



Time Swap

Swap Time not Money

Erewash newsletter MARCH 2020



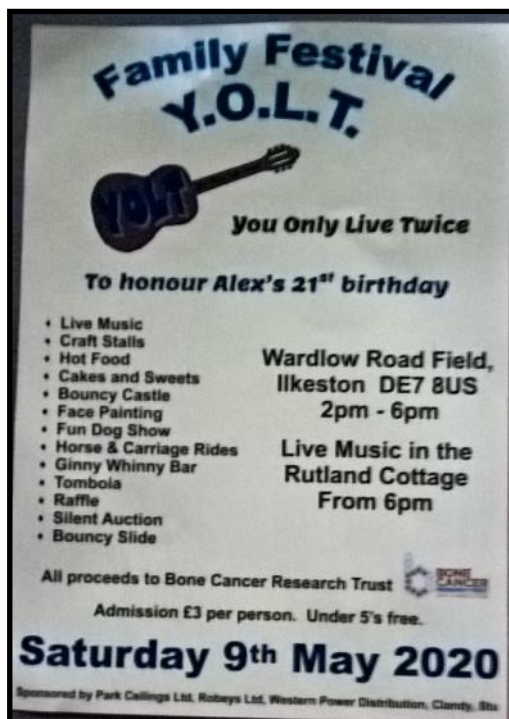
Dear Time Swapper,
February has been a bumper month for us in Erewash. We have seen 513 hours given to help others—a very big thank you to you if you contributed to this amazing total. We have lots of lovely activities coming up including our usual monthly walks (see page 2 for dates), plus an extra walk on Friday 6th to celebrate **International Women's Day**.

All welcome to come and join us. We have lots of Garden Blitz's lined up

Number of Erewash members...

- Ilkeston & District **160**
- Long Eaton & District **137**

Hours Exchanged in Erewash
(since Nov 2016)..... **11,944**



and plenty of get-togethers throughout the month to keep us all busy. **FAMILY HISTORY** Our lovely David is very experienced in researching family histories. He can now do remote searching and just needs names and dates to begin his investigations. If you haven't considered it, get in touch to find out more about your ancestors!! **CALLING ALL KNITTERS** Our Ilkeston Knitting group have booked a table at the YOLT festival to sell their wares to raise money for Guide Dogs. Knitters, can you make VE Day type knitted items to sell at this event? All welcome to go & support.

Group dates for your diary in March

Breaston Craft group	Ilkeston Knit & Natter	Time Swap walks
Meet every Tuesday in Breaston 10-12pm	Meet every Friday in Ilkeston 2-3pm	Meet every second Tuesday of the month
10th March	6th March	10th March—Bramcote Park
17th March	13th March	14th April—Bennerley Viaduct
24th March	20th March	12th May—Kirk Hallam
31st March	27th March	16th June—want to lead?
All welcome at each group activity. Get in touch to find out more.		

NEW RULES If you walk a dog as part of Time Swap, we must now insist that all dogs are kept on leads. This wasn't stipulated before but this is an important rule to follow from now.

Please continue to email, call or text me with anything you think Time Swap could help you with—cleaning, company, visits out, sorting, moving organising etc. Look at page 9 onwards to get some inspiration. We have hundreds of lovely people offering to help.

Don't forget to pencil in our summer party on the 1st August and get thinking how you might be able to contribute. Thank you for being part of Time Swap, together we are making a massive difference.

Love

JO xx



STANLEY/ WEST HALLAM

COFFEE MORNINGS



Would you like to join others for a Monday morning cuppa each week? Members have started up a social group which meet each week at the **Oakfield Farm coffee shop from 10.30am onwards.**

Every Monday in March

ADDRESS: 2 Belper Rd, Stanley Common, Ilkeston DE7 6FP. *****JUST TURN UP*****

BIG BAND NIGHT

FREE
ENTRY

WHERE: Risley Park, Derby Rd, Risley, DE72 3SS

WHEN: **31st March 7.45pm arrive, starts at 8.30pm**

Join Time Swap members for a night out? Let Jo know if you are interested.

Lifts available.



Follow us, like our page and share our posts...

Erewash Time Swap ²

IMPORTANT NOTICE REGARDING OFFERING LIFTS TO OTHERS

There have been some changes made and I 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 them know **

I need a copy of your...

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



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

2020 Drop in dates for your diary...

Ilkeston library 11-12pm (upstairs room)	Borrowash library 1-2pm (main library area)	Long Eaton library 1-2pm (back room)
Mon 23 rd March	Wed 25 th March	Thurs 26 th March
Mon 20 th April	Wed 22 nd April	Thurs 23 rd April
Mon 18 th May	Wed 27 th May	Thurs 21 st May
Mon 22 nd June	Wed 24 th June	Thurs 25 th June
Mon 20 th July	Wed 22 nd July	Thurs 23 rd July
Mon 24 th August	Wed 26 th August	Thurs 27 th August
Mon 21 st September	Wed 23 rd September	Thurs 24 th September
Mon 26 th October	Wed 28 th October	Thurs 29 th October
Mon 23 rd November	Wed 25 th November	Thurs 26 th November
Mon 14 th December	Wed 16 th December	Thurs 17 th December

CONTACT JO:



07974 269193



joanne.perkins@derbyshire.gov.uk

1 MEMBERS REQUESTS...

CONTACT JO IF YOU CAN HELP

COMMUNITY & SOCIAL

R1	SOCIAL VISITS/ COMPANY (on going)	An ongoing Request as we have many people across Erewash who would love to meet new friends, have a visitor round for a chat and a cup of tea . If you think you could spare time to visit a local person, then get in touch for more info.
R2	CARE HOMES (PLEASE DO NOT JUST WALK INTO CARE HOMES TO OFFER HELP—This must be done through the Time Swap Officer).	<p>Can you spare some time to visit your local Care Home to meet with residents? Chat and cuppa, play boards games, read together, stop for lunch, paint nails, gentle gardening, crafts etc.</p> <p>Care Home working with Erewash Time Swap...</p> <ul style="list-style-type: none"> • Beechcroft, Nursery Avenue, <i>West Hallam</i> • Briar Close, <i>Briar Close</i>, Borrowash • Cedars & Larches, 16 Queen's Dr, Ilkeston • Hazelwood, Skeavingtons Lane, Cotmanhay • Lacemaker Court, Tamworth Rd, Long Eaton • Ladycross, Travers Rd, Sandiacre • Oliver House, Oliver Rd, Ilkeston • Victoria Court, Victoria Court, Nesfield Rd, Ilkeston • Victoria Park, Manners Rd, Ilkeston
R3	Community litter picks	<p>All litter picks are 10-12pm - Just turn up</p> <ul style="list-style-type: none"> • <u>Saturday 7th March 2020</u>—Breadsall Memorial Hall, Brookside Road, DE21 5LR • <u>Saturday 14th March 2020</u>—The Gateway Centre, Dale Abbey, DE7 4PN • <u>Saturday 21st March 2020</u>—Draycott Tennis Centre, Derby Road, Draycott, DE72 3LZ • <u>Saturday 28th March 2020</u>—The Old School House, School Lane, Stanton by Dale, DE7 4QJ
R4	Lunch date	Could you escort a member to lunch at a café on Pelham Street, Ilkeston?
R5	Escort member	Could you join others on a rota to escort member from Ilkeston to Long Eaton & back every Monday for group?

R6	TIME SWAP promotion	Can you help to promote Time Swap by attending the Mental Heath Partnership event at Erewash Voluntary Action Centre, Long Eaton 12-4pm , Thursday 26th March.
R7	Social outings	Can you spare some time to take our member out for coffees and cake locally? He is still on crouches and struggling to get out. He's buying. Ilkeston.
R8	Shopping	Could you escort a member, who lives in Ilkeston, to go shopping in Morrison Ilkeston?
DIY		
R9	Dismantle	Could you help a member in Old Sawley to take down their children's trampoline ready to be taken to the tip. They will help too.
R10	DIY	Can you repair and replace locks to sun lounge doors (one on left correct, one on right to be replaced). Ilkeston.
R11	Re-felting	Could you lend a hand to a member in Ilkeston. They need to re-felt their shed and secure a fence panel or two.
R12	DIY	Can you tighten a toilet seat which has become loose. Ilkeston.
R13	Steaming	Tuesday 24th March 10-12pm. Can you join a team of helpers to help steam wallpaper off a living room. Ilkeston.
R14	DIY	Could you fill small holes in wall and put a bracket up? Ilkeston.
R15	DIY	Could you put up a roller blind for a member in West Hallam?
R16	Wall-papering	Date to be confirmed—Can you help to wallpaper a very easy, square living room? Ilkeston. All prep will be done.
R17	DIY	Can you help with a kitchen worktop, side panel next to the washing machine, at end, which needs securing? Ilkeston
R18	Fencing	Could you accompany a member in Sandiacre to buy a fence panel, strap it on the roof rack on their car to bring home, help to transfer it into the garden and put it in with a concrete post?
R19	Painting or loan	Could you help to paint a members stairs, or lend them a ladder?? Cotmanhay.
R20	Raised bed	Can you help to sure up raised bed? Cotmanhay.



R21	DIY	Can you cut down roller blind and fit in a bathroom? Ilkeston.
HOME HELP		
R22	Cleaning	Could you do some cleaning for a member in Long Eaton?
R23	Cleaning company	Could you do some cleaning with the member in Long Eaton. They would get involved, they'd just like some help.
R24	Packing up	Can you to box up some ornaments in lounge and move them into another room. Cotmanhay.
IT/ELECTRONICS		
R25	Phone lesson	Could you offer a lesson to a Samsung phone user? West Hallam
R26	Battery replacement	Laptop (Toshiba satellite pro 4600) battery (CMOS) needs replacing—can you help? Advice on parts and then replacement. Long Eaton but mobile.
R27	Tech help	Could you help a member in Long Eaton with their computer and Amazon Dot. Might need setting up and passwords sorting. Long Eaton.
R28	Provider help	Could you give some advise to a member in Ilkeston about getting a new broadband package?
R29	IT lessons	Two different members in Ilkeston want to learn how to use Adobe Photoshop for posters, fancy writing etc. Can you help?
GARDENING		
R30	Pruning	Can you prune a members apple tree? Ilkeston.
R31	Relaying turf	Could you help to re-lay artificial grass 3m x 5m area that was pulled up in strong winds? Ilkeston.
R32	Mowing	Could you mow a members lawn? Ilkeston.
R33	Pruning	Could you prune a few overgrown shrubs for a member in Ilkeston?
R34	Removal of fence	Broken fence removal and breaking up timber for black bin. Ilkeston.
R35	Hanging baskets	Can you help a member in Ilkeston with setting up some hanging baskets? Advice on planting buying and help constructing? .

R36	GARDEN BLITZ	10-12pm Friday 13th March. Group vegetable garden clearing. Many raised beds, polytunnels and pots to clear ready for the new season. Cotmanhay.
R37	GARDEN BLITZ	10-12pm Monday 16th March. General group gardening and clearing in Ilkeston.
R38	ALLOTMENT BLITZ	Tuesday 17th March. 10-3pm (come for as much as you like) Help get Cotmanhay community allotment up to scratch for grand opening in May. Various jobs need doing.
R39	GARDEN BLITZ	10-12pm Thursday 19th March. General group gardening and clearing in Kirk Hallam.
R40	GARDEN BLITZ	10-12pm Friday 27th March. General group gardening and clearing in Risley.
R41	ALLOTMENT BLITZ	Thursday 2nd April. 10-3pm (come for as much as you like) Help get Cotmanhay community allotment up to scratch for grand opening in April. Various jobs need doing.
MISCELLANEOUS		
R42	Moving furniture	Friday 13th March 1-3pm. Moving furniture from rooms in house. Have you got muscles and can help? Stanley.
R43	Knitting lessons	Could you offer some knitting lessons to a member? They can come to you.
R44	Crochet patterns	Do you have any crochet patterns you could lend to a member?
R45	Pottery?	Does anyone know of any pottery lessons in Ilkeston??
R46	Fix clock	Could you look at a members carriage clock? It's ticking but the hands are not going round. Deliverable
R47	Publicity	Could you help create a poster to advertise an event?
R48	Group social?	Would you be interested in a curry night social in Borrowash? £10 set meal and apparently very nice.
R49	Gym buddy	Member looking for a gym buddy for Clifford Gym. Long Eaton.
R50	Sofa covers	Could you help to alter some heavy tapestry sofa cushions and reduce them in size?
R51	Homebrew	Can you brew your own alcohol? Can you give a lesson?
R52	Dolls	Do you have any spare dolls? 16inches in height to be re-dressed in homemade knitted clothes for charity.

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HARD TO FULFIL MEMBER REQUESTS... We have been struggling to fulfil the below requests. Can you help? Do you know someone who can?

HR1	Roman Blinds	Can you help a member to re-stringing her Roman blinds? Deliverable.
HR2	DIY	Can you put up members blind in bathroom? Long Eaton.
HR3	Upholster	Can you reupholster a chair? Ilkeston.
HR4	Sewing	Could you sew through the tough webbing on a dog harness, to resize and fit a new dog?
HR5	Pressure wash	Do you have a pressure washer? Could you help to pressure wash a members drain to clear it out? Ilkeston
HR6	DIY	Members lounge wall needs filling with cork filler then painted. All materials provided. One wall. Awwsworth.
HR7	Cleaning	Cooker to be cleaned. Petersham, Long Eaton.
HR8	Broken clock	Can you take a look at a small clock that has stopped working? Ilkeston but deliverable.
HR9	Sewing	Can you make a pair of lined curtains for a member?
HR10	Fix camera	Can you take a look at a members digital compact camera that has frozen in the open position. It dates from about 2004.
HR11	Wall-papering	Are you able to help a member in Ilkeston to wall paper the ceiling in a small hall way and stairs?
HR12	Italian speaking	Can you spare any time to meet with a member to speak conversation Italian? Long Eaton.
HR13	Crafts	Are you able to do Calligraphy? A member in Long Eaton would love to learn.



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OFFERS

As a member you can ask for

Support	Escort to appointments	Shopping	Errands	A lift
Office skills	Form filling	Letter writing	Budgeting	Reading
Art & Crafts	Sewing	Knitting	Crochet	Crafting
Learning	A musical instrument	Another language	Computer skills	Cooking
DIY	Decorating	Gardening	Car/Bike maintenance	
Housework	Ironing	Cleaning	Hoovering	Cooking
Health & Wellbeing	Manicures	Haircuts	Beauty therapy	Walking buddy
Companionship	Escort to theatre/cinema	Cup of tea & chat	Social events	Visits
	Dog walking	Pet care	Litter Picking	Car washing
Computer skills	Set up an email	How to use software	Using social media	Extra practice

Plus, specific Offers from members...

ADVICE & COUNSELLING

O1	Relaxation/ Meditation	1-1 or group sessions available to learn relaxation and stress relieving techniques. Understanding trigger points, physical response and how to deal with those moments of panic.
O2	Support	Support to members with family on the autism spectrum. Support for parents & carers of autistic children or autistic adults with life skills & confidence building.
O3	Life Coaching	A qualified & experienced coach offering Coaching, which is dealing with the here and now and the future not with the past (which is counselling). This is about helping you to develop and use your existing life knowledge and skills.
O4	Family History	We have a member in Ilkeston who is very experienced in genealogy & searching for family history.

O5	Travel support	An experienced male solo traveller can offer advice and guidance on travelling abroad, booking hotels, airports, booking flights or solo travel.
O6	HR advice	An experienced HR manager offering HR or employment law advice.
O7	Review bills	Review bills to save money!
O8	LGBT advice	Support and advice around LGBT+ issues inc. signposting to services and supporting people to attend events. (Any age)
ARTS & CRAFTS		
O9	Signwriting	Signs written on plaque or notice board. Choice of words in a traditional style.
AUDIO & VIDEO OFFERS		
O10	DJ-ing	DJ-ing! Member in Long Eaton. Available for parties etc.
BUSINESS/OFFICE OFFERS		
O11	IT, proof reading	Training in basic computers (word processing, internet use, PowerPoint, producing documents/presentations? Proof reading or help with letter writing & form filling.
O12	Job Application Letter	One hour coaching on creating the perfect application letter, plus a personalised template job application letter, for a job seeker to adapt for each job.
O13	One Hour - Killer CV Coaching	One hour coaching to help a job seeker to prepare a CV from scratch, or to review and update an existing one. Ideally the CV should be targeted for each individual job . Help preparing a killer CV and coach on how to tailor the CV for each specific job application.
O14	Social Media support	An experienced small business owner can spend an hour taking you through social media options. Also help using Facebook/Instagram/Twitter for business.

O15	Accountancy help	We have a qualified accountant in our membership. Do you need help with: * Self Assessment Tax Return * Prepare bookkeeping/accounts * Tax Credits renewals * Dealings with HMRC in general * Learn book keeping
O16	Photoshop/PowerPoint	Training in these two software packages by a member in Long Eaton.
CLASSES/LESSONS		
O17	Cooking	Help with cooking skills & meal preparation.
O18	Photography & restoration	Brush up on your photography skills, teaching sessions available? Photo editing and restoration of old photos.
O19	Veg growing	How to grow your own lessons!
COMPUTER		
O20	IT support	Internet, set up an email account, how to use it, learn to use Facebook or access Skype?
O21	Social media help	All things social media, short slide show videos which can be used for social media promotions & book trailers.
O22	Photobooks	Want help putting together a photobook? Help finding deals to make cheaper.
DIY		
O23	Petrol mowers	We have a member in Kirk Hallam that is good at fixing petrol mowers.
HEALTH & BEAUTY		
O24	Hair	Shampoo & Set or hair dying
O25	Fashion advice	We have a member in Ilkeston that has a good eye for fashion & can give advice & escort clothes shopping .
O26	Reiki	Book a Reiki session. Travel to Long Eaton or cover petrol.
MISCELLANEOUS		
O27	Free rooms	*Saint Andrew's Methodist Church, Ilkeston *Nottingham Road Methodist Church, Ilkeston *Moravian Church, Ockbrook



Community News



Linda's Day Trips will be starting 18th April with a trip to Llandudno. Cost is £16 and Linda requires £5 deposit, which is non-refundable. Search Lynda on Facebook if you want to go.

HOW TO BECOME A TIME SWAP MEMBER

- Call 01629 532049 (for the office)
- Join online: www.derbyshire.gov.uk/timeswap
- Email: Timeswap@derbyshire.gov.uk



Are you 50 Plus?

Come along and join us



Long Eaton & District 50+ Forum

Monday 9th March 2020 @10.15am

Council Chambers, Long Eaton Town Hall, Derby Road

Light Refreshments will be served from 9:45 am

"Live Life Better in your Community"

Speakers:

Shirley Homes

Health Improvement Worker
Live Life Better Derbyshire
Public Health
DCC

yes to a healthier you



Colin Handley

Community
Engagement Officer
EBC

Free Transport available for people living within the Derbyshire border if you cannot get to the meeting by yourself. Contact Jo Marples on 01629 532466 by Friday 28th February at the latest or E-mail Jo.Marples@derbyshire.gov.uk

Supported by:



EREWASH MENTAL HEALTH PARTNERSHIP

INFORMATION EVENT

THURSDAY 26th March 2020

1.30pm - 4.00pm

Erewash Voluntary Action,
Granville Avenue Long Eaton NG10 4HD



Come along and find out what community groups and organisations are available in the Erewash area including community groups with trained Mental Health Champions.

Find out about volunteering opportunities.

Have a go at a creative activity.

Drop in anytime during the afternoon - no need to book

Enjoy a cup of tea or coffee, cake, biscuits and fresh fruit.

EVERYBODY IS WELCOME!

For further details contact Catriona Paterson - Development Worker
Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD
Tel: 0115 9466740. Email: catriona@erewashcvcs.org.uk



BUDDIES

EVERY WEDNESDAY
BETWEEN 10AM AND 12NOON

BLEND & BREW COFFEE SHOP AT THE ARENA
1 RUTLAND STREET, ILKESTON, DERBYSHIRE, DE7 8DG

OUR BLEND & BREW BUDDIES PRIVILEGE CARD
ENTITLES YOU TO DISCOUNTS AND SPECIALS
FROM THE COFFEE SHOP

PRIVILEGE CARD AVAILABLE FREE OF CHARGE TO ALL SENIOR CITIZENS



Community News



Derbyshire Volunteer Passport

The Volunteer Passport is a countywide short training course exploring key areas as 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. If any of our members are interested in obtaining their Volunteer Passport, please do get in touch. Please find more information on page 9 and at <https://www.derbyshire.gov.uk/community/volunteering/volunteer-passport/volunteer-passport.aspx>

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Erewash Social Prescribing Service

Social Prescribing can help you find local groups, social activities and support in your community

Want to know more?

Please ask at your GP Practice Reception

Email: wellbeing@erewashcvcs.org.uk

<https://twitter.com/SocialErewash>

<https://www.facebook.com/ErewashSocialConnectors/>

Cut the cost of your energy bills...

Help to meet your energy costs...

Support in switching your supplier...

Save energy in your home...

How to make your home more warm and efficient...



For free, confidential, impartial and independent advice from our specialist team, visit our main offices in;

Belper, Buxton, Glossop, Heanor, Ilkeston, Matlock, New Mills

or call our **Adviceline**

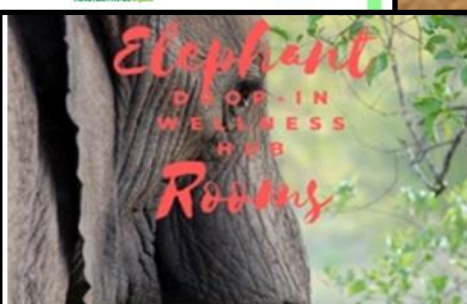
Monday to Friday 9.00am - 4.00pm

0300 456 8390

(Calls are charged at the same rate as 01 & 02 numbers and will count towards any inclusive minutes)

citizens advice Derbyshire Districts

**Keeping you safe
Keeping you warm
Saving you money**



Wednesday March 4th
2pm - 7pm

Mini Therapies
Mini Workshops
Mini Classes
Refreshments

Pay What You Can
No Booking Required

Deadline for all Request, Offers, Events & info to Jo by the 31/3/20