



# ST NEOTS TIMEBANK

## NEWSLETTER – November 2015

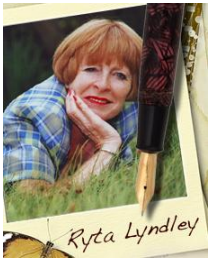
Covering: Most of 'St Neots' Postal area

# 7<sup>th</sup> NOVEMBER 2015

St Mary's Church Hall, St Neots

## Saturday 11.45 - 3.15pm Book Day

Signing and selling + secondhand bargains



**Ryta Lyndley** Author of Children's Books and her first

book "Small to Medium." autobiographical, volume one which has sold 900 copies. Ryta will be present

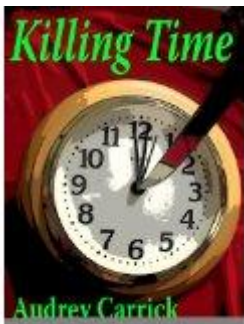
as **Benny the Cat** signing and selling her books

including her £2 selection. Bring your children or tell your Grandchildren it will be a fun day too. Want to know more:

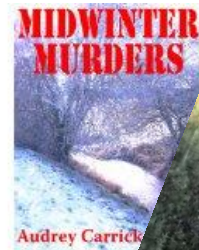
[www.rytalyndley.com](http://www.rytalyndley.com)



## ALSO



Local author **Audrey Carrick** will be there, she has written three 'chic-lit meets crime' novels. Audrey's books are set in St Neots with 'Sam's Detective Agency' based in the Market Square! The first one is called **Midwinter Murder** - the second **Lethal Claims** and the latest is **Killing Time**: Audrey's books are available from [Amazon](http://Amazon).



## AND

**Georgia Rose Author of The Grayson**



**Trilogy** Hi, I'm a writer and

the author of A Single Step, Before the Dawn and Thicker than Water, the novels that make up The Grayson

Trilogy. My books have been described as

mysterious and romantic adventure stories and available on line at: [www.georgiarosebooks.com](http://www.georgiarosebooks.com)



[time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)  
<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
<https://www.facebook.com/timebankstneots>

# TIMEBANK PRIZE DRAW

Tickets will be on sale at the Book Day – St Mary's Church Hall, opposite the Bell Tower

## First Prize is a Flight in a Glider



Case of Wine  
Restaurant Voucher for 2 (Weatherspoon's)  
Cineworld Tickets x 2  
Massage or Reflexology  
Ukulele  
2 x Swim passes at One Leisure  
Bottle of Nepalese Rum  
Barretts voucher (£10)  
2 Goblets/Glasses and more



Tickets are sold singly at £1 and a book of 5 for £5, if you are unable to attend our events and would like a book of tickets contact the coordinator.

## Update on Spice time credits.

A change has been made which now makes it possible for me to offer Spice credits at the exchange rate of one credit for one hour given.

Spice are working on bringing venues that accept these credits as payment into St Neots, unfortunately it's a slow process.

Meanwhile the nearest current venues can be found in Cambridge and Peterborough.



### FAQ:

Q1. **How are Spice credits earned?** A Spice Credit can be exchanged for an hours help given to the community – hours already earned can also be exchanged.

Q2. **How are Spice Credits Spent?:** Different organisations activities have signed up with Spice and agree to accept the Credits as an entry payment. Current venues can be found on the Spice website:

[www.justaddspice.org](http://www.justaddspice.org)

Q3. **How much are Spice Credits worth?** Each Spice credit is worth one hour in time. Organisations and activities decide how many Credits their venue is worth. This is shown in the top right hand corner of the page in the catalogues on line.

Q4. **Is online the only place to see venues?** No, copies can be obtained from the Coordinator.

Q5. **Do members need to sign up with Spice and for any length of time?** Spice do ask for details of who is using the Spice Credits, However St Neots TimeBank will only forward names for their record and further details only if permission is given by the member in accordance with our data protection.

Q6. **Do Spice Credits affect Benefits?** Spice credits have no other value other than time and therefore do not affect Benefits.

Q7. **What do businesses get out of it?** Places that accept Spice credits do not get any payment only their name/logo in the catalogues.  
Any further questions please ask!

[time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)  
<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
<https://www.facebook.com/timebankstneots>



Our First Aid Coffee morning was reasonably attended and everyone found it very interesting and most learnt at least one thing extra. Danielle from ABC life support - the lady that gave the demonstration has agreed to repeat the training and also have a session

learning about cuts and burns.

This will probably be an evening course at Tescos – if you are interested in joining us please contact me and reserve your place. This will only take place if enough people apply.

**healthwatch** Also found the afternoon worthwhile as several people had stories to tell, good and bad, about GP's and Hospitals. These are collectively forwarded to those that can make a difference. If you have a story to tell visit their website:

[www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk) or Tel: 01480 420628



**Our Sign Language Course** has also been a great success once again – attended by twelve and they have all really enjoyed the weekly lessons. It's a skill that is not

used as much as it could be. When it is it makes such a difference to those that can't hear.

I would like to thank the Luminus Group for their help to fund this course – A thank you also goes to the Tutor Jane who makes all the sessions fun and easier to learn. Her enthusiasm is contagious. We have been asked to repeat this course next year – so if you would like to take part then register your interest now.



It has been a busy, successful few weeks – our **YOGA** sessions were also greatly enjoyed and it was voted by those attending to continue.

Consequently Jean our tutor has agreed to book further sessions at Tescos. I regret there will be a charge but we have agreed a 20% discount for TimeBankers. A four week course cost £20 but only £16 if a TimeBank member.

Sessions are:

Thursdays starting on 29<sup>th</sup> October at 7pm in the Tescos Community room. Plus for those that are less active – sitting down Yoga will

start on 27<sup>th</sup> October at 8.45am for 9am start till 10am. Places need to be booked in advance so if you are interested phone Jean on 07931660838



[time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)

<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)

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



**Members of the TimeBank** donated their hours to help the Skate park team scrape off the layers of old paint from their largest Ramp, which had become dangerous to ride. The ramp is of world-class competition standard and one of the only outdoor vert ramps in the country. Local people are really proud of this facility but it needs to be safe.” They are hoping to get it re-painted before the weather closes in for winter. Sam and Jo, original members of the ‘St Neots Pirates’ as it was known - have returned as young men and will be helping the youngsters of today learn the tricks and skills safely.



**Another unusual task achieved** has been weeding a crazy paving Driveway which was causing a great deal of stress as it had become completely uncontrollable. You’ll see from the pictures that our TimeBankers did a good job.



*\* We are now looking for TimeBankers that can help with teaching intermediate German*

*\*Another task needing assistance is two orange Blossom type Trees need cutting down to size.*

*\*Plus delivering of TimeBank Flyers to Dryden Court, St Neots, and Medland Grove, St Neots.*

*\*Also ‘helping with Events’ – we are forming an ‘Event Group’ and need active interested people with fresh ideas and able to spare time to help organise and direct our Coffee mornings and promotions.*

**Another date for your diaries:**

**Saturday 14<sup>th</sup> November 2015** we’ll be at the **Farmers Market**, in St Neots Promoting TimeBank and our Prize Draw.

**8am till 1pm**



[time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)  
<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
<https://www.facebook.com/timebankstneots>

## 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 **13<sup>th</sup> December 2015**.



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

*Cost has been reduced:*

Tickets will now be £16 for a 3 course meal – *starting 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 and one course only £9



**December 5<sup>th</sup> - 11am till 2pm** This is the day our Prize Draw will be drawn - plus a Christmas atmosphere with singing and craft stalls. If you wish to hold a stall at this event it will cost just £5 - contact our coordinator to book a space. (Contact 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**

**For every hour you help someone you gain an hour of help for yourself in whatever skill you need or you can exchange it for a Spice Credit.**

Contact the coordinator **Georgina** on 07590909057 or 01480 404184 to Register  
(Please, tell your friends and neighbours, everyone can benefit and **everyone's welcome**)

or email: [time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)

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



Town Council  
'Charity of the Year 2015'



Sponsored by



[time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)  
<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
<https://www.facebook.com/timebankstneots>