



January 2008

# Acton Market Newsletter

Welcome to the Acton Market Newsletter on ActonW3.com. Happy New Year to everyone. We've got lots of things planned for Acton Market in 2008 and we hope that the local community will get involved. The market is now one year old and although January tends to be a slow month, there's still lots on offer. We're busy working on our new website ([www.actonmarket.com](http://www.actonmarket.com)) and have a number of events planned for the coming months.

## 'Give and Take Day' events at Acton Market

Have you cleared out your cupboards recently? Have a pile of stuff you don't use anymore? Why not come down to Acton Market on the last Saturday of every month for 'Give and Take Day'. The idea is simple – you have good quality items you don't need anymore, and someone else takes it! The idea is to reduce the amount of waste that is being put into landfills by encouraging people to recycle things they don't want.

**Give and Take Day** starts on Saturday January 26<sup>th</sup> at the Market, from 12:30 until 3:30pm. It's a FREE event, in partnership with Ealing Council. You can bring all good quality household and garden items that can be reused such as books, toys, bikes, tools, furniture, kitchenware and bric-a-brac. Sorry, we can't accept any electrical items, clothes or knives and can't offer any help with transporting heavy items. If you have items to give away, please bring them by 2pm. Charities are welcome to take anything that is leftover. Please contact the Market Team at Action Acton for more information on 020 8993 9605. For more information on recycling please visit [www.ealing.gov.uk](http://www.ealing.gov.uk).

The **London Farmer's Market** ([www.lfm.org.uk](http://www.lfm.org.uk)) is at the Acton Market every Saturday. There should be lots of winter veg on offer, perfect for warming soups for those bitterly cold January nights. Look out for Brussels sprouts, Jerusalem artichokes, turnips, beetroot, parsnips, purple sprouting broccoli, butternut squash, pumpkins, curly kale, celeriac, shallots and much more.

## Market Hours:

Friday Good Deal Market – 11am – 4pm  
Saturday Farmer's Market – 9am – 1pm  
Saturday Arts and Crafts Market – 10am – 4pm

## What's On At the Market:

**Every Friday – Good Deal Market** from 11am-6pm. A selection of good quality items that don't break the bank! We're still looking for hot food stallholders. If you're a local business selling food, why not give us a call and take a stall at the Friday market? Contact the Market team at Action Acton on 020 8993 9605

**Saturday 26<sup>th</sup> January** – Give and Take Day – bring stuff you don't want, take stuff you do want. It's all free and a great way to reduce the amount of reusable items that might otherwise have ended up as landfill. From 12:30 – 3:30 (all items should be brought to the Market by 2pm). No electrical items, knives or clothes.

**Saturday 2<sup>nd</sup> February** – clear out those cobwebs and come for a free Bootcamp Fitness Training session with John Limpus from The Urban Vitality Company. John’s unique approach to fitness can help you to discover a healthier you while having fun at the same time. John will be giving a Bootcamp demo from 12 – 2 at the Market.

### **We’re Recruiting!**

Acton Market is currently looking for **2 Market Supervisors** and a **Finance and Administration Assistant**. Contact Acton Action on 020 8993 9605 for more details.

### **Acton Business Forum**

The Acton Business Forum was re-launched in November. The ABF is for anyone running a business in Acton to discuss issues relating to business, to meet other business owners in the area and to have a platform for improving the area. The last open meeting before business owners will need to formally join the ABF is on **Monday 25<sup>th</sup> February** at The George and Dragon on the High Street. The topic will be **Parking Issues in Acton** and there will be officers from Ealing Parking Services to discuss how parking restrictions are affecting local business. Please be there at 5:30pm for a 6pm start. Please contact Mike Morris, at Action Acton on 020 8993 9605 or [mike.morris@actionacton.com](mailto:mike.morris@actionacton.com) for more details.

Future Acton Business Forum events:

**Monday 17<sup>th</sup> March – Acton Police** will be on hand to promote Business Watch, a scheme to get local businesses to work together on crime prevention. 5:30 pm for a 6pm start at The George and Dragon, High Street, Acton W3.

**Friday 4<sup>th</sup> April – Win It In A Minute** – from 11-3pm at the Ramada Hotel, Ealing Common. Win It In A Minute is an annual business networking event where local business owners come and present a one-minute pitch on what they do.

