



ST NEOTS TIMEBANK

NEWSLETTER – March 2016

Covering: 'St Neots' Postal area PE19



We're 4 years old this March

It all started with a 'Yes' at a community meeting followed by sitting on the Market Square with a few friends that offered to help.



Even at that time there was a fair bit of interest. Elaine (photo left) is our longest standing member registering on 20th March 2012 and she is still very active as a member of our Advisory Team and Event Team.

We have been and still are continuously growing - to date we have exchanged 3075 hours of help and have 128 current members. Barely a dozen silent members but we're hoping they will soon feel that they can contact us for help or to help others and join the TimeBank Community.

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



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



Spice Credit Notes
can now also be exchanged at:



CRAFTY MONKEY, 12 Moores Walk, St Neots
Between Argos and Barclays
01480 219222
info@mycraftymonkey.com



One Leisure are active and you can now 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 enjoy the steam room. How's that for relaxing after all that volunteering?

5th March Coffee Morning

11am till 2pm at **St Mary's Church Hall**

This month is Nationally **'Clean for the Queen'** leading up to her 90th Birthday.

We are holding a **'Bring and Buy' sale** an opportunity to clear out those cupboards and get rid of any unwanted items. (Sorry No Jumble)

Call 07590909057 if you have items to donate

We can arrange to collect or maybe you have enough to hold a stall of your own for £6.00

also free cuppa and companionship with other TimeBankers

Timebanks make a big difference with small funds. The funding we do receive is vital for our sustainability and ambition. Your help can enable us to support even more people to learn new skills, find companionship and connect with their communities.



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Our Monday evenings '**Meet and Greet**' are becoming more popular – it's a great opportunity for members to get out and meet other members whilst enjoying a free cuppa from Tesco's. Next '**Meet & Greet**' is on 29th February followed by 21st March

TimeBank facilitating Business Advice

We've teamed up with Bright Business Advice for a Business event on the 14th March at the St Neots Rugby Club from 18:30 to 20:30 for more info go to:

<https://stneotstimebank.eventbrite.co.uk>

The event has been organised by St Neots Timebank Founder, Georgina Corley and is featuring an award winning speaker from Bright Business Advice, in a bid to help the local St Neots Timebank Charity help the local community's business skills.

This event is being Sponsored by Woodfines Solicitors and Thomas Quinn Accountants and Bright Wealth Management Independent Financial Advisers.

The event is open to businesses cross the region, whether they are a new start-up or an established small, medium enterprise or interested to know more about running a business. Bright Business Advice will deliver a 75-minute session with Q and A on how to.

1. Plan to Grow your Sales and Profits
2. Smarter, lower cost marketing
3. Motivate your Team
4. Recruit more efficiently
5. Use your time more effectively
6. Improve your finances and operational systems
7. Deliver consistent first-class customer services



The event is completely **free** to attend, but it will be necessary for you to reserve your place (limited places due to venue size and catering) by registering for a ticket via Eventbrite (see details below).

There will be some great business advice, networking, nibbles for those of you who will be going directly after work.

If interested, please use the link below to reserve your attendance or feel free to forward this email onto other's you know that might find the event useful.

<https://stneotstimebank.eventbrite.co.uk>

Monday 14th March 18:30 to 20:30 St Neots Rugby Club, The Common, New Street, St Neots PE19 1RU. **Book Now as there are limited places and it is a ticket only event, however registration is free**

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Reminders

- **MINDFULNESS** has been booked for 17th March 2016 at Tesco's Community Room at 7.30pm.
- **2nd 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?
- Thursday evening **April 21st the Queen's Birthday** will be an event arranged by Town Council with lighting of the Beacon on the Regatta Meadow, Crosshall Road which will be larger than usual just for this year.
- Next the yearly event on **April 23rd is St Georges Day** organised by Eynesbury Village Association on Regatta Meadow - again the TimeBank will have a stall at this event to promote registration.
- Last year we had the most successful, heartwarming event of the year - **VE Day** for members and those that don't get out too much.

Once again we will be organising: **VE Day 2016** celebrating 71 years ago, a day not to be forgotten **7th May 2016 at the St Mary's Church Hall, St Neots**. Book your place early - Transport can be arranged. Contact Georgina 01480 404184 or 07590909057.

- St Neots TimeBank will be joining forces with the Eaton Socon's Children's Centre on **3rd June 2016 for Bike Day** We both want to make sure that particularly our children are safe riding their bikes and even your own bikes are road worthy - why not take advantage of a free check, punctures repaired and maybe a few other problems solved. Come along to the Children's Centre at 1pm till 3pm get peace of mind regarding your bikes and enjoy refreshments donated by Tesco's.



Helping us raise Administration fund and you can then benefit from buying cheaper printer inks

Order your inks from Cartridge people and 10% will be donated to St Neots TimeBank - Plus inks are cheap!!....

I recently purchased 10 inks for the TimeBanks Brother printer 6 colour and 4 Black for just £14.32. Check out yours

Order by clicking on the link at www.stneotstimebank.org

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



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

It will be good to hear from you too.

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

thank you to those that have 'liked' our site – definitely getting more popular. If a member then let us know what you need help with to Spring Clean.

This month our minds go to
'Spring Cleaning'
and this is where TimeBank can
help most with the things you
can't manage alone.



Things such as:

- Cleaning that space, you can't reach
- Painting that space exposed by moving things around
- Dust lighting fixtures
- Wash walls and trim
- Wash doors, knobs and switch plates
- Sort out draws and cupboards
- Move bed to Hoover
- Wash curtains
- Clean lamp shade
- Clean windows
- Sort out your books



Don't be too proud to ask - we all need help sometime so phone or email me for help - your calls are always confidential; information is only given to the person helping. Any stories printed in our Newsletter do not contain your name unless we have asked permission.

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

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Future plans

We are hoping to organise an afternoon 'coffee and chat' at the Priory Centre on a Friday afternoon at 2pm for anyone feeling isolated and need company or just someone to chat with. If you would be interested in joining us then please let Georgina know.

We are also arranging a course on Nutrition with Danielle - this will start with an introduction and run into the course for those interested again contact Georgina.

Both of the above will only run if enough people are interested.

www.stneotstimebank.org or email:

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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



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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