



Time Swap Newsletter

Time Swap Newsletter	March 2020
Total Derbyshire Hours	15,912
Total Local Area Hours	1505

Dear Time Swap Members

Welcome to our March update



Welcome to this month's newsletter. Wow! after all that rain in February we still managed to get lots of fantastic Time Swaps done. As Spring is arriving, it is a perfect time to get the gardens tidied up, have a spring clean or even learn something new. Your fellow Time Swap members are ready and waiting to help so keep those requests coming in. Don't forget you can also do mutual exchanges so maybe there is a film you want to see or a new class you want to go to but would like some company, just ask, as other Time Swap members would love to come along too.

Some Recent Exchanges

New and existing members had a great time getting to know each other, swapping stories and arranging new exchanges at February's drop in session at Dronfield library. Ella is delighted with her gardening kindly done by David. Ana has new clothes to wear thanks to Jean's expert sewing skills and Graham was thoroughly relaxed after a wonderful Reiki session with Anita. So many other fantastic exchanges included German lessons, ironing, gardening, cleaning and help around the house plus many many more.



Date for your diary



19th March, Time Swap Potting Afternoon at Millthorpe Nursery, 1.30pm—3.00pm (places limited so please let me know if you would like to attend)

**26th March, Time Swap Drop in session, Dronfield Library,
11.00am – 12.00pm**

Please see next page for latest requests and offers,

Transport can be provided if that will help you access any of the requests and offers

LOCAL REQUESTS

BAKING

Type	Location	Detail
Gluten Free Bread	Unstone	Do you have a yummy gluten free bread recipe that you could share with Chris & Pauline and perhaps teach them to make?

BEAUTY & THERAPIES

Type	Location	Detail
Therapies	Chesterfield	Do you have knowledge/practice of mood and immune system boosting therapies that would greatly help one of our members.
Pedicure	Unstone	It would be a huge help if you are able to help Pauline with a pedicure

BUSINESS / PAPERWORK HELP

Type	Location	Detail
Meeting notes for community group	Dronfield	Are you able to attend a bi-monthly meeting to take notes from a meeting and type them up for the Dronfield 2gether group.

COMMUNITY ACTIVITIES

Type	Location	Detail
Crafts, baking, activities or cuppa & chat	Chesterfield / Staveley	Our Vision Our Future are a group for adults with learning difficulties. They are a friendly group and would love it if members have any activities they can share with them or just simply pop in. Staveley Resource Centre would also love people to pop in and share activities with residents.
Help with a monthly café group	Dronfield	Could you help out at a café group for people with dementia and their carers. Help with serving teas and coffees or help setting up and clearing away would be fantastic. Please get in touch if you can help.

COMPUTERS, PHONES & SOCIAL MEDIA

Type	Location	Detail
Website Help	Chesterfield	Otilia would love some help with her webpages, it will just involve copying and pasting text.
Computer Help	Hasland	Can you help with Ana's computer, it is not switching
Online selling	Hasland	Can you help a member with online selling, ebay, facebook marketplace?
Social media	Hasland	Ana is starting up a business and would love some

CRAFTS

Type	Location	Detail
Needle Felting	Dronfield	Do you enjoy needle felting or would like to learn?

DIY & DECORATING

Type	Location	Detail
Painting ceilings	Kelstedge	Jean would be very grateful of some help painting her ceilings.
Digging over Garden Area	Kelstedge	Jean would also be very grateful of some help digging an area to make way for a small drive.

HELP AROUND THE HOUSE

Type	Location	Detail
Kitchen sorting & cleaning	Chesterfield	Could you help Stanley & Yvonne with their kitchen on a Tuesday morning?
Curtains	Unstone	Ella would be grateful of help to take down some curtains and popping them back up again when she has washed them.

GARDENING

Type	Location	Detail
Potting Afternoon	Millthorpe	Can you help with a potting afternoon on the 19th March?
Organic Fruit & Veg	Hasland	Can you help teach how to grow organic fruit & Veg
Foraging	Chesterfield	Do you enjoy foraging walks, if so Ana would love to join you

LOCAL REQUESTS

HEALTH & BEAUTY

Type	Location	Detail
Walking / Swimming buddy	Staveley	One of the residents at Staveley Resource Centre would love a swimming buddy. Or can you help out with their Wednesday walks.

LANGUAGES

Type	Location	Detail

MUSIC

Type	Location	Detail
Piano Tuning / Playing	Staveley	Staveley Resource centre would love help with tuning their piano or also get in touch if you would like to play for residents.
Classical Guitar	Hasland	Do you have any skills playing classical guitar and are happy to teach?

PET CARE

Type	Location	Detail
Dog Walking	Holmewood	Sophie would be enormously grateful of some help walking her dog, please get in touch if you can help.

SOCIAL ACTIVITIES

Type	Location	Detail
Reading & company	Chesterfield	Graham is unable to see and would love a member to visit and read to him.
Leaflet Delivery	Chesterfield / Dronfield	Do you enjoy walking and could help Otilia deliver leaflets about First Aid courses in your local area?
Film themes & soundtracks	Pilsley	Keith would like to meet fellow members who have an interest in film music.

LOCAL OFFERS

Type	Location	Detail
Reiki / Indian Head Massage	Dronfield / Chesterfield	Anita is happy to offer either of these therapeutic treatments.
Percussion lessons	Chesterfield	Malc is happy to teach any member wishing to learn how to play percussion instruments
Museum Visits	Renishaw	David has a fantastic exhibition of Police, Militaria and Transport items which he would welcome you to visit.
Sewing, curtains, dressmaking	Kelstedge & Chesterfield	Jean is wonderful at sewing and can help with alterations, repairs, curtains and roman blinds etc.
Learn to read music / keyboard lessons	Chesterfield	June would be delighted to help members wanting to learn to read music or play the keyboard.
De-cluttering / Cleaning	Dronfield	Iona loves a good sort out and is happy to help if you need to de-clutter or clear up any spaces at home.
Smart home gadgets	Chesterfield	Do you have TV's and smart home devices that you are struggling with. June is happy to help.
Pet Care/Sitting	Dronfield	Iona loves animals and is happy to help with pet sitting.
Cookery Lessons	Dronfield	Walt enjoys cooking and can give lessons if you would like to learn some new recipes.
Form Filling / Paperwork / Computer help /	Chesterfield & NE Derbys	Do you need help filling out a form or have got a letter to write? We have members who are happy to help.
Facebook / Ebay lessons	Eckington	Do you want to learn more about social media and online selling, Martine is willing to help.
Job hunting & Benefits advice	Eckington	Martine has experience which could help if you are unemployed and looking for work.
Walking Companion	Chesterfield Areas	Please get in touch if you would like to stretch your legs and have some company.
Spanish Lessons	Chesterfield	Ana is very happy to help you learn or practice
Emergency First Aid Courses	Chesterfield	Otilia runs First Aid courses (fully accredited)and sometimes has spaces available for members.
Baking / Cooking	Chesterfield & NE Areas	We have members who are keen bakers and would be happy to come and cook for you.
Home & natural remedies	Chesterfield	Mahes is passionate about keeping ourselves healthy and well. She would be happy to share her knowledge
Geocaching	Chesterfield & Dronfield	Geocaching is like a treasure hunt using GPS. It is fun for all ages. Otilia would love to show anyone who would like to learn more.
Table Tennis	Chesterfield & Dronfield	If you would like to learn how to play table tennis or would simply like to play, please get in touch
Woodwork / DIY	Dronfield	Lee is happy to help with woodwork projects.

Community News

- **Free budget/money Training—Thursday 19th March, 9.30am—4.30pm, Doe Lea Resource Centre. Free lunch and refreshments provided. Leaflet attached.**
- **Thursday 19th March, Millthorpe Nursery Potting afternoon, 1.30pm—3.00pm**
- **Thursday 26th March —Time Swap Drop in session, 11.00am—12.00pm, Dronfield Library**

Feeling Connected in North East Derbyshire and Chesterfield

Derbyshire Voluntary Action are working with partner organisations, groups and residents looking at how socially connected we are in North East Derbyshire and Chesterfield. They are currently researching people's views and thoughts about this and would be very grateful if you could spare a little time to complete a survey either online by following the link or by completing the attached document. These can be returned directly to Derbyshire Voluntary Action.

Attached as a pdf

Link to Survey Monkey <https://www.surveymonkey.co.uk/r/FeelingConnectedproject>

All copies, paper and electronic to come back to Derbyshire Voluntary Action – details on the survey form.

Newsletter Additions

Please get in touch if you would like to add any Time Swap requests/offers or any community news to this newsletter. I look forward to hearing from you and organising your Time Swaps.

Louise Hiron

Project Officer – Time Swap, Tel: 01629 532049, Mobile: 07824 606784

Email: louise.hiron@derbyshire.gov.uk