to our home delivery. See http://mtbest.net/chest_fridge.pdf

More

New groups in Derby

Transition Derby UK, a grassroots response to the challenges of peak oil and climate change, and part of the growing worldwide Transition Network, meet fortnightly on Saturday evenings at Friends Meeting House, St Helens Street, DE1 3GY. For further information or enquiries, phone 01332 292586 or e-mail 'Transition Derby UK' at transitionderby2009@gmail.com See transitionderby.co.uk

No2ID, the local branch of the campaign against compulsory ID cards and the database state, also meeting at the Friends Meeting House, (see diary) derby@no2id.net or call Nick on 07763 932 176.

Alternative Organisations, a series of meetings about alternative organisations in Derby, which came up with the idea to look into creating an alternative social centre, and is also planning to run a festival in October, see article in next column...

New Charity Shop

A new charity shop has opened on Curzon Street, raising funds for Chernobyl Children Lifeline, to organise holidays in Derbyshire for children still affected by the radioactive fallout of the nuclear explosion in Belarus in 1986. They are asking for donations of clothes, toys, furniture and bric-a-brac. Please ring Rev Martin on 07777 678305. See www.chernobylchildlifeline.org

New approach to wildlife

After continued community opposition to their plans for development, the University of Derby has taken a new approach to their management of Sturgess Fields. Instead of proposing to build a road through the area, they are now putting on events that recognise and raise awareness of it's wildlife value, including observing the dawn chorus, and an evening bat walk. To be kept in touch about future events, contact the Uni Community Relations Officer Peter Walker on 591945 or email him on p.walker@derby.ac.uk

news...

Derby Alternative Festival

An open group has formed to put on this event in October - they say:

“What are we trying to achieve?”

October's Alternative Organisations Festival aspires to be a week-long grassroots community event, which hopes to make possible the diverse visions of Derby's rich pool of individual and collective talents, aiming to entertain, educate, challenge, inspire, and cultivate positive social change in Derby.

Beyond creating a memorable event which connects individuals working towards change whilst celebrating the alternatives which exist, we also hope the festival will knit together the efforts of groups and individuals in a way which builds solidarity and has the lasting effect of allowing these individuals to collaborate towards the achievement of future goals, an example being the creation of a self-managed social centre for the people of Derby.

How are we trying to achieve it?

The organisers of the festival are an inclusive autonomous group of individuals based in Derby, that hold regular democratic meetings open to anybody who wishes to be involved or feels they have particular skills or ideas they wish to bring to the festival. We believe that all individuals that get involved should be encouraged and supported to contribute whatever skills, ideas or actions they wish in a way that works for them.

We would like the festival to be open to all who would like to contribute to it and it's manifestation to be representative of all who make it happen. So whether it be workshops, art, music, comedy, skill-sharing, debate, street theatre, cooking, campaigning, crafts, spoken word, critical mass, films, games, talks, parties, walks, free shops, stalls, whatever your imagination can concoct, the more of us the merrier, so please feel free to get involved and help make this happen.”

To get involved: 07766 105583, or city-zen@riseup.net

BOOKS...

Library moves to Boo

Sound Bites Social Change Library has moved to the Boo sustainable gift shop on Sadlergate. This way it will be accessible all week instead of just Saturdays. You can pop in anytime between 10-5pm, Monday-Saturday, browse the books, and sit down in the comfy cushioned area, and we have increased the number of books you can borrow to 4 at a time, for up to 1 month. Just sign them out with Holly at the counter! You can also have a cup of herbal tea - donations cover costs and support Boo.

Reference books at till

We have kept back from the library the books relating to Food and Cooking, which are kept under the till. You are welcome to sit down with one, here's a taste of what we have:

- ◆ **Encyclopaedia of Healing Foods**
- ◆ **Green Cooks Encyclopaedia**
- ◆ **Animal Free Shopper**
- ◆ **Students Go Vegan**
- ◆ **Why Vegan**
- ◆ **Another Dinner is Possible**
- ◆ **Wholefood Approach to Diabetes**
- ◆ **Vegetarian Dishes from Around The World**
- ◆ **Baby and Child Vegetarian Recipes**
- ◆ **E for Additives**
- ◆ **The Chemical Maze**
- ◆ **Nutritional Medicine**
- ◆ **Green Pharmacy**

Books to Gaza

The Free Gaza Movement is planning to make 3 more trips to Gaza this summer by sea, and have launched a Right to Read Campaign in partnership with the Al-Aqsa University in the Gaza strip. This effort allows individuals and institutions to donate new and used books to support the right to education in Gaza, which has been damaged by the bombing and the blockade. To see their wishlist, log on to freegaza.org/right-to-read

Waste Not

Wool for Barbara!

Barbara is one of Boo's suppliers of locally made arts and crafts. She makes unique clothing and ornaments from remnants of wool. If you have any old lengths you don't want, drop them into Boo on Sadlergate. Barbara also informed us that there are now 3 regular knitting sessions in Derby! every Weds 2.30-4 at the Womens Centre on Leopold St, every Thurs 2.30-4 at the Library, and 1st and 3rd Monday 4.30-8 at QUAD.

Allotment Surplus?

Donations gratefully received for our Veg Pedallers scheme! 291369.

Recipe

Make your own Mushy Peas!

Soak 250g dried marrowfat peas overnight in 3x their volume of water with 1tsp of bicarbonate of soda. The next day rinse them and then add fresh water, bring to the boil, then simmer til mushy (1-2 hours), stirring from time to time. Once cooked, you can add salt, pepper and marg to your taste!

Rechargeable Batteries?

Do you have any D-size rechargeable batteries you could lend to run our scales at the Big Green Gathering? Or a big trolley? Please get in touch by mid July.

Swap Derby

Swap Derby is a clothes swap service which also runs amazing workshops where you can get expert advice on customising your new-found clothes! For £5 you can get several new pieces of clothing (even if you don't have anything to give away), advice and help on altering or adding to the clothes, free nibbles, and 5-10% of the ticket price goes to Labour Behind the Label, an organisation campaigning for the rights of garment workers.

www.labourbehindthelabel.org/
To find out when the next workshop will be held contact swapderby@googlemail.com, or add Swapderby Derbyswap as a friend on Facebook.

Padley Alterations Service

Alternatively, you can get your clothing alterations done at Derby's homeless charity shop, Padley, on Sadlergate!

Why not use our upstairs room for your event?!

If you want to organise an event such as a clothes swop, bring and buy, film show, craft fair or workshop, our first floor room could be perfect! The standard charge is £5 an hour, but depending on the type of event, we may agree on a percentage of your takings, or a donation, or even charge nothing, especially if you do wider advertising yourself and attract new people to the shop.



Collection bins by bills

Thank you for all the contributions to the last quarterly collection, which raised £33 for the Faso Fund, for work in Burkina Faso. For more details you can email louise_cannon3@hotmail.com, or call 01773 862397.

Your donations in July, August and September will go to v3 alternative technology co-op in Nottingham, who are converting a freezer to a low power fridge for us to run in the van for home delivery! See v3power.co.uk for courses.

Thank you to the people who have donated towards the printing of this newsletter.

DERBY GREEN DIARY

For monthly updates please
join our mailing list at
info@soundbitesderby.org.uk

Wed 15 July - Mark Thomas comedian and political activist plays at Derby Assembly Rooms.

Sat 18 July - Derby Caribbean Carnival - see Calidoscopio, Derby's new carnival drumming band on the parade from Peartree. Due at market place 2pm. The band is open to new members. See kaleidoscope-music.org.uk

Tue 21 July - Derby No2ID meeting - find out more about opposing compulsory ID cards. Friends Meeting House, St Helens St, 7.30pm. For more info call Nick on 07763 9321765.

Tue 21 July - Veggie /Vegan night at Mexico restaurant on Sadlergate. £15.95 for 3 courses. Menu at www.mexicoderby.co.uk

Wed 22 July - Sound Bites goes to QUAD! Come and see 'In the Loop', back by popular demand, a political satire on the 'special relationship' between the US and the UK. Cert 15. 2 tickets for the price of 1! Meet at 6pm, show starts 6.10pm, QUAD.

Thu 23 - Mon 27 July - Peace News Summer Camp, nr Oxford. Only £20-40. Food by Veggies of Nottm. See workshops list at peacenewscamp.wordpress.com

Mon 27 July - Sun 2 Aug - Big Green Gathering, near Bristol. Ask

us about discounted tickets! Loads of entertainment and workshops etc.. See big-green-gathering.com

Thu 6 Aug - Hiroshima Day - vigil at Rolls Royce Raynesway, where nuclear reactors and fuel rods are made which power Trident, UK's nuclear weapons system. 4pm.

Wed 26th Aug - Free supported Sustrans bike ride from Derby to the Shambala festival Aug 28-31! Contact Dave Clasby on 07814 611749 or davec@sustrans.org.uk, or see www.shambalafestival.org

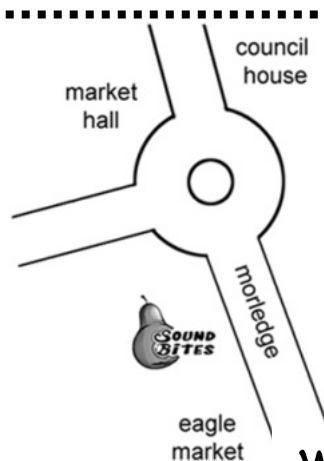
Thu 27 Aug - Wed 2 Sep - Climate Camp, near London, in the run up to the global talks in Copenhagen in December. climatecamp.org.uk

Mon 1 Sep - Presentation by Ruth and Rosemary from Derby about their trip to Palestine in May, at the Justice and Peace meeting, St Mary's Centre, Darley Lane, 7.30pm. See ruthinpalestine.wordpress.com for written report.

Sat 19-Sun 20 Sep - Ecofest biannual event, Markeaton Park. Featuring Sound Bites knockdown-can stall!

Fri 25 - Sun 27 Sep - planned weekend for the Rising Sun community festival, (an offshoot of Riff Raff), near Ashbourne.

Mon 28 Sep - 'Beyond TV' at Boo - The Zionist Story - the history of Zionist nationalism and the creation of Israel, by Jewish filmmaker Ronen Berelovich. Boo, Sadlergate, 7pm for 7.30 start, suggested donation £2. Cakes and tea.



Compiled by Sound Bites Grocery, 11 Morledge

Open Mon-Sat 9.30-6

We're very well placed for bus routes into the centre, and the Council Car Park's over the road, open to the public after 5pm weekdays, and all day Saturday. We run 2 delivery schemes - by bike for people with mobility difficulties, or by van to others in and around Derby. Please email home@soundbitesderby.org.uk or call 01332 291369

www.soundbitesderby.org.uk