



SKILLS EXCHANGE

Latest News May 2009

Hello all.....well it's the merry month of May and, according to our list of resolutions, it's the month to "learn to cook something new." To celebrate this we are including a recipe supplement with contributions from some of our members. We hope you will enjoy using it. If any of you would like to send in your favourite recipes, please do, and perhaps we can produce a Skills Exchange recipe book!

Because this month's focus is on food we have used it as an excuse to have a few get togethers. We're having a "Pot Luck Supper" on 20th May and an afternoon food tasting and food miles event in the school holidays on May 27th. These socials are a really good way of getting to know other members and, sometimes, sorting out your exchanges. There's details of events for this month in the newsletter so we hope you will be able to make at least one of them, it would be great to see you.

Come along to.....

Pot Luck Supper 2

Wednesday 20th May 6:30-8:00pm

In the Stables at the Partnership Council

We had our first Pot Luck Supper in October 2008, the theme for that was "international". This time we would just like you to bring something you enjoy cooking (or eating), if you aren't a cook yourself, it doesn't matter, you can buy something and bring it. You will earn Time Credits for donating some food.

We are hoping to have a quiz and perhaps some storytelling. There will certainly be music, (and fairy lights). Let us know if you would like to get involved. You can earn Time Credits for that too. Let us know if you are coming and whether you are bringing sweet or savoury!



A bumper month for new members!

Last month we signed up 8 new members.....Rukhsana, Ian, Lesley, Lynne, Peter, Elaine, Jordan and Verity. Welcome to you all. We also recruited two new organisations – Glenstone Court and Hyson Green Library. Looking forward to working with you.

New skills on offer

Auricular ear acupuncture
Barbecuing
Cycling buddy
Dinner parties
Fitness assessments
Gardening: weeding
Gardening: clearing
Gardening: composting systems

Health and fitness talks
Room hire: space for complementary therapy
Table tennis
Teaching Chinese
Teaching piano music theory beginners
Wine tasting events

Exchanges that have happened

Last month over 80 hours were exchanged including simple plumbing, haircut, weight management advice, ironing, eyebrow shaping and simple DIY. Members helped us by making the toast at Breakfast Morning, stuffing envelopes for our mailout, keeping an eye on plants in the Courtyard and general admin in the office. The Bridge Centre got help from members who help in their busy kitchen and give French lessons. Here's some quotes from happy members:

great help from ian as i had been meaning to have a clearout of some old furniture but did not have anyone to move it so skills exchange put me through to ian who kindly helped and the flat feels much better now the junk is gone keep up the good work skills exchange!!!!!!!!

I picked the settee cushion covers up today from Susan and I wanted to let you know that they are brilliant - I am so delighted! Susan did a smashing, fabulous, fantastic job!!!!!!

“LEARNING TO COOK SOMETHING NEW”



- Why not volunteer to help out at the “People’s Kitchen” based at the Sumac Centre, Gladstone Street, Forest Fields. Volunteers cook a meal each Saturday and the Centre is always looking for people to help with chopping veg and serving. Because the Sumac Centre is a member of the Skills Exchange you will receive Time Credits. Let us know if you would like to help out one Saturday.
- Borrow a cookery book from our Book Swap. We’ve got.....Soups, food freezing by Audrey Ellis, Floyd uncooked, fat burner foods by Dr Caroline Shrieve, Beans and Pulses Cookery by Sue and Bill Deeming.

- Come to Breakfast Morning on Friday 22nd May, Alice Faricy, the Healthy Hear Trainer will be there to explain the benefits of healthy eating. Breakfast Morning is at the Stables, Partnership Council, 47 Gregory Boulevard, Hyson Green.



Events for May

Wednesday 13th May

Sherwood Rise Residents Association Quiz Night

Bar Deux, 2 Pelham Road, Sherwood Rise, Nottingham NG5 1AP. Tel: 9856724

The Ressers are members of the Skills Exchange, we thought it would be a good excuse for a night out to join them at their Quiz Night at Bar Deux.

If you fancy being part of a Skills Exchange Quiz Team, we need 4 people, let us know. The Quiz starts at 9:30pm

Local Food for Local People

Our contribution to Green Weeks. Wednesday 27th May 2pm-4pm

The Stables, Partnership Council

- ❖ Find out how to cut your Food Miles
- ❖ Watch "Ready Steady Skip". A film which raises awareness of the food thrown away by supermarkets every day
- ❖ Sample tasty, yet cheap, food
- ❖ Modelling from recycled materials for children



EARN SOME TIME CREDITS

- Help us get ready and clear up for the Pot Luck Supper
- Provide some entertainment for the Pot Luck Supper, devise a quiz, play an instrument, lend us some CD's
- Donate some food for the Pot Luck Supper
- Help us get ready or clear up for the "Local Food for Local People" event
- Help with the modelling activity at the "Local Food for Local People" event

EARN SOME TIME CREDITS PROMOTING THE SKILLS EXCHANGE

Got the gift of the gab, like meeting people, think you could explain how the Skills Exchange works? We always need people to help out at events we go to, to promote the Skills Exchange. If you can spare just an hour it makes a lot of difference. The two events coming up are:

Sumac Centre Folk Dance Event

Gladstone Street, Forest Fields

Saturday 16th May 12 noon – 6pm

This event is being held to raise money for community projects in the area. There will be a range of traditional dances, workshops and folk bands playing. Other local community groups will have stalls.



The Green Festival

Sunday 31st May

The Arboretum 12noon – 6pm

Green ideas in practice, live bands, family fun, food, 100's of stalls, comedy.

Ever so sorry.....correction to dates

In last month's newsletter we mentioned opportunities to earn Time Credits by helping Forest Fields Improvement Association collect and fill hanging baskets. The dates have had to be changed, because, apparently it is a tad early for planting out bedding, as there's still a danger of frosts. The new dates are:

Saturday 30th May 10:30 – 2:30 or Monday 1st June 10am – 5pm

Please let us know if you would like to get involved.

**Nottingham
Playhouse**



We can get reduced price tickets, £6.00 each, for "Garage Band". The performances are Friday 5th and Wednesday 10th June at 7:45pm. Garage Band is a comedy, the Playhouse have this to say about it:

"With responsibility and the burdens of middle age weighing down on them, four forty-somethings try to recapture the energy and music of their youth by forming a punk rock band, tearing through lost adolescences and regrets. Can the punk spirit still burn in a world of mortgages, reflexology and Neighbourhood Watch?"

If you would like some tickets, family and friends can go too, please let us know by 22nd May so we can book them.

Glenstone Court

Glenstone Court are our most recent organisational member. It is an assisted living scheme, based on Radford Road. We are hoping that some of you will want to get involved, perhaps sharing your craft skills by having a workshop, taking part in a knitting group, or maybe befriending one of the residents. If you would like to be involved please contact us. *PLEASE NOTE THAT YOU WILL BE ASKED TO FILL IN A CRIMINAL RECORDS BUREAU DISCLOSURE FORM.*

Freebies

We still have sunflower seeds, fridge magnets with information re composting and organic garden planners (what to plant when). Let us know if you would like any of these things.

ALSO Katina and Mick have a round dining table, with an extension bit, that they are offering to anyone in the Skills Exchange. Apparently one of the legs is a bit dodgy and will need repair. Let us know if you are interested.

Got any spare plants or seeds?

Jane is hoping to transform her back garden into a wildlife garden. She would like any spare plants or seeds (veg or flowers) that people have in return for Time Credits. Please let us know if you have anything that Jane could use and we will pass the info on to her. Thanks.

Skills Asked For

Teaching English as a second language
Table tennis partner
Fit a shower
Patch some trousers
Moving a heavy mirror (two people)
Car washing
Wedding decorations/pew bows



If you can help, please let us know.

Meet a member



This month meet Lynne who is a recent member of the Skills Exchange.

Hi I'm Lynne I'm 46 and was born in Newcastle but lived in Nottingham for most of my life on the Heathfield Estate.

Work I work as a Healthcare Assistant on the Diabetic Ward at the City Hospital. I work shifts doing basic washing, dressing and feeding of patients, and test blood sugar.

Hobbies: I like socialising. I'm outgoing and like meeting people. I try to keep fit by doing aerobics, running, yoga and skiing. I'm a qualified fitness instructor and am currently training to be a personal trainer, and I'm offering those skills as part of earning Time Credits.

What attracted me to the Skills Exchange: I had a conversation with a stranger on a tram who was a member. I had heard about the Skills Exchange before so I jumped at the chance to get the contact details. I joined not just to get jobs done, but to meet people, make more friends, and extend my social life. I'd also like to get out of ironing for the rest of my life!

What my experience has been like of the Skills Exchange: I promoted the Skills Exchange at the Women's day event, and helped out at the BaseCamp event. It was enjoyable meeting new people, and very nice to meet Katina, Mick, and Lucy who are also members of the Skills Exchange. I have just taken on conversation classes at the library, and have found this very challenging.

Would you like to be profiled next month? Contact us if you do.

How to contact us

Helen (Time Bank Worker) helen@partnershipcouncil.co.uk

Lesley (Administrator) lesley@partnershipcouncil.co.uk

The Skills Exchange, Partnership Council, 47 Gregory Boulevard, Hyson Green, Nottingham NG7 5JA.

Telephone 0115 970 8200

Blog: <http://skills2exchange.wordpress.com>

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