

Covering: Most of 'St Neots' Postal area

OUR AIM IS TO HELP “so take advantage”

There are lots of reasons why people give their time and volunteer in their local community. For some people it's about getting skills, meeting new people and giving something back. The reasons are wonderfully varied and unique to each individual.



The purpose of our TimeBank is to help people, make lives easier. We have great success with DIY and gardening requests, But we have volunteers that can't do that sort of thing but could help with - smaller things like changing a light bulb, help with shopping, collecting prescriptions, nothing is too small, particularly if you can't manage it yourself. We can teach you a craft or a trade - even help with some languages. We can help budget your housekeeping, fill in forms, or would a catch up with washing or ironing ease the pressure. Even if **YOU ARE TOO BUSY** we can ease the pressure on you and in return



just a phone call from you would help someone not to feel so lonely.

Don't let pride stop you.... Ask for help if it makes life easier for you. Unlike a Bank you can have credit straight away and become part of the TimeBank Community. We believe that everybody has something to give that can make a difference for you and those you help.

OUR COFFEE MORNING

Our Coffee morning this month coming will be on 6th June 2015 11am till 1pm.

We have a gardening theme – bring plants, books anything to do with gardening – even bring any Bric a Brac items that you no longer want. bring to sell or donate.

Come and enjoy a cuppa, meet TimeBankers and other interested People. You don't have to be a member. Bring your friends. This could be a chance to get rid of those extra plants that you have no room for, or clear out the

tool cupboard. Also those old gardening books that you most probably know from cover to cover and just taking up space. Most of all come along and see if there is anything that you need. Maybe people there to pass on gardening tips.

This is a coffee morning for members and friends to help create, TimeBank provides an idea, the venue and refreshments – you do the rest, help to make it a success.



‘Your Evening’

Monday 25th May was cancelled due to being a Bank Holiday

However we will be back the following week

1st June 2015 - 7pm till 10pm and each Monday after
at the Tesco Community Room within the store at the far end



Triple celebrations at VE Day Party

More than 45 guests came together on Saturday 9th May at our VE Day celebrations party celebrating the 70th Anniversary of VE Day. A full programme of music and dancing by the Swingsters, Merrymakers and the Peppercorn Singers was central to the afternoon's activities.



Amongst those attending were several people that shared the significant Anniversary date. Ken and Edith Fleet were celebrating their 65th Wedding Anniversary and our Coordinator celebrated being born on the first day of peace 70 years ago. Not everyone can say they



had Happy Birthday sung to them by the Merrymakers.

TimeBanker Delphine baked a special 70 Anniversary cake and

food was kindly donated by Tescos, Betty Bumbles and the TimeBankers ensuring that the afternoon was judged to be extremely successful.

Invitations to the Event were primarily to encourage those that have difficulty getting about and rarely get the opportunity to attend community events.

This has been the most rewarding thing that the TimeBank has organised, so a big THANK YOU to the Advisory Group for all their hard work – seeing so many people happy and sharing their stories was wonderful.

This event was greatly assisted by funding from the Cambridge County Council Community WW11 funding which helped to provide transport, facilities and entertainment.

A great day was enjoyed by all attending



The Merrymakers



The Peppercorn Singers



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

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

Who would believe it?

After the surprise of winning the award for 'Charity of the Year 2015' I thought nothing could equal that – but I was wrong. A much bigger shock was looming - due to James my husband I have now become Mayoress of St Neots.

TimeBank and I are completely non-political consequently nothing will change within the TimeBank, except maybe I'll need an extra lift or two and/or accompanying to meetings occasionally.



Some of the things requested this month:

Budgeting, Manicure, Grass Cutting, PC problems, Help sorting items, singing lessons. Help on VE Day, Rag Rug making tutoring, Lift to and from Tescos, Garden Project, Darning, Painting a wall, Fitting Toilet roll holders, Fixing a Towel Rail, a Massage, being a phone friend.

Our Members.....

One of our members (who wishes to remain anonymous) has made a very generous donation to support the work that brings our volunteers together and continuing to help others.



"It's always a nice feeling to help others, using the skills one has acquired over a life time, helps me, which helps others, which gives me a purpose"

"it was really nice to do it, it feels good to do things for people you never knew before".



Our volunteers that made VE Day so memorable.

Our guests all said what a great day it was and our TimeBank members all found it extremely rewarding.

Enjoyed by all, including the performers

Don't forget 'Time Credit Notes' which can be exchanged for hours you've accumulated

Time Credit systems work on a simple hour-for-hour basis: hours that you give to your community which you earn hours of equal Time, now these can be exchanged for Time Credit notes instead of an hours help, which you can then spend on an activity of your choice. This is only limited by the number you can get in a month.



You can be involved in many, many ways! People earn Time Credits for all kinds of activities, such as gardening, helping at events, supporting other people, sharing their skills and experience, The key is that time is given in a voluntary way to help others, the environment or wider community.

You can give time in ways that match your skills and interests, and spend your Time Credits with a diverse range of fantastic partners across the UK who offer everything from swimming to learning a language. Spending Time Credits enables you to experience more things you would not think of doing, or might not be able to afford.

Spice are currently supporting 27 time-based currencies in six regions of the UK. These currencies have supported 17,500 people in giving over 400,000 hours of their time. Hundreds of thousands of people have benefitted from the activities and services run by the 700+ organisations using Time Credits. Spice have signed up 350 corporate and public-sector venues to accept Time Credits, and built diverse networks from the corporate, community and public sectors in each of the localities where we work. They have now started to approach venues in and around St Neots.

Spending Time Credits notes enables you to experience more things you would not think of doing, or might not be able to afford. Why not help others to take pleasure for yourself or give to others.

Meanwhile visit the Spice website and see the full range of places they can be spent:
www.justaddspice.org

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 and **REGISTRATION's FREE**

If you are a member already - take advantage don't be a 'silent member', ask for help. 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.



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Support from Tesco

Apart from giving us free use of their Community Room with refreshments, they kindly donated sandwiches and crisps for our VE Day. Their head Office contacted us and donated a couple of items for raffle prizes. One was a Jam turntable which they have agreed for us to keep as an asset to use at our events – so watch out for an oldies record evening – time to blow off the dust of any records you have.

The second item was a Martin Smith ukulele which wouldn't have been suitable as a raffle prize on VE Day but Tesco's agreed that we can auction it to the highest bidder.

Email your offers to time.volunteers@outlook.com



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

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St Neots
COMMUNITY & BUSINESS
AWARDS 2015

Winner 'Charity of the Year 2015'



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