



ST NEOTS TIMEBANK

NEWSLETTER – April 2015

Covering: Most of 'St Neots' Postal area

Quick reminder: our new email address time.volunteers@outlook.com

Check out our website www.stneotstimebank.org.uk

<https://www.facebook.com/timebankstneots>

<https://twitter.com/StNeotsTimeBank>

01480 404184 or 07590909057

V.E. DAY CELEBRATIONS 9th May 2015

12.30pm at the CHURCH WALK DAY CENTRE

We have been successful in our application for funding from the 'End of War 2 Commemorative Small Grants Fund' (Cambridge County Council).

For an indoor 1940's Street Party. Were you there in the 40's - your suggestions on the type of food then would be much appreciated, we'd love to hear your stories too. We have the **Merrymakers** singing all the 'oldies' and I am sure you'll all be joining in at some point, plus a lot more entertainment and a raffle. Still time to tell us if you want to join us or tell us about someone else that would enjoy our V.E. day



Our 3 year Celebration dinner 29th March 2015

Couple more places still available, **must know by 27th** if you wish to join us 12.30pm at the Nags Head, Berkley Street (transport can be provided) 3 Course meal for £10:

Starters: Garlic Mushrooms, Prawn Cocktail, Soup of the day or Liver Pate

Main Course: Beef, Lamb, Pork or Mediterranean vegetables Wellington + Roast Potatoes, Yorkshires & Vegetables

Desserts: Plum & Almond Tart, Chocolate and Salted Caramel Cheesecake or Apple Crumble. *Great Food and Great Company* – what more could you ask for?

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Our next Coffee Morning will be on 4th April 2015 11am till 1pm

Church Walk Day Centre



Indoor car boot/Bric-a-brac Sale

Plus Let me know if you have items that we could hold a Roadshow-style Sale. All for fun

Bring any unwanted items along, sell or donate to TimeBank plus if any of you or someone you know has a trade and would like a stall here – just £2 gets you a space.

Our March Coffee morning

Know your rights in a changing energy market



Getting advice

It's easy to get free, independent advice about your energy supply. You might want to get a better deal, find out how to make a complaint, get advice about the quality of your electricity or gas supply, or ask for help if you're struggling to pay your bills.

Visit www.citizensadvice.org.uk/energy or contact the Citizens Advice consumer service on 03454 04 05 06
Lines open Monday to Friday, 9am – 5pm
Textphone 18001 followed by 03454 040 506
Citizens Advice consumer service
Post Point 24
Town Hall
Walliscote Grove Road
Weston super Mare
North Somerset BS23 2UJ

Reducing your bills

If you just want to pay less, there are lots of things you can do to save money, from making sure you are paying the lowest price to taking steps to reduce your consumption.

You can get help from the Government to make your home more energy efficient, to save money on your bills. Find out about the Green Deal and other Government schemes.

Visit www.gov.uk/energy-grants-calculator or contact:
Energy Saving Advice Service (England and Wales)
Telephone 0300 123 1234
Textphone only 0208 747 3375
Lines open Monday to Friday, 9am – 8pm, Saturday, 10am – 2pm
Email energy-advice@est.org.uk

NEST (Wales only)
The Welsh Government's fuel poverty scheme.
0808 808 2244
Lines open Monday to Friday, 9am – 7pm
www.nestwales.org.uk

Home Energy Scotland
0808 808 2282
Lines open Monday to Friday, 8am – 8pm, Saturday, 9am – 5pm
Email customer.feedback@est.org.uk
Textphone 18001 followed by 0808 808 2282

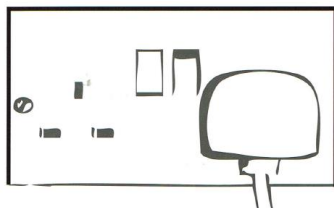
It's never been easier to get a better deal on your energy bills

The energy regulator, Ofgem, has made important changes to the energy market to make it much easier for you to shop around for a better deal on your gas and electricity.

Ofgem has made it simpler by limiting the number and structure of tariffs on offer, clearer so that information from your energy supplier is easier to understand and fairer with tough new standards of conduct to ensure suppliers treat you fairly.

You can be an energy shopper by visiting www.goenergys shopping.co.uk for a step-by-step guide from Ofgem to help you make the right choice.

Produced by Consumer Futures in partnership with Citizens Advice and Citizens Advice Scotland.



**ENERGY
BEST
DEAL**

Once again our Coffee morning was very informative and enjoyed by many
We also had a raffle donated by Diana, wine and a banquet of Nibbles
Donated by the TimeBankers.



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TIMEBANK JOINS CARTRIDGE PEOPLE



Go to our dedicated page and click on the pink square marked: **BUY NOW** Your inks will be delivered in a couple of days and 10% paid to TimeBank.

If you purchase your printer inks from Cartridge People **you can help TimeBank's funding**, needed for Advertising, administration costs, stamps, venues and events – order through our page (Active 1st April) Plus we will add a link to our website when available.

St Neots TimeBank/Cartridge people - plus you are also getting your inks at up to 80% off. Some are compatible and I can say that for 6yrs I only had one faulty which was exchanged straight away.

TimeBank will be paid for used cartridges too.

Bring your used cartridges to our coffee mornings at CHURCH WALK DAY CENTRE or the Monday 'Your evening' at TESCOs.

See if your friends and family will donate

(Unfortunately NOT Epson, Brother, Kodak, Canon 'individual colour' ink tanks (CLI and PGI codes) and HP that are labelled – 363, 364, 88, 920, 940, 10, 11, 13 and 14 (Unrecyclable from 2nd March 2015.)

Did you know....

- More than 40 million Ink Jet Cartridges are dumped each year in the UK alone.
- More than 1.1 billion Ink Jet Cartridges are used annually around the world. Laid end to end this would be 129 times as long as the Great Wall of China!
- If you dispose of your Printer Cartridges in the bin they will take 1000 years to decompose.
- Industry analysts estimate a spent cartridge can be reused or remanufactured up to 7 times and every cartridge remanufactured is one less item going directly to the landfill!



USED STAMPS

How many postage stamps do we throw away with the envelope?... well now we can help to train a Guide Dog instead.

TimeBanker Emma collects the used stamps for that purpose - so bring them along too and TimeBank will pass them on to Emma.



I never stop being amazed at peoples kindness

Each week I think I won't be surprised at people's generosity anymore and then I get another phone call which surprises me even more:

This time it was from Ron in Eaton Socon and he had two double beds, luxury beds barely used – a 4ft and a 4ft 6inch complete with draws. His words were if we could find someone who would appreciate them they were ours, no payment needed, just collect.

These went to two needy causes – an elderly couple whose bed was so old the mattress was falling apart, the other to an elderly lady moving into unfurnished accommodation with no furniture herself. So a BIG THANK YOU to Ron and his wife, and pleased that TimeBank could find the people it helped and provide the transport to collect and deliver the beds to their new homes.



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TimeBanking reaches out to even more.

St Neots TimeBank is still growing rapidly – we were asked if Buckden could ‘piggy back’ on us until it was proven to be a success in the area. It has been decided to sign up Buckden, Diddington and Stirtloe on board. They will be advertising in their local Newsletter. We may have to cover a few requests to start with but hopefully they will soon be able to exchange within their own area. However all travel expenses will be paid by the ‘receiver’ or in some circumstances TimeBank.

We also now have a member from the Croxton, Offords, Perry and Southoe.

Their nearest TimeBank other than us would be Somersham or St Ives. Huntingdon still remains without a ‘coordinator’ to launch one in that area.



Recent exchanges

- Leaking shed roof repaired
- Replacing a blind that has come away from the wall
- Several Massages from our Beauty Therapist
- A Door hinge reversed
- Garden Clearance
- Trips to the recycle centre
- Gave a member a lift
- Dismantle a Garden Gazebo

Phone friends for an elderly person

- Put up a towel rail
- Help Wallpapering
- Legal Advice



Outstanding Jobs

Can you help?

- Create a false ceiling
- Someone to give Violin Lessons
- Bathroom Lino to be laid
- Ceiling plastered
- Cracks plastered
- Demolish a shed
- Teach someone to play Golf
- Fixing a wonky tap
- Re-roofing a shed
- Clearing a garden of weeds

Helping with Events

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.

If you would like to help with this event Eynesbury Village Association will be holding a planning meeting on 2nd April 2015 at 7pm at the TESCOS community room, St Neots, come along and share your ideas for a good Event.

9th May 2015 TimeBanks **VE Day celebrations** an Indoor Street Party we will need help in many ways, catering, entertainment, help finding the guests – do you know someone that doesn't get out much? Let us know. Join a team to help organise this. Do you know of anyone that would be happy to sing, dance and entertain the invited.

CAN YOU HELP?



Illuminate is a Cambridge based charity that provides coaching and training to build confidence, raise self-esteem and enable fundamental positive change, we do this through our Confidence for Change programme, workshops and coaching.



We will be running our personal development programme - Confidence for Change, funded by Big Lottery Fund in St Neots.

This programme is four days of group training starting at 10 a.m. and finishing at 2.30pm. It is specifically for people who are ready for change and who may have experienced or are experiencing mental health issues including anxiety and depression.

Dates are: -

Wednesdays – 29th April, 6th May, 13th May and 20th May.

Times – 10.00 – 2.30pm

Venue - **Methodist Church Hall, Berkley St., Eynesbury, St. Neots PE19 2NB**

The programme is informal and friendly and also designed to challenge your thinking. We share personal development and coaching techniques that you can use and practical strategies to help you really build confidence and move forward. We also offer ideas and solutions to work through and help in managing fear and overcoming a mind-set that holds you back.

By the end you will notice an increase in your confidence. Also you'll have a clear understanding of what is really important to you, and you will meet other like-minded people in a friendly and supportive place.

There are up to 12 places available free, to the right people. To be eligible you will need to be 18 or over, unemployed or work under 16 hours a week.

If you are interested please make sure you can commit to all the dates above.

You will be open to new ways of thinking and ideas, be prepared to invest in yourself by completing activities set, during and in between our training days, so you get the most out of this experience. And importantly you'll be comfortable working in an informal and friendly group setting.

Any queries or to receive an application form, please contact us –

Sam 01223 520124 or Maria 07974 952724

Email - info@illuminatecharity.org.uk

This worked for David a TimeBank member who had extreme limited sight. He went nowhere and did nothing. Be-friended by TimeBank and encouraged to go on this course – he now has a very active life, many friends and has moved to Whitby. Courage I thought he'd never find.

Thinking of making changes in your life but never get round to it?

Confidence for Change is a personal development, confidence building course with a difference. The focus is building confidence and feeling less anxious, giving you the insights and techniques to move forward in your life.

You will be 18 years and over, and currently unemployed.

Starts Wednesday 29th April and every Wednesday until 20th May
Methodist Church Hall Eynesbury St. Neots

Interested? Call - Sam 01223 520124 or Maria 07974952724

Email - info@illuminatecharity.org.uk



www.illuminatecharity.org.uk



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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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Cambridgeshire
County Council



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