



the Nibbler

Issue 53
Jul-Sep 16

Newsletter of Sound Bites
Derby's independent wholefood grocery
& info space (see map on back page)
A not-for-profit workers' co-operative

Yaffle Café & Books upstairs! 11–5 Mon–Sat (Thur eve meal nights)

BREXIT BLUES

So... This year has seen the advent of a great change, and the results of voting to leave the EU will be unknowable for some years to come—dependant on things such as negotiation of trade deals, if we stayed within the European Economic Area, confidence for investors within the UK. The Pound devalued overnight, which many foreign investors were able to take advantage of, but hopefully this was just a momentary reaction and the economy should restabilise.

How does it affect our little corner of the world? Well, things made or grown within the UK should remain stable, things imported from the EU could see some upset. One supplier of ours faced almost immediate liquidation risk post-referendum due to the increased cost of importing from Euro currency and selling within the UK in GBP and as such, price changes have been put into effect. Whether further companies will suffer along side, we shall see in due time.

With regards to the organic industry, this has and will continue to be upheld with strict regulations. It is likely this will continue to be met so that

importation and exportation can continue unhindered. This at least is of some comfort, and there could even be potential benefits. The UK would be free to pursue trade deals with countries such as China which have a rapidly growing organic sector, which could bring prices down and secure stock availability.



The long and short is uncertain, economists are widely unable to agree at this point, and a further 2 year period before actually leaving the EU will give organisations the time to put measures into place. All we can do at this moment is to hold together as a community, continue to support each other through the changes ahead, and remain committed to the values we uphold.

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

What's.....New?

On the Shelves

WE WANT YOUR SUGGESTIONS!!!!

As ever, we want to serve our community in the best way we can, whilst staying true to our core principles, Stock ideas are always welcome, so don't be afraid to pip up with your favourite items!

New in for us most recently are -

- Tofurky; really interesting range of premium sausages, chunks and slices, great shelf life too—proving popular thus far!
- Glogg bottles are now super colourful
- Living Naturally soap nut products: we've stocked solid shampoo bars for a while now, but we've hugely expanded to include liquid shampoo, hair treatments, bath teas, body scrubs and balms. What more could you need??
- Follow Your Heart dressings have been really exciting. Honey mustard, bleu cheese, miso ginger, ceasar have all been available so far, and their awesome egg replacer is now joining suit!
- Ever had a Vork Pie? Awesome Long Eaton based company making delicious wholesome pies, £3.30 a pop, in 3 flavours thus far. Keep your eyes peeled for these, sold out in 2 days....

We try to keep a rotation of interesting products flowing for folks to try out, feedback about what you'd like us to keep longer term is super welcome! We've seen cookies, seaweed sprinkles, spreads, popcorn, milks, ice lollies, herbal teas.... Opportunities are endless...

Support Services in Derby

In Britain last year, over 50 million prescriptions for anti-depressants were written. At the same time, only 15 % of people were able to access talking therapies. Adding in to this the rising rates of suicide (nearly one an hour) and deteriorating mental health among the marginalized in society, and it forms a damning picture of mental health provision in our society. Big Pharma rakes in cash and the notion of living a rewarding and reflective life can no longer be seen as a basic human right.

This year, Derby Counselling Centre has been operating for 35 years, located in an inner-city location. We are a not-for-profit charity, offering counselling at affordable rates in a safe and confidential environment. There is a minimal waiting list and an open contract for long and short term counselling. Above all, the therapy is conducted in complete confidence and without judgement.

Derby Counselling Centre, 75 Osmaston Rd., Derby DE12JH 01332 336863
info@stressaid.org.uk

Remember, you are not alone.
Talk to someone about how you feel.
And if you can talk, you can also listen.

Darley Apple Cider Project

We are a new artisan cider company based in Darley Abbey. We're pressing our first cider this autumn and want to use locally grown apples.

If you have apple trees in your garden and expect to have apples left over this autumn, then let us know. We'll clear all unwanted apples, and in return bottle your very own cider using a proportion of the apples you provide.

Be part of the Darley Abbey Cider Project and help us revolutionise artisan cider making in Derbyshire.

www.darleyabbeycider.co.uk

Veganism: A New Frontier

It's the statistic that a lot of vegans and non-vegans alike have been talking about. Latest figures suggest that the number of vegans in the UK has increased by 350% in the last decade and the Vegan Society itself estimates that there are over 500,000 vegans living in the UK. I always recommend that people take statistics with a pinch of salt. I mean, no one asked me or anyone that I know if we were vegan during this survey! But as a general principle, it's clear that veganism is a concept that is becoming more widely recognised, if not accepted, in the mainstream.



Well, almost. One newspaper article I happened to stumble across viewed the statistic in a very different light. This newspaper included a warning, yes an actual warning(!), from a dietician about how being vegan is part of a 'new sort of food puritanism'. It's true that clean eating has definitely been more prominent in recent years, with juicing, superfoods and the like on

the rise and that some of it may be down to current trends. But should we really be criticising anyone trying to live a healthier lifestyle, even if they don't have the motivation we agree with? Whole, plant-based foods contain *all* the essential nutrients (with the debatable exception of vitamin B12; a vitamin that needs more attention to all diets), and in proportions that are more consistent with human needs than animal-based or processed foods.

After years of having fast food restaurants becoming commonplace and food related health concerns spiralling out of control, it's refreshing to think that we're becoming more health

conscious, even if it's simply because we read it in a magazine.

However, I think this would be a harsh assessment, as it's also the case that people are considering the larger ethical implications of a vegan diet. More and more we're becoming aware of the fragile state

of this tiny planet we call home and are wanting to address the issues in our everyday lives.

Also, the knock on effect of veganism being in fashion is great for us long time plant eaters! As being vegan becomes more popular, the new products being introduced are becoming ever the more innovative and zany. Just some of the interesting products that are new this year include:

'bacon' made from rice paper, 'hot dogs' made from smoked root vegetables, 'milk' made from green peas, 'mayonnaise' made from the much loved aquafaba and 'leather' made from fermented green tea. It's consistently being demonstrated that plant based foods are much more versatile than people first gave them credit for. As a regular trader at vegan festivals, the shift has never been more apparent in the moment I saw a vegan 'butchers' stall complete with hung up imitation meat! It also makes shop life more interesting as we get to play around more and bring people products that they never expected to be able to enjoy as a vegan.

So in an ideal world, the percentage of vegans would continue to rise and we all live happily ever after. But even if this isn't the case and veganism is just a passing trend, at the very least it will have helped to address some of the previous stigma surrounding being vegan. Now pass me my avocado ice cream please...



Sister Act 2: Back in the Glastonbury Habit

Sound Bites sisters Nat and Vic packed their hopes and dreams into their pop-up tent and headed to Glastonbury Festival for a second year, to help with a week of vegan outreach. Vegan cookery campaign space 'Food for a Future' is an ongoing collaboration between activists from Veggies Catering Campaign of Nottingham and members of the Leicester Veggie and Vegan Group. The brightly decorated tent was host to a packed schedule of cookery demonstrations throughout the festival,



teaching people how to make everything from the vegan version of pulled pork (made from shredded jackfruit!), to chocolate brownies to egg-free mayo.

Alongside the cookery demos there was a table full of free samples (including copious amounts of incredible Booja Booja chocolates), vegan recipe booklets, plant-power temporary tattoos, free vegan lifestyle magazines and lots of information about why someone might choose veganism for animals, people and planet, and how to make the changes.

Catch up with Food for a Future's ongoing adventures at: www.facebook.com/foodforafuture or meet the team at Leicester Vegan Market and Nottingham Green Festival events in September. Maybe you could even get involved yourself. After all, teamwork makes the dream work!

The Nipper

**Yaffle Cafe is open:
Mon-Sat 11-5pm
Meal Nights Thursdays are now
bookings only!**

Newsletter of Yaffle Cafe & Bookshop (The Nibblers little sister!!!)

Comings and Goings

So it's a big, sad and thankful goodbye to Alex who has left to live in Deutschland. Auf Wiedersehen pet! (He wasn't a pet, that's a reference to an 80s sitcom, though he did have a very strokeable beard). Alex went out of his way to help us while he was here and we all enjoyed his company, hopefully he'll be back for a tea or two over Christmas!

On the plus side we've got a couple of new additions who've been training over the last few weeks. Over the last year we've increased our staff from about 4 to 7 (nearly double!), next year we hope to have more on board when we open up branches in Scunthorpe, Wollongong, and Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch.

Meal Night Hunger Wow!

Everybody loves Yaffle Meal Night, but some of you still haven't been! Forget Eastenders, faffing around on the allotment or whatever it is you do on a Thursday! Get down to Yaffle! Bookings hotly recommended - email yafflecafe@gmail.com

Upcoming themes are...

14th Jul - France, 21st - Nepal, 28th - Brazil.

4th Aug - Spain, 11th - Lebanese, 18th - Indonesia, 25th - Cuba.

1st Sep - Greece, 8th - Morocco, 15th - Ethiopia, 22nd - Iranian, 29th - Egypt

Oct 6th - USA, 13th - Czech,



20th - Russia, 27th Vietnamese.

Yaffle Sunday Roast!!!

We've finally set a date for our Yaffle Sunday Roast! Been thinking of doing this for years! Once a month we'll open for a few hours midday for a set meal. Our first date is 6th August, serving time will be 12.30pm, bookings needed 07799815083 or yafflecafe@gmail.com.

Papier-Mache Birds!

When the cafe was just a wee chick we had some Papier-Mache birds standing on the bookshelves, courtesy of Nell! Well I recently bumped into them! Check the picture above!

Reviews

We could do with more reviews on soc med, particularly tripadvisor. Come on, surely we're worth five stars just for the Freddy Mercury plate!

Space Loo

Our space loo must be worth five stars (!). If you look at our picture of the Earth you can see an astronaut, Mars, and the sun in the reflection! (Clue: the sun is the light!). Switch on the UV light to see the stars shine!

www.yafflecafe.co.uk

Small Ads.....

Man with a Van

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

SUSTAINABLE FIREWOOD

Firewood for sale, from sustainably managed woodland. Free local delivery - ring Nathan on: 07580075801

The Fig - Eagle Centre Market

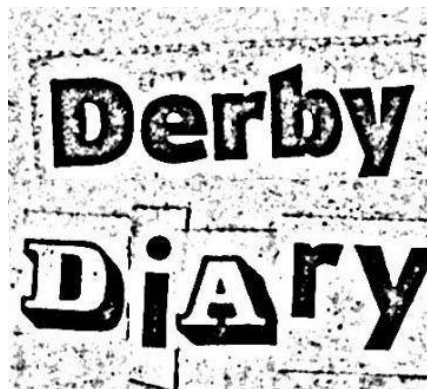
A fab little stall (number 22) providing all manner of natural remedies and solutions to your herbal health needs. Don't forget to stop by and support other local small businesses!

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!

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 etails.

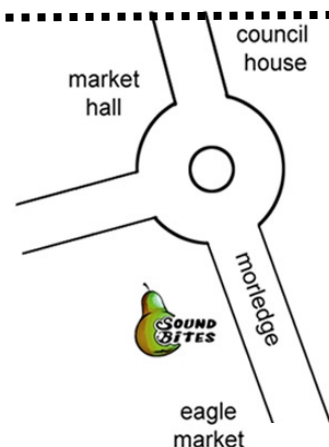


We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: www.derbypeoplesdiary.org is a place for any and all to list their events and days of action, for groups to come together and make a difference.

CHARITY COLLECTION

Our most recent collection raised £86.56 for First Steps, to enable the support systems of those with eating disorders and their families.

Our next collection will be for a local refugee support service as yet to be determined. We feel that with all the national changes in the last few years and especially recently, it is ever more important to stand in solidarity with each other to support our communities.



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

- or call 01332 291369

www.soundbitesderby.org.uk