



# the Nibbler

Issue 60  
Apr-Jun 18

**Newsletter of Sound Bites**  
Derby's independent wholefood grocery  
A not-for-profit workers' co-operative

**Yaffle Café & Books upstairs! 11–5 Mon–Sat**

## *Times are Changing*

It is very infrequent we have co-op members change, and this year we are in need of TWO new folks to join us! We're a very unique sort of organisation, and maybe that isn't very obvious on the surface. Well, firstly, we're a worker's co-operative, which means that we have a management team, all taking equal responsibility for the running of the business, and learning to specialise in different areas.

We have equal say and equal pay, and an equal share of weird and wonderful jobs that come from working in this industry. We're also a very socially conscious organisation; we recycle as much packaging as possible, compost food waste, and work hard to ensure the staff that work with us have a happy, supportive and productive environment to work in.

What we do is a real labour of love, we all believe that quality food should be available for our community, and at a fair price for producers. We think carefully about products we wish to stock, companies we want to support,

and charities we want to help fundraise for.

If this sounds like something you'd LOVE to be involved with, please get in touch for an application pack - [vic@soundbitesderby.org.uk](mailto:vic@soundbitesderby.org.uk) (deadline is 31st May). Or spread the word! More details on our Facebook page...

We'd love to hear from enthusiastic, energetic and passionate people with that understand what we do and can see the benefits we bring to Derby as an independent grocery store.



**Remember...**  
**Home Delivery**  
**Available, inc**  
**Veg Boxes &**  
**Bulk Discounts!**

# What's.....New?

## On the Shelves

Another ethical shopping decision has been made this quarter, as Aspalls have been bought out by Molson Coors. Aspalls have been making cider and thus vinegar in the UK for 300yrs, but now a huge US company has taken ownership, we thought it would be a good idea to see what could replace them on our shelves. So, we currently have Rayner's organic red and white wine vinegars available for you—both are 'with the mother' meaning unpasteurised and therefore of greater nutritional value. When the balsamic runs out of stock, we will be replacing this with Suma (a co-op, like us, with strong ethical considerations). So watch this space!!



We also now have Rhythm 108 products, we started getting the biscuit bags in for the Christmas season, but they have been HUGELY popular, across all flavours, so we will be keeping them on. We now have their chocolate bar range too—conscious of sugar intake, and packaging materials, this brand are really progressive.

Due to poor availability of bulk stock, we have replaced our own branded lines of mango and pineapple dried fruit for the Tropical Wholefood ones; these guys are organic & fair trade, which doesn't get a lot better.



### **BOTTLES WANTED**

There has been a lot of publicity around single-use plastics in the media these days, and rightly so! For donkey's years we have had a refill scheme for washing up liquid, laundry liquid and fabric conditioner. We would love to do the same for Bio D hand wash and toilet cleaner, so PLEASE bring us your empty bottles so we can get started! It is cheaper as we can get bulk prices and it means the bottle gets many reuses before it gets recycled, hurray!

# Love and Loss

In theory, a good journalist writes about what they know. Something to do with being able to pull apart the ideas of a story, but lending a personal touch here and there, maybe having greater empathy for the subject.

While none of us profess to be journalists; we do have to lend ourselves to writing this newsletter every quarter, and sometimes more than others, it can be very hard to find something we want to express.

We began the year with 5 members in our management team, and 3 of us lost parents within quick succession. We are all close friends as well as work companions, and grieved for each other, as well as ourselves. I'm not sure I have the words to convey how difficult this year has been so far, but it has opened up conversations to unexpected places between us, and one of those is simply that people don't really talk about death.

When you lose someone you love, they are no longer bothered by the worldly woes (depending on your beliefs) but it is you that is expected to continue. When people you care about are grieving their loss, it is hard not to want to find something to say to make it better somehow, to help ease their burden, but really, those feelings are a gift that should be honoured.

Strong feelings of grief come from strong feelings of love, and to have experienced that kind of love is wonderful.

Life is loss. It is unfortunately the only unescapable truth of living. But we focus too much on the sadness of those left behind when we should be celebrating all the opportunities we had to spend time with loved ones, adventures had and memories shared.

Modern living has also created this idea that being happy is desirable and being sad is somehow defective. Nothing could be further from the truth! The only way to work through grief and pain is to allow it to exist within you, it is a testament to who you are, the love you've shared and the trials you've been through, and I for one love my sad days because it makes my happy days that much brighter. It also allows me to see how privileged I am to have shared so many happy memories with people no longer with me,

It can often be of great help to talk about what you feel and what you're experiencing with those around you. One of the biggest challenges can be feeling incredibly isolated with your pain, especially if you've lost a loved one that was themselves quite isolated, and opening up can help you to stay feeling connected to people that will wish to help.

I've felt incredibly lucky to be able to share my thoughts with my colleagues, and we've been able to lean on each other during these tough times; a sincere privilege of working within a socially progressive organisation. Whilst many can not share that same experience, I would encourage you to be open where possible so that needs you might have are easier to be met.

There are in theory 5 stages to the grieving process, though of course that journey is different for everyone and I thought I might write about that too so that you can see how completely normal it is, and to prompt people to have conversations around their experiences perhaps.

So, initially 'Denial & Isolation' start as a way to numb your emotional response to the loss, instead of trying to see our overwhelming feelings for what they are, they are just squashed down and ignored so that you can keep on going. Next up is 'Anger', which could be directed in any number of ways, it is fairly common to be angry at the cause of our loss.

The next part is called 'Bargaining' where the helpless need for rationalising comes through, where you look at what you might have done differently, or how it could be changed in some way. I feel like this is your way of processing guilt and coming to terms with how things couldn't be different no matter how much we might want it too, and, importantly, forgiving yourself.

'Depression' is the part that most people are familiar with, and is probably the longest stage to move through, because it is the hardest. Many of us struggle with depression in different forms for many reasons through the course of our lives, and at least this kind is more identifiable. The final stage is 'Acceptance', the calm after the storm. Not everyone can reach this part, especially if the loss is traumatic or sudden, and not everyone can move through previous stages in order to heal. But, it seems to be worth trying, don't you think?

It is important to just allow yourself to go through what you are going through, and allow others to comfort you in ways you find helpful, and try to stay open despite the pain and fear that often comes with loss. We're all different, our experiences will all be different, but we are all people, and we all suffer, and maybe we should all just learn to talk about it....

"how lucky I am to have  
something that makes  
saying goodbye so hard."

-A.A. Milne

# VITAMIN SPOTLIGHT



Vitamin D is a greatly overlooked vitamin because people assume that because the body can make it, that it just will do. However, it is thought that 20% of Brits are actually low!

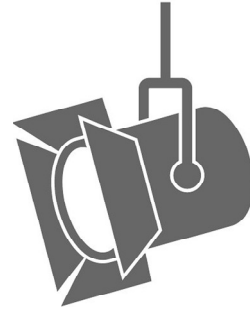
From October to March, the strength of UV light is just not enough for our skin to use, nor do we often have much skin exposed during those months. The type of UV rays required also can't penetrate glass, so those of us that work indoors for the majority of day light hours are also a bit scuppered even during summer I'm afraid! Then there is the disadvantage that fair skinned folks have, where they need to use sun screen to prevent burning, yet another barrier to Vitamin D production.

Well, the good news is that lots of products are now fortified with D2 (the plant based source, this is less bioactive in the body but useful nonetheless) such as many breads and cereals, Koko/Oatly/Good Hemp milks, and some margarines too.

There is however a reasonably new vegan form of Vitamin D3 now available, which is derived from algae unlike all the alternatives which come from lanolin (the grease from sheep wool) D3 has a much higher potency in the body than D2. The brand if you're interested is called Vitashine, it is sold through a company based in Nottingham called Vegetology.

Vitamin D in the blood, called serum vitamin D, is used to monitor calcium absorption and distribution for healthy teeth and bones, having low levels for a long time can soften the skeleton causing boney aches and pains. Older people have more delicate skin membranes so it becomes more difficult for the skin to synthesise vitamin D, and folks with kidney or liver problems may find it difficult to metabolise properly too, so often will need to supplement.

Vit B12 is possibly the only vitamin to worry about when having a vegan diet. B12 cannot be made by the body, it has to be eaten and absorbed.



It used to be abundant in the soils but intensive farming has all but depleted it unfortunately. Animal based products are a good source of B12 as they are supplemented in their feed—but you could just take those supplements yourself!

B12 is important for the health of your nervous system, DNA synthesis and for forming red blood cells, these three things are arguably the three most important systems in your body, wouldn't you agree?

Long term deficiency can impair memory, lead into any number of psychological health problems, thinning of hair, decreased metabolism, numbness or tingling in limbs, fatigue, kind of a scary list.

There are lots of fortified foods now available such as yeast extract, inactive yeast flakes, Oatly/Koko milks, margarines and Violife cheeses too. But you do need to look at your consumption and ensure that you eat fortified foods regularly enough to keep your body in tip-top condition. Folks with digestive disorders which affect their gut lining will struggle to absorb B12 sufficiently too, so it is super important that they intake plenty extra to meet their needs. Vegan B12 supplements are widely available, and often in a multivitamin too.



### Man with a Van

Sound Bites' driver Chris is available for jobs needing a van/driver - please call 07905 346271.

### Derby Counselling Centre

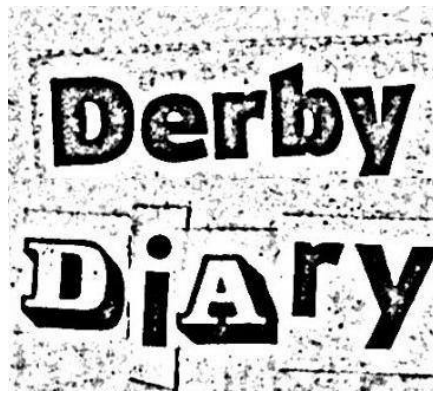
We have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre. See Tim @ Soundbites emails.

### The Fig - Eagle Centre Market

A fab little stall (number 22) providing all manner of natural remedies and solutions to your herbal health needs. Don't forget to stop by and support other local small businesses!

### Belper Heritage, Hills and Breakfast!

Beaurepaire-Belper town's name is thought to mean "beautiful retreat". Belper, being the place of my lovely home and new BnB. Come for a stay in my cosy mini Bed and Breakfast which is on the route of the Derwent Valley Heritage Way long distance walk, and near to the High Peak Trail and the Midshires Way. Can be found and booked on Air BnB, and all five star reviews so far!



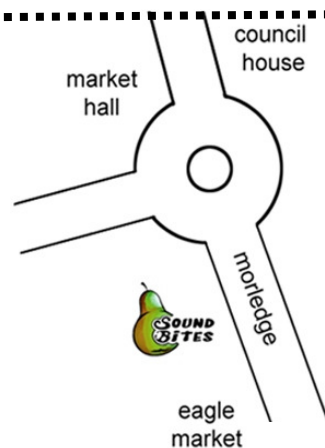
We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: [www.derbypeoplesdiary.org](http://www.derbypeoplesdiary.org) is a place for any and all to list their events and days of action, for groups to come together and make a difference.

### CHARITY COLLECTION

Our most recent collection raised £93.03 for Derby People's Diary, running a project to produce a 'zine for local groups.

Our next collection will be for a Triple Challenge. Our lovely colleague Sophie is fundraising with her buddy and our excellent customer Laura for 3 local charities: Padley, Derby Women's Centre and the Derby branch of Samaritans.

Their efforts include marathon running AND a Bruce Springsteen tribute band; you can also donate to their cause at <https://uk.virginmoneygiving.com/Team/sophie-laura>



**Sound Bites, 11 Morledge DE1 2AW**  
**Open Mon-Sat 9.30-6 (Thu til 6.30pm)**

*Getting to us: Derby bus station is only 200m away. There are cycle racks outside the shop, and disabled parking (other car parks nearby).*

*We also deliver: by bike for people with mobility difficulties, or by van to anyone else in and around Derby (including Belper and Ilkeston). See our online shop, or email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk)*

*- or call 01332 291369*

**[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)**