

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



Feb – Mar 2015

## Christmas Party

Time Banking in Tameside would like to thank all our members who attended our festive get together again this year.

It was the usual mix of fun, laughter, games, quizzes and meeting up with friends. Elaine foxed us all again with her adverts game while Julie organised her excellent Pass the Parcel surprise! 28 Members came along to help us celebrate.

Many thanks to Eileen who provided the most delicious mince pies again and for being our hostess for the day.

Elaine & Julie would like to wish you all a Happy New Year and look forward to co-ordinating lots more skills exchanges throughout 2015!



## Glossop Line Folk Train

Why not join us on **Thursday 26 February** as we travel to Glossop accompanied by talented musicians who play on the train for us and at Glossop where everyone alights to visit Glossop Labour Club for liquid refreshment and a further session from the band. The Club is fully accessible to wheelchair users. There is no charge for the event - just the price of your ordinary train or Wayfarer ticket. (Return fare

is £3.40, if you have a Senior Railcard you will get 1/3 off making your fare approx. £2.21)

Train departs Guide Bridge at 6.56pm so we will meet between 6.30 & 6.45pm at the station. We return, with the band, on the 9.38pm train from Glossop, arriving back at Guide Bridge about 10.00pm. We hope to see you there!

## Logan Arrives

We are delighted to announce that at 3:39am on the 22 December Sasha, our former Time Bank assistant and existing Time Bank member, gave birth to 'Logan' weighing 7lb 5oz, he is absolutely adorable. Congratulations to Sasha, Ste and Nanna Denise (also a Time Bank member). We are looking forward to signing Logan up at one of our coffee events.



## Elaine's Hints & Tips

To unblock a sink, mix 250ml baking soda with 250ml of vinegar and pour down the drain. Cover with a wet cloth for five minutes and then flush with hot water.

Say 'goodbye' to permanent marker stains on your skin by using antibacterial hand gel. The alcohol in it will remove the ink and leave you germ free too!

## Winter's warmer thanks to Casserole Club

Casserole Club has arrived in Tameside. It's a new project which helps people share extra portions of home-prepared food with older people in their area who might not always be able to cook for themselves.

Like a community-led takeaway, members serve up meals to their older neighbours. Casserole Club gets more people cooking fresh food and strengthens neighbourhood relationships with every bite.

If you or someone you know could benefit from a delicious, free home-cooked meal, get them to join up as diner and meet someone new  
email [casseroleclubtameside@cvat.org.uk](mailto:casseroleclubtameside@cvat.org.uk)  
tel: **0161 339 2345**

Casserole Club tackles issues around food and loneliness, while also providing a flexible way for people to volunteer their skills and time.

**Cllr Lynn Travis, Tameside Council's executive member for health and neighbourhoods, said:**  
*"Casserole Club is a fantastic idea where the simple act of taking a warm, home-cooked meal round to an older neighbour's house can create a big impact. It's about sharing food but also friendship, so let's get Casserole Club Tameside off to a great start and get the fires of food and friendship stoked up."*

Join Casserole Club by visiting their website – [www.casseroleclub.com](http://www.casseroleclub.com) and help make winter warmer for older people across the borough.'

## Kendal House – Sing-along

We are holding an Afternoon Tea and Sing-along on Tuesday 17th March between 3pm-5pm at Kendal House, Stalybridge (close to Stamford Park). This is a new venue for Time Banking. Please see dates for your diary for the full address.

Norman will be playing the piano to accompany the singing, everyone is welcome whatever your voice sounds like, however, we are hoping Julie whistles! If you don't wish to sing, just join us for afternoon tea.



## Dates for your diary – cut out and keep

When	What	Where
<b>Tuesday 24 February</b> 10am – 12pm	Coffee Event & Beetle Drive	Chartist House Mount Street Hyde SK14 1RP  (Please enter via the door to the right of the front door) Car Parking available
<b>Thursday 26 February</b> Meet between 6:30pm-6:45pm @ Guide Bride Station	Glossop Line Folk Train	Please see the article for further information
<b>Thursday 26 February</b> 10am-12pm	Tea, Toast & Time Banking (Temporary Location)	Broadoak & Smallshaw Community Centre, Broadoak Road, Ashton-under-Lyne, OL6 8RS
<b>Wednesday 4 March</b> 10am-12pm	Tea, Talk & Time Banking	Grange House Pendle Road Denton M34 6BJ
<b>Thursday 12 March</b> 10am-12pm	Coffee Morning Time Banking & Newton Resident Group	New Charter Neighbourhood Hub 35 Acresfield Road Newton Hyde SK14 4LZ
<b>Tuesday 17 March</b> 3pm-5pm	Sing-a-long & Afternoon Tea (New Venue-please read the article for further information)	Kendal House Ambleside Stalybridge SK15 1EB
<b>Thursday 19 March</b> 10am-12pm	Tea, Toast & Time Banking (Temporary Location)	Broadoak & Smallshaw Community Centre Broadoak Road Ashton-under-Lyne OL6 8RS
<b>Wednesday 25 March</b> 10am-12pm	Latte & Laughter	The Oasis Centre (Haughton Green Library) 1 Tatton Road Haughton Green Denton M34 7PH
<b>Thursday 26 March</b> 10am-12pm	Coffee Morning Time Banking & Newton Resident Group	New Charter Neighbourhood Hub 35 Acresfield Road Newton Hyde SK14 4LZ

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!

## Feedback from exchange

Following a Time Banking exchange - Deborah from Hyde wanted to say A "Big Thank you" to Jason for his time, Jason has helped me complete my new bedroom look by putting some shelving up. This has made me a happy lady now and I've got storage. Time banking is a brilliant idea.

## Beetle Drive

Do you remember a beetle drive? Do you even know what a beetle drive is? Groups of up to 4 people sit around a table and throw a dice in turn to draw body parts of a beetle depending on the number thrown. There are 14 body parts to draw. It doesn't matter what your beetle looks like! The first person to complete the beetle then moves onto the next table and the process starts again. This is a very old traditional game 'sounds crazy' and is great fun!

We are holding this at Chartist House on Tuesday 24 February between 10am - 12pm (please see the dates for your diary for further information). If you don't want to take part in the beetle drive join us for a coffee.

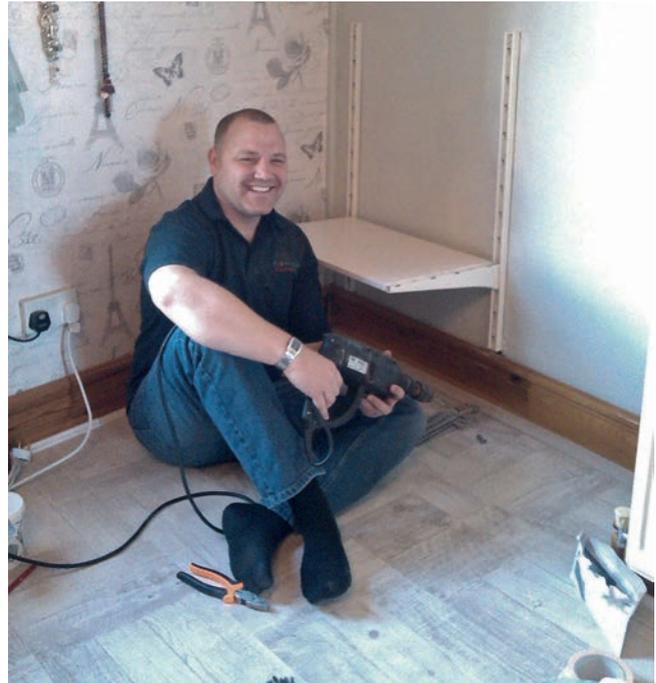
## Mavis's Craft Event

On a cold January morning Mavis ran a Craft Session demonstrating how to make a gift box, everyone then got to have a go. Mavis had worked really hard preparing everything beforehand and everyone was really pleased with the finished boxes. So a massive thank you to Mavis for running a brilliant workshop and all your hardwork.

Bella (age 3) attended with her Nanna Val and took recycling to a whole new level, along with making a gift box she collected the cut-offs, took them home and made a collage look at what a good job she made. It truly was a creative day!

## Paint it Pink 2015

Tameside 4 Good are holding Paint it Pink events to raise money for young people and good causes in Tameside. The Volunteer Centre is creating an 'old fashioned' tearoom hosting a Tea and Treats event



in their training room on Penny Meadow between 12noon - 1pm on Friday 13 February. If any Time Bankers attend and take along a treat they will earn a time credit.



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

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