

Term 4 2020

The Learning Exchange is run by Connecting Mid Canterbury Charitable Trust which also operates the Mid Canterbury TimeBank. Talks, field trips and workshops offered by TimeBank members and other volunteers are open to all. REGISTRATIONS ARE REQUIRED. Some events are free and others have a fee which can be paid with time credits or for non-TimeBank members, with money. 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 If you need assistance getting to an event, just email us in good time and we can try and arrange something.

OCTOBER 2020

Thursday 15 October, 1.30-2.30pm: [Phones, Apps & Security](#)

Maria from the Ashburton Learning Centre is back to help us get the most out of our phones. She'll give a small talk on keeping your smartphone safe, secure and doing what you need it to. Maria will be available for 1 hour after the presentation to help participants with their phones if needed. Cost to TimeBank members: 1 Time Credit. Cost to non-members: \$10, Venue: Ashburton Learning Centre, 71 Park St

Sunday 18 October, 2.30-4pm: [Spring Garden Tour](#)

Spring has sprung and everything is growing, including the weeds! It's a great time to visit Alistair & Marion Perkins' lovely, productive garden. Learn what our gardens need from us during this changeable season and get tips on what to plant and do at this time of year. Share your questions and your experiences with other participants during this relaxed spring garden tour. Cost to TimeBank members: 1.5 Time Credits. Cost to non-members \$15. Venue: will be advised to those who register

NOVEMBER 2020

Sunday 1 November, 1-3pm: [Get Creative!](#)

Want to be more creative but not sure in what way or how to start? Come along to the Ashburton Art Gallery to get inspired! Members of the Hakatere Ceramics and Pottery Group and the Ashburton Art Society will demonstrate their crafts and then it's time to have a go yourself. You will have a chance to learn basic clay sculpting techniques, the art of collage making or watercolour paint techniques to create a landscape. The event is FREE but koha welcome. Venue: Ashburton Art Gallery

NOVEMBER 2020 contd.

Sunday 8 November, 12.30-2.30pm: [Introduction to Filipino Culture](#)

Get to know Filipino people and culture in this event, hosted for us by UNIFIL, United Filipinos of Mid Canterbury. Participants will enjoy a delicious Filipino lunch, a presentation and an activity all designed to give us insight into the Filipino culture. There will be plenty of opportunities to ask questions and to mingle with Filipinos who have made their home in Mid Canterbury. Cost to all: \$7 for lunch (vegetarian option available). Ashburton venue advised to those who register.

Saturday 14 November, 3-5pm: [Facials, Feet & Massage!](#)

Here is an opportunity to learn how to make your own facial and foot scrubs, get tips on giving good, safe, head and neck massages, make your own wheat bags and have a go at foot massage and facials. Ideal things you can treat someone with for Christmas ... or just enjoy yourself! Cost for TimeBank members: 2 Time Credits. Cost for Non-members: \$20. Ashburton venue advised to those who register.

Wednesday 18 November, 7.30-9pm: [Preparing for an Emergency](#)

Have you ever felt like you should be more "prepared" but weren't sure where to start? Maybe you already have some emergency resources at home but would like to make a family emergency plan. Come along to an interactive, hands-on workshop with Lydia Michela-Maireriki to make a household emergency plan and test it out through a scenario role play. Lydia has a Master's degree in Disaster Risk and Resilience from University of Canterbury and is currently working towards her PhD through Lincoln University on the resilience of tourists to natural disasters. Lydia is also a mum to two under age two. This is a FREE event, but please register as numbers are limited. Venue: Community House, 44 Cass St. Ashburton

NOVEMBER 2020 contd.

Thursday 26 November, 10.30-11.30am: [Local Food Resilience](#)

Come along to this session to Excite, Ignite and Engage your imagination in the concept of a Community Food Forest and Garden. Hear from Lesley Ottey, who has been involved behind the scenes in the development of the Kaiapoi Food Forest for the past 3 years. Before that she was coordinator for Kaiapoi Community Garden 10 years ago. Having also set up school gardens, seed swap desks, Lesley has much to share with us. FREE event. Venue: Education Centre, Ashburton Resource Recovery Park, 25 Range St.

Sunday 29 November, 2-4pm: [Summer Car Checkup](#)

Dolf Van Amersfoot and Denise Farr have kindly offered their services once again, to make us better car owners. They will show us basic car maintenance, pre-trip inspections and more. Bring your vehicle along for an informative and practical Learning Exchange that could save you money & make you safer on the road. Cost for TimeBank members: 2 Time Credits. Cost for non-members: \$20 Venue to be advised to those registered.

DECEMBER 2020

Saturday 5 December, 11am-12.30pm: [World Soil Day](#)

December 5th is World Soil Day which is a great opportunity to focus attention on the importance of healthy soil. Sheryl Stivens of Ashburton's Soil & Health has spoken around the world on composting and organics. We are delighted to have someone with her experience to share their wisdom and answer our questions. Run in collaboration with the local Soil and Health group, this event is FREE and open to anyone interested - you don't need to be a gardener! Register to get the address details emailed to you. The venue is 15 mins drive from Ashburton township and transport can be arranged- please let us know if you'd like a ride. Koha for the Soil and Health Organisation optional.

Wednesday 9 December, 3-5pm: [Digital Storytellers Refresher](#)

Calling all Digital Storytellers! It's time to brush up on those filming and editing techniques we learned last year. Set aside this time to brainstorm some great story ideas and to think through how to tell them. Don't let those skills learned become dormant - let's meet up to practice, support each other, ask our questions and see each other's stories. This event is for those who attended the two-day workshop in September 2019. FREE event but registration is essential. Venue: Community House, 44 Cass St. Ashburton

SHARE YOUR PASSION

If you've got a skill or passion you'd like to share in the TimeBank Learning Exchange in 2021, 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