



# Press Release



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For Immediate Release

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## **Everything For Free - Even The Kitchen Sink!**

Penrith & Eden Freegle group stages a successful Give and Take open day in Penrith

In these uncertain economic times it's rare to get something for nothing. Yet well over 100 local people did just that recently at the Penrith & Eden Freegle group's first 'Give & Take' event in Penrith town centre.

Freegle is a national grassroots organisation of people throughout the United Kingdom who are giving and receiving free unwanted items in their immediate communities. Members can give stuff away to others rather than just throwing it into the bin, or can benefit from re-using something offered by another member which might otherwise have been discarded.

The Give & Take open day was run by Juliet Gray and Chris Cant, both moderators of the local Freegle web group. "Today's event is a way of promoting that Freegle exists, as well as allowing those not already signed up to the scheme to benefit", explained Juliet. "As an internet-based group, Freegle works by members adding either 'offered' or 'wanted' posts, so it's all about matching surplus items with those who can use them. Everything is free, so you can't ask for money or offer money for any of the items which appear."

Members will then arrange a collection to hand over the goods. The Penrith & Eden group already has 2500 members, with on average around 500 posts per month.

During the Give & Take day a number of members of the public signed up to join Freegle. Joining is free to those living locally, and the Penrith & Eden group can be reached via the main Freegle website [www.ilovefreegle.org](http://www.ilovefreegle.org). Members who may not have a web connection at home can still benefit by accessing Freegle through computers available in public locations such as libraries. Alternatively, moderator Chris Cant will post an item for you if you phone him on 01931 713240.

All the items passed on at the Penrith event had more useful life for others. For example a PS1 games console was picked up by Gayle Noble for free, then soon afterwards she was also able to collect a stack of console games, all destined for a girl with disabilities who she helps care

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for. Gayle commented enthusiastically that "Freegle is doing an absolutely brilliant job - without schemes like this, you'd have nothing."

Other items given away on the day included various household goods, toys & games, books, a chair, hot water bottle, electronic music keyboard, guitar, and even a small table tennis table. Meanwhile on the internet group there are posts offering items as diverse as kitchen sinks to even an occasional car or caravan!

"Really it's the landfill issue", explained Juliet. "As well as the members benefiting by getting things for free, we estimate that just through the local group alone we're saving around 6 tonnes of waste from otherwise being dumped every month."

Chris thanked the Eden Mind charity shop for allowing use of their retail space in Penrith for the event, and confirmed that any items not taken on the day have been transferred on to Eden Mind for sale in aid of their charity.

The local Freegle group cooperates closely with Penrith Action for Community Transition (PACT), which is also involved in a number of other waste & resource projects, including an on-going campaign to make Penrith a plastic bag-free town. During the Give & Take event, PACT made a short film to promote Freegle, which will be shown at PACT's forthcoming Transition Film evening on Tuesday 15<sup>th</sup> March 2011 – more details on the PACT website [www.penrithACT.org.uk](http://www.penrithACT.org.uk).

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#### **Note for Editors:**

Photos included (credited to Chris Cant).

For more information on Freegle please visit [www.ilovefreegle.org](http://www.ilovefreegle.org) or [www.penrithedenfreegle.org.uk](http://www.penrithedenfreegle.org.uk)

PACT (*Penrith Action for Community Transition*) is a Transition Town group formed in Penrith & Eden during 2008, aimed at developing a coordinated local community response to the twin challenges of peak oil and climate change. PACT is made up of an enthusiastic group of volunteers, committed to making a real difference in our district.

One of the core ideals of the Transition movement is to promote stronger communities. A vibrant local community working together can be more effective than individuals in reducing energy use, producing food and goods locally, passing on relevant skills and knowledge, and encouraging local businesses and local government to become more sustainable in the way they operate.

For more general information on PACT please visit the website or e-mail [info@penrithACT.org.uk](mailto:info@penrithACT.org.uk), alternatively contact Nigel Jenkins on (017683) 51699.



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