

The Learning Exchange is part of the Mid Canterbury TimeBank's vibrant community programme of fun events and educational sharing of skills. Classes, talks, field trips and workshops offered by our TimeBank members and guest speakers are open to all. REGISTRATIONS ARE REQUIRED. Venues are confirmed after registration if not already specified. Payment for Mid Canterbury TimeBank members is with time credits. For non-members, there is a monetary fee. Some events are free for everyone. Some events may have a monetary cost (for all attendees) to cover the materials involved. BOOK EARLY as places are limited for some events. Register by clicking on the link/ title for the event or email us: coordinator@mctimebank.nz

JULY 2020

Friday 24 July, 7-9pm [Guided Tour of the Universe](#)

A great chance to learn more about stars, planets and the wider universe in this popular event. Alistair Perkins from the Ashburton Astronomy Club will give a fascinating presentation then help you use the telescopes at the observatory to see the night sky up close. If it's wet or cloudy the presentation part will still go ahead. Venue: Menorlue, 27 Walnut Avenue, next to the college. Cost for TimeBank members: 2 Time Credits. Cost for non-members: \$20. Numbers limited to 10 people, so get your tickets early.

Sunday 26 July, 2.00 - 3.30pm

[Homemade Immunity Builders & Remedies](#)

During these colder months, our immunity can do with a little TLC. TimeBanker Kasia will run a hands-on workshop, showing us how to boost our immunity and digestive systems with some simple homemade remedies. Most of the recipes do use honey, so not suitable for those allergic to bee-products. Please bring a small lidded container for taking samples home. Cost for TimeBankers: 1.5 Time Credits. Cost for non-members: \$15. Numbers are limited so get your tickets early!

AUGUST 2020

Saturday 1 August, 10.30am-12pm: [Rags & Remnants](#)

The second-hand shop at the Resource Recovery Park is an underutilised resource. Come along to this hands-on workshop where we'll have a look through the shop for some items, then come up with ideas on how to upcycle or reuse them. It will be a great opportunity to develop skills that will help you reduce waste, save money and be creative. Venue: Resource Recovery Park Education Centre, 25 Range Street, Ashburton. **FREE** Event but you will need to bring cash or card to purchase your items from the shop.

Friday 7 August, 1.30 - 2.30pm: [Focus on Apps](#)

In this workshop, Maria from the Ashburton Learning Centre will introduce some common and useful apps for your smartphone. She will show us how to use them, go over the safety aspects, and show us how to get rid of apps we don't want or use. Venue: Community House, 44 Cass St, Ashburton. Cost for TimeBank members: 1 time credit, Non-members: \$10

Sunday 16 August, 1 - 3pm: [Photography Workshop](#)

It's fun to take photos but we don't always get the results we want. At this practical workshop keen photographer Sue Yearbury will give us some photography tips then we'll put them into practice in the lovely Ashburton Domain. Venue: Ashburton Art Gallery, 327 West St, Ashburton. Cost for TimeBankers: 2 Time Credits. Cost for Non-members: \$20. Limited numbers, so register early.

Zoom Events

Tuesday 25 August, 7.30-8.30pm

[Traveling in Jordan](#)

*Kate & Antony White spent a month exploring the country of Jordan in November 2019. Kate will share a photographic presentation about the country and their experiences there. You'll see plenty of UNESCO World Heritage sites including the incredible rose city of Petra, the Red Sea, the Dead Sea, lots of ancient architecture and mosaics, street art in the capital, Wadi Rum desert and more. Given current travel restrictions, what better time to travel from the comfort of your own home with this **FREE** Zoom presentation? Register to get the Zoom link emailed to you.*

Tuesday 1 September, 7.00 - 8.30pm

[Happiness & Wellbeing](#)

*What contributes to happiness? Are our perceptions and ideas of how to be happy actually what works? In this zoom discussion we'll look at strategies for developing happiness and ways to wellbeing. Marion Logan & Frith Chamberlain will share what they've learned from their studies and own personal experience. They'll offer some practical tips and tools. TimeBank coordinator Kate White will also share how timebanking can contribute to wellbeing. There will be time for questions at the end. As this is a **FREE** online event, it is open to anyone, anywhere – register to get the zoom link.*

SEPTEMBER 2020

Saturday 5 September, 2.00 - 3.30pm: [Easy Unbaked Slices](#)

Margaret Thorpe loves to make nice things for her friends and family but doesn't like any recipe that is too complicated or time consuming. In this hands-on workshop, she will teach you how to make delicious sweet treats that don't need to be baked. Great for school lunch boxes or 'bring a plate' occasions. Venue: Community House, 44 Cass St, Ashburton. Cost to TimeBankers: 1.5 Time Credits & \$4 (for ingredients) to be paid on the day. Non-members: \$15

Sunday 13 September, 2.00 - 3.30pm: [Beekeeping Tour](#)

Kasia Chapman- Labecka has been keeping bees for a long time now. Before the busy season gets underway in late Spring, she will take us on a tour of her hives and set-up, to help us get a better understanding of these beautiful and useful creatures, and all the work that goes into producing our local honey. Please bring a small lidded jar to take home a sample. Venue will be advised to ticket holders. Cost to TimeBankers: 1.5 Time Credits. Non-members: \$15

Wednesday, 23 September, 5.30 - 6.30pm

[Introduction to NZ Sign Language](#)

*This week is New Zealand Sign Language Week and International Deaf Week, and September 23rd is International Day of Sign Language. So what better time to join Carol Smith, a New Zealand Sign Language tutor, to learn more about one of New Zealand's official languages and give signing a go? **FREE** & open to everyone but please register as places are limited.*

SHARE YOUR PASSION

If you've got a skill or passion you'd like to share in the Learning Exchange, please contact Kate White or Mari Swindley, the Coordinators of the Mid Canterbury TimeBank & Learning Exchange. You earn time credits for time spent preparing and delivering your talk or workshop. 😊

Want to sponsor the Learning Exchange?
Contact Kate White coordinator@mctimebank.nz