



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

First an important change: technology over rules: you can no longer set up a Hotmail email address so it is only time before Hotmail will no longer be, consequently we have set up time.volunteers@outlook.com (note the added dot between time and volunteers) this will run alongside the Hotmail account for a month or two.

Coffee Morning 7th February 2015



There is a change in the theme for our Coffee morning this month on Saturday 7th February 2015. Our speaker now will be Jim from The Fire and Rescue Service. We're meeting at the **CHURCH WALK DAY CENTRE St Neots**



up the alleyway opposite Boots

Home fire safety advice

Would you know what to do in a fire?

Are you protected against fire?



Come and find out and enjoy a free cuppa, all welcome

The theme of 'taking care of your heart' could not be organised this month but leaflets will still be available.

'Your Evenings' are proving to be a success. **12th January** our members enjoyed tea/coffee and Biscuits (donated by Tesco's). We nattered and laughed throughout the Evening. Jean learnt how to crochet, Joy helped two people with their Tablet problems and after a call we gave Graham a lift to Tesco's with his 'Mad' Computer which was tamed by Emma. We also discussed the plans for our future Events. Altogether a great evening despite the 'rain' outside.



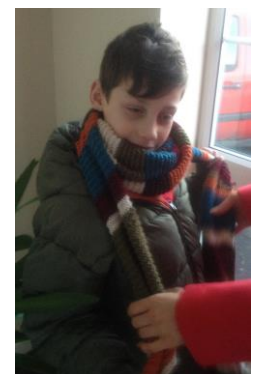
These Monday evenings are held 7pm till 9pm every week at the Tesco's Community Room (in shop at the back of the store)– just come along or if you have a particular subject or craft that you need help with email me first to arrange the required tutor/speaker. Free tea/coffee & biscuits and it's a really good time to go shopping no crush – come along and combine the two. These evenings are your evenings so tell us what you would like to gain from them.



'Dr Who' Came to TimeBank

One of our members wanted to give their son a Dr Who scarf for Christmas – we over ran by a day or two but a 10ft scarf of many colours was completed by Santa's Helper Joy.

TimeBank has so many skills to offer and we help people to be part of a Community.



Working with the Foodbanks



If individuals or families fall on tragic times and find themselves having to visit the Foodbank, this in turn can highlight several tasks that need to be done to make life a bit easier for them at home. For example TimeBankers can help with Gardening, shopping, D.I.Y or just as someone to be a friend. We work jointly with the Foodbank making lives that much better. It's so rewarding knowing that help is given where needed and that's exactly why we run the TimeBank. If you need a Foodbank maybe you need to be a Time Banker too so that help is just around the corner. We can't help financially but we can help with those niggling jobs and companionship.

Sometimes we have a member that can't repay the hours but that doesn't matter we have TimeBank hours donated for these occasions – hours donated by members that only want to help others – of which we have many.



Helped with computer problems
Collected furniture
Had a massage from our Beauty
Therapist
Stripped a room of wallpaper
Again just to name a few

This Month we have done a variety of jobs:

We've helped with learning to speak Spanish
Been a phone friend

We've collected items for the Recycle Centre
Taught Crochet



Our outstanding jobs are:

- Someone to teach quilting
 - Leaking shed roof repair
 - Someone to give Violin Lessons
 - Bathroom Lino to be laid
- Help will be needed by Eynesbury Village Association on 25th/26th April with their St Georges Weekend, bigger than ever, consequently being held on the Regatta Meadow. A multitude of skills will be needed. Want to know more, hold a stall or if you know someone that does then contact the coordinator for more details. TimeBank hours for all tasks.

CAN YOU HELP ?

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



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

Planning ahead

Tuesday 8 May 1945 was **Victory in Europe (VE) Day**, and it marked the formal conclusion of World War 2. It was the end of six years of misery, suffering, courage and endurance across the world

We hope to hold an event to remember this day. Therefore on Saturday 9th May 2015 we are organising an 'Indoor Street Party' it will be held at the Church Walk Day Centre. The people invited are mainly those people that are over looked, not being part of the community due to age, disability or just that they have no one to take them or go with them which has caused isolation.



Are you or do you know someone in this situation that we could invite? Transport would be provided if needed. It will be a 1940's buffet, with entertainment and a time for memories. Plus are you interested in helping us arrange this?

Other Involvements



Our fame is spreading – our Coordinator has been mentoring a lady in Great Dunmow – from the Council for Voluntary Service Uttlesford (CVSU) who wants to set up TimeBanks in the Uttlesford area. She was recommended to contact St Neots by the National Timebank UK.

We are still in contact with Buckden and hope soon to talk with Diddington.

healthwatch

We have been invited to attend the AGM meeting of Healthwatch. We will hear about the work they have done and also have the opportunity to share our ideas and the help that we can offer.

NHS

**Cambridgeshire and Peterborough
Clinical Commissioning Group**

Similarly we will also be attending the CAPCCG meeting in Peterborough regarding the call line 111 and GP practices. This too we will hear about their plans and how they wish to involve voluntary groups like TimeBank to help.

Donated items and Bargains:

Don't forget to check out the website members section – record and feedback forms are there plus our 'Bargains and Donations Page'.

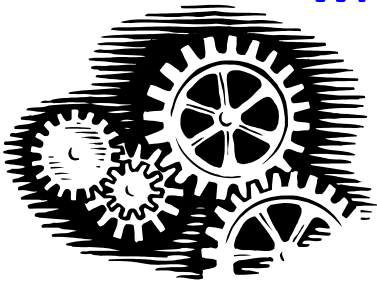
If you have any items that are no longer wanted – this page is where to advertise them.

Many people have already benefited, those that were in need of the items. Plus it clears a space for those that had the unwanted items.

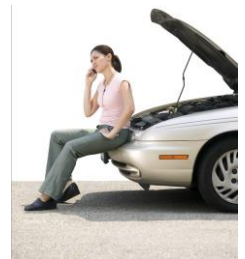


By **'Taking'** as well as **'Giving'** is when TimeBank works efficiently

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
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: time.volunteers@outlook.com

Follow us on <https://www.facebook.com/timebankstneots>
and tweet us at <https://twitter.com/StNeotsTimeBank>

