

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 300 members, it's really easy to join and it's free



Time Banking  
in Tameside

# TIME BANKING



Oct – Dec 2015

## Hello Time Bankers

We are entering a brand new phase of Time Banking in Tameside, don't worry, you won't lose anything and will stand to gain lots and lots of great opportunities and experiences.

From the end of September we will be able to provide an extension to our Time Banking offer. This will involve more events and workshops involving food!

You'll be able to share meals on a 1-1 basis. Maybe there's someone in your neighbourhood who struggles to get out of the house that we could put you in touch with and you could share a plateful of that potato ash you have made too much of!

If you prefer more of a group get together, we'll also be organising events where everyone brings something to share – even if it's only a packet of biscuits. It's a great chance to show off that great recipe you have and pass it on to other people in

your neighbourhood (the cost of ingredients will be covered.) Even if you don't cook, there will be other ways you can help out and earn lots of Time Credits.

The plan is to share these goodies with each other and include people who may struggle to get out of the house and meet others. Getting to know one another always seems better when the sharing of food is involved! Everyone's invited whether you are member or not, new friends are always welcome.

Have a look at the calendar and contact us to book a place at one any of these events or contact Denise on **0161 339 2345** who can give you more information.

## Frog in the wall

On 15 July, Roy Parkes led another walk up towards Stalybridge Cairn, for the views over the whole of Tameside.

As well as meeting the 'Frog in the Wall' at Mottram Cutting, we heard the tale of The Crusader's Return, just in time to save his wife (who thought she was a widow) from marriage to the Crusader's wicked brother. The spot is marked by the White Stone in a private garden.



Next year Roy is threatening to re-enact the grisly legend of Gallows' Clough! Be warned! After our exertions we shared a drink and a meal in the Waggon and Horses.

## Mince Pie Making at Eileens

Do you struggle making perfect pastry or maybe don't know how to make mince pies?

Well, why not join Eileen in her kitchen to learn the tricks of the trade? Eileen, one of our Denton South members, has kindly offered to show a small group

how to make them on Wednesday 18 November at 1pm. Please contact Julie or Elaine to book your place, first come first served.

## Bowling in the sunshine

What a great morning we had on August 17, learning to bowl at Haughton Green Bowling Club!

Many thanks to Pat & Robert from our Denton South Time Bank who organised the event for us and expertly gave us hints and tips on how to bowl. I never realised how much of a fitness exercise it was as well, my legs really didn't want to work properly the next day! The weather was fabulous for us, a beautiful sunny morning and the company was excellent!

Why not join us at one of our next events and try something new? Alternatively, do you have a skill that you would like to teach others? Please contact us with your ideas, we would love to hear from you!



## Christmas Craft Workshop

**Wednesday 25 November 10am – 2pm**

25 November is just one month away from Christmas! Please come and join us as we get ready for the big day. We will have four tables for you to try your hand at, all free and extremely enjoyable!

Join us to make a variety of gift tags. Mavis will guide you in making gift boxes. We will re-visit the making of felt baubles with Eileen, a relaxing art of

hand stitching. Elaine will demonstrate different ways to wrap your presents to make them look stunning.

Tea and coffee will of course be available, plus, perhaps, the first mince pies of the season! Drop in for half an hour or stay for the whole session and enjoy some relaxing pre-Christmas company with us.

# Dates for your diary—cut out and keep

When	What	Where
Wednesday 21 October 1.30pm – 3.30pm	Coffee & Chat with armchair exercises from Maggie	Pendle House (near Grange House) Pendle Road Denton M34 6BB
Friday 30 October 10am – 12pm	Halloween Tea, Toast & Time Banking ‘craft’ event. Why not come dressed-up?	Hazelhurst New Charter Hub Gorse Lane Ashton-under-Lyne OL6 9AU
Thursday 5 November 10am – 12pm	Bonfire Coffee & treats – Joint event with Newton Residents Group	Acresfield New Charter Hub 35 Acresfield Road Newton Hyde SK14 4LZ
Sunday 8 November 10.15am	Autumn stroll from Hyde to Portland Basin See article for details	Roadside parking near Aldi, Hyde.
Wednesday 18 November 1pm	Mince Pie making	To be advised on booking. (Please see article for details)
Wednesday 25 November 10am – 1pm	Christmas craft event – See article for details.	Volunteer Centre 95-97 Penny Meadow Ashton-under-Lyne OL6 6EP
Friday 27 November 10am – 12pm	Tea, Toast & Time Banking	Hazelhurst New Charter Hub Gorse Lane Ashton OL6 9AU
Tuesday 8 December 3pm – 5pm	Christmas Party	The Lounge Chartist House Mount Street Hyde SK14 1RP

**Anyone is welcome to attend these events, if an existing member brings along a friend you earn a time credit.  
If anyone requires a lift please give us a call!**

# Christmas Party Time!



Tuesday 8 December 3–5pm

Please join us and fellow Time Bank members, to celebrate the season.

This year we are having a change of venue and using the lovely lounge and kitchen area in Chartist House, Hyde. It is very easy to find by bus or car, but as always contact Elaine or Julie if you require a lift.

A hotpot meal will be served and Julie has lots of seasonal games to keep you entertained. There is no charge for this event.

## Armchair Exercises

### Join Maggie on 21 October.

During our coffee event at Pendle House on Wednesday 21 October, Maggie will be teaching a 20-30 minute Armchair exercise taster session.

Why not come along and have ago, it's a very gentle, fun (especially with Maggie) form of exercise done along to music.

## New Home for Tea, Toast & Time Banking

### Back at the New Charter Hub.

The New Charter hub at Hazelhurst has now moved from where it was previously located, to its new home at the opposite end of the row on Gorsey Lane. Tea, Toast & Time Banking has therefore re-started

on the last Friday of every month between 10am – 12pm. Please come along and join us for a cuppa you will be made most welcome. Check 'Dates for your Diary'.

## Autumn Stroll

### Sunday 8 November.

The canal footpath between Hyde and the Portland Basin has been completely resurfaced since we last walked it. It is clean and flat and easy, no mud, no puddles. Please join us as we take a very easy, Sunday morning stroll. There is roadside parking near Aldi, where we will meet, which is a few minutes walk

from the steps down to the canal tow path. Meet at 10.15am for a 10.30am start. Please contact Julie or Elaine if you need directions.

Volunteer Centre Tameside  
95-97 Penny Meadow  
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Timebanking in Tameside is part of the Community and Voluntary Action Tameside family

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