

## Latest News March 2009

Shocking though it may seem, we are now in the third month of 2009, and a quarter of the way through our 12 resolutions for a happy, healthier and all round fab year.

### Now it's March.....the month to get gardening

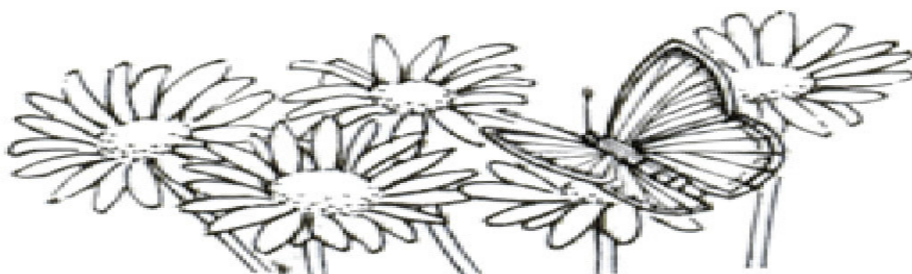
We know that not everyone has a garden or is able to do their own, but, with the help of Skills Exchange members and partners, we hope that you find something to get you gardening this month; so, here goes

#### *Gardening/social*

Courtyard Clearout Mark 2  
Saturday 14<sup>th</sup> March 2009  
10:30-2:30  
Here at the Partnership Council

This will be part social, part gardening event, including the following lovely activities:

- ❖ Cleaning up the Courtyard – sweeping and bagging up leaves and branches that have gathered over the last few months.
- ❖ Tidying up planters and planting new bedding plants.
- ❖ Learning how to grow veggies in containers.
- ❖ Seed planting for children.
- ❖ Refreshments – Time Credits for any food donated.



Please come along and get involved. If you would like to help organise or supervise a specific activity you could earn Time credits. Please call us and let us know what you would like to do.

### Timetable

10:30 – 11:30	Clearout and planting up planters
11:30 – 12	Growing Veggies in containers Workshop
12 – 1pm	Lunch. Donate some food and earn Time Credits!
1:00 – 2:30	Seed planting for children (+adults if you fancy)
1:30 – 2:00	Growing Veggies in containers Workshop

If you don't fancy gardening, just come along for a chat. We would love to see you!!

### Help with gardening offered by our members

- Digging
- General light garden tidying/weeding
- Tree cutting and pruning
- Organic gardening mentor

Get in touch if you would like us to sort out an Exchange.

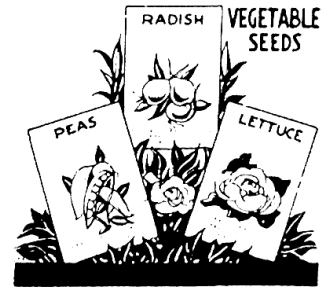


Mick has used some of the Time Credits he's earned by doing DIY, to get help with his garden. Richard did a general tidy and bulb planting, Scott cut Mick's hedge, Rob put an edging strip on one of the flower beds, and Jane did some planting.

Mick says "I've been happy with everyone who has come and helped me, I've got no complaints."

Richard helped Jabran with his garden by weeding and tidying. This is what Jabran has to say:

"We had been needing to sort out the back garden for a long time and we wouldn't have been able to do it without Richard's help."



## Plant Some Seeds

If you are a full member of the Skills Exchange you should have received a packet of seeds with this newsletter. Thank you to Nottingham In Bloom for donating them to us. We hope that you will find them useful. Please feel free to hand them on to a friend or neighbour if you know you won't use them. They will need planting outside in April or May.

## Identify a spot in your neighbourhood that could do with a fruit tree

The Sprout project, which is a member of the Skills Exchange, is supporting the Fruit and Notts project. This is the brainchild of May who is a member of the Forest Fields Transition Group. She wants fruit and nut trees to be planted around the area.

“Anyone is welcome to suggest an unused area which may be suitable for planting a tree.....Once they've grown, we're all hoping that these fruit and nut trees will provide local people with free fruit and nuts,” (Rachel Wicks)

Get in touch with May if you have a location. 07905 90645 or email [maisiebate@hotmail.com](mailto:maisiebate@hotmail.com)

## Hire some gardening tools from the Skills Exchange

We have 2 spades, 2 large gardening forks, 1 strimmer (recently checked for electrical safety), and a leaf rake available. If you want to borrow them it's 1 Time Credit per item. Contact Helen or Lesley at the Skills Exchange.

## Go to the Great Spring Sowing



Transition Nottingham Presents...

## The Great Spring Sowing

Sunday 22nd March 2009

The Arboretum Waverley Street Nottingham

10:30 - 4pm FREE Admission

[www.transitionnottingham.org.uk/greatspringsowing](http://www.transitionnottingham.org.uk/greatspringsowing)

The aims of the Great Spring Sowing include publicising that it is the time to sow seeds and educate the public in how to sow and care for them. There will be activities including practical workshops where people will be able to take away the plants they have sown to grow at home.



- ✓ You have taken up any of our monthly challenges – so far savings and exercise
- ✓ You've been to a Playhouse production
- ✓ The Skills Exchange has made a difference to your life
- ✓ You fancy a Belly Dancing taster session. Our member, Lucy, has offered to provide this, but we need to know if you want it. It can't happen unless we have enough numbers
- ✓ You want vouchers for a free session at a Leisure Centre. We have 4 vouchers left
- ✓ You want us to set up a babysitting/childcare circle where you can get to know and meet each other
- ✓ You want a free jigsaw 1000 pieces!
- ✓ You need some help or want to help
- ✓ You've got any old plates you would like to donate for the Skills Exchange Breakfast Morning. We'll give you Time Credits for plates donated

### **Opportunities to earn Time Credits**

Members are asking for the following help: window cleaning, leader for conversational English class, sewing, fix a dripping kitchen tap, wedding decorations such as "pew bows".

Basecamp need people to help out on the day of their Funding Spectacular, 11 March 2009 at Djanogly City Academy. They want people to help set up, meet and greet, serve food.

If you are involved with a community group you might want to come along and find out about funding opportunities. Contact Syed to book your place. Tel: 9708200.

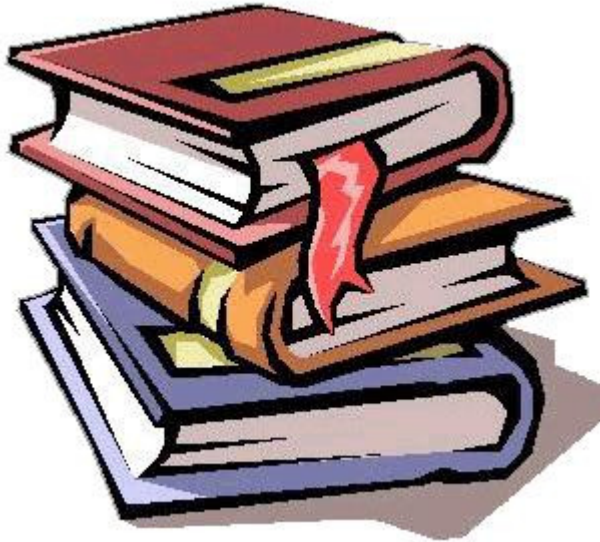
Nottingham Credit Union Vacancy. Want to learn to be a cashier for the Credit Union? Full training will be given. Ideal if you like people, enjoy chatting, and are fairly good at maths. Let us know.

Help out the Skills Exchange Promote us at International Women's Day event at the Vine Community Centre, Bobbersmill Road, Hyson Green on Friday 20<sup>th</sup> March 2009 10:00am – 3:00pm. This would involve staying with our display boards, handing out leaflets, chatting to people about the Skills Exchange. If you could spare an hour that would be great. This is a women only event.

## Book Swap

We've included a list of the books and films available to borrow with this newsletter.

Get in touch if you fancy any of them. You can keep them for as long as you like, no fines!! 1Time Credit per item borrowed.



### Since the last Newsletter

5 members have signed up. As far as we know 38½ hours of help have been exchanged including cycle repairs, sewing, leafleting, delivering lightbulbs, catering and envelope stuffing. We know there's more, please let us have your Task Completed Forms!!!

### Time Credits

If you let us have your Task Completed Forms by the end of the month, they will go on your statement.

### How to contact us

Helen (Time Bank Worker) [helen@partnershipcouncil.co.uk](mailto:helen@partnershipcouncil.co.uk)

Lesley (Administrator) [lesley@partnershipcouncil.co.uk](mailto: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>



**THE  
MOFFAT  
CHARITABLE  
TRUST**

**partnershipcouncil**

# A sneak preview at .....APRIL

## The month to do something arty!!!!

We are very pleased to announce that our organisational member *THE LAKESIDE ARTS CENTRE* is offering two lovely opportunities for Skills Exchange members to tie in with our theme of “do something arty”

### Wednesday 1<sup>st</sup> April (no larking about!) 1pm to 2:30pm

**Gallery Tour** \_Be taken around the galleries at the Lakeside. The major exhibition we will be looking at is “The American Scene: Prints from Hopper to Pollock”. This features prints from the period 1900-1960. You will get a chance to ask any questions or just enjoy the artwork. We will also get to see the exhibition in the Weston Gallery and the gallery space near the cafe! The tour will include refreshments (tea and biscuits).

### Friday 3<sup>rd</sup> April

#### Mono printing workshop 1pm-2:30pm



Have a go at simple mono printing, inspired by the American Scene exhibition. Refreshments will be provided (tea and biscuits).

**NB** We will be travelling by bus (the L12) to each of these events. We will meet at the stop near Djanogly City Academy at 12:10 to allow us plenty of time to get there. You will need to pay for your own bus fare. It costs £1.50 for a single ticket. The Local Link Service we will be using takes easyrider city, easyrider anytime and NCT day tickets.

If you prefer to make your own way there by car, you might be able to earn Time Credits by giving others a lift! Let us know.

### NB NB NB

We need to let The Lakeside Arts Centre know how many people will be coming on each day. SO please let us know by FRIDAY 20<sup>TH</sup> MARCH 2009 if you want to come.