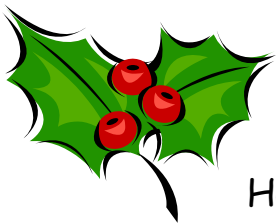




# ST NEOTS TIMEBANK

## NEWSLETTER – December 2014

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



Welcome to the last St Neots TimeBank Newsletter for 2014, I would like to wish you all a really enjoyable Christmas and a Happy New Year from myself and the Advisory Group of St Neots TimeBank.



This last year we have helped many people, alleviated stress and loneliness, helped regain confidence, tidied up gardens and made so many new friends. Tasks have ranged from Cake making, mending a leaky roof, IT problems, squeaky gates, gardening, hedge trimming, cleaning, budgeting to name a few. We have now reached 1,700 hours of exchanges, something we can all be proud of.

*At the moment we need someone to give violin lessons, shampoo a carpet, paint a fence and mend a leaking shed roof. **CAN YOU HELP?***



**CAMBRIDGESHIRE  
FIRE & RESCUE SERVICE**

Community Fire Champion

It's also time I told you that James apart from being my main support and 'goffa' for St Neots TimeBank is a Community Fire Champion with Cambridgeshire Fire and Rescue Service. He and the team are

available for Home Fire Safety Checks, advice on Fire Prevention, Alarm systems and incident support.

Advice and help can be organised through the TimeBank by phone or email.

Their message is:

*Don't forget to make a New Year Resolution to test your smoke alarm, and that of your elderly relatives, once a month but pressing the 'test' button on the device.*

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## St Neots TimeBank is now well established and widely recognised



We represented Time Banking at the UnitingCare Partnership event to hear about how the NHS wish to use the 3<sup>rd</sup> Sector of voluntary workers to help produce the perfect package for the care of mental health and elderly people in their own homes.

We also held a workshop about Voluntary TimeBanks at the Cambridgeshire Timebank Steering Group Conference.

One of our members attended a TimeBank UK two day Conference in Manchester. See report later.

We have the full support of TimeBanking UK and I've just received an email from Kaaren (TBUK) to say "*we're famous in Scotland*" she used St Neots TimeBank to help spread the word about TimeBanking over the border.

In addition to the places mentioned in last month's Newsletter we have now been approached by Diddington and Fen Edge group who have asked us for information and help to form a TimeBank.

It has been an extremely busy month with conferences and meetings.

We were also contacted by a young couple from Chile who are in England studying. They had completed a survey on TimeBanking in Chile and wanted to write a synopsis about one in England. This too was very interesting and so different to our TimeBanking. They were impressed on how TimeBanking works in this country, based on Trust.

## **BBC Children in Need Appeal**

Our Coffee morning appeal day for Children in need was unfortunately poorly supported due to so many other events on the same day. However £40.14 was raised, which we are rounding up to £50 which will be paid to Children in Need.



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# Christmas and TimeBanking

Don't forget we have a Beauty Therapist as a member – get a Manicure for Christmas or a massage to make you feel better after a busy time shopping or preparing for Christmas, or maybe you need help budgeting after the Christmas big spend. Will you be alone on Christmas Day? or do you know someone that will be, then let us know. Do you need help cooking? or with housework to get straight? Do you need help writing a letter or sorting your Christmas Cards, even Shopping. If the snow comes and your path needs clearing and you can't manage it, just call. There are many things that the TimeBank can help with to make your Christmas that little bit better - **so ASK.**



Have you checked out our '**donate, sell or buy**' page on our website?

[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk) in the members section – it may help with a Christmas Present such as a computer chair or a young child's pink bike.

**Take a look. And for those last minute things, come along to:**



**St Neots TimeBank**

And

**Eynesbury Village Association**

**CHRISTMAS  
FAIR**



**6th December 12 noon till 4pm  
St Marys Church Hall, St Neots**

**Plus our usual TB coffee morning 11am at  
The Church Walk Day Centre**



We will still  
be present at  
Church Walk

Day centre for our usual cuppa and a  
chat or enquiries, from 11am till 12  
noon when the Christmas Fair starts  
further up the alley at St Marys Church  
Hall.



Members will be celebrating  
Christmas at the Nags Head  
later in the month.

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# Manchester Conference – November 2014

Timebanking UK held their Annual General Meeting and Conference in Manchester.

The 2 day event brought together Timebanks from all over the UK, America and Europe.

Keynote presentations gave an insight into how well established the principles of Timebanking are worldwide. “How to ...” Workshop and advice sessions over the 2 days covered such diverse



topics as developing existing Timebanks, funding and sustainability, engaging and encouraging the next generation of volunteers, co-production activity. Networking opportunities brought together TimeBankers to share experiences, knowledge producing many links and plans for future projects and collaboration.

The overall impression was one of enthusiasm, innovation and diversity along with the absolute dedication and support for Timebanking in all its spheres of activity. It was reassuring that the St Neots TimeBank is also attuned to this and has evolved instinctively along similar lines to other initiatives.

The Timebank Principle is firmly established in the UK and internationally.

Timebanks in the UK and around the world engage in similar activities and projects, from shopping trips to construction projects. In England community ‘grow your own’ exchanges are popular, in America one Timebank has well and truly gone large to supply enough produce to satisfy the demands of their members. The group persuaded local farmers to plough an extra furrow around their field edge. Timebankers supplied the seeds and enjoyed the results of the harvest. The Farmer benefited from volunteer work such as small scale maintenance and clean-up of Barns and Yard. Post-harvest field gleaning of various fields by Timebankers resulted in a supply of produce which was sold in the local market raising funds to sustain the Timebank movement. Obviously every little helps but scale of effort can dictate the returns. As we have so often said “Timebank activity is limited only by the imagination.

TBUK Conference was an almost overwhelmingly – inspirational, educational and relevant in all aspects. Congratulations and big thanks to the TBUK Team for a splendid and rewarding 2 days and the work they do throughout the year supporting Timebanks.

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## ***Our Computer evenings continue for those that need a little help***



We have helped several people to understand a programme they hadn't used before. Solved a few problems and answered many questions. You may be able to use word and excel – but do you know everything that the programme offers? Maybe you want to learn the basics, all are welcome. You don't have to be a member either. Every Monday 7pm till 9pm at the new Tesco community room (at the bottom of the store) Bring your own laptops or use one of Tesco's.



community room (at the bottom of the store) Bring your own laptops or use one of Tesco's. **There is NO CHARGE**

St Neots TimeBank members can also take advantage of a course to be held in Little Paxton in mid-January by the Cambridge Housing Association, **again at NO CHARGE**

## **Make IT Work!**

### **Did you know:**

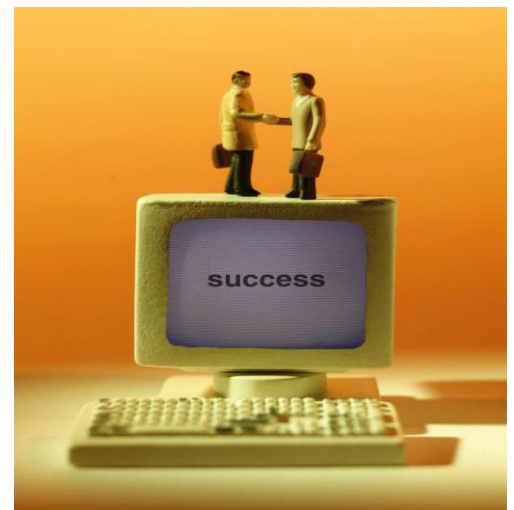
- Over 2 out of 3 employers say they will only interview candidates with basic IT skills
- 9 out of 10 new jobs require IT skills
- 7 million jobs are advertised online per year in the UK
- You are 25% more likely to find a job online
- More and more companies require job applications online

### **Get an edge – get online.**

We'll get you up to speed with computer skills to help you find a job and skills to help you get it too! Find out what else you might get out of computers too.

**FREE fun and friendly course** suitable for either absolute beginners or those with some knowledge wanting to get better. We'll even lend you a laptop to practice on!

**Wed 14<sup>th</sup> Jan-25<sup>th</sup> Feb (break for half-term) 9.30am-11.30am**  
Little Paxton Village Hall



For more information or to book your place, contact St. Neots Rural Childrens Centre on 01480 357540. Limited crèche places also available for the course. Also please inform St Neots TimeBank that you have applied.

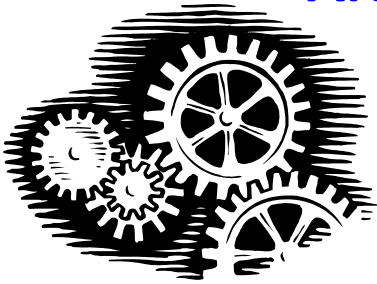
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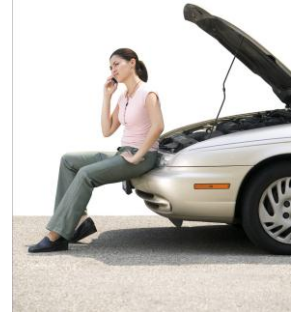
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TimeBank only works efficiently when you 'Get' as well as 'Give'

## AND WHAT CAN WE DO FOR YOU?



By asking for help it sets in motion the wheels of TimeBanking, without it we go nowhere.



You get as much pleasure from receiving as helping someone else.

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

Please, 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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