



# ST NEOTS TIMEBANK

## NEWSLETTER – October 2014

Covering: St Neots Town, The Eatons, The Paxtons, Eynesbury, Eynesbury Manor, Priory Park, Croxton, Loves farm, Papermill, Knights Park and the Offords

*Meet a few of our members and what they have achieved*



from Flatpack  
to THIS



by Lenny with a little help from Heidi & Julie



Terry helped one of our TimeBankers by fixing guttering onto their shed and a water diverter to the Water Butt. Terry enjoyed helping and made the owner very happy too.



**ANGELA BYATT**

Angela, 74, has provided care and support for her neighbour who was left disabled after an aneurysm, enabling her neighbour's husband to return to work. Angela also fundraises for a local diabetic group and is a Timebank volunteer.

**A WINNER**



Natalie Helped by painting a Fence.

[timevolunteers@hotmail.co.uk](mailto:timevolunteers@hotmail.co.uk)  
<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
<https://www.facebook.com/timebankstneots>



**We have a lady offering to transfer old video tapes to DVD -** can transfer from VHS videos, camcorder tapes (not all types) and some pre-recorded tapes. Supplied in a case and labelled.

**We also have a couple of Gardeners keen to help**



Don't forget our **Beauty Therapist** massage or manicure (just pay for materials)

**Need help**

**managing your finances or tax returns.**



**or with your computer/IT**

**"We can help with all these and many more skills"**

## **Our first Coffee morning with a theme**



**This month a Bike Theme, was a great success: A BIG thank you to PCSO Rob Hankinson who attended and security marked many bicycles, Izzy our TimeBanker checked, oiled and repaired a total of 14 bikes all free of charge.**

**TimeBankers had made cakes, served tea and coffee and many people enjoyed just having company and a chat. We achieved our aim.**





## Our next COFFEE MORNING

Church Walk Day Centre Hall - 4<sup>th</sup> October 2014 11am till 1pm

Everyone, including friends and neighbours are welcome to come and join us at our coffee morning. Learn about what we do, meet other Timebankers, enjoy a cuppa and join our TimeBank family. Come and tell us how we can help you. Future meetings are being held in the Church Walk Day Centre Hall (found up the alleyway across the road from Boots, in St Neots) Meeting here allows us more room to have a different 'theme' each month and this month focuses on:

Ageing,  
Disabilities and  
Dementia

We have a lady from  
**Alliance for Better  
Living** a guest Speaker  
from **Age UK** and a  
young lady from  
**Papworth Trust**  
advising on the  
problems and  
recognizing Dementia.

We will also have a  
Raffle



And if you are happy  
to bake a few cakes or  
nibbles they would be  
greatly appreciated.  
(and you can earn  
time.)

Saturday 4th October 2014

# St Neots TimeBank

Coffee morning 11– 1pm

Coping with ageing and disabilities  
Recognising & living with Dementia  
for yourself or family



Do any of  
these affect  
You?



All whilst having a cuppa  
**FREE** entry

At our new monthly meeting venue:

**Church Walk Day Centre**

Alleyway across road from Boots on the left opposite Health food shop.  
For more info phone 07590909057

You never know when you might need to know...



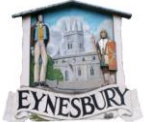
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# How are we doing?

- ❖ We now have 84 members
- ❖ Accomplished 1,200 hours of exchanges
- ❖ Facebook now has 91 likes
- ❖ And Twitter has 125 followers
- ❖ Our New website is attracting an average of 110 looks per month.

- a) We are also hosting a Regional Meeting for TimeBanking UK who awarded us the charter mark. All TimeBanks and those interested in starting one are invited from 3 Counties Hertfordshire, Bedfordshire and Cambridgeshire. We will also be show casing TimeBanking UK's 'Time and Talent' an addition to the current Data Base which we use.
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- b) Plus hosting the Cambridgeshire TimeBank Steering Group meeting. This Group was formed by Cambridge County Council with representatives from all the TimeBanks in Cambridgeshire - St Neots, Cambridge, Littleport, Ely, Somersham, St Ives and Cambourne. It gives us all an insight into the successes and failures of other TimeBanks.
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- c) We instigated the start of a TimeBank in Caldecott, Bedfordshire. We met with Linda and Stephanie several months ago and gave them documentation and information in starting up a TimeBank. I'm please to say they launched a few weeks ago.
- d) We are meeting with the Parish Council in regard to setting up a TimeBank in Buckden and hope to help them start up a TimeBank there. Having already met with the Diabetic Group in Buckden I'm confident that it would be a success.
- e) We hope to start an IT course soon, if we have enough people to take part. Please register your interest if you would like to attend.
- f) We are linking with Eynesbury Village Association to arrange a Christmas Fayre, probably on 6<sup>th</sup> December. If you are interested in helping to organise this, full of ideas to make it a success or just want to earn some hours then please contact me. It will be held in St Mary's Hall, St Neots.
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g) We will also soon have an extra page on our Website in the members section 'Exchange, sell or give away'. Members will be able to advertise items by sending details and a picture to the coordinator. e.g. We could have advertised the Bike that didn't sell at our last coffee morning... "if you are the owner and still wish to sell it then please get in touch".



Plus we still have a computer desk (5' long /2' 6" wide /29" high) that needs a good home.

h) Feedback Forms are also changing – shorter and easier to complete – this can be found in the members section on our website. Please complete and send for all exchanges.

### Plus we report items of interest of organisations that help others:



Healthwatch Cambridgeshire is now one year old and I am delighted to inform you that our Annual Report is now available on our website. We have tried to give an informative overview of our work so far, as ever with the emphasis on real people and real impacts.

During our second year we will be reviewing what we do and how we do it. We plan to hold consultation events early on in that process to make sure that we are getting it right. We would love to have as many individuals and organisations involved in that as possible.

You can find out more about our work on our website, including an Easy Read version of our Annual Report and our Work Programme for 2014/15: **To find out more or tell us your story, contact us:**

**By phone: 01480 420628** or **email: [enquiries@healthwatchcambridgeshire.co.uk](mailto:enquiries@healthwatchcambridgeshire.co.uk)** or **by writing to:** Healthwatch Cambridgeshire, The Maple Centre, 6 Oak Drive, Huntingdon, Cambs, PE29 7HN You can find out more about who we are and how we work at our **website: [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk)**

A TimeBank only works efficiently when you **'TAKE'** as well as **'Give'** So Ask!!!!

## WHAT CAN WE DO FOR YOU?

### Just call and tell us



Contact the coordinator **Georgina** on 07590909057 or 01480 404184

Tell your friends and neighbours

Everyone can benefit and **everyone's welcome**

email: [timevolunteers@hotmail.co.uk](mailto:timevolunteers@hotmail.co.uk)

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