



# ST NEOTS TIMEBANK

## NEWSLETTER – February 2016

Covering: 'St Neots' Postal area PE19

Our new **EVENT TEAM** has started organizing the events for the Year, however we are still open for more members to join this group.

So far ideas and events arranged are:



Our Monday Evenings started with **Keep fit**, a friendly get together for members to get fit and to get out and meet each other - this will be held on the **2<sup>nd</sup> Monday** of each month 7pm till 9pm at the Tesco's Community Room. Next on 8<sup>th</sup> February. No fee charged if a member - plus free Tea/Coffee and Biscuits from Tescos. (Donation if non-member)

15<sup>th</sup> February we have an evening of **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. The course will be held on the **3<sup>rd</sup> Monday** of the month. Research has shown that Mindfulness can be helpful in managing



**mindfulness**  
FOR BEGINNERS

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 for members! (Donation if non-member) Again at the Tescos 7pm

**4<sup>th</sup> Monday** this month will be **First Aid**. Danielle is returning this time advising us on how to deal with Cuts, burns, bumps and breaks. Also I expect the things to avoid. Again this will be at the Tescos Community Room at 7.30p free to members. (Donation if non-member)



*Want to attend any of the above but don't like coming out in the dark? We can arrange to pick you up and accompany you there. Just call the Coordinator 07590909057*

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



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
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Also the Event Team have already put a lot of thought into our

## Coffee Mornings:

**Saturday**

**6th February,**

**11am - 1pm**

Want to know more then come and join us.



## Colour Your Year



Also including an Introduction to Mindfulness  
Free Tea/Coffee and Cakes

**Everyone welcome**

**St Mary's Church Hall, Church Walk**

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## 5<sup>th</sup> March Coffee Morning - This month is Nationally 'Clean for the Queen'

leading up to her 90<sup>th</sup> Birthday. It has been decided to hold a 'Bring and Buy' sale - an opportunity to get rid of any good unwanted items.

\*\*\*\*\*

## 2<sup>nd</sup> April Coffee Morning

will have a theme of Queens through the ages.

We are hoping members will join in the fun of this day by as many as possible coming along dressed as a Queen from any reign and children could dress as favourite story queen?



More dates for your diary - St Neots TimeBank will be attending these events:

- Thursday evening **April 21<sup>st</sup>** the **Queen's Birthday** will be an event arranged by Town Council with lighting of the Beacon which will be larger than before just for this year. TimeBank will have a stall at this event on the Regatta Meadow, Crosshall Road to promote registration.
- Next the yearly event on **April 23<sup>rd</sup>** is **St Georges Day** organised by Eynesbury Village Association - again the TimeBank will have a stall at this event to promote registration.



**Back to St Neots TimeBank events and celebrations**, last year we had the most successful, heartwarming event of the year - VE Day.

Once again we will be organising:

**VE Day 2016** celebrating 71 years ago, not to be forgotten  
**7<sup>th</sup> May 2016 at the St Mary's Church Hall, St Neots.**

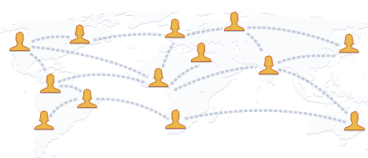
It takes a long time to organise but so worthwhile. As last year the event is for people of all ages that can't get out very often. Therefore, if you don't get out much then PLEASE contact me as soon as possible to book your place. I'm also asking groups that work with people that would love a few hours out to meet others and enjoy the entertainment to tell them about this and if interested to let me know. Transport can be arranged.

Contact Georgina 01480 404184 or 07590909057. Book your place asap.

## Helping us raise Administration fund and you benefit from cheaper printer inks

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

Order by clicking on the link at [www.stneotstimebank.org](http://www.stneotstimebank.org)



Whilst on the internet visit and like our **Facebook Page**

It will be good to hear from you too.

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

## Now... what TimeBank is really about:

### Helping people:

*We've helped those that can't manage themselves:*

Changing curtains, moving heavy items and shopping.

*TimeBank has also helped those suffering with Depression:*

"Happy New Year. 2015 was the first year in over 35 that I did not have a major depression. Ok, I took some pills but I'm very pleased."

*"Terry's story really shows that with the support of the Timebank community it can have such a positive and life changing effect on someone's life."*

*As a TimeBank member you never need to be lonely:*

"I am happy to be useful, where I can be. I am enjoying meeting like-minded people. I am sure John will become a good friend, as will others I meet. Lenny just rung is coming for a chat.so that is nice."

### **Everyone has something to offer even though you may think you haven't:**

We have a lady that loves cooking and she is offering to cook an occasional meal for someone that can't manage themselves.

We have people to help with small jobs of housework or even cleaning that Budgie out, looking after pets – dog walking, changing a light bulb – there is no end to the things we can do. **If you can't we probably can – so ask!!!**

Don't be too proud to ask, we understand, and just want to help. Repaying hours is the last thing we think about so it should be the last thing you need to think or worry about.

We have members that can give a massage or reflexology to help you feel better. Then there's the garden help, D.I.Y, and Computer experts offering help. We all need help with something sometime - no matter how much we think we don't. One of my members with the highest hours given suddenly had a fault on his computer so another satisfied member.



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We're not like a bank - you don't have to be in **credit** to ask.



What you ask for is confidential and only told to the person helping.

We'll always make sure you are happy with the arrangements.

**More people asking for help** - means that more people are helping, and then those people are earning hours to either ask for help for themselves or exchange their hours for Spice Vouchers. So by 'asking' you are also 'helping'



**SPICE CREDITS** give you free entry into many activities. For those with internet you can see just how many by going to [www.justaddspice.org](http://www.justaddspice.org) Places such as the Tower of London and St Pauls Cathedral, Leisure Centre's, Cinemas etc. More and more venues are accepting these

vouchers, see below for those in our area St Neots - **we already have....**

### A New Sport 'Footgolf' at Abbotsley Cromwell Golf

Footgolf is a new sport which whilst follows the rules of golf, substitutes a football and footballing skills for a golfball and swing (and yes the holes are bigger)! The footgolf course is now a permanent fixture next to the Huntingdonshire par three course and is open to the public to try. Just bring along a football or hire one from the golf shop for a £5 deposit and have a go! The next competition day is taking place on the 5th May.

**Adult Learning and Skills St Ives**, in partnership with St Ivo School. You can now register to take any of their incredible array of courses for Time Credits! So if you're keen to improve your IT skills, learn to cook, or even take up a new language – take advantage. [www.stivoschool.org](http://www.stivoschool.org)

### and coming Soon - in Feb.....

**These partners are just completing some training and then they'll be ready to accept your Time Credits Follow Spices FB page to see when they open their doors**



**Wyboston leisure centres** Down at beautiful Wyboston Lakes, you'll find 1Life's Wyboston Lakes Health and Leisure Club. A stunning facility with swimming, saunas and fitness classes galore and coming soon, you'll be able to spend an hour access ANY of their facilities for 1 Time Credit. Keep an eye on FB to see when we start!



Tel: 01480 388700

**One Leisure** are joining in February 2016, finishing their training in January and hoping to go live in February. From then you'll be able to spend 1 Time Credit swimming, hiring a badminton or squash court at selected times, kids can play in Leo's Fun Zone softplay centre or you can even have a steam or sauna. How's that for relaxing after all that volunteering?



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**Beautiful Swagger** is for all those budding crafters among you, this one is an amazing offer! From February you'll be able to access weekly crafting workshops at The Little Vintage Studio in St Neots (run by the lovely Babs at Beautiful Swagger). There will also be places available on their monthly crocheting workshops, so if the new year's resolution is to start a new hobby, why not pick up some needles and yarn to give it a go? Swap an hour or two for Spice vouchers and enjoy this one.



**Youthstore** - Spice are putting the finishing touches to the offer from the wonderful people at CCC's in Cambridge, March and Huntingdon, where you'll be able to rent games, event equipment and more....even a professional popcorn maker for all those community film nights! Could you get a cooler way to spend some time?! Check social media to see when we start up and start thinking of some great event ideas!



**Cambridge Corn Exchange** - 2016 will see us partnering with Cambridge Live Trust, the charitable trust now running the city's great entertainment venues. They will be offering tickets to selected shows at the Cambridge Corn Exchange for Time Credit members! You know the drill - you'll find all this exciting info first on our FB page so sign up to keep up!



**St Neots Museum** is the latest to join and accept the Spice Credits becoming active in February.

**We love hearing about your experiences spending your Time Credits, so tell us**

***A final thought - you have to be in it to get any benefits  
And there are many ways TimeBank can help or make life  
that little bit brighter. So get in touch***

Contact the coordinator **Georgina** on 07590909057 or 01480 404184 to Register or go online

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



**(Please, tell your friends and neighbours, everyone can benefit and everyone's welcome)**

We have received support from the



Cambridgeshire  
Community  
Foundation

*We acknowledge the grant we have received from The Frank Litchfield Charitable Trust Fund,  
a charitable fund managed by Cambridgeshire Community Foundation"*



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