



Community Newsletter

2010: York's Year of Volunteering

2010 has been designated York's 'Year of Volunteering' with the aim of encouraging more York residents to discover for themselves the benefits of volunteering, and to raise awareness of the many ways in which volunteers contribute to the life of the city.

What is volunteering? – It can be any activity that people do for the benefit of other people or the environment. Many organisations depend heavily on volunteers to deliver their service and are always grateful for people who can offer their time to support the work they carry out in the community. At the same time, volunteers benefit from meeting new people and learning new skills.

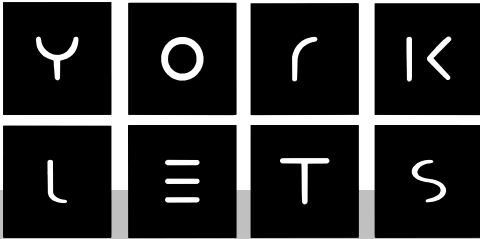
York Volunteer Centre has all kinds of volunteering opportunities available, from one-off events through to regular monthly or weekly stints. Activities include:

- carrying out a wildlife survey at a country park
- spending an hour playing a musical instrument for people experiencing mental ill-health
- helping in a charity shop
- office administration with a local charity
- running play activities for children at an after-school club

...and hundreds more!

If you would like to get involved, contact York Volunteer Centre on 01904 621133, or go online at www.do-it.org, where you can find a huge range of opportunities in the York area.





www.yorklets.org.uk

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Getting ready for Christmas

Now the autumn harvest is in full swing, thoughts start to turn to the coming winter – and for many, the big highlight of that season will be the traditional celebration of Christmas.

This year, YorkLETS members will have the perfect opportunity to stock up on stocking fillers, purchase puddings and procure presents for friends and families at the 2010 YorkLETS Christmas Fair.



The Fair takes place on **Saturday 27 November** from 11am – 2pm at the Priory Street Centre (off Micklegate), and looks set to be an absolute cracker! Admission is free, and delicious seasonal refreshments will be available, together with a variety of stalls offering edible goodies to take home, games, books, bric-a-brac and much more. Many of the stalls will be trading in Yorkys (they will be clearly marked) – what better way to spend your hard-earned local money?!

If you would like to have a stall of your own, or share one with another LETS member, at the Fair, please contact Melody (01904 426358) to arrange. Stalls are free for LETS members, or £10 for others.



Don't be a pudding – put it in your diary now!

Yoga in York

Monday 8pm - 9pm	Weight Loss Yoga	£6 or Y6
Thursday 11.15am-12.15pm	Back Care Yoga	£5 or Y5

Private lessons also available – please ask. Back Care relaxation CD £10/Y10

See www.yogainyork.co.uk / 01904 654355 / 07891 989310

Yorkys –v-£££s members consultation

One of the lively debates at the YorkLETS AGM in July was around the practice of advertising trades in a mixture of Yorkys and sterling.

Some members felt that if something was advertised as £25 + Y5, it went against the spirit of LETS. Others confided that examples such as '£25 / Yorkys negotiable' left them afraid of having to negotiate and admit they couldn't afford it, so avoided using such services even though they would like to. On the other side, the point was made that, without being able to cover sterling costs (eg – ingredients for baking) by asking for sterling as well as Yorkys, sellers would be out of pocket. The committee is reviewing how YorkLETS deals with this dilemma, and would like to hear what you think. Should £s be requested at all for a YorkLETS trade? Is there an acceptable compromise (50/50? 80/20? or something else)? What about the term 'negotiable'?

Let us know your ideas on how your system should work, by contacting the Newsletter Editor (contact details previous page). Thank you!

Greener Travel and Transport

Workshop with Anna Semlyen (YorkLETS member and author of *Cutting Your Car Use*). Sat 27 Nov 2-4pm Add up your car costs and why walking, cycling, bus use and sharing cars saves you money, is healthy and green. York Steiner School café, Fulford Cross, off Fulford Rd. Free/donations, but please book in advance on 01904 654355.



Forthcoming Events

a selection of local events you may be interested in...

- **16 - 18 September** York Beer & Cider Festival, York Racecourse. Over 300 different beers and ciders on offer plus food and live music. Tickets £3-£5. For full details see www.yorkbeerfestival.org.uk
- **Weds 29 September** York Car Free Day. Various activities throughout the city aimed at encouraging people to consider alternatives to driving
- **Mon 4 October** YorkLETS monthly meeting at the [Seahorse Hotel](#), Fawcett Street. (7.30-8.30pm: committee meeting)
8.30pm onwards: social and trading evening – **all welcome**
- **Sat 23 October** Crafty Christmas Presents with Lynn Turner (YorkLETS) and Jini Bannister at the Environment Centre. St Nicholas Fields, Tang Hall. 10-1pm: ceramic painting, card and gift wrap making, plus sewing, knitting, crochet, painted gift ideas, etc. 'Upcycled' items - reuse and refurbished gifts. Free/donations
- **Sat 30 October** YorkLETS Halloween Tea Party, Woodyard Farm, Heslington YO10 5DX (Melody & Simon Clarke's house – please phone if you need directions – 01904 426358), 5pm-8pm. Pumpkin soup, ghostly buns and other spooky snacks! Bring goods to trade, or just drop in for a cup of tea
- **Mon 1 November** YorkLETS monthly meeting at the [Seahorse Hotel](#), Fawcett Street. (7.30-8.30pm: committee meeting)
8.30pm onwards: social and trading evening – **all welcome**
- **Sat 27 November** 2010 YorkLETS Christmas Fair, Priory Street Centre, York. 11am-2pm. Stalls, raffle, refreshments, trading. Admission free
- **Mon 6 December** YorkLETS monthly meeting at the [Seahorse Hotel](#), Fawcett Street. (7.30-8.30pm: committee meeting)
8.30pm onwards: social and trading evening – **all welcome**
- **Fri 10 December** York Revamp sustainable fashion show, Priory Street Centre, from 7pm. Styling, re-vamping and choreography by talented local young volunteers. Tickets from York Volunteer Centre – telephone 01904 621133

...hope to see you at some of them!