



# Time Swap

## Swap Time not Money

**Ashbourne Newsletter**  
**March 2020**

**Hello to all our Ashbourne and surrounding area Time Swap members!**



**We hope you are all well and enjoying the lengthening days. We're hoping March will be another fabulous with many members sharing their time and helping each other. Here in the 'Dales we've started the year as we mean to go on with many requests being fulfilled by our fantastic members. Despite the weather we have managed to get out in the fresh air and share our time. Hopefully Spring is on the way now and we can begin to think about spending even more time outdoors.**

**A heart-felt THANK-YOU again to everyone who gave up some of their own time to help others ..... it's always appreciated!**

**Remember, if you need anything - just ask!**

**Our group walks have been a great success, so we will continue this activity as a regular diary event.**

**There will be a walk in the Ashbourne area on**

**Wednesday the 8th of April**

**A second walk will take place in the Matlock area on**

**Sunday the 19th of April**

**If you interested in either of these events contact Mel for more information!**

Come along to our drop-in sessions to find out more!

Wednesday the 25th of March at Ashbourne Library  
from 10:30am - 12 and Monday the 23rd of March at Meadow  
View Care Centre Café near Matlock from 11am - 12



If you have any ideas for group activities we would love to hear them..

Your input is vital to ensure we develop Time Swap in the direction you'd like!



### **IMPORTANT NOTICE REGARDING OFFERING LIFTS TO OTHERS**

There have been some changes made and we now need to gather certain information before we can authorise or log any more “lifts” under Time Swap. **This is to be implemented with immediate effect.**

I need to see copies of your car documents and get your signature confirming you've notified your insurance company that you're offering lifts within Time Swap.

**\*\*Other members have notified their insurer and have not incurred any extra cost, it's just to let the insurance company know\*\***

I need a copy of your...

- ♦ Driving Licence
- ♦ Insurance Certificate
- ♦ MOT if applicable
- ♦ the signature as mentioned above.



**PLEASE DO NOT OFFER A LIFT TO ANYONE IN TIME SWAP UNLESS  
I HAVE ALL OF THE ABOVE -**

**\*\*\*\* it may invalidate your insurance for those journeys \*\*\*\***



### Offers and Requests -

Take a look at the requests below to see if you could help another member with anything this month. If you have a request contact Mel and we can organise it.

I am more than happy to support members if they wish to take part in an exchange. If you fancy a couple of hours helping someone then just let me know - that's what I'm here for!

## **MEMBERS REQUESTS... Contact Mel on 07773 971797 if you can help!**

<b>WALKING GROUP</b>	We are now holding regular group walks in the 'Dales - If you would like to take part, or even lead a walk then please get in touch with Mel!
<b>SUPPORT AT CARE CENTRE</b>	We have a Care Centre near Matlock that would like musicians/singers to come and entertain the residents for an hour - could you help?
<b>SUPPORT AT CARE CENTRE</b>	We have a Care Centre near Matlock that would like a group to help in the near future with some light gardening as part of a small group - If you would like to be part of this contact Mel
<b>UKELELE LESSONS</b>	We have a member who would like to improve her skills and would love a bit of support.
<b>EMULSION PAINT</b>	Could you help a member near Ashbourne with some painting, perhaps as part of a group or alone?
<b>JET WASHING</b>	Could you jet wash a members patio near Ashbourne?
<b>PLANT CUTTING</b>	Do you have a dark purple flowering Lilac tree/bush? — One of our members would love to take a cutting in order to grow her own Lilac
<b>REQUESTS</b>	If you have any requests please contact Mel :)

**MEMBERS REQUESTS continued.....Contact Mel on 07773 971797 if you can help!**

<b>DERBYSHIRE DALES FACEBOOK PAGE</b>	A member has set up our very own Facebook page! If you would like to help administrate the page by adding occasional posts please contact Mel - all hours counted
<b>PHOTOGRAPHY BUDDY</b>	A member in Matlock is keen to 'get out and about' with a like-minded member to photograph locally. If you are interested contact Mel.
<b>LEAKING ROOF</b>	A member in Matlock has a leaking roof - do you have the skills to help?
<b>MEMBERS OFFERS</b>	<b>- Contact Mel on 07773 971797 if you would like to accept any offers.....</b>
<b>TUITION</b>	We have members offering support in basic Mathematics, English, job applications, CV writing and computer skills. If you need help get in touch!
<b>COMPUTERS</b>	A member is offering help and advice on purchasing a computer. Can also give your existing computer a complete health check and upgrade existing PCs to Windows 10.
<b>DIY HOUSEHOLD JOBS</b>	We have members who can offer occasional help with DIY, car washing, housework and ironing.
<b>DECORATING</b>	We have a lovely member offering help with simple decorating jobs.
<b>SINGING</b>	Do you enjoy singing? We have a member who loves singing who would enjoy singing with others.
<b>SEWING/ KNITTING</b>	Need help with basic sewing or knitting projects? We have a member who is willing to share skills.
<b>GARDENING</b>	We have members who can offer occasional gardening help.
<b>LITERACY</b>	If you would like some assistance with reading skills we have a member offering support
<b>ANYTHING ELSE!</b>	If you have anything you need feel free to ask and we will try our best to help!



## Derbyshire Dales Communities

What's happening in your community? If you have any groups or events you would like to share with our members, please let me know and we can help to advertise them in our newsletter.



### S.M.A.R.T.S

Stoney Middleton and Region Therapeutic Support Group

We are looking to set up a Mental Health Support group in the Derbyshire Dales for anyone currently living with anxiety and depression or those who may feel as though they are developing anxiety or depression.

**Socials** The group will be peer led by its members to enable shared understanding, mutual support and increasing social networks. **Support**  
**Walks** **Coffee Mornings** **Outings**

For further information, to express interest or to find out how you can get involved, please contact Graham on:

graymarvel3@aol.co.uk

Community Café in Ashbourne

## OSSIE'S KITCHEN



**Why eat alone ?**

Come and join us for a three course meal  
In the company of others  
Family friendly  
Open to All

between 4pm and 6pm

Tuesday 28<sup>th</sup> January

**\*\* Tuesday 11<sup>th</sup> February \*\***

**Tuesday 24<sup>th</sup> March**

**St Oswald's Church Centre, School Lane, DE6 1AN**

Suggested donations of

£3 per adult and £1 per child

For enquiries & to request transport  
call Maggie or Nigel on 01335 664159

St Oswald's Church, Derbyshire CC & FareShare



## DERBYSHIRE VOLUNTEER PASSPORT

Training for volunteers who support children and young people in Derbyshire



www.derbyshire.gov.uk/passport



YOU ARE INVITED TO A  
**FREE CONCERT**  
BY THE

**ROCK CHOIR**

**17TH MARCH 2020**

2.30pm - 4.30pm

at

The Venue, The Bowls Club  
Wyaston Road, Ashbourne DE6 1NB

EVERYONE WELCOME  
TEA & BISCUITS



**ASHBOURNE & DISTRICT  
STROKE SUPPORT CLUB**

Your local Charity, No. 1088431





## Derbyshire Volunteer Passport

Free training for Derbyshire residents who volunteer or are thinking of volunteering.

The training and experience of volunteering offers:

- ♦ Increased awareness and knowledge about ourselves and others.
- ♦ The opportunity to connect with each other and our communities.
- ♦ The opportunity to give something of ourselves to others.
- ♦ Active learning and inclusive involvement.
- ♦ Increased opportunities to be curious, observant and aware.

Volunteers support people in Derbyshire in a variety of places including youth groups, adult care homes, sports clubs, befriending services, day centres, residential settings, community groups, wellbeing services and support services.

## About the Volunteer Passport

The Volunteer Passport is a countywide short training course exploring key areas all volunteers need to be aware of. Those who complete the training are awarded an accredited certificate, and a Volunteer Passport photo ID badge which shows they have undertaken this core training.

Apply online on at <https://www.derbyshire.gov.uk/community/volunteering/volunteer-passport/volunteer-passport.aspx>

Tel: 01629 539499 or 01629 536456 email: [passport@derbyshire.gov.uk](mailto:passport@derbyshire.gov.uk) Once you've submitted your application, you'll be contacted to advise where and when the nearest course is.

