



SKILLS EXCHANGE

March News 2010

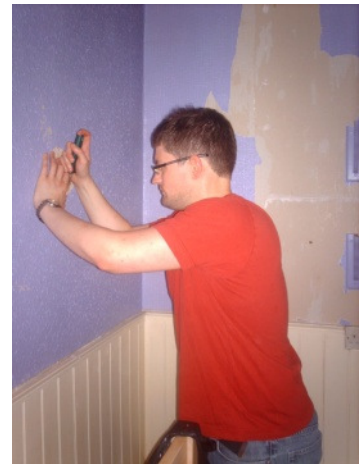
Apparently Cheryl and Ashley Cole have split up, but that is as nothing compared to the hot news contained in this here newsletter!

FIRST OF ALL WELCOME to the new members who have joined us since January 1st: Janet, Sara, Anna, Rya, Eileen, Roland, Anthony, Steve and Stephen. Welcome too to Walk on the Wildside (WOW!) a new organisational member...more on them later on....

We now have 190 individual members, 29 organisational members, and over 3,400 hours have been exchanged.

New Members Bring New Skills

- Teaching Arabic
- Copywriting
- House history research, advice
- Proof reading
- Website creation (Wix or Freeweb)
- Wallpaper stripping
- Bee keeping, advice
- Computer skills: operating systems, building a computer, installing games
- Solar panels, advice
- Convert videos to DVD



Exchanges Needed

Lots of requests coming in.....

- A small amount of wallpapering – Sherwood Rise
- Helping with homework, 2 boys aged 12, once a week – Radford flats
- Maths tuition, GCSE Level – wanted again – Hyson Green
- Painting a kitchen windowsill – New Basford
- Lift needed to charity shop – Sherwood Rise
- Gym companion

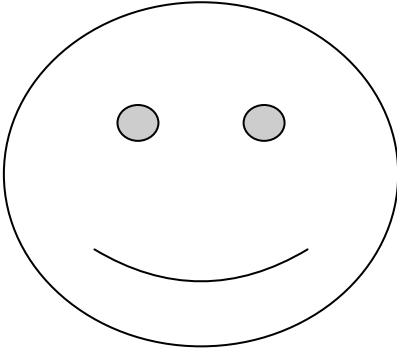
Earn Some Time Credits

Introduce a friend. If they go on to join you get 3 Time Credits

Forget Tupperware.....have a Time Bank Party!! If you would like to host a gathering at your house and invite friends and neighbours who you think might be interested in joining us you can earn Time Credits. You provide the venue, we provide the snax and words. Let us know if you would like to do this.

Our Annual Survey

Thanks to everyone who completed it. If you didn't we are sending out the link one more time via email. It helps us to know what you think and it is useful when we are putting in funding bids.



Of the replies we got 96% said that they were happy or very happy with the Skills Exchange. 92% said it was very important that they got to choose when they got involved with an exchange. 95-8% said that they had met new people as a result of joining. 56% had found out about new community groups. 72% said that they had received help that they wouldn't have been able to afford otherwise.

We had some lovely comments too, here are a few.....

“Thank you Skills Exchange for cheering me up and making me feel useful again. I am looking forward to more great times.”

“I think it's a brilliant scheme and I hope it will continuously grow as it makes a lot of things possible and accessible without money, it also contributes to building community, to people being valued for the many skills they have....”

“My experience with it has been excellent. It's a fantastic way of equal exchange.”

So.....Smiles all round!

Responding to a Need

We love it when you say nice things about us, but we also like to think we respond when things aren't quite so good.

It can be a pain to send in the Task Completed Forms, so, for those of you with email we are sending out a Task Completed Form that you can complete online and send back as an attachment or paste into an email.

Thank you to Michaela for designing it and sorting it out for us.

If you don't have email, but have recently been involved in an exchange, just give us a call and we will update your Credits.....Let's keep red tape to a minimum!!!

Do we know your current email address?

If you aren't getting regular, at least weekly, emails from us, then we probably don't have an up to date contact email for you. Please let us have it – even more important as newsletters are now bi-monthly – next one due in May.

Subscribe to our Blog

I am trying to be a good girl and updating our blog at least once a week. Please have a look at it, leave a comment on one of the stories.

There is now the option to subscribe, if you do this you will receive an email every time there is a new post. Saves you keep looking to see if I've updated it.

<http://skills2exchange.wordpress.com>



We are moving.....again

This time it will be to our new, permanent residence, Tennyson Hall. We expect to be moving at the end of this month. I haven't seen inside, but apparently it's very nice. We will be able to hold Breakfast Mornings and Socials there, and will be holding a Launch Social in April, date to be confirmed. The full address will be:

Unit C, Tennyson Hall, Forest Road West, Radford, Nottingham.
Our telephone and email will remain the same.

A Freebie



Andrew has kindly donated a landline telephone if anyone would like it. Thank you Andrew.

Help out an organisation member and earn some Time Credits

Be a "Money Guide"

Our organisation member Nottingham Credit Union is after people to train as "Money Guides". Cathy Evans from N.C.U. wrote the following to tell you all about it.....

“The Money Saving Diet” is a new project started in partnership with Nottingham Citizens Advice Bureau and Nottingham Credit Union. We are looking for volunteers to train to become “Money Guides” and help people in the community learn to manage their money. The program starts with a short course of 6 half day sessions to teach the skills and knowledge you’ll need. This will include budgeting and money management as well as learning to train people. Once our new volunteer “Money Guides” are trained they will be placed in community settings to see individuals and help them with their budgets. This will help people to cut their costs and increase their incomes and hopefully avoid financial crises.”

Volunteers will be given expenses to cover costs during their work with the project. For further information contact Abbey Palmer on Nottingham 823128.

WOW!

Thank you to Sarah for coming to our Breakfast Morning last week. She came to talk about the project and to get our members’ opinions on which nature reserves they would like to visit. WOW! will give community groups in Radford and Hyson Green the opportunity to:

- ❖ Visit local nature areas
- ❖ Meet new people
- ❖ Take part in nature-based activities
- ❖ Learn new skills

WOW! are after volunteers to:-

- Lead trips (training will be provided)
- Help with the WOW! website
- Help organise the trips

Let us know if you are interested and we will pass on your details to Sarah. Later on in the year we will be able to offer 10 free places to members who would like to go on a WOW! organised trip.

The Vine Centre

Help out or go along to.....

PALS Parent and Toddler Group
Thursdays 9:30am – 11:30am (term time)
The Vine Community Centre
Bobbers Mill Road
Hyson Green
NG7 5GZ

Free snacks for children. Low cost drinks and snacks for carers. Messy play, arts and crafts, singing and storytime.

Go along with your little ones. OR if you would like to help out and earn Time Credits The Vine needs people to help set up and put things away, you will need to fill in a CRB form.

Help the Skills Exchange and earn Time Credits

We will be having promotional stalls at the following events. It's great to have members there to explain how it works, let us know if you can help out, even ½ an hour is great.

Saturday 27th March. A SPACE FOR ALL

The Bridge Centre, Boulevard United Reformed Church, Gregory Boulevard, Hyson Green.
3pm – 5pmish

An event to celebrate the opening of a new community space. Come and have a look and see what it's like!

Sunday 23rd May The Green Festival on the Arboretum 12 noon – 6pm

This is usually a very busy one for us. We will be having a “plant a sunflower seed” activity for the kids, so anyone who would like to be involved with that would be most welcome.

Dates for your Diary – Stuff to do- let us know if you fancy any of this....you know the drill

- Breakfast Mornings – Fridays 10:30 – 11:30am at our offices
- Friday 26th March at the Bridge Centre
- Friday 2nd April no breakfast morning as we are closed for Good Friday
- Saturday 13th March 1pm – 4pm Scrapbooking Workshop, at our offices, 181 Alfreton Road, £3.00 for materials. Bring 3 photos of your family. A few spaces still available.
- Same day – different venue. Saturday 13th March, 12:30-4:30pm. Say goodbye to Noel Street Baths. A free community event organised by Forest Fields Improvement Association. Free activities – sports day, bouncy castle, family and toddler swim. If you have any memories of the baths that you would like to share email: weloveforestfields@googlemail.com or ring Moby on 970 8200
- Friday 19th March, 10:30 – 11:30 Skills Exchange Breakfast Morning with a chance to comment on Draft Radford Neighbourhood Plan, our offices, 181 Alfreton Road.

Coach Trips

Mick arranged a trip to Lincoln Christmas Market for us in December. Mick has negotiated 3 more trips over the summer. Friends and family are welcome.

Sunday 20th June

Ironbridge Gorge/Blists Hill

Depart 9am from Gregory Boulevard Park and Ride

Cost £11 adults, £5 child

Saturday 10th July

Lavender Fields Heacham/Hunstanton

Depart 8am from Gregory Boulevard, Park and Ride

Cost £12 adults, £6 child



Sunday 15th August

Evesham/Bourton on the Water
Departs 9am Gregory Boulevard, Park and Ride
Cost £12 adult £6 child

We have lots of information on all these places if you would like us to send you some, or Google them at your leisure. *A child counts as up to, and including, 15 years of age.* If you would find it helpful to save up for these trips, get in touch and we can advise you how to set up a Holiday Savings Account with Nottingham Credit Union

Tuesday 20th April

Gallery Tour and Craft Workshop

Lakeside Arts Centre

Visit Lakeside to see the stunning Without from Within exhibition consisting of vibrant paintings of views through windows created by artists from the early 20th century up to the present day. Artists include Howard Hodgkin, David Hockney, Paul Nash, Winifred and Ben Nicholson. Taking inspiration from a diverse range of styles you will create laminated translucent panels to decorate your own windows.

We need a minimum of 8 people for this to run, adults only. Everyone who went last year for the mono-print workshop and tour thoroughly enjoyed it. Thank you to Ruth who is organising this for us.

We need to know by 9th April if you would like to go.

Digital Activist Inclusion Network (DAIN)

Here's something you might be interested in. We are hoping that DAIN will join us as an organisation, so that you can earn Time Credits, but I think you will see that it is a very interesting project to get involved in anyway.

Sofia Crawford from the project sent in this report and photo.

“The Digital Activist Inclusion Network (DAIN) is an exciting volunteer project working across the East Midlands. DAIN aims to promote digital inclusion by encouraging people to use technology with the help of volunteers (Digital Activists).



Digital Activists will work with a nationally recognised charity, the Worker's Educational Association (WEA) and be active in local communities by promoting the use of technology.

"This course was a great enabler for me. It opened my eyes to the vista of knowledge in the digital world and quickened my understanding about the possibilities out there. I was thrilled to meet new people and forge new relationships and many of the ideas internalized will stay with me for a long time. The coordinating team for DAIN project ably led by Andria and supported by Sofia, Angelique and the rest are fantastic. If I was to do this again, I would gladly sign up!" – said Gbenga Shadare, one of Nottingham's new Digital Activists on the How to be a Digital Activist course he and 12 other volunteers just completed.

Nottingham has 13 Digital Activists who are ready to go out and work in their communities. For information about the project, please visit www.dainproject.org.uk and <http://digitalactivist.wordpress.com>

If you would like to join, please contact Sofia on 0115 933 9022, or 07810 834539 or email her on scrawford@wea.org.uk

Nottingham Playhouse

3 productions coming up. Let us know if you would like tickets. Usual price £6, friends and family welcome. For more details on the productions visit www.nottinghamplayhouse.co.uk

A Day in the Life of Joe Egg

Friday 19th and Saturday 20th March or Monday 22nd March at 7:45pm

"Bri and Sheila are the young parents of a disabled child (nicknamed Joe Egg). To the outside world they seem the very model of bravery and courage in the face of adversity. When two unwanted guests begin to question the family's cosy arrangement the darkness beneath their comic facade becomes all too clear.
.....a funny and thought-provoking modern classic."

Arthur and George

Thursday 22nd April at 7:45pm

"Set in Victorian England, Arthur Conan Doyle is recruited to solve a mysterious case of his own.

Solicitor George Edaji has been convicted of a terrible crime and is desperate to prove his innocence. After his release from prison he seeks the help of the expert crime writer to win him a pardon."

The Harder they Come

Friday 14th May 7:45pm

"Based on the iconic seventies film that launched Jimmy Cliff onto the world stage, this exhilarating production tells the story of a country boy who makes for the bright lights of Kingston, Jamaica with high hopes of becoming a reggae star."



A plea from a member

Anyone got any wood suitable for a wood burner, or know of a good contact for this?
Steve's keen to know!

Still places on free horticultural course

Starts Monday 22nd March - 1pm-4pm. Will give you a good start in learning how to grow fruit and vegetables. Contact Martin on 9788212 if you would like to go.

Advice on saving money on bills

Roland is offering advice on Utility Warehouse Discount Club. Let us know if you want to talk to him about the Scheme.

Haiti

We've got a big list of things needed courtesy of Kemet Radio. Let us know if you want details.

How to contact us

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

Email helen@partnershipcouncil.co.uk lesley@partnershipcouncil.co.uk

The Skills Exchange, Partnership Council, 181 Alfreton Road, Radford, Nottingham, NG7 3NW phone 970 8200



partnershipcouncil