



SKILLS EXCHANGE

# January News 2011

**A belated Happy New Year to you all**, we hope it's a prosperous and happy one for all of you. A few fascinating facts about 2011 to get us started.....

It's the International Year of Forests and the International Year of Chemistry, though probably not a good idea to combine the two. During this year we can expect to see the world's largest solar power plant open in California, the cricket World Cup in India, Sri Lanka and Bangladesh, and we won't see, but it'll be doing it anyway, Nasa's messenger space craft will start orbiting the planet Mercury.

In the Buddhist calendar it's 2555 and the Hebrew calendar 5771-5772. In February when the Chinese New Year is celebrated it will usher in the Year of the Rabbit.

As far as we are concerned, we'd just like to see more activity from members and would like to be able to find someone to help every member who asks for an Exchange.

**WELCOME**

....to our lovely new members who have signed up since the last Newsletter  
....Roshan, Sharmin, Sonia, John and Ali.

Don't forget.... if you recommend a friend, and they go on to join us, we will give you a VERY generous 3 Time Credits. So, off you go, start telling people how great we are.

## THE WINTER SOCIAL



Thank you to all who came out on a very snowy, icy and cold 3<sup>rd</sup> December to either help out with, or attend our Winter Social at the Vine Centre. We were expertly entertained by Derek who played guitar and sang and by Marc Block and the Breezes. They played a rousing set and a few of us could be seen dancing. Marc

Block's website is [www.marcblock.co.uk](http://www.marcblock.co.uk) if you would like to know more. Ron read out some more of his humorous verse, there was a raffle with an astonishing amount of prizes and Mick compered the evening and added in a few quizzes of his own, plus prizes.

Food, once again, was plentiful and delicious and the company delightful.

All good practice for our next social which will probably be a BIG LUNCH. This year it's on Sunday 5<sup>th</sup> June, so get that date in your spanking new diary.

YET MORE THANK YOUS!

Most of our raffle prizes were kindly donated by our members, but two were very generously donated by local businesses who deserve a mention here:-

Both donated 2 main course meals and a bottle of House Wine:

The Rope Walk  
107-111 Derby Road, Canning Circus, Nottingham NG1 5BB

The Sir John Borlase Warren  
1 Ilkeston Road, Nottingham, NG7 3GD 0115 9474247



Thank you to Michael who organised this.

A FEW BITS AND BOBS OF HOUSEKEEPING

### MAILOUTS

This will be the last time, for now, that we send out paper Newsletters and Statements to everyone. Starting from the March edition of this fantastic publication, we will be emailing the newsletter out to all of you on email and just sending paper ones to those of you who don't have one.

This means that it is particularly important that we have your current email address otherwise you won't know what's going on at the Skills Exchange. If you think that you've changed your email, or any other contact details lately, please let us know. If you aren't getting emails from us each week it probably means that you've changed your email and we don't know, or our words of wisdom are going in your junk folder, please check and see.

We do realise that Statements are an important way of you keeping up to date with your Time Credits, so please feel free to contact us whenever you would like one sending out to you or a verbal confirmation of your hours.

## **BLOG**

Don't forget, there is a Skills Exchange Blog, please have a look if you have a computer. You can subscribe to it too and then you will get an email each time it's updated. It would be nice to get some comments from you on there too.

<http://skills2exchange.wordpress.com>

## **PHOTOS OF EXCHANGES**

We could do with some up to date pictures of the Exchanges that are happening. If you get the chance please take a photo and email it to us. We'll give you a Time Credit for this.

## **THE QUIZ**

Catherine won the Christmas Quiz by giving the correct answers...Spiderman and Toby McGuire. We hope you have bought something lovely with your Marks and Spencer voucher.

Thank you to Mick for devising the quiz and donating the prize.

## **SAD, SAD NEWS**

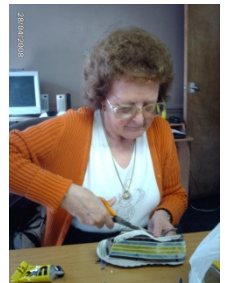
It is with a good deal of sadness that I have to let you all know that one of our members, Eunice Hexham, died just after Christmas. She had been ill for some time.

Eunice was one of our first members, she filled a form in at the Caribbean Carnival in 2007, and very quickly became one of the most regular attenders at the Friday Breakfast Mornings. We often called her the "Toast Queen" as that was her regular job. Eunice was very generous with her time and also with little treats that she would bring along to Breakfast Mornings and social events.

I think, over the time that she was a member, Eunice only asked for help once and gave many many hours, close to 300, to us, and to Independent Street Carnival Troupe. She helped decorate shoes and cut out fabric leaves and flowers for costumes.

Eunice was also the first winner of the Big Ten Award "Skills Exchange of the Year Award" in 2008.

Our sympathies go out to her close friends and family and her partner Graham.



## £6 TICKETS FOR NOTTINGHAM PLAYHOUSE

Here's all you need to know if you want to take advantage of the Hothouse tickets we get for the theatre:

### Current Production

"Forever Young", Tuesday 8<sup>th</sup> February, 7:45pm. (This is a 14+ show). This comedy about decrepit actors in a retirement home returns to the Playhouse due to popular demand. We went to see it last year and everyone thought it was hilarious. Let us know ASAP if you want tickets for this one, deadline for payment is 25<sup>th</sup> January.

### Future Productions

Hot off the press, here are the productions and nights for the rest of the year. Even though some may seem a long way off still let us know if you are interested and we will remind you nearer the time.

### **Oedipus ; Monday 28<sup>th</sup> + Tuesday 29<sup>th</sup> March by Steven Berkoff (after Sophocles)**

"Thebes is cursed. The citizens are in the grasp of devastation, famine and plague. What has angered the gods so, to make them reduce a once great city to misery and ruin?"

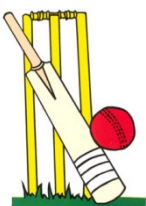
### **League of Youth:- Monday 16<sup>th</sup>, Tuesday 17<sup>th</sup>, + Wednesday 18<sup>th</sup> May by Henrik Ibsen. In a version by Andy Barrett**

"Vote for change!

Sick of the two established parties and their vested interests, one man promises a third option with a radical agenda: to champion the people and remake politics."

"A play with sparkling wit and cynical humour, very relevant to the present day."

### **The Ashes:- Monday 5<sup>th</sup>, Tuesday 6<sup>th</sup>, Wednesday 7<sup>th</sup>, + Thursday 8<sup>th</sup> September**



"When legendary Australian batsman Donald Bradman notched up over 1,000 runs for his team and returned home bearing the Ashes, England was determined to avenge the defeat. By the time England set sail for Australia two years later, under the captaincy of Douglas Jardine, a new line of bowling attack had been devised – Bodyline!"

.....and finally, the pantomime for this year will be.....**Cinderella**, they are billing it as the “ultimate Royal Wedding!”

## FREEBIES

- ❖ Carmen is offering a portable TV with indoor aerial and scart socket
- ❖ Steve has donated some packets of seeds. They are herbs, parsley, basil and coriander. Can be planted outside from March onwards or grown on a windowsill.
- ❖ Rob has a metal clothes rack and a long TV unit. If you are interested photos can be provided.

Let us know if you want any of them.

## WANT TO EARN SOME TIME CREDITS?

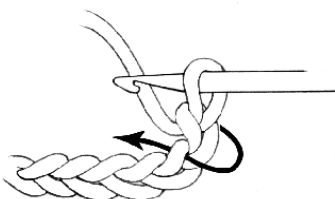
### Individuals need the following help:

- Laying insulation in loft. Safety advice and protective gear will be provided. Forest Fields
- Levelling off ground in preparation for slide. Carlton
- Lino laying. Beeston
- Curtain pole. Sherwood (ish)

### Organisations need the following help:

- Leaflets delivering to community venues....Action for Blind People
- Door to door leafleting for Nottingham Credit Union
- Door to door leafleting – Community Garden Project (Not Hyson Green, Radford, Forest Fields areas)
- We would like a member or two to look at our current Membership Pack and suggest improvements.
- Make some wooden containers for plants. This would be with others and would be supervised. Our new back garden is long overdue.

## WANT TO LEARN HOW TO CROCHET, OR ALREADY CAN? COME AND GET HOOKED



We are hoping to run 3 two- hour sessions in April this year, probably on a Saturday. You will learn how to crochet alongside an expert, Rosie, and will be taking part in the “Get Hooked Project”. This aims to get Nottingham crocheting and involve hundreds of people across the city. You will be able to

crochet your own square for a banner which will be displayed in the city as part of the 2012 Olympic celebrations.

Please let us know if you are interested, friends and family are welcome too.

## CONGRATULATIONS TO ROB

Our glittering Big Ten Awards Evening was held last November. If you want to have a look there's a short film on our website: [www.partnershipcouncil.co.uk](http://www.partnershipcouncil.co.uk)

Winner of the Skills Exchange of the Year Award was Rob Jessop – congratulations too to the other nominees Rosie Jarrett and Jiri Hejsky.

Rob had been nominated by Taran who had this to say about him:

“Without Rob from the Skills Exchange, I would never have been able to sort out my house. He has helped me no end with DIY as well as fixing my webcam and microphone on my laptop. Without Rob's help and support, I would not have been able to keep in voice contact with friends abroad. He has become a good friend to me and I greatly appreciate the support he has given me. Without people like Rob in our community, our communities would not be the same.”



## NEW PROJECT AT THE PARTNERSHIP COUNCIL



We have a new colleague here at the Partnership Council, Helen Bates. She is leading a really exciting history project that you might want to take part in. Read on.....

### **HYSON GREEN FLATS**

#### **Did you live in the Hyson Green Flats?**

##### **Share your memories...**

If you lived in the Hyson Green Flats, we want to speak to you. The Hyson Green Flats which were built in the mid sixties and demolished in the late eighties, stood on the site of where Asda is now. The Partnership Council, based in Radford, is running a community history project which seeks to record the memories of people who used to live in the Flats and to find out what it was like to live there.

## **Tell us what it was like living in the Hyson Green Flats...**

If you would like to share your memories about living in the flats then one of the project workers (many of which are local volunteers), will interview you. The memories you share in this interview will be used to create a booklet and a web site which will describe what life was like for those living in the Hyson Green Flats.

### **.....or volunteer on this project to record people's memories.**

Are you interested in local history? Do you enjoy tracing your family history? Perhaps you are interested in what your local area used to be like and what it was like to live there? If so, why not volunteer to work as a community historian on the Hyson Green Flats Project. You will be interviewing people who used to live in Hyson Green Flats and visiting community events to raise awareness of the project. You may also be interested in carrying out research work in the Nottinghamshire Archives and the Nottingham Local Studies Library to help support the project. Training, travel expenses and support will be provided.

For more information on sharing memories or to become a volunteer contact Helen Bates at the Partnership Council. Phone 0115 970 8200 or email [helenb@partnershipcouncil.co.uk](mailto:helenb@partnershipcouncil.co.uk)

## **OTHER STUFF THAT MAY BE OF INTEREST**

### ✓ Take part in the Community Garden Project

An opportunity to get real hands-on work experience, skills, training and support without losing any benefits that you are entitled to.

Placements last for around 2 months and will involve volunteering for 8-16 hours a week. To be eligible you would need to be a resident of Nottingham city, over 18 years and either unemployed or at risk of redundancy or in a low income job (and not currently enrolled as a student).



To find out more contact: Dori Kirchmair at the Partnership Council. 0115 970 8200 email: [Dori@partnershipcouncil.co.uk](mailto:Dori@partnershipcouncil.co.uk)

### ✓ Volunteer whilst learning to grow your own fruit and vegetables

Join Sprout volunteers and experienced gardeners from Nottingham Organic Gardeners (NOGS) at Whitemoor Allotments, Wilkinson Street, Whitemoor, Nottingham. (Just near the tram stop). Lunch, refreshments, gardening gloves and tools will be provided. Please wear old clothes. Dates and info on the next page.

Saturday 22<sup>nd</sup> January 10am – 2pm – Help tidy allotment, cut back and feed hedges and create a new compost area.

Saturday 5<sup>th</sup> February 10am-2pm – Sow salads, early peas and broad beans indoors.

Outdoors – dig compost and manure into beds.

Saturday 19<sup>th</sup> February 10am – 2pm – Sow onions, aubergines, peppers, chard and broad beans – indoors.

Outdoors: - Find out how to put up cloches, shelving units for seed trays and prepare vegetable beds for planting.

Saturday 5<sup>th</sup> March 10am – 2pm – sow aubergines, peppers, melons, beetroot, lettuce and early peas indoors.

Outdoors – Sow broad beans and chard.

Saturday 19<sup>th</sup> March – 10am – 2pm – Sow French beans, tomatoes, courgettes and leeks indoors.

Outdoors – Sow beetroots, parsnips, carrots and potatoes.

If you don't know where the NOG's allotment is, just ask at the allotment shop and they will direct you.

To find out more please call Jabran Ahmad or Rachel Wicks on 0115 970 8200 or email [Jabran@partnershipcouncil.co.uk](mailto:Jabran@partnershipcouncil.co.uk) or [sproutnottingham@gmail.com](mailto:sproutnottingham@gmail.com)

- ✓ Fancy a Walking Group or Tea Dance?

Over 55's only.

Senior Reds Walking Club: Free event. Nottingham Forest Football Club, The Robin Hood Suite. Wednesday 9<sup>th</sup> February 2011 1-3pm. Refreshments available. Further details contact [forestinthecity@nottinghamforest.co.uk](mailto:forestinthecity@nottinghamforest.co.uk)

Senior Reds Tea Dance. £2 per person. Wednesday 26<sup>th</sup> January 1-3pm. Robin Hood Suite – the City Ground. Dancing, live music, tea, coffee and biscuits. Contact: [lawrie.dudfield@nottinghamforest.co.uk](mailto:lawrie.dudfield@nottinghamforest.co.uk)

- ✓ Forest Fields Playcentre, top end of Russell road has recently had an upgrade with new outside equipment and they are having their official open day on Saturday 12<sup>th</sup> February 1-00 till 4-00pm.

There will be further fund raising activities raffle, bric-a-brac, guess teddy's name.

Forest Fields Playcentre works with Children aged 5- 13 years and opening times Tuesday to Friday 3-30 to 6-30pm, Saturdays 10-30- 12-30am 1-30- 3-30pm. Telephone 0115-9155672





- ✓ The Pakistan Forum, an Organisational member of the Skills Exchange is offering the following course:

The Pakistan Forum is working in partnership with New College Nottingham to offer the following course to the local community.

1. Basic English/Maths- 2<sup>nd</sup> March 2011;
2. Hospitality/cooking-
3. Intro to Beauty Therapy-
4. Life Coaching-
5. First Aid/Paediatric-
6. Movement to Music/ Keep Fit- End of March 2011
7. Aromatherapy/ Comp Therapies- April 2011
8. Employability Skills- April 2011

If anyone is interested or would like further information please contact Nabila Jabran at Pakistan Forum on 0115-9783655 or 07518865557.

## **Calendar of Events**

<b><u>January</u></b>	
Friday 21 <sup>st</sup>	Breakfast Morning Tennyson, 10:30-11:30am
Tuesday 25 <sup>th</sup>	Ticket money due for Forever Young
Friday 28 <sup>th</sup>	Breakfast Morning Tennyson 10:30-11:30am. DAIN will be here so bring any computer queries you have. Let us know in advance what they are so we can let DAIN know.
<b><u>February</u></b>	
Friday 4 <sup>th</sup>	Breakfast Morning at Tennyson, 10:30-11:30am
Tuesday 8 <sup>th</sup>	Trip to Nottingham Playhouse, Forever Young, 7:45pm
Friday 11 <sup>th</sup>	Breakfast Morning Tennyson 10:30-11:30am
Friday 18 <sup>th</sup>	Breakfast Morning Tennyson 10:30-11:30am
Friday 25 <sup>th</sup>	Breakfast Morning at the Bridge Centre, Gregory Boulevard, Hyson Green, 10:30-11:30am
Friday 25 <sup>th</sup>	DAIN session at Tennyson 10:30-11:30am
<b><u>March</u></b>	
Friday 4 <sup>th</sup>	Breakfast Morning Tennyson 10:30-11:30am
	Breakfast Morning every Friday apart from Bank Holidays.

## FUTURE PLANS

- A trip to the Well Dressing and Flower Festival at Hollinsclough, Derbyshire – Mayish
- A Big Lunch – hopefully a Street Party this time – Sunday 5<sup>th</sup> June
- A chocolate making session in the Easter School Holidays
- More free trips with Walk on the WildSide (WOW)
- Get Hooked session in April



## Contact us:

[helen@partnershipcouncil.co.uk](mailto:helen@partnershipcouncil.co.uk) [lesley@partnershipcouncil.co.uk](mailto:lesley@partnershipcouncil.co.uk)

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