

MONTHLY NEWSLETTER



January 2025

WELCOME!

Greetings and welcome to the first ever monthly Sherwood Exchange newsletter!

This newsletter aims to help keep you informed about the goings on at The Exchange, with latest news and upcoming events, while also offering some useful advice and tips that may help you along the way.



New fridge brings fresh benefits



Our food is staying fresher and usable for longer, thanks to a wonderful donation of a large fridge last month.

The 'retail sized' fridge created surprise and some commotion, as the door frame had to be removed and needed four people to put it in place.

The fridge not only allows us to store more fresh food, but has also means we have now been permitted to receive surplus stock from FareShare Midlands - a charity who ensure that surplus supermarket food is prevented from becoming waste by redistributing it to community groups such as our Exchange.

Events calendar

All events are taking place at The Place, 2A Melrose St, Sherwood:

- Every Saturday 12noon - 2.30pm:** Sherwood Exchange OPEN
- Sat 1st February: 11am:** Mindfulness for all with Rachel Jackson
- Sat 8th February 11am:** Radiator sheet/blanket-making class
- Sat 15th February 11am:** Reiki with Krista Nicholson
- Sat 22nd February 11am:** Radiator sheet/blanket-making class

Thank You

We'd like to give a huge thanks to all our supporters. Your donations are so valuable. This month's donors include:

- FareShare
- The Place Activity Centre
- ShareWear
- The Rotary Club Beeston
- The V Spot
- Sainsbury's Arnold and Gedling
- The Arabic School
- Himmah
- Heron Foods
- Martin Jerome Kelly

News

Donate food to The Exchange at Heron Foods

We are pleased to announce that Heron Foods in Sherwood has agreed to be a food donation point for The Exchange. This means that you can donate your food to us even when we're not open! You'll find Heron Foods on Mansfield Road.



Make use of your old crisp packets

In February, we will be hosting two craft sessions where we'll be making radiator sheets and blankets out of crisp packets. These are going to be fascinating and rewarding sessions, where you can learn how to turn the packets into useful items that can be used to warm your home and help the homeless.



Before the sessions on 8th and 22nd February, we need you to eat loads of crisps and bring the empty foil packets to us at our collection point at The Place Activity Centre.

So, you've heard it from us, make 2025 to be a time of crisp eating, for the greater good of providing warmth for people experiencing street homelessness and yourself as well.

Declutter this year with us!

Like many of us, you might be looking to clear out your cupboards and ditch the clutter in your house. If so, please bring your unwanted store cupboard food, toiletries, toys and clothes to the Sherwood Exchange and swap it for things that you might need.



More wellbeing sessions in 2025

Following the success of our wellbeing exchange programme on Saturday mornings, we are delighted to offer a new timetable of sessions start from Saturday 25th January. Sessions are set to include a range of donation-based classes including reiki, yoga and collaborations such as making sustainable art and crafts with Open Wings Learning Community.

If you would like to find out more about the future sessions or you would like to provide a class on our programme, please check our Eventbrite page or get in touch at: thesherwoodexchange@outlook.com



Festive fayre brings joy to Sherwood

Before Christmas, The Sherwood Exchange, led by our very own Cal Phoenix (pictured), held its first Christmas Fayre, with a range of activities and stalls bringing the community together and raising important funds for The Exchange.

The event included stalls featuring knitted items, wax melts, handmade gifts, baked goods and refreshments, alongside a Christmas collage hosted by Thortify where guests were invited to turn up and craft during the day.

We also hosted a very popular Christmas Gift Exchange which saw lots of lovely gifts donated and taken by people wishing to help save on landfill, expense and manufacture by regifting. All surplus gifts and toys were handed over to our Mesopotamia food bank.

Cal's event also attracted the attention of BBC Radio Nottingham who covered his personal story both within their social media channels and featured a short interview on their Monday morning radio show.

Special thanks go to local businesses such as The Winchester, Alys Power Design, Nottingham Jewellery School, Sainsburys, Lidl, the Co-op, www.justjodesign and Bluestiggy.co.uk for providing raffle prizes and refreshments for the event.



THE WELLBEING EXCHANGE

Donation-based meditation, reiki, yoga, pilates, self-massage and healing, mindfulness, sustainable eating, arts and crafts and many more fun and accessible wellbeing sessions for all!

Every Saturday morning from 11.30 am until 12.30 pm
The Place Activity Centre
2A Melrose Street
NG5 JJP

Starting Jan 25th 2025 running weekly till June 2025

Please pay what you can afford
Suggested donation for waged people £5.00
Tickets available at **Eventbrite**

For more information, please go to
www.thesherwoodexchange.co.uk
thesherwoodexchange@outlook.com

Facebook: [Sherwoodfoodx](https://www.facebook.com/Sherwoodfoodx) OR book yourself a ticket direct with this QR code



So long, farewell and thanks

We also bid a fond farewell and thanks to Kirsty Kelly, the Place's administrator who leaves for pastures new this month.

Kirsty has been a huge advocate and supporter of our work and an absolute diamond to work with. We shall miss her very much.

Tell us what you think

We do hope you enjoy the new newsletter. Please let us know what you think and send us your suggestions for what you'd like to see inside the newsletter to us:

thesherwoodexchange@outlook.com

Top tips - Ways of saving energy

While it's still very cold, we all need to keep ourselves and our homes warm. But with energy prices continually on the rise, how can we stay warm without wasting energy and money?

Here are some top tips from The Energy Savings Trust:



1. **Keep your radiators working effectively:** Don't block radiators with furniture and bleed your radiators regularly to prevent air being trapped inside, which will leave cold spots at the top. You could also install radiator reflectors or put foil behind the radiator, to direct the heat away from the wall and into the room.



2. **Heat yourself rather than the room:** Layer up and use blankets or extra clothing before turning the heating up. Wearing several thin layers means that less heat escapes. Combine warm layers with a hot water bottle.



3. **Use draught excluders:** They are a simple way of keeping cold draughts out and more warm air inside. You can even make your own from old fabric, with instructions on YouTube.



4. **Make better use of heat that's already there:** After you use the oven, leave the oven door open to release the heat into the kitchen.

5. **Turn your thermostat down by one degree:** Turning your thermostat down from 22 to 21 degrees could lower your heating bill by £100 a year.

How you can help The Exchange



You can drop off any food, clothes or toys at The Place Activity Centre.



For money donations, visit our Crowdfunder page:
www.crowdfunder.co.uk/p/the-sherwood-food-exchange-1



If you'd like to volunteer to help us, please email us at thesherwoodexchange@outlook.com



Contact us

The Sherwood Exchange
The Place Activity Centre
2a Melrose Street
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Nottingham
NG5 2JP

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Open on Saturdays 12:00 noon – 2:30 pm