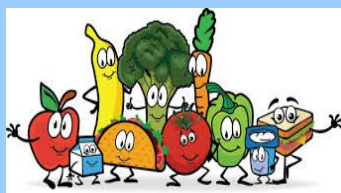


Meet & Eat



NEWSLETTER

September 2024



As we reflect on our busy year so far with many families having attended Meet & Eat, enjoying good food and fun activities, we have fed almost 600 individual meals in 2024 with almost 300 of those meals being served over the nine summer sessions. We still have October half term and Christmas to go so predict by the end of the year that number will be closer to 800.

Meet & Eat has been providing a service to families in Chesham since Easter 2018. This work is only made possible by our many volunteers, generous donations and sponsorship. We would like to thank all our anonymous donors as well as Chesham Town Council, FoodBank, Beauty Banks, Buckinghamshire Helping Hands, Rotary Club & Trefoil Guild for their kind sponsorship. Again a big thanks to our volunteers who have all been amazing with their time and attitude and are the backbone of Meet & Eat as without them we couldn't run.

This summer we have had a fun dance class from Helen at Maggie Monk and a session from nutritionist Grace Rawlings leading a workshop on healthy snacks. Laura Silverstone from Chilterns Chalk Streams Project also visited with pond life. A highlight for us was Jessica, one of our Meet & Eat children, leading a session representing Chesham All Girls Band. All of the above ran their sessions for free so a big thank you from us for their kind community spirit.

We have also had visits from our local MP Sarah Green and our new Mayor Cllr Francis Holly and his wife Caroline.

We had two pop up shops with all produce taken. All stock came from the FoodBank and was greatly appreciated by our families. We have also teamed with a new charity, Beauty Banks, who supply toiletries for our families. Indeed, so far, a very successful and happy Meet & Eat year had by all.





**Jessica representing
Chesham All Girls
Band.**



**Alec & Theo
showcasing their
playdough
creations.**



**The boys having
fun in their
homemade den.**



**Sarah Green MP with some
of our many volunteers.**



**Sarah Green MP
with a Meet & Eat
family.**



**Angela from BFIS
with a Meet & Eat
family.**



**Cllr Francis Holly & his
wife Caroline with Alan
Callow, URC Church
Secretary & his wife
Lorraine.**



**Nutritionist Grace
Rawlings leading a
healthy snacks
workshop.**



**Laura from Chiltern
Chalk Streams
exploring pond life
with our Meet & Eat
families.**