



ST NEOTS TIMEBANK

NEWSLETTER – December 2015

Covering: 'St Neots' Postal area PE19

Our Book Day on 7th November was enjoyed by those that braved the start of the winter weather, however despite this many people came.

Our Next Coffee Morning is our Christmas event

**SATURDAY 5TH
DECEMBER 2015**



**ST NEOTS TIMEBANK
CHRISTMAS
EVENT &
PRIZE DRAW**

St Mary's Church Hall, St Neots

11.30am till 3.30pm
Tickets on sale till 1pm
1st prize a flight in a glider
Draw at 2pm



**5th December
2015**

11.30am till 3.30pm
held at St Mary's Church Hall,
opposite the Bell Tower from

Stalls selling Christmas gifts - jewelry, crystal stones, cakes and more (stalls can still be booked for just £5) Plus a Free mince pie with your cuppa

Prize Draw Tickets will still be on sale at our coffee morning up till 12 noon.

TIME IS RUNNING OUT TO BOOK A PLACE AT OUR CHRISTMAS DINNER!!

Being held at the Nags Head, Berkley Street, St Neots PE19 2NA
for a mid-day Meal on **13th December 2015.**

Just a few places left - so book now if you wish to join us.

Tickets are £16 for a 3 course meal - 2 courses £13.

Contact the coordinator for a menu - 07590909057.

We now have several Organisation members:



Sudbury Meadows

Many people are unaware of this beautiful Community area which needs a lot of upkeep – it is well worth a visit and if you are able to help then you earn TimeBank hours.



If you wish to become involved and support this project, please call 01480 374792 to arrange when but also email me the hours you work.



This is a new company set up in St Neots to help young people with learning difficulties and disabilities. They have joined the TimeBank to give help with their mission to

identify each individual's potential and give these young people the opportunity to become work ready, whilst engaging with the St Neots Community.... Giving them a more fulfilled future. They will be accompanied by Mark and/or Catherine the organisers whenever they are fulfilling a TimeBank request.



The Pightle Millennium Green Eaton Socon

Another peaceful green haven in the heart of Eaton Socon – open all year round. It runs along side the River so plenty to enjoy. Once again it needs a lot of upkeep. They have joined the TimeBank for help in keeping this area clear and accessible and currently planting 3,000 daffodils.

See their website for further details:

www.eatonsoconpightle.org.uk and again log your hours with TimeBank.



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

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

Another Organisation member is *'Illuminate'* who have already helped



Illuminate Charity
Confidence for Change programme 2015
Information – Huntingdon

several of our members by helping them to regain their confidence. They have helped to make such a big difference. In

return they help us to promote the TimeBank and the help that can give to support their aims.

Also *'New Saints ABC'* Boxing Club are joining us too. This is proving to be a very popular club for all ages, with male and female classes. Teaching respect for others, keeping fit and learning the skill the safe way from professional teachers. Check out their website:

www.newsaintsabc.co.uk



In addition to these we have several care organisations sending referrals to us for help that they are unable to give. We fill in the cracks that the Welfare can't Such as cleaning out the Budgy, cutting the grass or doing some shopping.



Our **Monday evenings** at the **Tescos Community room** have been fully used, occupied with sign language and yoga courses. These have now come to an end and I have been asked to start a keep fit evening, First Aid, further mindfulness evenings and a general help evening as before.

However these will not start until next year starting again on Monday 11th January at 7pm till 9pm. Log your interest if you wish to join us. So watch this space for further details.



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

‘Helping with Events’

Would you like to become a member of our ‘Event Group’ we need active interested people with fresh ideas and able to spare time to help organise and direct our Coffee mornings and promotions. This would include Designing Posters and putting them up throughout the town. Sending press releases to many publications also websites, radio etc. Making sure the events have all that's needed and runs smoothly, Venues booked and left as found. We are occasionally offered venues to hold a stall to promote the TimeBank, maybe hold a tombola for fund raising. Again your planning, organisation skills and fresh ideas are needed.

Interested then email time.volunteers@outlook.com

Latest News from TimeBanking UK (TBUK)

Timebanking UK is a part of a growing global movement and there are time banks in 33 countries.

There are over 30,000 people who are part of time banks in the UK already and who have exchanged almost 2.5 million hours. Everyone’s time is equal no matter what is exchanged. TBUK have been working with the DWP and the following has been agreed:

“The Department of Work and Pensions have informed all job centres across the UK about the benefits of timebanking. Job centre staff are being given information about how timebanking works and how to locate their nearest time bank by searching on Timebanking UK (TBUK) website www.timebanking.org People on benefits are already exploring the ways of getting involved in their local time bank. They report that it is really important to feel useful and to be a positive influence and be able offer practical help to people who live nearby. They also value the chance to widen their social networks, skills and knowledge. Research shows that the wider any person’s social network the more opportunities, like finding a job, come their way. Claimants involved in timebanking are regarded as making a positive contribution to the community and are encouraged to do so.”

NEXT YEAR

As previously mentioned we will restart our Monday evenings.

Our First Coffee morning in 2016 will not be until **February 6th** as January's date is on the 2nd being part of the Holiday period. The newly elected Event Team will be helping to make this an enjoyable meeting – with a theme to be decided, any ideas? We'd love to hear what you would enjoy.

Don't forget - Unlike Banks you don't have to be in credit to ask
How can we help you, nothings too small if it makes life easier?

For every hour you help someone you gain an hour of help for yourself in whatever skill you need or you can exchange that hour 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

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Town Council
'Charity of the Year 2015'



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