

Covering: Most of 'St Neots' Postal area

Just a phone call and look what happened

Weeds disposed of, 50 young plants donated by our member Terry and 3 days later – a garden transformed for the children, staff and parents at the Eaton Socon Children's Centre



It wasn't only the Timebankers that were happy that we could help but the Children's Centre was also extremely grateful:

"The St Neots Children's Centre would like to thank the Time Bank for their hard work and contributions in transforming The Eatons Children's Centre garden! Over the past few months the Time Bank has helped to revamp the garden and donated plants for our families to enjoy, the children have had fun helping to water the new plants! The time and effort put in by the Time Bank volunteers has been much appreciated, they are an asset to the local community. Many thanks"

Business Support Assistant.

"We're all looking forward to seeing it in flower next year".



This month has been busy apart from our usual exchanges - Our **Table Top Sale** was a great success and enjoyed by many. The extremely popular **Yoga Class** was fully booked within the 1st week, a great success. Plus our **Sign Language course** has also started and I was very surprised at the number of people that have joined and really enjoying learning a skill that should be shared. You never know when you might need it or you meet someone that you can share so much more with being able to converse in BSL. This course has been financially supported by **LUMINUS HOMES**.





Saturday 3rd October

St Mary's Church Hall

11am till 2pm



Usual Cuppa and biscuits and meeting other members **Plus this month**

We have *Danielle* from **ABC Lifesupport**

Coming to tell us how to administer First Aid and understand when to use it.

Plus we have *Heather* from 'Healthwatch' explaining how their organisation can help improve the NHS service. Come along and voice your experiences with your GP or in Hospital.



All Comments are collectively forwarded on to the departments concerned and we hope improvements are made.

Non-members are also welcome

Prize Draw

Watch out for our Prize Draw Tickets that will be on sale very soon, to be drawn at our Coffee morning on 5th December 11am till 2pm at St Mary's Church Hall.



The **FIRST PRIZE** being a flight in a Glider

Other prizes include:

Case of Wine

Restaurant Voucher for 2 (Weatherspoon's)

Cineworld Tickets x 2

Massage / Reflexology

Ukulele (Red/white& Blue) with case & instructions

Bottle of Nepalese Rum

2 x Swim passes, One Leisure (2 x £11)

Barrett's voucher (£10)and many other prizes

Tickets £1 each (Book £5) will be on sale at our 'Coffee mornings' and Monday 'Your evenings'. Any difficulty getting them contact 07590909057 or we'll also be at the Farmers Market on **14th November 2015**.



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

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

Loneliness and how TimeBank can help

A survey done by 'Campaign to end loneliness' showed that 1 in 5 elderly people are lonely and have no one to call on. A previous survey showed that loneliness is as harmful as smoking 15 cigarettes a day. I realized too that it's not only elderly people that become lonely or depressed and just knowing that there is someone to call can make a world of difference.

I agreed to set up a TimeBank to help people that needed help for any reason. However I have realized just how much it can help elderly people that are lonely, even depressed. This has been proved many times over the three and half years that we've been helping people.

However it has also revealed that reaching these people is difficult as they are too proud to ask, or unaware of how we can help. They also feel that they have nothing to offer back. I surprise people when I show them a list of things that can be offered and they realise they have many of those skills. Plus of course we don't insist on hours being in credit - opposite to a bank.

If you feel isolated or get depressed then why not contact us - no pressure to join just someone to talk to. Maybe you know someone who would benefit from a call from us. Help us to help those that need a caring person to call.

In the words of the TimeBanking founder Edgar Cahn

"We have what we need if we use what we have."

- TimeBanking was set up based on the idea on social prescribing, that people need community and social opportunities as much as medicine
- TimeBanking raises self-confidence by encouraging people to use and recognise their assets instead of being defined by need or poor health
- This increased self-confidence leads to people making more positive life choices -i.e. diet and exercise and remembering to take their medication
- The belief is that this social prescribing frees up time in GP appointments to deal with medical issues rather than just 'chat' with lonely people

**“I'll admit it:
I am lonely.”**

I feel alone, and I feel like I will be that way for a very **l o n g** time.

But you won't be as a Timebanker

BOOK EARLY FOR CHRISTMAS

Bookings have started for our TimeBank Christmas Dinner, once again at the **Nags Head**, Berkley Street, St Neots PE19 2NA for a mid-day Meal on **13th December 2015**.

Places are limited so book your place as soon as possible.

Tickets will be £17.95 for a 3 course meal – *start with*

Pate, soup, Salmon & Prawn salad or mushrooms in port bruschetta

Main meal: Beef, Turkey or mushroom/Spinach Wellington

Desserts: Spiced apple crumble, Christmas pudding, Mincemeat tart or Cream & Chocolate cheesecake.

Just 2 courses £13.95 and one course only £9.95



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Dates for your Diary



November 7th - 11am till 2pm is our Coffee morning and it will be a Book Day.

We also have a 2nd hand set of

Encyclopaedia Britannica to auction

Details in our next newsletter or phone 07590909057 or emailing time.volunteers@outlook.com

14th November 2015 we'll be at the **Farmers Market, St Neots**
Promoting TimeBank and our Prize Draw.
8am till 1pm



December 5th - 11am till 2pm will be our Prize Draw plus a Christmas atmosphere with singing and craft stalls. If you wish to hold a stall at the event for just £5 then contact our coordinator. (See details below)

How can we help you, nothings too small if it makes life better?

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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