

# Penrith and Eden District Freegle

[www.ilovefreegle.org](http://www.ilovefreegle.org)

[www.penrithedenfreegle.org.uk](http://www.penrithedenfreegle.org.uk)

Group moderators:

**Chris Cant, Elaine Bones, Juliet Gray, Judith-Ann Wardlaw**

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## Press Release for Immediate Release

3 September 2013

### **Freegle Give and Take in Penrith, on Saturday 14<sup>th</sup> September 2013**

The local Freegle reuse group will be at the Soup Shop in the Devonshire Arcade in Penrith on Saturday 14<sup>th</sup> September from 10am until 2pm. Organiser Chris Cant says, "Come along to grab yourself something for free – or bring along anything you don't need any more to give away to others." Items to give away can be dropped off at the Soup Shop in advance.



Freegle is an online group covering all of Eden District, with over 380 other groups across the rest of the country. With almost 3,700 members here, it's a great way to clear clutter, help each other out and pick up useful items for free. It's free to join at [www.ilovefreegle.org](http://www.ilovefreegle.org) - you can browse what others have on offer or post a message offering anything you have spare. You can also post a wanted request for items you need.

Recently offered items include a fridge freezer, a Silver cross, a car dog barrier, a rainwater diverter, a rabbit cage, a cot mattress and a school uniform. There are requests for artificial grass, a Goth fancy dress costume and an electric cooker – can you help out?

Freegle can also be used if you have a glut in the garden. If you have too many apples or damsons, why not give them away to your neighbours or offer them on Freegle. I'm sure there will be interest in a "pick-your-own" offer of free apples. Aside from the classics Apple Pie and Apple Crumble, you could stew them to save as a sauce and freeze or preserve in Kilner jars. Many apples will keep if stored in a cool spot. Even windfalls can be pressed for cider.

Chris added, "I'll have some seeds to give away as well, in particular some kale seeds and peas which can be saved for next spring."

The Soup Shop will no doubt have soup available along with teas, coffees and cakes. Come along for a chat to the Freegle moderators. Anything left over will be given to a charity shop for them to sell.

Freegle is truly grass-roots and co-operatively run by and for local people. Carole Lloyd, a recent joiner, said, "Freegle people are so helpful. I don't think I've ever heard anything bad from the community. I would much rather my finished-with stuff is used than go to the tip."

Freegling is a great way to help others, clear clutter, keep perfectly good items out of landfill and conserve the world's resources. The group is run by volunteers, Chris Cant, Elaine Bones, Juliet Gray and Judith-Ann Wardlaw. Juliet explains, "As an internet-based group, Freegle users send 'offer' or 'wanted' messages to all other members, so it's all about matching surplus items with those who can use them. Everything must be free, so you can't ask for money or offer money for any of the items which appear." You can choose who to give an item to and then arrange the handover between yourselves.

You can also use Facebook to join Freegle if you wish, and so send messages to the group and see other messages. If you are less technically inclined, please ask Chris Cant to offer an item by phoning him on 01931 713240. He will post your offer and get back in touch if anyone is interested in it.

Reusing items through Freegle cuts down on the waste and recycling collection and disposal costs for the district and county council, with an estimated 6 tonnes saved every month.

The Penrith and Eden Freegle group covers all Eden District, with neighbouring Freegle groups covering other parts of Cumbria, with over 380 groups throughout the UK and over 1.5 million members in total. The group is free to join and everything offered must be free. For more information go to [www.PenrithEdenFreegle.org.uk](http://www.PenrithEdenFreegle.org.uk) or [www.ilovefreegle.org](http://www.ilovefreegle.org) – phone Chris Cant on 01931 713240 if you need any help.

## **ENDS**

**PHOTO:** Freegle members at the Give and Take at the Soup Shop in 2012:

Lo and high res versions:

<http://www.penrithedenfreegle.org.uk/IMG19103a.jpg>

<http://www.penrithedenfreegle.org.uk/IMG19103.JPG>

<http://www.penrithedenfreegle.org.uk/2012-03-31%2014.25.52a.jpg>

<http://www.penrithedenfreegle.org.uk/2012-03-31%2014.25.52.jpg>

## **NOTES TO EDITORS**

1. It is estimated that locally our group saves up to 5 tonnes from landfill each month
2. For further information about the local Freegle group please contact Chris Cant 01931 713240 or Juliet Gray 01931 713636.
3. The Penrith and Eden District group was formed on 20<sup>th</sup> January 2007. The group was originally affiliated to Freecycle but, after consulting the group members, has been working with the UK Freegle network since September 2009.
4. Freegle's sole objective is to enable individuals to 'do their bit' by keeping reusable items out of landfill by giving away things they don't want to people who can use them. This is truly grass-roots and co-operatively run by and for local people.
5. Freegle is hosted by the free service Yahoo! Groups and is available at [www.ilovefreegle.org](http://www.ilovefreegle.org)
6. Once a member of Freegle, you can send a message to the group offering an item for free, saying what it is and where you are. You can also ask for items that you want.