



**SKILLS EXCHANGE**

## August News 2009

Hello everyone. According to our list of “Resolutions”, August is the month to take a holiday and spend some of the Time Credits you’ve earned to get your odd jobs sorted. So.....let us know if you need anything doing or if you can spare the time to help others.



Thanks to everyone who came along or helped in any way with our Big Lunch on Sunday 19<sup>th</sup> July. We had an interesting time dodging the raindrops, and had to rescue the food from getting soggy a couple of times, but all who came said they enjoyed it. There was plenty for the kids to do including face-painting, badge making, box modelling and games, and plenty of time for the adults to chat and get to know each other over lunch, the whole idea of the project.

The Courtyard looked very festive with the bunting made by our members.



Everyone enjoyed the food that was on offer, particularly popular were Lynne’s home-made chocolates. She’s agreed to put on a sweet making workshop for members, details in the newsletter.

## Sweet Making Workshop Thursday 13<sup>th</sup> August 2009

2:00pm – 4:00pm

The Stables

Partnership Council



Want to learn how to make really professional looking chocolates? Well come along to this session which will be run by Lynne, one of our members. You will learn how to make fudge, chocolate truffles, apricot and strawberry creams, nut clusters and chocolate trio. There will be a small charge for the ingredients and for the box you will take them home in, approximately £2.00. This event is open to children too, but

you will need to stay with them.

Lynne needs to know numbers by 10<sup>th</sup> August so that she can buy the ingredients, so if you want to take part, let us know by then.

Welcome.....

to our new members this month: Gill, Louise, Kamal, Rebecca, Joanna, Ian, Barbara and Martin.

### New skills on offer

Along with lots of new members come lots of new skills.....here's the latest additions to our Skills Directory:

#### Arts and Craft

Badge making

#### Bureaucracy

Understanding bureaucracy

#### Community Projects

Admin, training, development for projects

#### Computers

Telephone help for basic things

#### DIY

Carpet and lino fitting, door hanging

#### Family History

Researching family history

#### Music, dance and drama

Teaching waltz, salsa, meringue, bachata

#### Office Skills

Proof reading

#### Welfare Rights

Basic benefits information



### We're getting quite famous!



When we reached the 2000 hours exchanged mark a press release was sent out to highlight it. Since then we've had a good response, you may have spotted Mick and Rebecca, the oldest and youngest members, in an article in the Nottingham Evening Post. Helen was also interviewed by Radio Nottingham.

We've also had people ring up from different parts of the country wanting to start Time Banks, as well as a journalist from "The Weekly News" who wanted to run an article about us.

Seems that everyone is beginning to see the benefit of the ideas behind Time Banking. Don't forget, if you convince one of your friends that joining is a good idea, you will earn yourself 3 Time Credits.

### **Skills Exchange Steering Group**

The Steering Group is open to any members of the Skills Exchange, and meets every 6 weeks or so here at the Partnership Council. The next meeting is:

Thursday 10<sup>th</sup> September 2009

6pm – 7:30pm

The Stables, Partnership Council

If you would like to get involved please get in touch and we will send you the paperwork. The aim of the Steering Group is to guide the development of the Time Bank and to suggest ways to recruit new members, making sure that we reflect the diversity of the area we work in.

The last meeting discussed quite a few interesting topics:

- ❖ How to get more men to join. We have over 100 women members and much fewer men.
- ❖ How to involve people who don't live in the area.
- ❖ Can we advertise businesses? It was agreed that we could advertise members' businesses as long as they offered a discount.

So..... Do you have a business? Would you like to advertise it here in our Newsletter? If you would please get in touch and let us know what sort of discount you could offer our members.

### **Needed**

- Ian would like any blankets anyone has to spare that he can pass on to Emmanuel House, who work with the homeless.
- Lynne still needs people interested in helping her with her personal trainer qualifications. She will work with you for one hour a week and you will have to do two more sessions yourself. If you said you were interested the first time we asked please remind us and we will pass your details on to Lynne.
- The Bridge Centre still needs people to help with play activities, ideally Wednesdays, 11am – 1pm (ish).- Craft activities or Board Games



### **Dates for your Diary**

**Breakfast Mornings:** Every Friday 10:30-11:30am, Stables, Partnership Council. Earn Time Credits by making tea and toast, and meet other members of the Time Bank. August dates are: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>. Let us know if you would like us to invite a particular speaker to come along.

### **Partnership Council Social and Launch of the Big Ten Awards**

20<sup>th</sup> August 2009, 5:30pm-8pm at the Partnership Council, Gregory Boulevard. Music, buffet, alcohol (if you want it).

### Girls' Night in at Lynne's

Friday 21<sup>st</sup> August. Lynne lives on the Heathfield Estate. If you are interested let us know and we will pass on your details to Lynne. Should be a hoot!!

### 23<sup>rd</sup> August. Open Day Whitemoor Allotments 12 noon to 4:00pm

Joan and David, from Whitemoor Gardener's Association, came to our "Local Food for Local People" event and told everyone about their allotments and how to apply to get one. This is an opportunity to see for yourself at a day open to everyone to look around and get involved in some fun activities.

## **Play Activities**

Here's some free fun for the holidays, information supplied by Louise, thank you:

- John Carroll Leisure Centre, and Noel Street Leisure Centre free swim if under 16yrs and over 60yrs
- Brewhouse Yard and Nottingham Castle: 8<sup>th</sup> August, hands on activities, heroes parade, hunt the hero challenge, outdoor theatre
- Wollaton Park: 16<sup>th</sup> August: Goddess's nature parade, storytelling, outdoor theatre, puppet shows, teddy bear's picnic for under 5s

## **Looking Ahead to September**



The resolution for September is "read a book you wouldn't normally choose." We thought it would be nice to have a get together again around the theme of books. We could have our book swap, and we have lots of members who have offered story telling as one of their skills. So....fancy offering your time? We will need:

- ✓ Story tellers for adults and children
- ✓ People to read to the smaller children
- ✓ People to look after the book swap
- ✓ People to show adults and children how to make books from re-cycled materials
- ✓ People to do any other lovely ideas you might have

Please let us know if you would like to take part.

## **How to contact us**

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