



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

Veg Box as a gift

This was an idea brought to us by a customer who arranged for us to deliver an organic veg box as a present to a friend last Christmas. It is easy to set up, just choose which size box, whether for just one week or more, and give us their address. Boxes start from £10.

We can also deliver all the way to Ripley for just £2 any other items from the shop (except chilled and frozen), which can be packed up in one of our cotton bags for just £1 or our sturdy jute bags for £3.50.

Online Shop

Until the online shop is ready, delivery orders can be made by email or phone, using the catalogue on our website as a guide*. It is 38 pages long, but as a pdf document, if you click on the binoculars icon, it can do the searching for you.

*prices correct at the time of publishing, Feb '09.

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.

£5 off therapies

As a special offer leading up to Christmas and the New Year we are offering £5 off when you book 2 therapy sessions at Sound Bites. For details of the therapists available see inside the newsletter.

New therapists

We have several new additions to the range of therapies now available upstairs at Sound Bites: Alexander of Lotus Therapeutics offers EFT (Emotional Freedom Technique), NLP coaching, and Bach Flower Remedies, and Gemma Hague offers Shiatsu, and Hopi Ear Candles. Contact details are inside the newsletter.

Catering Success

We've recently catered for a local wedding, a national cycling campaigners conference, and as we go to print are preparing to provide 800 of our famous baguettes to a student medical conference on global health! We're also pleased to be providing refreshments for the 10th anniversary Open Studios event at Banks Mill, 27-29th November. See banksmill.org.uk for more info!

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, 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 10 varieties of UK organically grown apples, mostly from our Apple Man in Essex, but also some sourced locally from Trinity Farm and Broomfield College.

On the Shelves

New in: ~ Organic Seed & Bean Co from Duffield- new chilli flavour chocolate!

~ 'Inspired Times' magazine

~ the Garlic Sticks are now organic, 60p for 100g.

Soon! ~ **Christmas / Seasonal Products** will be appearing in November, including cranberry sauce, mince pies, Christmas puddings, and a lovely mixed tea box from Yogi Teas which can work like an advent calendar as it has 24 teabags of various flavours for every day of December leading up to Christmas!

~ **New Gluten Free Section** - a dedicated area will be stocked full of new gluten free products including bread and cake mixes from Glebe Farm, and certified gluten free porridge oats. We'll also collect together in this section all the gluten free alternative products we already stock, to make it easier for people to find these things all in one place.

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:

- ◆ **NEW** - Hopi Ear Candles / Shiatsu
Call Gemma - 07920 096683
- ◆ **NEW** - EFT / NLP, Bach Flower
Call Alexandra - 01629 825968
 - ◆ 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



Soya milk sell out

The recent acquisition of Provamel / Alpro by Dean Foods (the largest dairy processor in the USA) has led us to look for alternatives. Plamil came out top in an Ethical Consumer study last year, being a small company with a commitment to premium prices for producers. We also stock Sunrise Café Expert, and will be trying out Granovita milks too. (As well as soya milk we stock a range of rice, nut and oat milks).

Bulk bargains!

Due to an ordering error we have 3 25kg sacks we do not need and can sell off at a hugely reduced price - if anyone is interested in a sack of organic pinto beans (£30) organic aduki beans (£30), or organic fine oatmeal (£20), please get in touch! We also have an excess of organic wheatbran, only £1.50 for 2kg!

NO2ID

The government have been suggesting that the planned identity cards scheme will be voluntary, but you won't be able to renew your passport, get a new driving licence, CRB check etc etc without going onto the National Identity Register, the database behind the ID cards scheme.

On top of concerns about civil liberties, people are questioning whether we can afford the scheme, especially at this time. Government claims ID cards will be self-financing when coupled to passport renewal, but conveniently leave out the costs of all the card readers, computers and software etc...

For dates of Derby NO2ID meetings please contact derby@no2id.net

Nick 07763 932 176

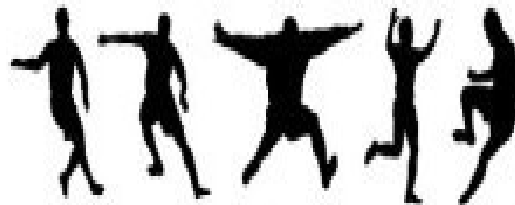
Climate Conference Raffle

Lizzie Gawen is raising money to increase representation from developing countries at the UN Climate Conference in December in Copenhagen. In Poznan last year, there was only one black youth from Africa out of the 600 young people who attended. You can buy raffle tickets at Sound Bites for 25p each or £1 a strip. Or visit act.ukycc.org/copenhagen. The raffle will be drawn 1st Nov.

More

Freedom Football

Freedom Football is an alternative bunch of women, men and children who meet every Sunday morning at Derby Arboretum for the most inclusive football session in Derby. Anyone can join in – fit, unfit, fat, thin, tall, short, curly, straight, etc. Teams are picked randomly, and then swap round when one team gets to five goals. You can wear what you like, and play how you like (within the rules of the game). They have been known to go round someone's house to eat vegan cake afterwards... Meet on the courts from 10am to 12noon. Call Aaron on 07960 099709 if you want to know more before you turn up.



"If you don't really like football, then this is the football for you".

Transition Training Weekend

Transition Derby is hosting a 2-day "fundamentals" course for those wishing to know how to set up, run, and maintain a successful Transition Town Initiative - tackling the challenges of Peak Oil and Climate Change at the local level. The course aims to help people understand the context for transition and the model as it has evolved so far. It should also equip you to work out a plan of action for yourself and your locality and supply you with the elements of an inspiring talk. The course will be held on Sat & Sun 23rd & 24th Jan 2010. The cost for the two days is £110 per person, and the venue for the training will be in or near Derby City.

Further info can be found on the Transition Derby website: <http://www.transitionderby.co.uk/>

news...

Beginners Carnival Drumming Group

Do you fancy joining Calidoscópico, Derby's first Afro-Brazilian style carnival drumming group?

Come along, make new friends and have fun with samba rhythms! The new beginners class is on Monday evenings from 8pm to 10pm at Lonny Wilsoncroft Community Centre, Stepping Lane, Derby.

These sessions will be suitable for anyone who wants to learn Afro-Brazilian carnival grooves. There will initially be 8 sessions from 2nd November until 21st December 2009 with the opportunity to perform at a local event!

Sessions cost £5 or £3 concession. Children under 11 must be accompanied by an adult.

Phone Jane for further info:
07813 553 102.

See Calidoscópico play alongside the Cordao de Ouro Derby school of Capoeira, in Derby Market Place on Sat 12th December, 12-2pm!

Viva Productions

Two film students from Derby University are planning to make a documentary of the Viva Palestina aid convoy which is going to Gaza in December.

UK and US convoys will be coming together after their separate successful trips in February and July, managing to get through the heavily restricted borders to bring help and support to people in Gaza.

Dane and Hashim from Derby are hoping to organise a speaker event in mid November (date tbc) at Derby University to raise money for both Viva Palestina and their own costs as 'Viva Productions'.

Anybody interested in helping to set up the event please contact Dane on 0792 1197777 or D.smith17@unimail.derby.ac.uk

A word from a Conservation Gardener

"Who would not rather see the waving grass with countless flowers than a close shaven surface without a bloom?"

William Robinson

As natural habitat is reduced, native and visiting wildlife is negatively affected. To maintain, conserve or protect our wildlife we need to consider manmade, managed areas of land biased toward the cause. This has, of course, been going on for generations but more people are turning to their gardens, understanding that a rewarding and beneficial product of their efforts in conservation will be beautiful flora and fauna.

Email

info@conservationgardener.co.uk
to find out more.

Donation to Social Change Library

Several piles of donated books are awaiting new bookshelves, so please get in touch with Holly at Boo if you have any shelves to spare.

We are sad to report that Geoff Broady, local poet and author of 'Earth First - or High-Tech Disasters' recently died. Some of his own book collection has been donated to the Library, located at Boo's gift shop on Sadlergate.

Radical Reading Group

If you are interested in theories of radical change or want to gain new insights and ideas you may be interested in this new group. It will meet every 3 weeks and be led by the members, picking texts and organising how the discussions happen. Next meetings and topics are 10th Nov, Education (Paulo Freire, Illich), 1st Dec, Buckminster Fuller, inventor of the geodome and other ideas... Email derbyradicalreadinggroup@googlemail.com for more info/texts.

Waste Not

Ever seen a bag made of ties?!

Due to an excess of ties in charity shops, Holly from Boo has started making bags and even skirts from them!

If you have any ties hanging in a cupboard never getting used, or other pieces of interesting fabric, they too could be turned into something new - just drop them into Boo's sustainable gift shop on Sadlergate. It's Boo's 1st birthday on 5th December!

Recipes with apples

Dried Apples

Just wash your apples and cut out any bruises, before slicing (no need to peel) and leaving to dry (for as long as it takes...) over a radiator or in an airing cupboard..

Apple Sauce

Peel and core 6 apples, and put in a pan with 1tsp nutmeg, 1tsp ginger, and 2tsp cinnamon. Cook gently, stirring occasionally until apples are soft and broken up, then remove from heat and stir vigorously before cooling a bit to serve. Mmm...

Now Recycling Toners Too

Thanks for all the donated inkjet cartridges and mobile phones which have raised £56 for Sound Bites since July!

From November we can also recycle used laserjet/toner cartridges, so please bring them in.

Amber Valley Vegetarians and Vegans

are a local group with regular meet ups, social events, meals, walks, etc. The next meet up planned is a clothes swapping event on Sat 14th Nov upstairs at Sound Bites - a chance to clear out your wardrobe and maybe find some new outfits!

Contact amberveg@hotmail.co.uk if you're interested in the group.

Veggies eating out x3

1. New café just round the corner from Waterstones - freshly made veggie curry and rice for just £3!
2. New Indian restaurant opposite Pak Foods in Normanton - wide range of vegetarian dishes, and very good value. (Dhosa Express)
3. Vegetarian and Vegan nights - Mexico restaurant, Sadlergate.

Why not use our upstairs room for your event?!

If you want to organise an event such as a clothes swap, 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 tills

Thank you for all the contributions to the last quarterly collection, which raised £17.52 for [V3 alternative technology co-op in Nottingham](http://v3alternative.co.uk), see v3power.co.uk

Your donations til the end of the year will go to [Street Shift, Derby's allotment project for homeless people](http://streetshift.co.uk). This project is currently being held together by one man, so if anyone is interested in helping, that would be appreciated! Please contact Brett on 07795 682890 and see streetshift.co.uk

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

Mapping Alternative Derby - events
are listed at
mappingalternativederby.org.uk

The Mapping Alternative Derby can
be used to publicise your events,
check when organising an event if
you don't want to clash with some-
thing else, or just see what's on!

Sundays are workdays at The Old
Clock Works building on Queen St,
reclaimed from dereliction with the
aim of creating a Social Centre for
Derby - for more info see
oldclockworks.org.uk

Sat 24 Oct - Local Cider Making
Ensemble! All day with 3-Cats
Cider. Please call Rogers on
880041 for more info.

Sat 31 Oct - Creating alternatives
for Social Change - workshop. The
Bless, upstairs, 3-6pm.

Sat 7 Nov - '21st Century Human
Skills' free skillshare event at
Nottingham's Sumac Centre,
including alternative parenting,
growing herbs, blending plant oils
and punk rock aerobics! See
Events Diary at veggies.org.uk

Sun 8 Nov - What are the most
important questions? - 'Open
Space Technology' workshop.
TBC, mappingalternativederby.org.uk

Wed 11 Nov - Fair Trade
Christmas Market, Derby Uni, Ked
Rd, 10-4.

Fri 13 Nov - Info event on Craft
Skills for Conservation of Heritage
Buildings - find out about training
and funding opportunities. Free but
must book, on 01509 225800.
Strutt Ctr, Derby Rd, Belper, 8-11am.

Mon 16, Tue 17, Thu 19 Nov -
'Vanishing Of The Bees' film, an eye-
opening account of the truth
behind the declining bee
population. 8.30pm/
6.30pm/6.30pm. QUAD, Derby
Market Place.

**Sat 28 Nov - Seasonal Gift
Day** - handmade, local and
fair trade gifts, upstairs at
Sound Bites. (with Mig)

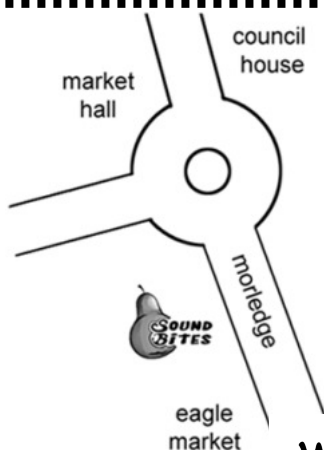
Sun 22 Nov - DIY Arty Day at
Sound Bites - come and help make
signs and repaint walls! Limited
space so please contact us on
ruth.s@soundbitesderby.org.uk.

Fri-Sun 27-29 Nov - Banks Mill
Open Art Studios - Fri night live
music and caricaturist, craft activities
and facepainting all weekend. Fri 6-
8, Sat 10-5/Sun 11-4. 71 Bridge St.
Refreshments by Sound Bites!

Wed 2 Dec - Cycle to Climate
March dave.clasby@sustrans.org.uk

Sat 5 Dec - Transport to Climate
March in London. Family-friendly
event - Tks from Sound Bites, £6/£3

Sat 19 Dec - Derby drumming band
Calidoscopio to play at Nottingham
School of Samba's Christmas party,
The Art Organisation, opp Nottm
train station.



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