

Time Banking enables you to use the skills available in your community, everyone has a skill and everyone's skills are valued equally. For every hour you give you receive a Time Credit which you can later spend on a skill of your choice. We work across all Tameside areas and now have over 200 members, it's really easy to join and it's free



Time Banking
in Tameside

TIME BANKING



November 2014 –
January 2015

Hints and Tips

We have had some great feedback from members regarding the 'Household Tips' section in our last newsletter. We think the most used one was putting ice cubes in your hanging baskets, genius idea! Here are a few more for you to try

- Before hanging a picture on the wall, put some toothpaste on the back of it. Press the picture where you want to hang it so the toothpaste transfers to the wall. You now have a mark so you know exactly where to bang in the nail!
- To remove pen marks from a shirt or blouse, squirt stain with hairspray, then put in a normal wash and this should get rid of it.
- Whenever you have any boiled water left over in the kettle, pour it over your dishcloth or sponge to kill any lingering germs and bacteria.

Don't forget to turn your clocks back!

Sunday 26 October it is the start of autumn so you need to all turn back your clocks by one hour. Why not use part of that hour wisely and do a very important thing – check your smoke alarm(s) to ensure that the batteries work.

Copperas Playing Fields Walk

Graham from 'Friends of Copperas Fields' lead a walk in September around the area pointing out the magnificent work that the group have and are continuing doing.

The fields are used by a wide selection of the community, including dog walkers, anglers, footballers, general play and recreational use. The work carried out by the group has improved the environment and encouraged wildlife, the field now contains a range of wildlife in particular an increase in different species of birds (up to 26 different types at the last count) the area also includes grassland, wet areas, woodlands and the adjacent canal.



During the walk some Time Bank members picked blackberries to take home. It was a great morning thanks to Graham and all at Copperas Playing Fields for all their dedication and hardwork.

If you want to visit Copperas Fields have a look at the website for further details and events:
<https://sites.google.com/site/friendsofcopperasfields>

Autumn Walk

As we are approaching winter, we have a countryside walk planned. Please join us on Sunday November 2 to stroll around the Daisy Nook area. Come along and enjoy some fresh air and good company!

Details are in the 'Dates for Your Diary' section. No special walking equipment is needed, just please make

sure you wear suitable footwear (sturdy shoes or boots) and a waterproof coat in case the weather is wet.

Walking can help you gain more stamina, energy, be more alert, help lower high blood pressure, cholesterol levels and help weight loss.

Hazelhurst New Charter Hub

Many thanks to Charlotte and Katie who took time out of their school holidays by running a Loom Band workshop at the Tea, Toast and Time Banking

session in Hazelhurst. They had some of the Time Bank members fingers turned up in knots. It was great fun!



Wool appeal

A huge thanks to all our members who supplied baby cardigan knitting patterns for Eileen, she now has enough to keep her going.

If anyone has wool that you would like to donate in return for Time Credits, please let us know or drop it into the Volunteer Centre as we have numerous members who knit and crotchet for various good causes. Eileen knitted the outfit for the doll which she donated to Barbara for their local Christmas Fair.

Update our contacts

In order to help us to keep you up to date with any extra events and last minute skills exchanges, please can you kindly let us know if you have recently changed any contact details or obtained

an e-mail address or mobile phone number by either emailing, texting or ringing Elaine or Julie with the information (their details are at the end of the newsletter). This would be greatly appreciated.

Dates for your diary—cut out and keep

When	What	Where
Friday 31 October 10:00-12.00	Tea, Toast & Time Banking	New Charter Hub, Gorsey Lane, Ashton-under-Lyne OL6 9AU
Sunday 2 November 10.15am for a 10.30 start	Sunday morning stroll Barbara & Keith to lead (Please see the article for further details)	Daisy Nook Visitor Centre, Off Stannybrook Road, Failsworth, Manchester M35 9WJ
Tuesday 4 November 10.00-12.00	Tea, Toast & Time Banking 'Please drop in for a chat'	New Charter Hub, 38 Rowcon Close, Audenshaw M34 5AS If using a car the access is via St.Hilda's Avenue
Tuesday 11 November 10.00 – 12.00	Tea, Toast & Time Banking 'Please drop in for a chat'	New Charter Hub, 38 Rowcon Close, Audenshaw M34 5AS If using a car the access is via St.Hilda's Avenue
Tuesday 11 November 10.00 – 12.00	Coffee & Cakes	RASH Centre, The Keyhole Centre, 6 Ambleside, Stalybridge SK15 1EE
Wednesday 19 November 1.30 – 3.30	Coffee Event & Felt Christmas Decoration Workshop	Ashton Central library, Old Street, Ashton OL6 7SG
Wednesday 26 November 10.00 – 12.00	Coffee Event & Christmas Tag Workshop (Please bring along any old Christmas cards you have)	Grange House, Pendle Road, Denton M34 6BJ
Friday 28 November 10.00 – 12.00	Tea, Toast & Time Banking & 'Mavis's Craft Event'	New Charter Hub, Gorsey Lane, Ashton-u-Lyne OL6 9AU
Wednesday 3 December 2.00 – 4.00pm	Christmas Party!	Volunteer Centre Tameside, 95-97 Penny Meadow, Ashton-u-Lyne OL6 6EP
Tuesday 6 January 10.00-12.00	Coffee Morning 'Please drop in for a chat'	New Charter Hub, 38 Rowcon Close, Audenshaw M34 5AS If using a car the access is via St.Hilda's Avenue
Wednesday 14 January 10.00-12.00	Mavis's Craft Event	The Volunteer Centre, 95-97 Penny Meadow, Ashton-u-Lyne OL6 6EP
Friday 30 January 10.00-12.00	Tea, Toast & Time Banking	New Charter Hub, Gorsey Lane, Ashton-u-Lyne OL6 9AU

Remco the Manager from Hollywood Bowl, Ashton Moss (one of our Organisational members), would like to offer Time Bank members the chance of cheaper bowling, if you would like to take up this kind offer simply cut out the voucher and take along to Hollywood Bowl on Ashton Moss.

Please hand this voucher in at reception of Hollywood Bowl, Ashton Moss, to receive a game of bowling for £2.75.

Available Mon – Fri, 10am – 5pm
Not available during school holidays





Delicious Cupcakes!

The sweet smell of cakes and icing wafted through the Volunteer Centre one Monday morning back in September.

Elaine demonstrated how to pipe different patterns using buttercream to top cupcakes. Although it took a little practice, everyone got the hang of piping and the end results were stunning!



Another demonstration involved rolling out fondant icing and using detailed stencils to create a beautiful top for the cupcakes. Everyone really enjoyed the morning and took home some exquisite cakes!

Feeling Christmassy?

Why not have a go at making some decorations out of felt?

For this tree, cut out 2 triangles with pinking shears and use a straight stitch round the edges inserting a small length of ribbon at the top for a loop and a piece of brown felt at the bottom.

Before completely sewing up the tree, push in a small amount of wadding to pad out. Sew on tiny buttons for baubles. Please be aware that because of small parts, this is not a toy.

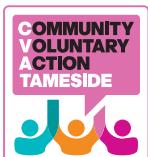
If you enjoy making these and wish to make more felt decorations and knit some different Christmas decorations please go to our website on www.cvat.org.uk/time-banking for more patterns.

Alternatively, join us for a coffee and make felt decorations with fellow Time Bank members on Wednesday 19th November in Ashton Central library. See 'Dates for your Diary' for details. All welcome!



Volunteer Centre Tameside
95-97 Penny Meadow
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OL6 6EP

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Timebanking in Tameside is part of the Community and Voluntary Action Tameside family

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