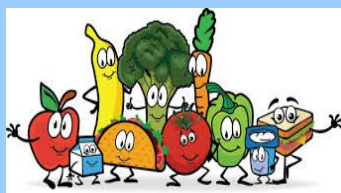


Meet & Eat



NEWSLETTER

November 2025



As we reflect on another 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 2025 with almost 300 of those meals being served over the nine summer sessions.

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 donators as well as Chesham Town Council, FoodBank, Beauty Banks, The Tony & Sheelagh Williams Charitable Foundation, 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.

Our recent summer and October half term sessions were consistently busier than ever with fun activities with a dance workshop from Helen at Maggie Monk and a wonderful session with Chesham All Girls Band which was a huge hit. Laura Silverstone from Chilterns Chalk Streams Project also visited with pond life. All of the above ran their sessions for free so a big thank you from us for their kind community spirit.

We had two pop up shops with all produce taken. All stock came from the FoodBank & Beauty Banks and was greatly appreciated by our families. We continue to have our regular families as well as new at every session and the consistent feedback is that Meet & Eat is a safe and inclusive environment with no judgement. All in all another successful year and we move forward with gratitude and hope always.





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



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



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



All set up!



**Chesham All Girls
Band**

Quotes from families!

"Thanks Meet & Eat for always welcoming us so warmly."

"We always enjoy our time in your lovely building."

"We feel welcome & safe here."

"The extra help with pop up shops and food vouchers is always welcome."

"We look forward to your sessions and always know we have somewhere to go in the holidays."