

Latest News July 2009

Hello everyone, summer is here so let's hope we have lots of lovely sunshine. Our resolution for this month is to "go along to a Big Event". We are promoting a couple of things that are happening locally, one of which is ours, and including some useful websites where you will find information on other events happening in Nottingham.



At

The Skills Exchange

Sunday 19th July 2009

11am-2pm

Stables, Partnership Council



The Big Lunch is the brainchild of the Eden project. They have chosen this date and national day to get people to stop what they are doing and have a street party with their friends and neighbours to share food, conversation and laughter. They are hoping that over 6 million people nationally will take part. Whilst we don't have a Skills Exchange "street" to have a party in, as our members come from lots of different neighbourhoods, we thought we could recreate one here at our base in Hyson Green.

So.....over to you really. If you aren't having a street party near you, come along to ours and meet other members of the Skills Exchange. We will need people to:

- Come and help us make some bunting to decorate the courtyard either here at the Partnership Council, or you could make some at home.
- Help us set up on the day and clear away.
- Donate food that we can all share.
- Provide us with some entertainment – singing, dancing, music.....just let us know what you would like to do.
- Organise some children's play activities.

LET US KNOW IF YOU WOULD LIKE TO HELP WITH ANY OF THESE THINGS.

It's the last weekend before most of the schools break up, so we are hoping for some sunshine and for lots of you to turn up and celebrate how great the Skills Exchange is at bringing people together.

If you want to know more about "the big lunch", check out www.thebiglunch.com

FOREST PLAY AREA OPENING EVENT



Wednesday July 29th 2009

Forest Recreation Ground

11am-2pm

If you pass by the Forest you will no doubt have noticed the new play equipment. Over £340,000 has been spent on refurbishing the park and the Partnership Council's Children's Forum pupils were involved in the design of the "Pirate Park".

The official launch will include children's play and craft activities, with music and lots of exciting stuff planned, including possible water activities.

So.....come along on the day, bring a picnic and a change of clothes for the children.

EARN TIME CREDITS

If you would like to help out with the organisation of the event there will be lots of opportunities to earn Time Credits. Here's a list of the things where help is needed:-

- Setting up gazebos, tables etc
- Serve refreshments
- Help supervise children's activities (planned activities include badge making, necklace making, giant water slide, face painting, kite making)
- Lead a children's activity
- Clear up at the end



Welcome

.....to the new members we have signed up this month: Carmen, Linda, Louise and Lytisha. There are 9 of you waiting to sign up, so if you are one of them, and we've contacted you, please get in touch to arrange an appointment.

Congratulations

.....to everyone who has participated in an exchange since we started. We are now passed the 2000 hours exchanged mark. In the last month the following skills have been exchanged:-

Hypnotherapy	Admin skills
Loan of bike stand	Card Making
Leafleting	Catering
Kitchen Assistant (Bridge Centre)	Collection Point Vols for N.C.U
Reflexology	Dance performance
Sewing repairs	Electrical repairs
Teaching container veg growing	Envelope stuffing
Gardening	Ironing
Loans of stuff (Sumac and Bridge Centre)	Help at Beat Rec. Fun Day

One of our members, Kat, asked for some help with her PC. Tom kindly agreed to go along and this is what Kat had to say about it:

"I wanted a router attaching to the PC and I didn't know how to do it. I asked for Tom to come round and he did a brilliant job. He was fantastic and he certainly knows what he's doing. He even got the Ipod to work. He's our computer wizard!!"

Beat the Recession Fun Day



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Despite the really heavy rain we had a fantastic turn out at the Beat the Recession Fun Day organised by Sprout and the Skills Exchange. Over 200 people came through the doors and took part in the huge range of activities on offer. There was a free shop and book swap, card making, electrical repairs, sewing repairs, face painting, music, pedal powered playstation, growing veg in containers, info stalls, free vegan and veggie food, cake stall, plant swap and dance performance.

We had fantastic support from sprout volunteers, Partnership Council staff and Skills Exchange members to help make it happen. Skills Exchange members contributed 77 hours. Thank you to everyone. It was a great way to promote how to save money by being more environmentally aware and by getting help for free from the Skills Exchange.

We have a booklet which includes all the recipes for the food served on the day. Let us know if you would like a copy.

Glenistone Court

As mentioned in our May newsletter, Glenistone Court, an assisted living scheme based in Radford Road, have recently joined as organisation members.

We have met with Gurcharan, who organises activities there and we came up with a list of activities that the residents might like to do.

- ❖ Dancing
- ❖ Knitting club
- ❖ Quiz
- ❖ Bingo Caller
- ❖ Talks on different topics
- ❖ Skittle nights
- ❖ Scorer for Darts competitions

Let us know if you would like to get involved. *Please note that, because many of the residents have learning difficulties, you would have to have a Criminal Records Bureau check. This is free and we can organise this through the Skills Exchange.*

Big Ten Awards

Last year was the Partnership Council's 10th Birthday and, as part of the year long celebrations, we held the Big Ten Awards. The aim of these is to celebrate all the fantastic work that is done in our local community.

As you might expect there are 10 categories, one of which is Skills Exchange of the Year. Last year this was won by Eunice who had given a phenomenal number of hours to others. The nomination process for these awards will start at the Partnership Council Social on the 20th August.

So.....just to get you thinking. Anyone you would like to nominate?

Dates for your Diary

3rd, 10th 17th 24th 31st July

Breakfast mornings, 10:30am to 11:30am. Held in the Stables at the Partnership Council. Let us know if you would like to earn some Time Credits by making the toast.

19th July

Skills Exchange Big Lunch. 11am – 2pm. The Stables, Partnership Council.

29th July

Forest Park Launch Event. 11am – 2pm

20th August

Partnership Council Social. 5:30pm – 8:30pm. The Stables, Partnership Council.

26th November

Big Ten Awards Ceremony.

Tell us if.....

- You are a First Aider – this can be very useful to know when we are organising events
- You have changed your contact details lately

Freebies

Tracy is offering:

Curtain and valance rails (extendable) Never opened. Will swap for Time Credits.

Also we have a couple of UV pens for marking your valuables, some hedgehog shaped reflective stickers, and those signs that say “no uninvited callers”.

Let us know if you would like any of these things.

Earn some Time Credits

- ✓ Lead a session on the role of committee members for the Skills Exchange Steering group and Base Camp community groups (At Partnership Council)
- ✓ Repair hot water tap on a hand wash basin that is running slow. (Rise Park)
- ✓ Paint ceilings in living room and kitchen. Weekends only. (Hyson Green)
- ✓ General housework – 2 people asking, one person retired lives in Bakersfield (hours to be arranged). One person has fibromyalgia and lives in St Ann’s. (Saturday mornings)
- ✓ Help with a sick computer. (Radford)
- ✓ Painting window frames, soffit boards and masonry. (Forest Fields)
- ✓ Remove old cupboards from the wall, and put up new ones. (Canning Circus)

How to contact Us

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