



ST NEOTS TIMEBANK

NEWSLETTER – August 2015

Covering: Most of 'St Neots' Postal area

SATURDAY 1st AUGUST 2015

TIMEBANK COFFEE MORNING

at our **NEW VENUE** St Mary's Church Hall, St Neots (further up the alley than we were before and on the left)

11am till 2pm

This month we are featuring a
'BIG TOYS SESSION'

great fun for the children. Free cuppa and cakes for Mum's and Dad.

NON Members also welcome.



YOUR EVENINGS every Monday 7pm till 9pm

At the **TESCO** Community Room, St Neots

It's a drop in evening: Don't forget we have IT people there on Monday who are happy to sort out any problems you have with your lap tops. Plus there are online computers that can be used and we can help with crochet or knitting – PLUS we always have drinks available and biscuits supplied by Tesco's. You are all very welcome to come along, if you're not a member you are still welcome to come along and learn about the advantages of joining the TimeBank. Occasionally we have a speaker and on.....



Monday 10th August 7 – 9pm we have a special speaker from Care Network

Kate Blackwell, Care Network's Wellbeing Coordinator. Our wellbeing is Important, Kate talks about:

MINDFULNESS and how it can help



We've probably all experienced times when we have felt a bit stressed or low, even depressed and we have all supported others who may be feeling this way. **One approach to coping better with the challenges life can throw at us, which you may have heard of, is Mindfulness.**

Research has shown that Mindfulness can be helpful in managing how we feel. It's a very simple technique, which can be learnt very easily and practiced anywhere; it can enable us to focus on the present and allow ourselves a relaxing and calming break from whatever might be troubling us or perhaps over-occupying our minds. What's more, it's free!

Of course there are a wide range of other things we can all do to enhance our wellbeing generally, so if you'd like to know more about these (if you're a Time Bank volunteer you will already be doing at least one of them!) and also to find out how Mindfulness can help us all, please do join me, on Monday 10th August 7pm at the regular Time Bank meeting in the Community Room at Tesco's, Barford Rd.

Non-members also welcome.



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

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



Our **Monday evening** talking about **'Scams and frauds Awareness'** with Geoff was extremely well attended and everyone agreed the information given was very useful and eye opening. If you missed this opportunity and would like to have come – let me know as Geoff is happy to come again providing a few people are interested. Maybe a different time or day?

Our Members section

(and we now have 114 members)

Meet Clair our Facebook and twitter champ who was approached to give a talk about TimeBanking – although extremely nervous she gave an excellent description of TimeBanking which went out to 800 cities around the world. Pecha Kucha is a website helping young people to promote their skills and organisations – check it out and 'like' Clair:

<http://www.pechakucha.org/presentations/what-is-timebanking-and-how-it-can-help-you/play>



Also meet Tony, he is also a member of our Advisory team he took on the task at the Eatons Children's Centre Single handed. The garden wasn't massive but extremely over grown. He started it on the hottest day of the year consequently not for very long. However in two three hour stints, the patch was clear. The centre will be purchasing some plants and we will be recalled to plant out the area.



TIME CREDITS and SPICE TIME CREDITS

Our first Spice credits have been exchanged and I'm sure they will be used to amuse the children during the holidays at no cost to Mum and Dad.



Elgood's Brewery, Wisbech



Kings Lynn Museum



Fens Falconry Wisbech St Mary's



Crazy Golf Hunstanton

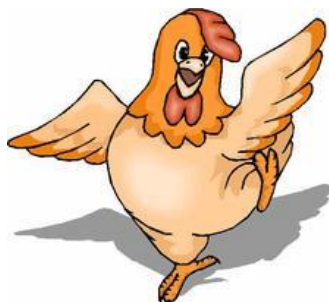


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Other skills have included:

Legal Advice
Companionship
Gardening
Grass cutting
Rubbish to tip
Cleaning/housework
Massage
Lift to Hospital
Trees Trimmed
PC Problems
Looking after Chickens
Fit Stair gate and TV Bracket
Phone friends
Helping at event



Skills needed

Gardening
Grass Cutting
Carpentry (Box in wash basin)
Gutters Cleaned
Weed a pathed area



New members

This month our new members bring some new skills and re-inforce existing ones:

Photography including tutorial
Polish/English interpreting and tutorial
Advice where to sell items for the best price.
Qualified Catering – cook for functions
Preparing surfaces and painting them
Massage/therapist ITEC qualified
Yoga Teacher (Alliance Trained)
Meditation teacher
Delivering.
Ironing
Home Cooking
Pet care – Dogs and Ponies
Helping with events
Letter writing
Companionship
Running errands
Listening/Phone friend
Collect Prescriptions
Visiting Housebound/ Reading
Experienced in SEN
Teach English.



TimeBank can help with so many things
From changing a light bulb
to Gardening and DIY

Several of you will remember the fun we had learning sign language with Jane, it was so popular we have arranged to start another course – to revise the signs learnt and progress to learn more.

10 week **SIGN LANGUAGE COURSE**

Interested??? The date and venue is yet to be arranged – however it will be one evening in St Neots. Those interested in joining us please email with the evenings that you could come. Sign Language is such a useful thing to know as you never know when you might need it – our Beauty therapist is profoundly deaf, but benefits from using sign language.

Email or phone now – don't miss out, places are limited.

Funding for this has come from Luminus Group who have generously helped to support the TimeBank from day one.



22nd July 2015

A last comment of how TimeBank helps:

A call was received from Dorothy with a blocked drainage pipe,

Then a call came to get rid of a Wasp nest for Theresa.

Dorothy had the answer.....*Instant exchange!!!*

Both members were sorted out by the end of the day.



Helping us raise Administration funds and you benefit from cheaper printer inks

Order your inks from Cartridge people and 10% will be donated to TimeBank

Order from www.stneotstimebank.org See the link on our front page.



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Armed Forces Day

TimeBank would like to thank those members that helped at the Armed Forces day which was a great success – near on 6,000 people enjoyed the day and with my other hat on I enjoyed the boat ride.



The next big event in town is the Dragon boat Race and TimeBank needs help at this event to run an information stall and a Tombola.

If you can spare an hour we would welcome help also any donations for the Tombola would be very welcome.

Contact Georgina the coordinator 07590909057 or email time.volunteers@outlook.com

Also come along to support the St Neots Dragon Boat Team which was formed in 1997 by 16 friends and colleagues for WR Grace's – then known as 'Cool Running's' They won their first regatta in St Neots and have succeed many times since and still continuing to reach greater heights.

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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and tweet us at <https://twitter.com/StNeotsTimeBank>



Town Council Winner 'Charity of the Year 2015'



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