



## Latest News February 2009

As promised in our last newsletter, we are promoting one thing each month here at the Skills Exchange which draws upon the skills of our individual members and organisation members.

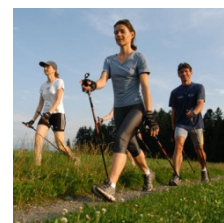
### ***This month.....February.....get some exercise***

Don't feel under pressure to get into anything lycra and "feel the burn", exercise can be gentle and still be good for you. So....if you want to take up the challenge here are a few ways you could do so this month, and maybe you'll feel like continuing it throughout the rest of the year!

#### **Use some Time Credits getting help from a Skills Exchange member**

We have members offering:

- Belly dance classes
- Nutrition for health and fitness
- Tai Chi
- Sports coaching in Badminton, Football, Tennis, Cycling
- Help using a leisure centre or gym
- Dance partner
- Walking companion



#### **Try out your local Leisure Centre for free**

Noel Street Leisure Centre who are Organisational members, have given us 10 "Get Fit for Free" leaflets. This leaflet offers a FREE flexible fitness day pass for you and a friend. This offer is for people aged 16 and over and the voucher is valid for 2 people visiting at the same time. You can use the voucher to:



- ❖ Work out in the gym
- ❖ Take part in a fitness class
- ❖ Relax and unwind in a health suite
- ❖ Take a dip in a swimming pool

***Let us know if you would like one***

### **Get fit as a fiddle!**



If you are over 55 maybe you would like to take part in 2 FREE activities offered by our Organisational member, Age Concern, as part of “Fit as a Fiddle” project:

- Sequence Dance Classes, Wednesdays, Leodegarius Church Hall, Nottingham Rd
- Healthy Eating Workshops, Tuesdays, St Andrew with Castlegate, near Trent University Tram Stop



Contact Ali Allen on 9194877 if you would like to take part.



### **Go on a Guided Health Walk**

Change of Heart Health Trainers are coming to our Breakfast Morning, Friday 13<sup>th</sup> February 2009 at 10:30 – 11:30 in the Stables, at the Partnership Council, 47 Gregory Boulevard, Hyson Green, to talk about local walks you could join in with and other help they can give to the over 44s to get active.

### **Get some exercise delivering leaflets or light bulbs!**

Noel Street would like some leaflets delivering door to door in Forest Fields.

Sprout would like some help delivering energy saving light bulbs door to door week beginning 23<sup>rd</sup> February.

Let us know if you would like to do either of these.

Hope you found something to inspire you there!

### **Do you want to earn some Time Credits?**

Basecamp are holding a funding spectacular and need people to deliver posters and leaflets before the event. They also want



help on the day for signing people in, arranging the room, serving food etc etc. The event itself is on 11<sup>th</sup> March 2009 10am-3pm at Djanogly City Academy, Gregory Boulevard, Nottingham. Let us know at the Skills Exchange if you would like to get involved.

**Urgent, we NEED YOU.....**  
**Honestly we do!!!**

If you are a regular reader of this Newsletter you will already know that we have a Steering Group, which is made up of Skills Exchange members and is responsible for guiding the development of the Time Bank. We are desperately in need of new recruits for the Steering Group. So, if you can spare 1½ hours every 6 weeks or so, and if you:

- Are interested in developing policies for the Time Bank
- Could help out with promoting the Skills Exchange at events
- Would like to help out with the Newsletter

Please get in touch. If you've never been involved in a Steering Group or Committee before don't worry we can provide training.

#### Why is it important?

The Skills Exchange is made up of volunteer members, it is important that members get a chance to comment on and guide the way the Skills Exchange develops. The Steering Group also gives members a chance to learn new skills. So why don't you come along to our next meeting?

Thursday 12<sup>th</sup> February 2009

6pm – 7:30pm

The Stables at the Partnership Council

If you let us know you are coming we will send out an agenda and some useful information beforehand.

“The Steering Group is an exciting group to belong to, because the Time Bank itself is such an exciting project. It's about discussing new ways forward and innovative ideas for getting people involved.” Linda, Steering Group member.



The idea of Time Banking is growing!! There is now a developing Time Bank for people who live in Sneinton. Sneinton Time Bank was officially launched on 31<sup>st</sup> January as part of the Sneinton Week of Action. So if you know anyone who lives there and you think they might be interested let them know.

The Time Bank is being developed by Rachel and David, who can be contacted on Thursdays and Fridays on 9584862 or can be emailed at [sneintontimebank@googlemail.com](mailto:sneintontimebank@googlemail.com)

### **Nottingham Playhouse**

Fancy going to see “The Price” by Arthur Miller? Set in New York City in 1968, estranged brothers Victor and Walter are brought together when their father dies and they need to sort out his possessions.

Arthur Miller is considered to be one of the greatest playwrights of the 20<sup>th</sup> Century you may have heard of “The Crucible” and “Death of a Salesman”.

“The Price” is his searing and timely challenge to the blind pursuit of material success”. Hothouse performances are Wednesday 11 and Friday 14<sup>th</sup> March at 7.45pm. Tickets as ever are £6.00. Let us know by the end of February if you would like to go. This offer is open to family and friends.

Dates for your diary

W/c 9.2.09	Door to door leafleting for Noel St Leisure Centre
10.2.09	Healthy Eating Workshops (and 17 <sup>th</sup> and 24 <sup>th</sup> February)
11.2.09	Sequence dancing (and 18 <sup>th</sup> and 25 <sup>th</sup> February)
12.2.09	Skills Exchange Steering Group
13.2.09	Change of Heart Trainers at Breakfast Morning
20.2.09	Breakfast Morning
W/c23.2.09	Deliver light bulbs
27.2.09	Breakfast Morning
27.2.09	Let us know if you want Playhouse tickets

How to contact us:

We are Helen (Time Bank Worker) and Lesley (Administrator)

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