



ST NEOTS TIMEBANK

NEWSLETTER – March 2015

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

Quick reminder: our new email address time.volunteers@outlook.com (note the added dot between time.volunteers) this will run alongside the Hotmail account for a while

St Neots TimeBank is now 3 years old

The Christmas meal at the Nags Head was enjoyed by all, therefore to Celebrate our 3 years we have again booked the 'Nags Head' in Berkley Street - A three course meal at a discount price of £10 on Sunday 29th March 2015. 12.30pm all members are welcome to join us, email the coordinator to book a place.



We have heard so many heart felt stories and been told so often how much the TimeBank has helped - ended boredom, created new friendships, alleviated stress by doing those odd jobs that have waited so long to be done.

So many different advantages in being a member - in a nut shell TimeBanking benefits all (one way or another). To date we have 100 members and exchanged 2,080 hours. I think that's something to celebrate.



Coffee Morning
7th March 2015
Energy Advice



Could your energy bills be less?

Energy Best Deals We will cover things like switching suppliers, the various ways to pay, money saving tips, where to get help if you need it and any other deals for saving money.

House-keeping ideas and booklets will be available.

Our speaker is Chrissy Foxcroft.

11am till 2pm at Church Walk Day Centre



time.volunteers@outlook.com



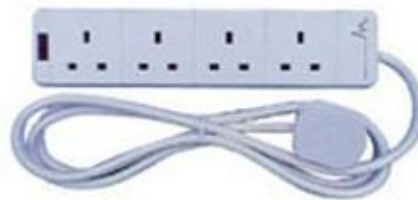
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Our Last Coffee morning

Fire and Safety Community Champion James surprised people with a couple of



things that maybe we don't all think about. The one that stuck in my mind was that the extension leads with several sockets will still only safely take the amps stated on it – usually 13 amp and that means the highest total of amps to be on at one time in that extension lead and should not exceed that.



Also having that relaxing candle lit bath time could end in tragedy. Tea lights can get so hot that they can set fire to the bath. Always stand tea lights on something that is fire resistant where ever you use them.



A Coffee Morning Treat

One of our members, Delphine a French lady, is an excellent cook and at our last Coffee morning she treated us to a french tart – full of history - La Galette des Rois (King's Cake) Look around the patisseries and supermarkets in France at the beginning of January, and you can't miss the special 'gateaux' prepared for the Fête des Rois. This French tradition of serving a frangipane filled tart known as the 'galette des rois' (or the 'gateau des rois' in the South of France) on, or around the 6th January, (the first Sunday of each New Year) actually dates back to the 14th

century. The festival takes place around Epiphany, the twelfth day of Christmas, when the wise men visited baby Jesus. According to tradition, the 'galette des rois', was to "draw the kings" to the Epiphany. It goes rather well with a cup of tea or a glass or two of white wine and is the perfect opportunity to invite family and friends or maybe get together with those neighbours you haven't yet met.

During the French Revolution, the name was replaced with 'Gâteau de l'Égalité' (equality cake), as the word 'king' was a little out of fashion! In 2015, Epiphany fell on Tuesday January 6th. Although a normal school and working day, La Fête des Rois is still very much a family tradition. A 'fève' (originally a bean but now tends to be a plastic trinket) is baked inside the cake and the cake is shared around the table. Whoever receives the fève is then crowned king or queen for the day and has the much coveted opportunity of bossing the rest of the family about! That same person can also choose someone to be their king or queen. According to tradition, the cake should be cut into as many slices as there are people present, plus 1 extra. This extra slice is called either, the '**part du Bon Dieu**' (God's slice), the '**part de la Vierge**' (the Virgin Mary's slice) or the '**part du pauvre**' (poor man's slice) and should be offered to the first poor person who pops in! The youngest person in the room goes under the table, and announces who gets the next slice. The youngest person is said to be the most innocent one and therefore fair in the distribution of the slices. Such an importance is given to the distribution because of the lucky charm, *la fève*, hidden in the galette. **La Galette des Rois (King's Cake)**

Ingredients

400g ready-made puff pastry
2 rounded tbsp apricot jam
100g softened butter
100g caster sugar
1 lightly beaten egg (x2)
100g ground almonds
2 tbsp cognac or dark rum

Method

Heat the oven to 200C/fanC180/gas 6.

1. Divide the ready-made puff pastry in half, roll out each piece and cut into a 25cm round. Put one round on a baking sheet and spread with the apricot jam to within 2cm of the edges.
2. Beat together the softened butter and caster sugar until light and fluffy, then beat in the egg. Stir in the ground almonds and cognac or dark rum.
3. Spoon the mixture over the jam, spreading it evenly. Brush the edges of the pastry with water, then cover with the second piece, pressing the edges to seal. Mark the top of the pastry from the centre to the edges like the spokes of a wheel or in a zig zag pattern (you could draw leaves or whatever you fancy), then brush with beaten egg.
4. Bake for 25-30 mins until crisp and golden. Serve warm or cold.

Et voilà! Enjoy!



Timebankers are not all professionals, although we do have some great life time experiences in trades like DIY, gardening, photography, Therapies legal information and even Metalwork. (Apologies to those I've left out)

TimeBankers are Handy men and women willing to help with anything that they know how to do it – references have been received and accepted plus skills that need experience are only sent the person with their knowledge proven. Many skills are just every day chores. Just being someone to speak to, for which you don't have to be a professional. As coordinator I know my members details and if necessary meet with them to clarify their skills. There are opportunities for everyone to meet myself and the team – Coffee mornings, Your evenings, join our choir or just phone me for a chat or we'll meet up for a cuppa.

“Don't be a silent member” – let's discuss how we can help you and how you can help us...everyone has **something** to offer, you'd be surprised. Call 01480 404184 or 07590909057

'Your Evenings' are another success for TimeBank – our next meeting will be on 9th March and every Monday after at the Tesco's Community Room. 7pm till 9pm.

Monday 2nd March **NHS** **Cambridgeshire and Peterborough Clinical Commissioning Group (CCG)** are holding a public consultation concerning the future of the NHS 111 and GP out of Hours services. A Public meeting to **'HAVE YOUR SAY'** on these services at a time when the NHS want our feedback.

This meeting is being held **at St Neots Library at 7pm**

Where we are today

Three years ago we started as Eynesbury & St Neots TimeBank launched with finance from Luminus Group and under the umbrella of Eynesbury Village Association. The 'Eynesbury' was misleading people to think we only covered that area so it was decided to change the name to just St Neots TimeBank which proved to be a good decision.

Each year it's popularity grew which led to engaging an Advisory Team. Keen members were recognised as having the skills to assist with the running of the TimeBank – Treasurer, minute Secretary, Facebook & Twitter person, help with Phone calls, Funding and Press releases. Plus we had a gentleman that created our current website a great improvement on the old one, all of us are volunteers no money is paid to anyone. A strong supportive Team which I'm very proud of. With this support it was time to become independent. First we took out our own Insurance cover, brought our own Laptop, Printer and laminator (which if members want something printed or laminated just email) we obviously have administration costs like Ink, paper, postage. All this helps us to function better, consequently we wish to thank Luminus Group, CHS Housing, Town & District Council for their financial help and support. In addition donations have been made by members giving us 2 lawn mowers – so anyone needing their grass cut ...we have the tools.

SO A BIG THANK YOU TO ALL FOR MAKING MY DREAM TO HELP OTHERS COME TRUE

Can I introduce you to?



Providing high quality, life-long care

UnitingCare Partnership (UCP) is a new, joint partnership between two NHS organisations:

- **Cambridgeshire and Peterborough NHS Foundation Trust (CPFT):** A local provider of integrated community, mental health, learning disability and social care services.
- **Cambridge University Hospitals NHS Foundation Trust (CUH):** A regional hospital delivering care through Addenbrooke's and the Rosie hospitals.

From the anticipated service start date of 1 April 2015, the responsibility for providing all older people's healthcare and adult community services will transfer to us for the next five years. See website for more details. www.unitingcare.co.uk

Whilst on the subject of health:



Have you had a bad experience or disappointed in the service you received at the hospital or GP surgeries...

Then tell Healthwatch about it. They gather views and information on local health and social care services

helping people to have their say about what could be changed or improved and if a problem is repetitive they will go to the source and discuss improvement. They want to hear your stories of using health or social care services in Cambridgeshire.

Information may be shared with Healthwatch England and with local commissioners or providers of the services. This would be done in a way that does not identify you personally.

If you wish to use this service a form to complete with your comments is available from the TimeBank coordinator or visit <http://www.healthwatchcambridgeshire.co.uk>

Helping out of area



We were approached by 'Disability Huntingdonshire' on recommendation from 'Homestart' They needed help for a disabled lady who needed to dismantle her garden to move within a week.

Unfortunately the lady lived in Huntingdon which to date does not have a TimeBank of it's own. As coordinator I spoke to the lady who was extremely tearful and stressed which convinced me that somehow we must help. I asked my TimeBankers and 6 members felt exactly the same as me and offered their time. This is a mammoth job and will take several days but to me it has confirmed the POWER of TimeBanking. **Maybe this could prompt someone into starting a TimeBank in Huntingdon.**

I was also contacted by a Homeworker from **Age UK** with details of a gentleman that felt very lonely and needed a phone friend and an occasional visit. Exactly what TimeBank can help with. Again the gentleman lived near Grafham Waters and out of our area, but still in St Neots. The decision was made that Phone friends can be any where so we have decided to introduce 'Affiliated Membership' to cover requests such as this.

Already this person has several people of all ages willing to contact him and we have an open invitation to visit him whenever in the area. **Another Life made that little bit better.**

time.volunteers@outlook.com



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A timebanker re-threaded a broken row of pearls
Another gave a lift to Biggleswade - a great help
A Towel rail was fitted & whilst there a couple other small jobs
Information was given to help with an ipod problem

The wall paper in a room was stripped with a steam machine.

A trip to the hospital was needed

Furniture was transferred from one to another

Unwanted items were taken to the recycle centre

Phone friends were linked to another needing a friend

An hours Legal advice was a great help

Our outstanding jobs are:

Replacing a blind that has come away from the wall

Create a false ceiling

Leaking shed roof repaired

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, being held on the Regatta Meadow.

A multitude of skills will be needed. Do YOU want to get involved?

Or 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.

- **9th May 2015** TimeBanks **VE Day celebrations** an Indoor Street Party we will need help in many ways, catering, entertainment, help finding the quests – do you know someone that doesn't get out much? Let us know - Join a team to help organise this.

CAN YOU HELP? and **WHAT CAN WE DO FOR YOU?**

You don't need to earn hours before you ask.

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

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