



Time Swap

Swap Time not Money



High Peak Newsletter
February 2020

Dear Time Swap Member

Welcome to our February newsletter. We've had another wonderful month, with a number of requests being fulfilled by our fantastic members, and a lovely visit to Goyt Valley House care home too. Hopefully spring is on the way now and we can begin to think about spending more time outdoors, if you have any outdoors jobs that you need a hand with, please do get in touch.

February Drop In Sessions

There are two Drop In Sessions this month. The first is on Thursday 27th February at Glossop Library and the second is on Friday 28th February at Buxton Library. As usual everyone is very welcome indeed to attend. Please find further details on page 7.

Derbyshire 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. 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>

Time Swap Superstars!

We absolutely love to share photos of our incredible members helping out in their communities . If you have a photo that you would like to share with us then please get in touch!



The wonderful Joy, Mal, Ruth and Marie, who very kindly supported residents at Goyt Valley House Care Home with an art and craft afternoon on Wednesday 19th February (residents' artwork pictured below).



This is your Time Swap so If you have any suggestions or ideas, please do get in touch! My contact details are as follows;

Eddie Hatch - High Peak Time Swap Officer

Email: eddie.hatch@derbyshire.gov.uk

Telephone number: 07971 373526

| Member Requests | | | |
|-----------------|--------------------|-----------------|---|
| No' | Area | Type of Request | Request |
| R1 | Glossop | Support | MW is interested in setting up a group, or meeting on a regular basis, with anyone who is wanting to get out and about more often. |
| R2 | New Mills | DIY/Support | SR would be very grateful for some help to move some furniture prior to decorating. |
| R3 | New Mills | DIY/Support | SR would appreciate an extra pair of hands to hang some insulating wallpaper. |
| R4 | Chapel-en-le-Frith | Support | AJ is looking for someone with the time to act as a one to one question master on the Laws of Cricket, questions, answers and coffee supplied. This is to help this member with their ongoing efforts to better their knowledge of the Cricket Laws to make them a better Cricket Umpire. |
| R5 | Whaley Bridge | Support | MK would appreciate some help to fix their guitar. The pick ups aren't working properly. |
| R6 | Glossop | Support | RH would be very grateful for any help with de-cluttering and organising. This member likes to collect things and just need help to get things stored away. |
| R7 | Glossop | DIY/Gardening | MD would appreciate some help to clean their AstroTurf and resin pavement in their back garden. All materials are provided. |
| R8 | Glossop | Miscellaneous | Glossop Old Band are looking for brass or percussion players. They practice on a Tuesday night at 8pm. They are also looking for volunteers for their Sunday afternoon concerts. If anyone is interested they can come along on a Tuesday/Sunday or email glossopband@yahoo.co.uk. The concerts are free entry if anyone is interested in watching local bands on a Sunday afternoon. The bandroom is at Derby Street, Glossop. |
| R9 | Buxton | DIY | HL needs lots of help with painting a number of rooms in their house. Any help that members can offer would be really appreciated. |
| R10 | Buxton | Support | IT would appreciate some help to navigate the Ancestry website and help to research family history. |
| R11 | Gamesley/Glossop | DIY | TC would be very grateful for help to sand and varnish a cupboard. |
| R12 | Buxton | Support | IT would be grateful for help to use a tablet or laptop. |
| R13 | Glossop/Hadfield | DIY | LR would be very grateful for some help to build some shelves in their airing cupboard |
| R14 | Buxton | DIY | Queens Court Day Centre in Buxton would appreciate help to build a small bowling/boules area for their service users to enjoy. Please contact Eddie for more details |

| Member Requests | | | |
|-----------------|--------------------|--------------------------|--|
| No' | Area | Type of Request | Request |
| R15 | New Mills | Support/ Companionship | Goyt Valley House which is a DCC Home for Older People are looking for members to volunteer to help with residents' activities etc, please contact Eddie for more details. |
| R16 | Glossop | Support | MW would be very grateful for some basic guidance on how to use a computer/devices etc. |
| R17 | Buxton | Miscellaneous | Zink Project/High Peak Foodbank would appreciate any help from members at their monthly café in Buxton. They are looking for cooks and support staff. |
| R18 | Glossop | Miscellaneous | Glossopdale Food Bank are looking for volunteers, if you are interested please contact Eddie. |
| R19 | Buxton | DIY | BT would appreciate someone teaching them to tile |
| R20 | Buxton | Craft | BT would love to learn to knit |
| R21 | Chapel-en-le-Frith | Support/Companionship | DCC care home Whitestones are looking for members to volunteer to help with residents' activities etc, please contact Eddie for more details. |
| R22 | Buxton | Support/Companionship | DCC care home Thomas Fields are looking for members to volunteer to help with residents' activities etc, please contact Eddie for more details. |
| R23 | Hadfield | DIY | GC would appreciate help to paint a bedroom |
| R24 | Hadfield | Gardening | GC would appreciate help with gardening, strimming lawn areas. |
| R25 | New Mills | Business/Office Services | Transition New Mills would be very grateful for any admin support that members can offer. |
| R26 | Buxton | DIY | HT would be very grateful for some guidance on how to plaster. |
| R27 | Whaley Bridge | Gardening | AM would be very grateful for any help to mow their lawn |
| R28 | Hadfield/Glossop | Gardening | Hadfield Community Garden are looking for volunteers throughout the year to help them maintain the community garden. Please contact Eddie if you are interested. |
| R29 | Buxton | DIY | KW would appreciate help to fit a hand rail for some outdoor steps. |
| R30 | Buxton | DIY | KW would be very grateful for help to rebuild a garden shed. |
| R31 | Buxton | DIY/Gardening | KW would appreciate help to build a small wall in her garden. |
| R32 | Buxton | DIY/Gardening | KW would love some raised beds in her garden and would appreciate help and advice. |

Member Offers

| No' | Type of Offer | Area |
|-----|--|-----------|
| O1 | a member is offering a cuppa and a chat. | Buxton |
| O2 | a member is happy to accompany people on short urban/country walks, to enable people to get out and about. | Glossop |
| O3 | a member who is a professional producer is willing to record stories for members | Glossop |
| O4 | a member would be willing to accompany members who wish to attend concerts in Manchester and the Peak District | Glossop |
| O5 | a member is offering support with letter writing | Hadfield |
| O6 | a member is offering support with IT and basic computer skills | Hadfield |
| O7 | a member is offering basic alterations to clothes, curtains etc | Hadfield |
| O8 | a member would like to offer company, a cuppa and a chat | Buxton |
| O9 | a member can offer admin support with paperwork etc | Buxton |
| O10 | a member can offer help with shopping. | Buxton |
| O11 | a member can offer help with gardening. | Buxton |
| O12 | a member is offering companionship | Buxton |
| O13 | a member is offering dog walking and dog sitting | Buxton |
| O14 | a member is offering help with decorating | Buxton |
| O15 | a member is offering help with household tasks. | Buxton |
| O16 | a member is offering help with shopping. | Buxton |
| O17 | a member is offering company, a cuppa and a chat. | Buxton |
| O18 | a member is offering help with gardening | New Mills |
| O19 | a member is offering basic IT support | New Mills |
| O20 | a member is offering a chat and a cuppa | Hadfield |

| Member Offers | | |
|---------------|--|------------------|
| No' | Type of Offer | Area |
| O21 | a member is offering help to organise events | Hadfield |
| O22 | a member would like to help organise an event for young children, for example a treasure hunt. Please contact Eddie if you are interested. | Glossop |
| O23 | a member is offering companionship | Glossop |
| O24 | a member is offering help with gardening | Glossop |
| O25 | a member is offering basic IT support | Glossop |
| O26 | Zinc Project are offering a meal and a chat at their fortnightly café | Buxton |
| O27 | A qualified accountant is offering basic financial guidance and help with budgeting etc. | Buxton |
| O28 | A member is offering companionship | Buxton |
| O29 | A member is offering companionship | Glossop |
| O30 | A member is offering pet sitting | Glossop |
| O31 | A member is offering companionship | Glossop |
| O32 | A member is offering help with homework | Glossop/Hadfield |
| O33 | A member is offering help with gardening | Glossop/Hadfield |
| O34 | A member is offering companionship | Glossop/Hadfield |
| O35 | A member is offering help with reading | Whaley Bridge |
| O36 | A member is offering pet sitting | Whaley Bridge |
| O37 | A member is offering help to pick up items/transport items | Whaley Bridge |
| O38 | A member is offering help with gardening | Hadfield/Glossop |
| O39 | A member is offering help with decorating | Hadfield/Glossop |
| O40 | A member is offering a cuppa and a chat | Hadfield/Glossop |

Drop In Sessions

I will be at the following Drop in Sessions, if you would like to come and talk to me about any issues relating to Time Swap, or if you just want to drop by and say hello. Everyone is always very welcome indeed.

Glossop

Glossop Library - Talbot Street, Glossop SK13 7DG

Thursday 27th February

2pm—3pm

Buxton

Buxton Library—Kents Bank Road, Buxton SK17 9HW

Friday 28th February

2pm—3pm



High Peak Communities Noticeboard

What's happening in your community? If you have any groups or events that you want to share, please let me know and I can put these in our newsletter

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 are important and support a huge range of activities and services. They 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, support services and need-specific groups.

We offer the following:

- children and young people's Volunteer Passport
- adult care Volunteer Passport
- enrichment Volunteer Passport for schools
- bespoke agency passports

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.

How to apply

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

Once you've submitted your application, you'll be contacted to advise where and when the nearest course is.