



ST NEOTS TIMEBANK

NEWSLETTER – January 2015

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

2015

Happy New Year

Another year over and expectations for 2015 are upper most in our minds.

The past 2 years have built a small community bringing together people who would otherwise not have known about each other. New friendships have been made and every member

knows they are not alone. Help is just around the corner making you feel part of a community.

That is the true meaning of TimeBanking

Tell your friends and help to make the community even bigger in 2015. Join us in making a New Year resolution to help someone and also get those annoying jobs done for yourself, you can't lose.



CHECK OUT OUR Donation Page at www.stneotstimebank.org.uk
Members have donated items - and we are passing on this offer to our members. No charge for many of the items, cut price for others.



Harry Potter and also one with Sponge bob



Jigsaw Carrier

FOC

Plus a 'HP Photosmart C3100 Printer-Scanner. In good working order with all cables and instructions and install disc..... but will need a colour cartridge. > offered for free to anyone to collect.



Light



£15

timevolunteers@hotmail.co.uk
<https://twitter.com/StNeotsTimeBank>



www.stneotstimebank.org.uk
<https://www.facebook.com/timebankstneots>

2014 - proved to be a very good year for St Neots TimeBank. The Hi-light of the year was being one of the first to receive the charter mark from TimeBanking UK and also hosting a conference for them. The membership kept growing and the good things our members do brings many heartwarming stories. If I should ever feel under pressure myself I just have to 'phone a friend' and we chat about the people we've helped....making it all worthwhile. We've met TimeBankers from around the world and we realise that we all share the need to care for others. Some Countries have made more of a business of TimeBanking but still with the same aim of helping each other. We have joined Facebook and Twitter, upgraded our website - started the Donation page.

We have an Advisory Team to be envied and a new Treasurer that makes the accounts seem simple.

We've attended 3 conferences around the country and are proud to say we hold our own - however there is still so much more we can do so watch this space.

We are recognised and supported by Hertfordshire County Council, Luminus Homes, Town Council and Cambridge Housing Association



We brought the end of the TimeBank year of 2014 to the Nags Head. Our members met for a Christmas Dinner which was enjoyed by all. The company was good and everyone was happy. The food was excellent too.

Companionship from caring people was the hi-light of the year for many and me personally.

The Nags Head is only open for dinners on a Sunday now and you need to book in advance if you wish to dine there.



[Nags Head Hotel](http://www.stneotstimebank.org.uk) 2 Berkley Street, Eynesbury, St. Neots 07887 751907

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2015

is the start of new adventures for St Neots TimeBank. We now have an advisory group of eleven – all bringing a multitude of skills to the group. We will be involved with the Cambridge Clinical Group, UnitingCare Partnership, Better Health Network and the NHS. There are so many things that the community can do to help those that need help....

- Leaving hospital late at night – to be alone at home, no food, no warmth and no one to check they're ok. TimeBank can help.
- Go shopping when members can't
- Collect prescriptions
- Listen when feeling low
- Offer somewhere to chat and have a freeby cuppa
- We can help to keep the house clean
- Do the ironing
- Teach a new craft to break the boredom

to name a few to be there and able when the welfare and NHS help ends and to fill in the gaps they don't have time to do – like clean out the Budgie. Doing all things that help to relieve stress and stop depression taking over, making people's lives better and also your own in return.

We will also be at the Tesco's Community Room every Monday evening from 12th January. Come along for a cuppa and chat and whatever activity we have planned for the evening. Computer evening, Sign Language, knitting, quiz, Family History...your suggestions would be very welcome. The evening is yours. Email or put your suggestions on Facebook.

After all the celebrations of Christmas and the New Year we felt it best to miss the beginning of January and hold our next Coffee morning on Saturday 7th February 2015 at Church Walk Day Centre 11am till 1pm.



As the 6th is Heart Foundation Day we hope to have people attend to give advice and help recognise the symptoms and problems it causes. Any fundraising will go to the Foundation.

Do you have any unwanted gifts or the things that have been made redundant. We will have a few stalls for people to add their ware to sell or donate. We will also have the items from our website there. Plus stall holders will be invited from the charities.

(Contact us if you are interested in having a stall – email or Tel 07590909057).

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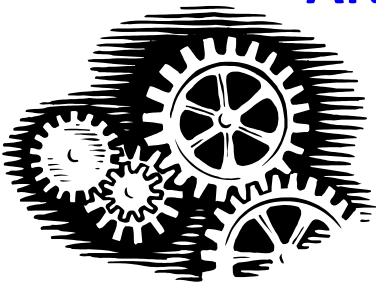
Our outstanding jobs are:

- Help moving furniture to the Recycle Centre
- Someone needed with a wallpaper stripper and willing to help strip the walls of wood chip paper
 - Someone to teach crochet
 - Someone to teach quilting
- Someone to teach rag rug making
 - Leaking shed roof repair
- Someone to give Violin Lessons
 - Bathroom Lino to be laid

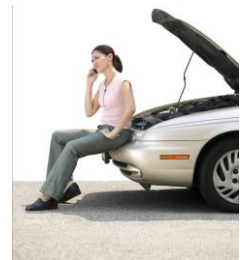
CAN YOU HELP ?

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.



Helping is the fuel needed to making a Community
Ask our members.

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

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