



Issue 55  
Jan-mar 17

# the Nibbler

**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)**

## *THE SPIRIT OF GIVING*

At the start of every new year, people often take stock of where they are at in their life; goals achieved, holidays had, adventures taken. With the societal upheaval we are facing in recent years, it is perhaps more important now than ever, to look not at ourselves but at what we can do for others in our community.

From autumn we collected foods to donate to Padley, and had change collection pots at our tills. It is hard to know which causes need help the most - it seems that suffering is so widespread these days - but Padley is a lifeline for a lot of local people, and the impact is far reaching. We are so grateful for the pile of foods we managed to collect, many meals will be provided for the vulnerable among us!!!

Padley was founded in 1985, to provide services for marginalised and excluded individuals (including homelessness, addiction, ex-offenders and a range of mental health issues) but lost

significant funding a few years ago. Since then, we've seen many wonderful fund raising initiatives spring up such as 'Festive Fair?' which brings local craft folks together to sell goodies and fundraises much needed money for charity.

A little really does go a long way when everyone chips in time, equipment or funding for a cause. Perhaps it is something close to home, perhaps it is a cause on the other side of the world, if you feel passionate about it, there is always something you can do to help!

In an era of easy availability with every possible thing available to us at the touch of a button - apathy is our greatest foe.

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

# What's.....New?

## On the Shelves

It has been an INSANELY BUSY few months for us - we are so deeply grateful for all our lovely customers, every day is a pleasure; and when you're working with such good food, how could it be anything else?? A heartfelt thank you to all who visits us! Now, the focus has been on amazing treats for the festive period (we've had marshmallows, new chocolate flavours, wrapping paper, bread sticks, diaries, punch, mince meat, and turmeric latte to name just a few), no wonder we're exhausted! Joining our regular shelf items have been:

- \* Profusion fusili made from chick peas or red lentils
- \* Jacobs fresh falafels, these come in 4 flavours: original, sun-dried tomato, olive or apple. Yummy and a great price!
- \* Engevita yeast flakes have been swapped for an organic version to compliment our B12 fortified one
- \* Primal Jerky, we're trying these in a range of flavours and they seem to go down well. Great for travels or hiking...
- \* Peppersmith xylitol based mints have now been joined with a strawberry flavour for tooth kindness and refreshment. Not everyone likes mint!



## COB COMPETITION!

You may or may not be aware of our daily sandwich display—some really creative flavours in there, only we are feeling a little bored ourselves. We want to revamp our range with some new tasty concepts... please do get in touch if you have any ideas of awesome fillers to feast on: if we love your idea, you could win a **MEAL DEAL** [sandwich, crisps and drink] and live on in glory seeing your sandwich idea available in store. Get in touch at [info@soundbitesderby.org.uk](mailto:info@soundbitesderby.org.uk)



# Permaculture, Wildlife & You

Wildlife and nature is in dire straits with the issues surrounding the environment becoming more main stream. Of all the issues facing wildlife you would think that your gardens are low down on the list of priorities and comprise a small area compared to countryside areas and nature reserves and that anything you do in your own garden won't have any noticeable effect on wildlife and habitats, but this would be wrong! Gardens in the UK cover over 24% of urban space making up around half a million hectares of land, which is the same size as Norfolk broads, Exmoor, Dartmoor and the Lake Districts national parks combined! But our urban green spaces are disappearing at an alarming rate with the rise of decking and "low maintenance" gardens.



Now is a great time to think about how you can help wildlife within your garden, from creating a wildlife pond, picking plants for early pollinators to changing how you manage your garden. If you're interested on issues surrounding wildlife and

gardens, then maybe you would like to get more regular information on our Wildlife & Eco Gardens blog: <https://wildlifeandecogardens.wordpress.com/about/>

'Wildlife and Eco Gardens' is a small local organisation built from the passion and enthusiasm of individuals seeing the need we have to respect and uphold the values of the natural world.

Services are based on organic and permaculture principles to leave a legacy of benefit to the land.

Available services include:

- \* Hedge planting, laying and maintenance
- \* Tree planting and maintenance
- \* Pruning and specialised maintenance
- \* Border design and care
- \* Wildlife gardens
- \* Allotment planning
- \* Productive food gardens
- \* Composting advice, setup and care

**Get in touch!!!!**



# Recipe Corner

## Winter Lentil Soup

Italians eat lentils at new year, to bring luck and prosperity in the coming year!

This is a dead-easy but delicious one-pot dish.

### Ingredients (for 6)

1 tbsp olive oil

4 leeks, chopped into slices

2 tins chopped toms

2 medium sweet potatoes, peeled & cubed

Lg bunch of kale, chopped

100 g brown lentils

1 l vegan stock

Dried (or fresh) thyme

Seasoning

Heat oil in a large saucepan, add leeks and cook till soft. Add tomatoes and stock and bring to boil. Add other ingredients and simmer for 25 to 30 mins (adding more stock if needed).

Felice anno nuovo!



## 'Don't Sweat The Small Stuff'

We're settling down into 2017 and some of you will have set New Year's resolutions...and most of you will have broken them by now if we're to believe the most grizzly statistics that estimate that only 8% of people achieve their aspirations. If you are part of this elusive 8%, congratulations and keep up the great work! A special mention to those people taking part in 'Veganuary', which challenges people to go vegan for the month of January. Derby has it's own vegan challenge, with visits to Brinsley Animal Rescue and vegan friendly eateries within the city taking place.



So, what advice can be given to anyone taking part in Veganuary, or setting other personal goals, wanting to break this supposed New Year's resolution curse, in order to convert their resolutions into long term behaviour patterns? For me personally, a massive part of it is being kind to yourself and recognising that for many of us, making lifestyle changes is a gradual thing and doesn't happen overnight. New Year's resolutions set people up to fail with this concept that with the passing of one day, everything will suddenly fall into place and feel different, which isn't really that realistic. Self-compassion can often be overlooked, yet being supportive towards ourselves when we inevitably trip up (we're human after all!) rather than being harshly critical of ourselves, can make us more resilient and consequently help us reach our goals in the long term.

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DON'T  
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A growing body of research has indicated that self-compassion is positively related to both greater motivation and increased personal initiative. You're not 'letting yourself off the hook' if you forgive yourself for making a mistake, you're simply recognising what it is to be human and hopefully learning from it moving forward.

This can be an important lesson when making a major lifestyle change such as becoming vegan. The long and short of it is that although veganism is clearly on the rise, it is still the minority in the widespread population and there are obstacles aplenty throughout our current social climate.

There are definitely some lingering negative perceptions of vegans (to put it politely) and it's easy to accidentally find yourself consuming non-vegan foods when you're not well versed in checking food labels. Furthermore, as

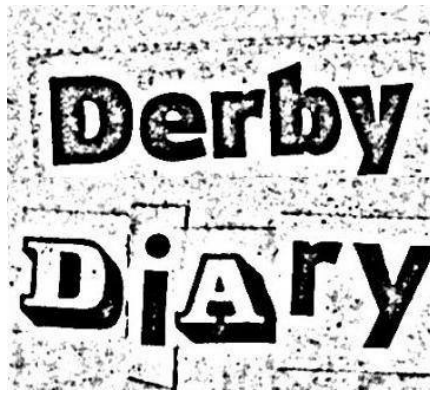


demonstrated with the recent controversy concerning the new £5 notes containing the animal fat tallow, living a completely vegan lifestyle can throw up challenges you never thought you'd have to face. The important thing is to recognise that you're trying to make a positive social impact, even if it doesn't always go exactly to plan, whilst having the conversation with other people to demonstrate why these decisions matter.

So, if you've slipped up with your New Year's resolutions, don't throw in the towel! Simply take a step back and remember the circumstances that led you to initially setting that goal because it was clearly important enough for you to try to change in the first place. And in the words of a book I once read: 'Don't sweat the small stuff'.







### 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 etails.

### The Fig - Eagle Centre Market

A fab little stall (number 22) providing all manner or 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!

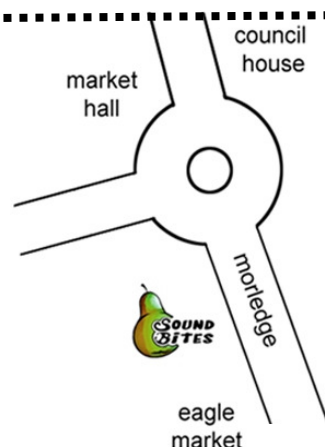
Beaurepaire-Belper town's name is thought to mean "beautiful retreat". Belper, being the place of my lovely home and new BnB .Come for a stay in my cosy mini Bed and Breakfast which is on the route of the Derwent Valley Heritage Way long distance walk, and near to the High Peak Trail and the Midshires 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 £173 for Padley, a Derby based charity to help those more vulnerable individuals in society. This is a phenomenal total and will be so very appreciated by the folks at the centre. Thank you!

Our next collection will be for Burrowed Hearts Animal Rescue, a Nottingham based small animal shelter, run with emphasis on animal care and neutering. If anyone wishes to rehome a cute fuzzie friend, more info is available on their website: [www.burrowedheartsrescue.com](http://www.burrowedheartsrescue.com)



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)