



Summer 2026

Care and support for Jersey's most needy

10 years of Corporate Cook Days!



Trizia Clarke

The very roots of this project began with a phone call from Melissa Nobrega who wanted to somehow support those struggling in the Island. Gerry and Vini met Melissa for a coffee in March 2014 in the Market Café and we came up with the Caring Cook Days where meals were cooked by existing Caring Cooks, the meals were then frozen and given out through the Grace Trust foodbank. This continued for a couple of years, then Trizia Clarke pictured left, came up with the concept of harnessing support from the Corporate sector of Jersey. So began the Corporate Cook Days. Cooking at Rock Centre, Plat Douet for a short time before going to the kitchens at Highlands College. After this we headed for



Mark Watkins



the brilliant facilities at The Freedom Centre Bath Street, where we spent many a Friday cooking so many meals from so many of Trizia's menu's. Supported by IQEQ then First Names, UBS, HSBC, Lloyds Bank, Ocorian, Hawksford, Collas Crill, UBP, Pantera, Suntera, The Law Office, RBS, RBC, Dandara.



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We would like to note the support from Freedom Media and Freedom Church at that time, who, along with so many have recognised the value of this project in helping those struggling to make ends meet within our community . Mark Watkins pictured on the previous page, joined as a member of staff in 2021 and after more than 10 years of volunteering at our Saturday lunches Mark became the heir apparent to taking on the Grace Trust Corporate Cook Days . We are now kindly hosted by St Andrews Church



Church where we are able to provide on average 150 –170 meals on a monthly basis. These meals are then frozen immediately and distributed at a latter stage through the Grace Trust foodbank. We have been very fortunate to have so much interest from Corporate sponsors concerning this project. If you are interested in becoming involved please do contact us and we can ensure we are able to dial your team in. We ask for £275 to cover the cost of the ingredients for the day and ideally 4 members of staff, who are overseen by Mark

and will receive all the necessary information they need to meet our local food regulation requirements. There may well be a waiting list, but it is worth it and we have found it to be a great team building exercise and for a good cause to boot! The cook days are held on a Friday at St Andrews Church.

Our Corporate Cook Day starts at 9am and we are usually finished around 2.30 in the afternoon.

Come along and join us.

“Probably the finest free lunch in Town?”

This is our longest running project. We can always make room for more people, so if you haven't been along , you would always be welcome. The lunches are held each Saturday at St Paul's Church, New St. We serve at 1pm and have brilliant cooks and teams of volunteers on hand. A different team for each week. The doors are usually open about 11.30 for Tea and Coffee. It is an opportunity for folk to catch up with each other, chat over how they are doing and offer some mutual support. Between main course and dessert we always give a short, encouraging and relevant talk. We find that the community aspect of the lunches are just as vital as the food we prepare and serve. Jersey can be a lonely place at times, for some people and a few hours of warmth instead of heating their own place, listening and chatting with others can recharge them and restore some sense of community as they go into another week. So pop along some time and meet a great bunch of folk who enjoy some good food and have space to be themselves. Please call 631667 for more info.





2026



Marion was the awarded
The Good Companions Rose Bowl for her lovely
piece of work at this years Jersey Eisteddfod.



We had some lovely work
entered this year. It is al-
ways a good afternoon out
for us at Grace Trust, well
done everyone.



Some people we help do a lot for us as, they can cheer us up when the day may not be going that great. They can ask how we are doing, give us a word of encouragement, keep smiling despite their own difficulties. We said goodbye to one earlier this year who always reminded us of the importance of being in the moment and still being kind.



We always try to support the Sanctuary Trust Sleepout. It's an important opportunity to raise awareness of how things can go so wrong for some people. Each time the event is held, there is a recurring comment you will always hear, "I can't imagine what it is like to be homeless" Grace Trust usually gets along and does some com-

"Room with a view"

Sanctuary Trust Sleepout 2025

*You really look resplendent in your position and your place
It's almost like they've painted a smile upon your face
You know it is amazing what a coat of paint can do
But to some you will always be the Room with a view.*

*Like a no star hotel for a five-star heart
Your doors were non-existent when the rain came down hard
Those who stayed all night when the winter cold wind blew
They always knew a welcome at the Room with a view.*

*If your benches could only tell their tale of all that they have heard
Of the those who yelled inside and those who hardly said a word
Who woke to see the Ocean in every shade and hue
Knowing they should check out of the Room with a view.*

*You gave a strange kind of comfort to those who wanted no one near
Away from all the know it all's rattling in their ear
Beneath the stars and with fewer cars along the Avenue
A quieter communion at the Room with a view.*

*You're an unwilling monument to when life can go so wrong
When someone seems so far from a place where they belong.*

*In the Summer all the tourists see you from the bus
It's like the first stop out of town away from all the fuss
And I often wonder how they'd feel if they only knew
What you mean to those who know you as the Room with a view*

vrjones 25.10.25

munal singing from our Parklife book.

Every once in a while I'll write a song for the evening. The date for this year is Friday 13th November 2026 at Pier Road Car Park, St Helier.

WAITROSE
& PARTNERS



We just want to say a huge thank you to Waitrose & Partners and Channel Islands Coop, St Peter. Who have provided baskets in their stores for the people of Jersey to donate to the Grace Trust Foodbank.
Thank you so much to everyone.



This QR code will take you to our website and financial donation information.

Thank you.

Registered Charity No 141

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