

YOUR EVENINGS every Monday 7pm till 9pm

At the TESCO Community Room, St Neots

From 7th September our Monday 'Your Evenings' will be the above mentioned 'Sign Language course' our usual drop in evenings, will resume afterwards with the usual IT people present to help with your computer problems, and others members with knitting or sewing or anything else you wish help with - providing we are made aware in advance to book a specialist. Meanwhile any help needed just contact the coordinator.



The last 'Your Evening' discovered **MINDFULNESS** and how it can help. This was well supported and very interesting, plus some members had used it for years and fully recommended it.

A Brief reminder: *We've probably all 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.*



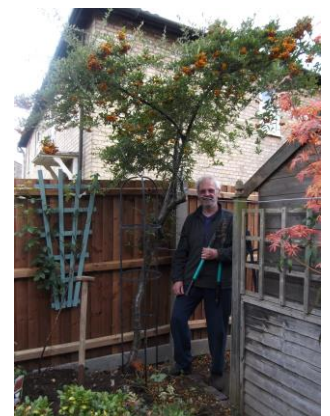
If you were unable to make this evening but would have liked to do, or you are interested in how this works then let me know and I will forward details and instructions to try it yourself.

Our Members section features 2 members - same name, spelt differently but of opposite sex.

Meet Terri (F) - Terri has recently become a member of the TimeBank Advisory Team, helping and advising how the TB is run. She was a newcomer to the area, and joined the TimeBank in June 2014, in her words *"Timebank gave me an immediate link with people who share my desire to offer something to others in the community, to find out what is going on around me and learn about my new community. Through Timebank activities I have learned a lot from others informally about events locally, concerns locally and about who and which organisations locally are around to deal with various issues. It's a great way to feel involved and to feel able to make a contribution to my neighbourhood/town/area. What I value greatly as well is that I can offer time when I am able to and not feel pressure to fit things in with my existing commitments AND.....I love the equal status of everyone involved and the fact that no money is exchanged. This way of helping and receiving help without exchange of money is a true leveller for everyone"*. Terri goes the extra mile – a trip to Perry to help John, Terri combined it with taking Ken and Edith out for the day around Grapham waters: which made 3 people very happy.... *"We spent a very pleasurable afternoon sitting by the waterside, we yakked, listened, interrupted & above all socialized with each other. We also did some bird-spotting. A very cheeky chaffinch would ambush new arrivals at the café, demanding breadcrumbs. Last, but by no means least, a couple of Red Kites, now successfully breeding again and appearing more & more, – Many thanks to Terri, who generated this pleasure! - John"*

TimeBank can be of mutual benefit to the recipient and giver, too.

Meet Terry (M) - *Time bank has helped me to cope with depression. It increases confidence and makes me feel useful. There is no pressure to do things, just pick something that I fancy doing. When Georgina asked me to do my "biography" for Timebank, what it means to me and why I do it I could only think that I had not done much at all. It started very spasmodically. I did two jobs then packed it in. The "black dog" came visiting and I had a very depressive low which has been part of my life. I knew I wanted to help but had to wait. I contacted Georgina some months later to say I needed to be busy. She was brilliant, as always, and impressed upon me that it was up to me, there was no pressure. Unfortunately a little problem curtailed my activities for some time but now I'm ok. I have always been a seeker of knowledge and a hands on person and modestly can say that I have a wealth of experience in DIY and Gardening. I get a massive buzz out of helping people, so if you are retired with time on your hands, why not get the buzz I get from helping people less able to help themselves, it's great therapy for anyone regardless of mental state. There must be many Gents and Ladies who would benefit from this and it is something that I want to work on as a new member of the TimeBank Advisory Team.*



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

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

We can help just by giving information, pointing people to the organisations that can help:



Hi Georgina

I would like to say a little thank you, to you (TimeBank) which lead me to the right path to securing a "stair lift" for two very grateful old people.

Information I received (a phone Number of *Embrace) led me to a gentleman by the name of "Bob" who fought so hard for us and my wife's parents. So hard, that it is NOW fitted, up and running! No more going up stairs on their hands n knees. "Thanx again for the information Pet, you know I appreciate it".



Pauline with her mum and dad

Best wishes Lenny n Pauline (*one of our longest, hard working members*)

*Embrace (Luminus Group). This a free support service that is designed to help Huntingdonshire residents aged 65 and over to remain living independently. This service can support people to manage their home, for example, by dealing with complicated or confusing paperwork such as benefit claims and utility bills. Embrace can also help with problems around the home such as installation of grab rails or other changes for those having difficulties. You do not have to be a Luminus tenant to qualify.

I can't believe that Christmas is already hitting the shops!!

We visited Waresley Garden centre where the decorations and even a lighted Christmas tree were already on on display.

This brought me to thinking about Our TimeBank Christmas Dinner.

Therefore I have booked the Nags Head Public House, Berkley Street, St Neots PE19 2NA for a mid-day Meal on 13th December 2015.

Full details will be in our next Newsletter but bookings being taken

now – Places are limited so book your place as soon as possible. Tickets will be around £15

for a 3 course meal.



TIME CREDITS and SPICE TIME CREDITS

For those thinking of changing their Time Credits for Spice credits

there is an Issue 2 on line now at www.justaddspice.org with

additional venues to exchange credits. This is an update of the venues that take Spice vouchers in the East of England which includes Cambridge, Peterborough, Wisbech and soon venues will be joining from the St Neots area.

Don't forget you can use the Spice credits for venues in any of the Spice brochures.

There are brochures covering: Bucks TC, East of England,

Lancashire, London, South East Wales, South West Wales and Wiltshire.



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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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Town Council Winner 'Charity of the Year 2015'



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