



SKILLS EXCHANGE



July News 2010

I suppose we could call this “The Summer Special.” So you should probably be reading this sitting in a deckchair with a bottle of pop in one hand and a slowly melting ice cream in the other!

As per usual please find within lots of opportunities to get busy over the Summer and some opportunities for a bit of relaxing and socialising.

The Time Bank continues to grow from strength to strength, we now have 207 individual members and 32 organisational members.....

Welcome to....

Liza, Marc, Sofia, Suse, Chanel, Stephanie, Matthew, Mark, Michelle, Damien, Sarah and the All Saints Peace Garden, who all joined recently.

With our lovely new members come new skills and more hands to do all the exchanges you are requesting. Read on for info on new skills and opportunities to earn Time Credits.



It's the second year for the Big Lunch. This year we are holding ours in partnership with Co-operative Community Action (CCA) and Nottingham Arimathea Trust (NAT). Really it's all about getting to know one another, chatting to people you wouldn't ordinarily meet, sharing some food and entertainment and generally have a nice time.

We hope as many of you as possible will drop by, the details you need are:

Big Lunch

Sunday 18th July

11am – 2pm

Old CCA House, 18 Gregory Boulevard,

Hyson Green, NG7 6BG

(opposite Hyson Green Library)

CCA have kindly agreed to allow us to use their old premises where there is more inside space should it decide to rain.

We will have a buffet style lunch, with informal entertainment – so far we have:

- ❖ Ron – with more of his humorous verse
- ❖ Matthew – on the hand drums
- ❖ A raffle courtesy of Mick
- ❖ Music – courtesy of the CD player
- ❖ Food – courtesy of you

WE STILL NEED

- Help setting up and clearing away
- People to do children's activities- not loads of space so craft activities/board games, that sort of thing, for just a short session. Parents will be responsible for their children at all times.
- Help serving coffees and teas
- Entertainment – come forward with your ideas

NB: YOU WILL EARN TIME CREDITS.

Let us know if you are coming and what food you will be bringing. If you could make a label saying what the food is and whether it's veggie/Halal that would be great too.



NEW SKILLS

These are the new things on offer. If you would like the full Skills Directory sending to you again please let us know and we will email or send you a paper one.

- Cup cakes – made for you
- Astrology – birth chart (Certificate seen)
- Dowsing (Certificate seen)
- Psychic Medium
- Tarot Reading
- Healing (references available)

As usual please get in touch if you would like to “spend” some of your Time Credits on any of these.

WANT TO EARN SOME TIME CREDITS?

HELP ONE ANOTHER

- ✓ Sarah - would like someone to make a raised bed in her garden. The walls will be in brick. This could be something for a couple of you to do. - Mapperley
- ✓ Peter - would like his garden tidied, rubbish bagged and taken away – Forest Fields
- ✓ Izzy - would like someone with a van to help her move during the weekend 31st July/1st August. She has some large items and lots of boxes. You wouldn't be expected to lift anything – Sherwood
- ✓ Emma – ditto lift – during August, no date set as yet – Forest Fields
- ✓ Bren – would like someone to fit an outside tap – Thorneywood
- ✓ Rachel – needs help with a website that doesn't seem to be working properly- Radford
- ✓ Ron – a lift with books that he sorts for a charity shop. Regular Monday slot. Pick up books from Ortzen Street, Radford, 11:30am and drop off at Royal Society for the Blind Shop on Gregory Boulevard
- ✓ Eileen – needs help with a leak under kitchen sink – Mansfield Road
- ✓ Rob – help decorating his flat – Canning Circus/Radford Road

HELP THE SKILLS EXCHANGE

- We badly need someone to help spruce up our promotional stall, make it more eye catching, draw people in
- Volunteers are needed to make planters for our “back garden”. We have a large space behind our bit of Tennyson that we would like to turn into a garden. Raised beds, wooden planters. Let us know when you would be available.
- Anyone know of a good source of FREE timber we could use for the planters?
- Donate plants for the garden. Perennials would be perfect.

HELP OUR ORGANISATIONAL MEMBERS

The Sumac Centre: have a veg and herb garden, you would earn Time Credits helping them keep it under control! A group of people get together to garden each Tuesday, 2-5pm, Sumac Centre, 245 Gladstone street, Forest Fields, NG7 6HX. If Tuesdays aren't good for you then you can go and garden anytime. Let us know if you would like to do this and we will put you in touch with the group.

Community Garden Project

- ✚ Could you shop for, and make a simple cold lunch for 8-12 people on Wednesdays for the next couple of months? You will need to deliver to various sites. Money will be provided.
- ✚ The project also needs a person, or people to do web-based research, and telephone calls to find facts for a database of Environmentally focussed businesses. They will also need people to input this information on the database.

Walk on the Wild Side (WOW!) Lots of different opportunities to earn Time Credits.

- Assist with the organisation of trips and activities
- Assist with WOW newsletter
- Attend WOW community group meetings
- Make phone calls
- Searching for information on the internet
- Supervising groups on trips and events
- Taking registers before and after events

WOW are based in Radford

The Bridge Centre, Hyson Green want to organise more activities for people who drop in to their centre on Wednesdays, Thursdays and Fridays. The list of possibilities includes.....form filling, hanging basket making, bulb planting, table games, story telling, nail art, hair and beauty – OR if you would like to do a session on your particular hobby let us know.

EVENTS/THINGS TO DO

Breakfast Mornings as ever these are 10:30-11:30am EVERY FRIDAY. It's the Summer and children will be on holiday so Breakfast Morning will be at the Bridge Centre on the 6th August, where there are play activities (including a Wii)!

Digital Activist Inclusion Network (DAIN) will be at Breakfast Morning the last Friday of every month. They can answer queries re lots of aspects of computing and know things about digital cameras. If you have a specific problem that you want to speak to them about, let us know and we will give them advance warning. They also have a regular drop in at the Central Library 1-3pm on Mondays.

Nottingham Playhouse

The next Hot House production we have tickets for is "She Stoops to Conquer" by Oliver Goldsmith. Tickets are for Friday 3rd, Saturday 4th, and Monday 6th September, tickets are £6.00 each.

The play is an 18th century comedy with larger than life characters, big laughs, and even bigger frocks!

Kate, the daughter of an aristocrat, poses as a barmaid to win the affections of Charles, who, though an aristocrat too, is at ease with ladies of a lower social standing.

If you would like to go please tell us ASAP, by the end of July at the latest. We need a minimum of 8 people per performance to make a booking for that night.



A TRIP TO THE SEASIDE!

Told you it was the Summer Special! We have a 33 seater coach booked to take anyone who fancies it to sunny Cleethorpes. I haven't been myself, but the Tourist Information Centre says "Sandcastles, sand dunes and sea. Donkey rides, ice creams, buckets and spades! Summer fun on four and a half miles of clean, golden and quality coast. Award winning beaches makes Cleethorpes the ideal place for the ideal coastal break."

We will be going on Saturday 21st August

leaving Gregory Boulevard near the Tram stop at 9:00am.

Adults £12. Children £8.

Please let us know by the end of July if you would like a seat. Friends and family can come too.

**WANT TO RAISE SOME
MONEY FOR THE SKILLS
EXCHANGE?**

Just read on.....



Real Life Options, an organisation which provides support for people with learning difficulties and high support needs, have been in touch and are organising a sponsored walk. All proceeds raised will go to the Skills Exchange which is brilliant.

The walk will take place on

Saturday 14th August

12 noon onwards

Wollaton Park

The idea will be to walk round the Lake at least twice, and then have a picnic. Service users from the project will be taking part and it would be fantastic if members of the Skills Exchange got involved too. We will be receiving sponsor forms shortly so let us know if you want one.



ARE YOU A WOMAN AND LOOKING AT STARTING A CAREER IN HORTICULTURE?



Maybe you would like to join the Community Garden Project Women's Gardening Group. This is open to all women who are city residents, unemployed or at risk of redundancy. The course lasts for 3 months and you would be expected to commit yourself to 8 hours per week. You will receive training. The gardening will take place near Blue Coat School (Aspley Campus).

Contact Dori on 970 8200 or email dori@partnershipcouncil.co.uk

How to contact us: We are Helen (Time Bank Worker), and Lesley (Administrator)
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