

JAN09

Livewire

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MAKE 2009 YOUR BEST YEAR EVER!



*Did you make
any New Year's
Resolutions for 2009?*

*If so, have you been
making the effort to
keep them?*

Most of us start the New Year by resolving to get fitter or start saving money or learn new skills but it's not easy to stick to our good intentions. To help, our Skills Exchange project has

come up with a fantastic list of resolution-style ideas, one for every month of the year! However best of all, is that you'll be able to get help with all the ideas from the Skills Exchange and its members.

For example, if you're keen to save a little extra money this year, Skills Exchange member the Nottingham Credit Union will show you how!

Keep reading to find out more...



As you may know, the Skills Exchange gives its members the chance to earn 'Time Credits' by volunteering their skills to help others. In return, members can then use their Time Credits to 'buy' volunteer help of their own.

For example, Skills Exchange members help each other with gardening, cooking, sewing, learning new skills such as how to play the guitar, hairdressing, odd jobs, child care and arranging events.

The Skills Exchange has over 100 members, including organisations like John Carroll Leisure Centre in Radford.

Helen from Skills Exchange explains:

"We thought the list would be a great way to showcase the amazing range of skills that the Skills Exchange offers through its members."

Here's to a great 2009!

Jan - save at least a pound a week with Skills Exchange member the Nottingham Credit Union.

Feb - start exercising with sports coaching and advice from Skills Exchange members including the John Carroll Leisure Centre. Plus, come along to our Breakfast Morning on the 13th February to find out more about exercise from our special guests - the 'Change of Heart' health trainers (funded by the NHS).

Mar - get gardening with help from Skills Exchange members and free tool hire from the Skills Exchange and Nottingham City Council - alternatively, why not join in with a Skills Exchange gardening event?

Apr - get creative, go along to an art workshop run by Skills Exchange member the Lakeside Arts Centre (suitable for all - even beginners!)

May - learn to cook something new this month and come along to practical cookery sessions run by Skills Exchange members. Alternatively, why not send us a recipe for the Skills Exchange Recipe Book?

Jun - go cultural and visit the theatre with Skills Exchange members Nottingham Playhouse and the Lakeside Arts Centre.

Jul - think big, go along to a big event this summer - we've got all the details!

Aug - take a holiday and spend some of the Time Credits you've earned to get your odd jobs sorted!

Sept - read a book you wouldn't normally choose by coming along to a Skills Exchange book swap event

Oct - get out and about and meet new people by getting involved with one of the Skills Exchange's community group members

Nov - pamper yourself and use your Time Credits to get a massage or maybe just help with the housework!

Dec - find out what you could do to become even greener in 2010 with Skills Exchange members Sprout and the Sumac Centre.

To find out more about the Skills Exchange or any of the ideas above please call:

**Helen on 0115 970 8200
or alternatively please email
helen@partnershipcouncil.co.uk**





FRUIT & NOTTS FOR LIFE

Our environmental volunteering project 'Sprout' is helping a young volunteer from a community group called Transition Forest Fields after she came up with the idea to plant as many fruit and nut trees as possible in Forest Fields, Hyson Green and the Arboretum area of Nottingham.

Rachel from Sprout explains:

"Anyone is welcome to suggest an unused area which may be suitable for planting a tree. In addition, May and Transition Forest Fields are also looking for individuals, businesses, schools and organisations that would like to sponsor 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, they will be 'public' trees and something that the whole community can enjoy and benefit from."

**Visit - <http://fruitandnotts.weebly.com>
Call - May on 07905 90645
or email maisiebate@hotmail.com**

The first community fruit trees were planted in January, at a unique event held at The Lion pub in New Basford.

The event coincided with Burns Night - a celebration of the Scottish poet Robert Burns, the author of 'Auld Lang Syne', the song traditionally sung on New Year's Eve.

As Burns Night is traditionally Scottish, the events included plenty of haggis (a traditional Scottish dish) and whisky, as well as live Celtic music.

During the event, four community apple trees were planted, including two cider apple trees. To encourage the trees to grow, the evening featured many 'wassailing' traditions.

Wassailing is popular in cider-producing areas and involves drinking and singing the health of trees!

Rachel says:

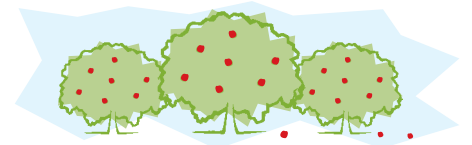
"Traditionally, the purpose of wassailing was to awake apple trees and scare away evil spirits to ensure a

good harvest of apples in the autumn! The event at The Lion was a great way to bring local people together and to celebrate the planting of the first community fruit trees."

As part of the wassailing, local band the Wholesome Fish played a traditional wassailing song whilst the assembled crowd joined in with the singing. Cider was poured on the roots of the trees too, and cider-soaked toast was put on the branches.

The trees will be used to produce apple juice and cider in the future. Sprout was set up in January 2007 to help young people set up their own environmental projects and get involved in environmental volunteering.

To find out more about Sprout call Rachel on 0115 970 8200 or alternatively please email rachel@partnershipcouncil.co.uk



THE FOREST UPDATE

As you may know, the Forest Recreation Ground is hoping to get £5 million from the Heritage Lottery Fund, to improve it for local people.

The Partnership Council is leading the project to get the Forest improved. For example, we lead the 'Working Party', which has developed the plans to improve the Forest. The Working Party is made up of the Partnership Council, Nottingham City Council, the Neighbourhood Development Company (NDC) and the community group 'Friends of the Forest'.

Through the Working Party we've gathered together the opinions and ideas of local people which have been used to develop our plans. We're still waiting to hear if the Forest will be given £5 million but in the meantime the Working Party has been working hard!

Nottingham City Council (supported by Arrow Light Rail, the company who runs Nottingham's trams) has recently installed new bollards alongside the Forest's Park and Ride site, to stop people driving their cars on pedestrian areas or parking on the grass.

Plans are also underway for a new children's playground on the Forest, due to be completed for summer 2009. The theme for the new playground was developed with local children, via the Partnership Council's Children's Forum.

In addition, the Forest has also been awarded £95,000 worth of funding from the Nottingham City Primary Care Trust, which will be used to install a free outdoor fitness gym for local people. The gym equipment is due to be installed in March.

A GREAT DAY OUT!

On Saturday 25th April 2009, the University of Nottingham will be opening its doors to the public at its 'Day of Exploration' event.

Everyone is welcome to go along and explore the University. You'll be able to meet staff and students and enjoy bite size talks and presentations on everything from filmmaking to satellite technology.

In addition, you'll be able to visit the University's eco houses, watch live science experiments, join in with sports including archery and swimming, enjoy children's art events or simply wander around the University's award-winning gardens.

To find out more call Melanie Futer on 0115 951 4649 or simply email melanie.futer@nottingham.ac.uk

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