



# the Nibbler

Issue 42  
Oct-Dec 2013

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

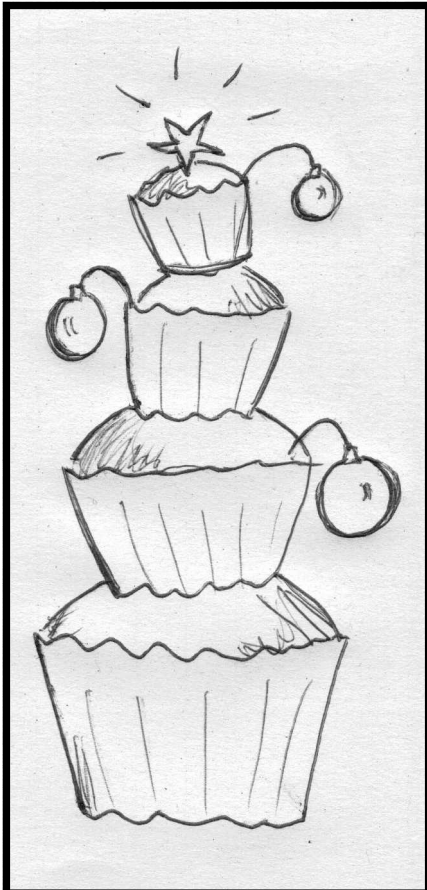
**Yaffle Café & Books upstairs! 11-5 Mon-Sat (Thu til 8.30, Fri til 7)**

## Christmas Hours

Don't forget we close on 24 Dec at 4pm, and reopen Fri 27th. We also close at 4pm on New Year's Eve and reopen Thu 2 Jan.

## We are 8!

On 15th Dec 2005 we opened Sound Bites on the Morledge, wow... come to our birthday celebrations on Saturday 14th December (10am-5pm) have a taste of some treats, mulled wine/ juice, and take part in our Bring and Buy vegan cake sale in aid of the rolling Night Shelter (see article inside)... there are millions of vegan recipes online - so please experiment!!



## Sock Monkeys!

You may remember the sock monkeys we sold in aid of a small charity caring for orphans in Malawi. This Christmas they will be available from Yaffle Cafe upstairs, with a free cup of tea with every purchase! Cafe is open daily 11-5, and till 7 on Fridays.

## Guitar Recital

Early October saw our 3rd annual Soundbites charity recital, once again in the Bridge Chapel, with James Rippingale. This year we raised **£350** for Padleys and Derby Counselling Centre. Many thanks, once again, to James for a wonderful evening.

## New Stock

The shelf space freed up when we acquired the central display unit housing the bodycare and eco-house products, is now filling up with exciting new products. New things get showcased in the middle for a bit, and are listed on the online shop. We've also been rearranging items on the shelves to group products more logically. If you can't see what you are looking for please ask!

**Remember...**  
**Home Delivery**  
**Available, inc**  
**Veg Boxes &**  
**Bulk Discounts!**  
[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)

# Whats.....New?

## Organic Veg

Cooler days and nights are drawing in... and there is an array of warming winter and rooty vegetables to sustain you - parsnip, pumpkin, swede, and celeriac, and as we write we have huge bunches of purple carrots, and the most spectacular Romanesque cauliflowers... and in the fruit section we have eight varieties of UK apples! Plus UK pears!

And if you are a grower and have surplus home-grown produce (not using chemicals) get in touch with [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk).

## On the Shelves

Recently we've been feeling like change is in the air, so jumped in with both feet and hopefully you'll enjoy the fruits (nuts, grains and treats!) of our labour!

- Dragonfly burgers, handmade in Devon from simple nutritious ingredients, range of flavours and new items to look out for
- Equinox Kombucha – this living tea comes in exciting flavours such as ginger, wild berry or raspberry and elderflower, yum
- Gluten free crackers by Amisa and Pain de Fleurs now in too!
- Free and Easy ready meals – now we've added a balti and a hotpot to save you time
- Cofresh Quinoa chips – talk about food of the gods, we've got three scrummy flavours: hot and spicy, sundried tomato & roasted garlic, or sour cream and chive. Yum!
- Spelt cous-cous now in for those avoiding modern wheat
- Mace – the spice. Try spicing up your cooking
- EcoMil Almond milk is now sweetener free. Tell us what you think!
- Nuts about noodles? We now have green tea noodles and pumpkin/ginger rice noodles, adding great colour to any meal.
- Preserved lemons anyone? Huge lemons ready when you are.
- Biona soup jars, in spiced pumpkin, perfect for this weather.
- Do you have something of a sweet tooth? We now have a huge range. More raw nutrition: Raw Choc Co chocolate-covered raisins, mulberries or goji berries, vanoffee flavoured light or dark, Om bars in coco mylk/ strawberries and cream AND Pulsin' vanilla choc chip protein bars! Also Clif protein bars for an added boost in a variety of flavours. Whew, as if that isn't enough, we've added a Bio rice cream, Sojade vanilla custard and Meridian date syrup!
- Cleaning up at the end of the pack, Ashley James have a new palm-oil-free soap, with a view to being able to make the whole range follow in its footsteps. So watch this space.

Any time you want to see the latest new products, check out our online shop where they are added weekly, or feel free to contact us on Facebook. We've tried hard to meet the suggestions you've been making, and we always welcome feedback or further ideas, so keep them coming!!!

## Upstairs - Yaffle Cafe Bookshop

For most of the week the first floor is taken over by the marvellous Yaffle Café. See insert. Yaffle also put on private dinner parties!

## Room for Hire and Therapies

The room is also available for hire while the café is not open, for meetings, workshops, exhibitions, and therapists, standard hire rate £6.50/hr. Some evenings and Sundays may be possible by arrangement. See Sound Bites website or contact the shop.

## Muesli News

What a name for an article - but this is serious: there is trouble afoot in the world of muesli as we write in October 2013... we've been told that the only UK manufacturer of toasted wheat flakes has suddenly ceased production, and no alternative has yet been sorted out, so we can't make most of our own muesli mixes, or buy any ready made ones that contained toasted wheatflakes!

We are making extra batches of our Wheat Free Muesli meanwhile, and you could try mixing your own - and if you want that light and toasty flavour why not add puffed quinoa?

## Kids & Sugar

Kids love sweet treats but consuming foods with added sugar can lead to tooth decay, obesity, and a host of later medical complications. So we are planning to reduce the number of items that have 'empty calories' (i.e. nutritionally deficient foods) and replacing them with goodies kids will love but won't cost them their health. We welcome any suggestions on what yours might like.

## Festive Spirit

We stopped selling alcohol in February this year, freeing up more shelf space for new products. For those who might be missing our vegan/organic beers and wines, here's a seasonal reminder that two of the main suppliers we used sell online: [www.pitfieldbeershop.co.uk](http://www.pitfieldbeershop.co.uk) for beers and country wines and [www.vinceremos.co.uk](http://www.vinceremos.co.uk) for wines and spirits. Cheers!

## High Speed Rail?

There is a consultation period til 31 Jan on the proposed high speed rail lines, which include an East Midlands Hub between Derby and Nottingham.

For more info see [hs2.org.uk](http://hs2.org.uk)

## Housing Crisis

Especially in wintertime most of us are reminded how lucky we are to have a home, and sympathy swells for those who don't. This year things are even starker in the UK as the government's Bedroom Tax needlessly threatens many more people with homelessness, at the same time as their cuts to services have resulted in hostels closing down. There have been several protests in Derby about the Bedroom Tax under the banner of The Mass Sleep Out, and also a support group set up, [communitystrength@gmail.com](mailto:communitystrength@gmail.com) or 07410691493.



In Derby several churches have joined together to run an emergency rolling night shelter this winter due to lack of hostel places. This is where the proceeds of our collection tins on the tills will be going from now till the New Year. You can also get involved as a volunteer, with training on 4 Nov. See next column for more info.

Derby's Padley homeless charity also lost a lot of council funding after the government cuts, and are now reliant on public goodwill and donations to carry on their work. Our fundraising concert this year raised £350 for Padley – many thanks to classical guitarist James Rippingale and all those who attended. For ongoing support for Padley see [padleygroup.com/padley4000.html](http://padleygroup.com/padley4000.html)

The Ecology Building Society who Sound Bites bank with is working on another front of the housing crisis – helping provide loans to bring empty homes back into use at affordable rents. According to Shelter there are 75,000 homeless households in England (with added shortfalls or overcrowding also in Wales and Scotland) while 920,000 homes are empty across the whole UK. See [ecology.co.uk/emptyhomes](http://ecology.co.uk/emptyhomes) for info.

House prices in England and Wales reached an all-time peak in July 2013, but why? See [www.positivemoney.org/issues/house-prices/](http://www.positivemoney.org/issues/house-prices/) for more info.

## Unfair Deal for Derby

Community Action Derby has launched a campaign to try and make Derby City Council look again at their decision to slash funding to voluntary and community organisations by 45%. See their website for short films of what it will mean to the lives of service users, volunteers and statutory organisations.

You can sign their petition and find out about more action at the public meeting on 29 Oct (see diary).

## What is Derby Churches Nightshelter?

Derby's churches are working together to set up a new nightshelter to be ready this winter to meet the urgent need for safe overnight accommodation for Derby's street homeless. This overnight provision is needed because Derby City Council is in the process of making an 85% reduction in the funding of bedspaces for homeless people over two years. Several hostels have already closed.

The Derby Churches Nightshelter will have seven church venues in or near the city centre, each opening one night per week through December 2013 – March 2014. Each night on rotation one church will open from 8pm for 35 guests who will be given a warm welcome and a substantial meal by volunteers. At 10pm, paid overnight staff will take over as the guests go to sleep in sleeping bags on mattresses or camp beds on the church floor. Next morning there'll be a breakfast before leaving at 8am. The equipment will be driven to the next venue for setting up.

This model of nightshelter is up and running in many UK cities and is supported by national Christian charity Housing Justice.

**Please call 01332 460346 or email [nightshelter@derbycitymission.org.uk](mailto:nightshelter@derbycitymission.org.uk) if you can help with fundraising, volunteering or would like more details.**

## Vegan Diets and Health

*by Kate Stewart - Sound Bites customer, and medical sociologist at the University of Nottingham, with a particular research interest in how information about food is interpreted and applied, especially regarding children's diets.*

People cut animal products out of their diet for many reasons – animal rights and environmental reasons being very important to many. Health is a big factor too, and everyone who considers this change at some point wonders (or is challenged by friends or family!) whether it's good for their health.

In other countries, like the USA, Germany and Canada, nutrition advice is beginning to see the importance of plants being at the heart of meal planning, not the bits you add to the side of a meal. Unfortunately in the UK, advice isn't keeping up with this trend, and still gives the impression that leaving animal products out of your diet is risky, and that fruit and veg are things to add to your meals.

Well-planned vegan diets are healthy and nutritionally adequate at all ages. Following simple guidelines will be good for your health, good for other animals, and good for the planet. It stands to reason that once you remove animal products, there's more room in your shopping basket, on your plate, and in your belly for more (healthier!) fruit and veg, grains bread (wholegrain), legumes, nuts and seeds. And we know that vegans enjoy the health benefits of this – studies have shown vegans to be at lower risk of cancer, diabetes, heart disease, obesity, stroke and food allergy.

Studies show vegans have a well-balanced diet with high nutrient densities, with no greater risk of fracture or low bone density, or any of the other concerns that people often think dairy consumption helps prevent. Care does need to be taken with calcium, iodine and vitamin B12, but problems are very easily avoided.

To find out more, see [www.vegansociety.com](http://www.vegansociety.com)

## Waste Not...

### Bio-D Refills

Please remember to return your empty Bio-D bottles (washing-up liquid, laundry liquid, fabric conditioner and especially **multi-surface cleaner**) for refills. Thanks!

We now sell a 3kg size of Bio-D washing powder. We pack it ourselves into re-usable tubs - saving you money and packaging!

### Apple/Pear Appeal

Big quantities wanted for cider. Contact Sue 880041.

### A use for Bran?

We will soon be restocking bran from Heage Windmill - but they have more than we can sell - do you have a use for large quantities?

### Customer Toilets

If you do use ours, please pop a coin in the box to help cover the costs of tissues, towels etc. Thanks.

## Recipe for Vegan Sausage Casserole

1tbsp lemon juice  
2tbsp olive oil  
2tsp mixed herbs  
1 can chopped toms  
2 mushrooms sliced  
1 green pepper chopped  
1 onion chopped  
4 medium potatoes chopped  
300ml veg stock  
4-6 Redwood veggie sausages  
seasoning

Heat oven to 190C (gas mark 5).

Fry onions in large pan till soft. Add vegetables & cook for 5 mins. Add stock and herbs and cook for 3 mins. Meanwhile, cook sausages in oven for 5-10 mins. Add tomatoes to pan, along with the chopped up sausages. Cook for 10 more minutes. Season and enjoy (with yummy mash!).

## Foraging: Food For Free!

The autumn is a great time to forage for food. This year the blackberries have been abundant and deliciously sweet — as have the damsons. It is also a bumper year for elderberries, the branches laden with fruit. Bilberries, sloes, rosehips, haws: there is so much to choose from at this time of year. So why not collect some free hedgerow food next time you're out for a walk and turn them into jams, chutneys and syrups? Do take great care if your foraging extends to mushrooms, though. Some are highly poisonous. So only consume them if you are an expert in identification.

Have you noticed that this year is a mast year, a year in which trees are weighed down with an excessively abundant harvest of nuts? Oak trees, for example, are crammed with bright green acorns. The term "mast" is the name given to the fruit of woodland trees: beech mast, acorns, sweet chestnuts, conkers etc. No one seems to know why it is that different species of tree synchronise to produce a bumper crop in the same year, although it is likely that weather plays a part.

### Collection tins by tills

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Thank you for your generosity in the last collection. A total of **£30** was collected for the Guerrilla Gardening project in Normanton, from end of July to September this year, enabling local people to enhance their area.



The current charity collection is for the Night Shelter project, run by local churches, providing temporary night accommodation and a meal to local homeless people. See article for more details.

**Remember: Catering Available!**

## Small Ads.....

### Green Man with a van

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

### Derby Counselling Centre

We offer affordable, confidential, 50-minute weekly therapy sessions in a safe environment, with non-judgemental listening, empathic feedback, and acceptance of you as a person, encouraging self-understanding, self-reliance and self-healing. 01332 366863

### Green Kids Organic Clothes

There is a new stall in the Guildhall Market selling organic and fair-trade kids clothes. Call Etta for more info 07779910111. Unit 109.

### Donate a Bike

If you have a bike that's gathering cobwebs, please give it a new lease of life by donating it to Bike Back Derby. Your bike will be repaired and serviced by prisoners at HMP Stocken under the guidance of our trained mechanics, and then sold at an affordable price to help someone else in Derby get cycling. Please text Jon for a call back on 07710 632 999 or email: [jon.hughes@lifecycleuk.org.uk](mailto:jon.hughes@lifecycleuk.org.uk). Open 10am to 4pm Mon-Wed. Unit 1, Canal Street, DE1 2RJ.

### STIR magazine

We are now stocking a new magazine, which looks at inspiring and practical co-operative, commons-based and community-led alternatives to the crises in our

food and finance systems. Issue 3 is all about the Future of Money.

### Expressive Voice Sessions

Explore your voice, develop creativity, confidence and skills, in these supportive workshops. New at the Voicebox, Forman St, every Weds 7-8.30pm, open to all. For more info see [www.voicebox.com](http://www.voicebox.com).

### Derby Speakers Club

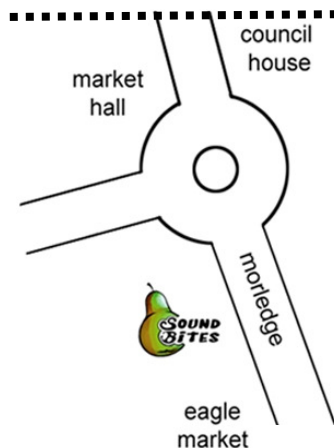
Learn to speak in public with confidence. Attend a meeting as a guest on Monday 28 Oct, 11 Nov, 25 Nov or 9 Dec 2013 to find out more. 7-9.45pm. Friends Meeting House, St Helens St. For more info see [derbyspeakers.co.uk](http://derbyspeakers.co.uk).

### New Gluten Free Cakes

Incognito Cakes of Ripley, Derbyshire, specialise in gluten and dairy free cakes, and have just launched their new cake mixes, which we will be stocking in the shop. We had a sample of the chocolate fudge cake, made vegan with Orgran Egg Replacer which we also stock, and it was very moist and not at all crumbly like many gluten free cakes. We were a bit overwhelmed with the amount of sugary icing on top, but if you buy the mix, you can choose how much to put. They can also make celebration cakes to order, with messages in icing too. See [incognitocakes.co.uk](http://incognitocakes.co.uk) for more info.

### Poppies

To find out more about the white and purple poppies we stock for Remembrance Sunday, see [www.ppu.org.uk/whitepoppy](http://www.ppu.org.uk/whitepoppy) and <http://www.animalaid.org.uk/h/n/CAMPAIGNS/living//2256/>



**Sound Bites, 11 Morledge DE1 2AW**  
**Open Mon-Sat 9.30-6 (Thu til 7pm)**

*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)

# DERBY GREEN DIARY

Oct-Dec 2013

**Sun 27 Oct** - Apple Day, stalls including Press your own Juice, Local Cider, Apple Expert, and childrens activities, Mundy Play Centre, Markeaton Park, 11-4pm.

**Tue 29 Oct** - Community Action Derby. Public Meeting about the Voluntary and Community Organisations cuts (see article) 6-8pm, Voicebox, Forman St.

**Fri 1-Sun 3 Nov** - Beer Festival of 17 female brewers, Exeter Arms.

**Fri 1 Nov** - 'We Will Be Free', story of the Tolpuddle Martyrs, Chilwell Arts Centre, Beeston. (coming to Derby Feb 2014, tbc)

**Tue 5 Nov** - Day of Action against Austerity (find out more at Meeting 29 Oct). Plus Protest against rail privatisation 7.30-9 at Derby and 3.30-5pm Burton rail station, and rally 5.15-7pm with speakers.

**Tue 5 Nov** - NHS reforms, what's at stake? Researcher Sally Ruane at the Justice & Peace meeting, 7 for 7.30, St Marys Parish Ctr, Darley Lane.

**Sat 9 Nov** - Noche Mexicana #2, 4 course meal and dancing for £15 a head. Under 14's free. 28 Market Place, Belper, 7pm. Book at [www.marcela.eventbrite.co.uk](http://www.marcela.eventbrite.co.uk)

**Tue 12 Nov** - Keep Our NHS Public. Raymond Tallis speaks at the Friends Meeting House, St Helens St. For more info email [derbyunemployed@yahoo.co.uk](mailto:derbyunemployed@yahoo.co.uk)

**Sat 16 Nov** - Local Government and the Climate Agenda. Seminar for climate activists and local gov workers, touching on recycling, fracking, Derby Climate Strategy. 12-4pm, [local-governmentandclimate.eventbrite.co.uk](http://local-governmentandclimate.eventbrite.co.uk)

**Fri 22-Sun 24 Nov** - Work Weekend at Wild Peak housing co-op, Belper. Call 01773 850 493/ [friendsofwildpeak@gmail.com](mailto:friendsofwildpeak@gmail.com)

**Mon 25 Nov** - Seminar to mark World Aids Day, speakers and questions, Derby Cathedral, 2-4.

**Wed 27 Nov** - Transition Cafe event - meet other people and

groups planning for a sustainable and ethical society. The Strutts Centre, Belper, 7.30-9.30pm.

**Sat 30 Nov** - Economics is for All of Us - free workshop for a fairer economy, intro to debt crisis, global austerity, and basic economic concepts. By Economic Justice Project and Jubilee Debt Campaign. 10am-5pm. Sound Bites lunch for donation included. St Mary's Parish Centre, Darley Lane, DE1 3AX. Please register at [economicjusticeproject.org.uk](http://economicjusticeproject.org.uk) or call 0207 3244722.

**Sat 30 Nov** - 3rd Compassionate Derby fair, animal friendly stalls. 10.30-4.30. St Peter's Church.

**Sat 7 Dec** - Amnesty International Greetings Cards campaign. A chance to send cards to prisoners of conscience, human rights workers under threat, and communities facing eviction. 10-4pm, St Peters Centre, St Peters St.

**Sat 14 Dec** - Sound Bites birthday celebration in the shop 10-5pm!

**Sun 15 Dec** - alternative Christmas market, for locally made instead of shop bought gifts. Plus games and food to raise money for Padley Homeless Centre. At The Venue, Abbey St, 2-6pm.

**Fri 20-Sun 22 Dec** - Work Weekend at Wild Peak housing co-op, Belper. See 22 Nov.

**Sun 29 Dec** - A Celebration of Life and Community - 3 course festive meal, and talk by Sunny on positive living despite trauma and illness. £16. People are particularly welcome to come alone. 2-5pm. Book by Xmas Eve at Yaffle Café or 07896 345564.

**Sat 18 Jan** - Attila the Stockbroker, rebel poet, at the Hairy Dog, Beckett St. £8, 8pm.

**Tue 28 Jan** - Whose Food? Our Food! Films & discussion. TBC.

WE CAN PUBLICISE YOUR EVENTS!  
Please email  
[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)  
- we also do a monthly emailout.

# The Nipper

**Yaffle Cafe is open:  
Mon-Sat 11-5  
Meal Night: Thu 5.30-8.30  
Fri open til 7pm**

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



## Social Media Madness

Our wonderful former employee, who unfortunately left us to finish her degree, is a bit of a wiz at the old social media malarkey, she's been helping us to cook up an internet plan on facebook and twitter including recipes, event postings etc. and she's prompted me to start up a new weekly blog! Talking of which...

## Talking Yaffle

[www.talkingyaffle.yafflecafe.co.uk](http://www.talkingyaffle.yafflecafe.co.uk)  
Here's an extract: 'Wow. Its been a haywire week for Yaffle Cafe... I've just sat down after a mid afternoon flurry (not in the McDonalds sense, how dare they claim that word!) culminating in a farcical episode with a Redwoods veggie sausage which left me with a poorly hand and the following entry in the accident book: "7/10/13 hand hurt due to unexpected sausage incident". What happened was...' how's that for a cliff-hanger? Read the blog to find out more...

## Meal Night News...

THU 5.30-8.30

Coming up we've some interesting countries including a charity night for Malawi and a night for people who don't like Christmas! (it won't be too anti-Christmas as I quite like it, so Christmas lovers welcome too!) Booking recommended for Thursdays. 07799815083. Some of this months meal night themes are:

**Nov** - 7th Jamaica, 14th Ethiopia, 21st Poland, 28th Malawi

**Dec** - 5th Uganda, 12th England, 19th Yaffle vs Christmas! (No meal night week between Christmas and New Year)

**Jan** - 2nd Indonesia, 9th France, 16th Nepal, 23rd Scotland, 30th Trinidad

## My Rubbish Phone

If you've been trying to get in touch

with Yaffle Café and have struggled I apologise, apparently my phone doesn't work, new phone is on its way!

## Gluten Free

We're starting to make gluten free options in the café. Our veggie breakfast comes with optional gluten free sausages and we're experimenting with bread and cakes, eventually we'll have a more gluten free friendly menu so please pop in and ask about it if you're passing by...

## Book Launch Night

On November 29th we're going to celebrate a new shelf in Yaffle Café for local authors by having some of those very people in to read from their books! 7.30pm start... in news of other events or non-events our formerly monthly games night is now only running occasionally, keep your eye out for more info...

## Vegan Month

November is Vegan Month and we're celebrating it by selling vegan food! Okay, we were already doing that... Look out for in house events etc.

## Tom Reading

Tom Reading is a funky local artist and an affable man. Come in and see his work which should have gone up by the time you've read this. We already have a lovely painting by artist Chris Bell inspired by her work in Uganda. If you're interested in putting up paintings in the café please get in touch...

## Intergalactic Lavatory

You may have noticed a few planets that were not there before have crept their way into the Yaffle bathroom to join the picture of planet Earth floating above the toilet! I hope we're not dealing with an infestation...

**[www.yafflecafe.co.uk](http://www.yafflecafe.co.uk)**