



ST NEOTS TIMEBANK

NEWSLETTER – May 2015



St Neots
COMMUNITY & BUSINESS
AWARDS 2015

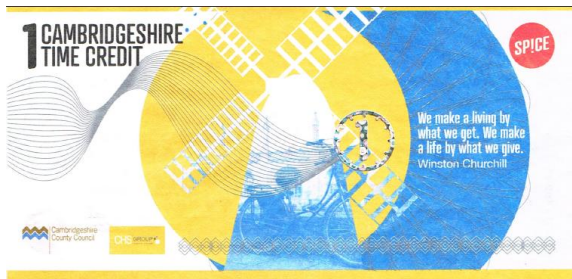
Covering: Most of 'St Neots' Postal area

This month at St Neots TimeBank has started with surprises and new adventures, one being the **St Neots Town Council Community and Business awards**. St Neots TimeBank was awarded the **'Charity of the Year 2015'**

This is credit to all our members helping to make it that way. It is an extreme honour to be coordinator and have recognition of the help, loyalty and care that comes from our members. TimeBanking creates a community and St Neots TimeBank has achieved this in just three years. So I would like to take this opportunity to thank all our generous volunteers. With 103 members the number of congratulation messages is enormous – I can't answer all personally so a Big thank you to everyone. Secondly a little extra to those that would like to take advantage.....



Time Credits come to St Neots



When you help someone else for an hour up to now you earn an hour of help from another member.

But now you have a choice.

You can use your hours for help from others **OR** save your hours and when you have 10 you can exchange them for a **'Time Credit' Voucher**.

What are Time Credits? Time Credits are vouchers that can be

exchanged for entry to a Leisure activity or even the Tower of London (there are hundreds of places to visit) unfortunately as yet there is nowhere to spend them in St Neots but they will be coming soon. The number of Credits needed will vary from place to place. For those that don't want payment of any kind – I see these as a second chance to help. Having earned 10 hours, then changed them for a Time credit, you can then give to someone else, giving them a pleasure they may not otherwise be able to afford.

Want to know more? - come along to our Coffee Morning on 2nd May at the Church Walk Day Centre off St Neots High Street. 11am till 1pm. If you're not a member already then become a St Neots TimeBanker and take advantage.



Can't make the Coffee morning? Then come on Monday to our 'Your evening' every Monday evening 7pm till 9pm at the Tesco's Community Room. You choose the activity we do.



time.volunteers@outlook.com
<https://twitter.com/StNeotsTimeBank>

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

Would you be interested in our new adventure?

Our coordinator was contacted by the Crime Commissioners Crime Reduction Fund administrator, it led to discussing how the TimeBank could work with young people in Eynesbury to reduce incidents of ASB. Georgina has worked with Eynesbury Village Association's intergenerational project and consequently now as the TimeBank coordinator the idea was put forward - a juice bar, quiet area that young people could call their own came to mind.

Cutting a long story short – the CCF agreed to fund our project.

We also have Ernulf Academy and Longsands working with us to get this started, but with no intervention once it's up and running. There will be a period of organising where and when, but we will also need people to be involved in sessions that will be held once a week, This is not a Youth Club but a unique project to encourage young people 13-18 years of age to engage.

'Your Evening' Monday 4th May
is **cancelled** due to being a Bank Holiday

V.E. DAY CELEBRATIONS 9th May 2015

12.30pm at the CHURCH WALK DAY CENTRE

Last few days to book your place – so call today Don't miss out.

A FREE EVENT - Indoor Street Party, entertainment including the **Merrymakers** singing all the 'oldies'

Come along or tell us about someone else that would enjoy our V.E. day
Booking is essential – ring 01480 404184

We would like to welcome new members from **Southoe, Croxton, Buckden and Perry** and we hope that more people from these villages get to hear about us and join our TB community.



We also have a new member Duncan who can help with using, or a problem with Apple Macs and Unix/Linux. But that's just one of the multitude of skills on offer from the TimeBank. You need help then call – we can cope with many different problems even those as small as changing a light bulb.



Maybe you just need a prescription picked up or some shopping done, maybe the housework has just got too much or you are too busy to do the ironing or maybe you just need someone to talk to, a phone friend. Nothing to offer back..... Anyone can be a phone friend.



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Jacque Lawson e-cards!

One of the things to expect from St Neots TimeBank is - we remember your birthday and send you an e-card. If you receive an email from 'Jacque Lawson' just open it and enjoy.



We're also able to refer people to other organisations, to help those who's needs would otherwise not have been recognised. Embrace is just one of the organisations that help to make life easier, two referrals have been passed to them with needs beyond TimeBanking assistance.

We have also helped Huntingdon Disability by assisting two of their members, also the Navigators (Care Network) and Age UK who had extreme cases in need of help - filling in the gaps that the Welfare doesn't cover. But as I have already mentioned where necessary we refer people to other organisations that are better suited than us. Together we're all helping to make lives easier for those just needing that little bit extra help and support.



HELP US RAISE FUNDS purchase your inks at CARTRIDGE PEOPLE



The link to the St Neots Page is - <http://www.cartridgepeople.com/RaisingMoneyFor/stneotstb/>
I will be sending members the direct link by email. If you are not a member and wish to help us then email or call the coordinator and the link will be sent.



FREE
TO A GOOD HOME
First come
First served

*See more items on our
web site or if you
Have items to give away
or sell cheaply let us
know.*



THINK!

As well as getting vouchers as previously mentioned - Wouldn't it be good to do things you don't mind doing and have someone else do the things you don't like doing or can't manage.....

TimeBank members do by helping each other. If you are a member already - take advantage don't be shy or a **silent member**, join the TimeBank community we're a friendly 'mob'...and you can make friends so easily.

Unsure, embarrassed or find it hard to take the plunge - then phone first and Georgina will arrange to meet you. You'll have new friends before you know it. For every hour you help someone else you get an hour of someone else's time doing that chore that you don't have time for, just don't like or cannot cope with.

REGISTRATION is FREE



Recent exchanges

Helped with Events EVA's St Georges Weekend
Instruction given on making a seat cover
Helped Illuminate at their confidence building course.
Delivered Flyers
Trips to the recycle centre
Beauty Treatment
Plastered cracks
Made area safe for resident to return from Hospital.
Instruction given to do Rag Rug Making

Outstanding Jobs

Can you help?

Couple of people to make tea/coffee on Saturday 2nd May 2015
Help in Perry with Computer
Still have a wonky tap and someone to put a false ceiling up
Help on VE Day 9th May
Lifts on VE Day



Thank you for helping with EVA's events

TimeBank members that helped with **Eynesbury Village Association on 25th/26th April** with their **St Georges Weekend**, A BIG BIG thank you and as I was unable to attend can you please let me know who and how many hours that I need to book.

9th May 2015 TimeBanks **VE Day celebrations** an Indoor Street Party we will need help in many ways, catering, entertainment, knowing who to invite – 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 guests

CAN YOU HELP?

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

WHAT CAN WE DO FOR YOU?

Unlike Banks you don't have to be in credit to 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

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



CAR BOOT SALE

ERNULF ACADEMY PLAYING FIELD, BARFORD RD, EYNESBURY, ST.NEOTS, PE19 2SH

SUNDAY 17TH MAY - STALLHOLDERS FROM 7.30am BUYERS FROM 9.00am

NO FOOD VENDORS - Pitches (per vehicle) £6 in advance, £8 on the day

FREE parking for visitors

ENTRY VIA DONATION FOR THE ACADEMY'S MINIBUS

ORGANISED BY ERNULF ACADEMY PTA

TELEPHONE: 01480 374748



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