



Time Swap

Swap Time not Money

North Dales Newsletter
March 2020

Hello to all our North Dales Time Swap members!



We hope you are all well and enjoying the lengthening days. We're hoping March will be another fabulous month with many members sharing their time and helping each other. Here in the 'Dales we have started 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!**

Please don't forget to let me know 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!

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



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!

WALKING GROUP	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!
SUPPORT AT CARE CENTRE	We have a Care Centre near Matlock that would like musicians/singers to come and entertain the residents for an hour - could you help?
SUPPORT AT CARE CENTRE	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
EMULSION PAINT	Could you help a member near Ashbourne with some painting, perhaps as part of a group or alone?
JET WASHING	Could you jet wash a members patio near Ashbourne?
PLANT CUTTING	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
UKELELE LESSONS	We have a member who would like to improve her skills and would love a bit of support.

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

DERBYSHIRE DALES FACEBOOK PAGE	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
LEAKING ROOF	A member in Matlock has a leaking roof - do you have the skills to help?
MEMBERS OFFERS	- Contact Mel on 07773 971797 if you would like to accept any offers.....
TUITION	We have members offering support in basic Mathematics, English, job applications, CV writing and computer skills. If you need help get in touch!
COMPUTERS	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.
DIY HOUSEHOLD JOBS	We have members who can offer occasional help with DIY, car washing, housework and ironing.
DECORATING	We have a lovely member offering help with simple decorating jobs.
SINGING	Do you enjoy singing? We have a member who loves singing who would enjoy singing with others.
SEWING/ KNITTING	Need help with basic sewing or knitting projects? We have a member who is willing to share skills.
GARDENING	We have members who can offer occasional gardening help.
LITERACY	If you would like some assistance with reading skills we have a member offering support
ANYTHING ELSE!	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



DERBYSHIRE VOLUNTEER PASSPORT

Training for volunteers who support children and young people in Derbyshire

DERBYSHIRE County Council
Improving life for local people
www.derbyshire.gov.uk/passport

Our 'Dales Time Swap group share many skills and interests and are a lovely generous bunch - if you have any requests, big or small, just ask! We will do our best.



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, support services and need-specific groups.

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