



ST NEOTS TIMEBANK

NEWSLETTER – July 2016

Covering: 'St Neots' Postal area PE19

"Hello Members: I would like to thank everyone that voted for St Neots TimeBank by texting GOLD I in the Mick George Skip of Gold Competition, unfortunately we didn't win - the Community money went to the Huntingdon Methodist Church to set up a Parent/Guardian and toddler group. However I have a great member Emily who continues fundraising to meet our financial needs one way or another.

I would like to take this opportunity to say 'thank you' to a great Advisory Group - who keep me in order and also our Events Team who are working miracles. I continue to do the main Coordinator tasks keeping records and sorting the promotional projects.

There will not be an August Coffee morning due to being the holiday period. Consequently we have organised a BIG 'Community Picnic' at the St Neots Rugby Club Grounds for July.

Our next Coffee morning

2nd July 2016 at 12 noon



St Neots Rugby Club Grounds

The Common, New Street, St Neots, Cambridgeshire [PE19 1RU](#)

There will be Music and Children's Giant Games

Picnic food available for £4 – burgers etc or bring your own

Email or text if you are a member and need transport

timevolunteers@outlook.com or 07590909057

Fun with Cards – 2nd Monday of each month

7pm at the Tesco Community Room. Play cards, learn new ways to play cards, teach others new games even have magic with cards. On our first card evening everyone had a fun night and enjoyed it – several members were pleased to learn how to play 'Whist'.



Our next '**Card Evening**' will be on 15th July – 7pm at the Tesco Community Room.



Fancy a good sing song with friends

Just sing to enjoy or maybe learn, the choice would be yours. Maybe set up a **TimeBank Choir** for next year. Evenings will be starting in September, but register your interest now – the interest in this group is rapidly growing.... So don't miss out, if you love to sing, register your interest now.

NEW FRIENDS - Join us for a '**chat**' and meet '**New Friends**'. *Not a member?* You are still welcome, but why not join and take advantage of the other things that TimeBanking offers too. Many people are enjoying this happy group and friendships already forming. 2pm till 3.30pm at the Priory centre – Cloisters. *The Priory centre sell great coffee too.* Future meetings are on **Friday 15th July and 19th August.**



Emergency First Aid at work Course

One of our members is offering the above course which concludes with an exam and certificate which lasts for 3 years. This is a level 2 course and will first be held on **19th July 2016 - 12 noon till 6pm**

Held at St Mary's Church Hall, St Neots.

For members there would be a charge of £15. Non-members £25.

Contact the coordinator ASAP to book a place and be certain of taking advantage.

BIKE DAY –along with the Eaton Socon Children’s Centre we organised our Bike day. Professional help to check, repair or give advice, making bikes safer to ride. Unfortunately the weather was not kind – it was as cold as Christmas Day, definitely not June weather. Consequently people didn’t turn out to take advantage of the service. However two bikes were sorted out and one young girl was very happy to have a bike again – so still worthwhile.



2016’s Volunteer Day

This year we held our help for volunteers Day on the 11th June on the Market Square, St Neots. We joined the Farmers Market and later and we were joined by the Folk Club Festival. Charities accepted our invitation – the Upside down Swimming Club, Home-start, The Riverside Railway along with one of his engines, Contact the Elderly, the Volunteer Bureau and Sergeant Thorne recruiting for young volunteers to join the Police force.

This was a perfect combination of organisations to focus on true volunteering in its best form. The day was enjoyed by all,



the entertainment great and organisations successfully promoted their charities.



A Big **thank you** to all those that made it possible and helped on the day – that also includes the Folk Festival for the entertainment and the Town Council for supplying and erecting the Gazebos.

Help us raise Administration funds and you can benefit from buying cheaper printer inks too.

Compatible and Originals at a much better price.

Order your inks from Cartridge people via the St Neots TimeBank website

www.stneotstimebank.org.uk see link on the first page.

10% of what you spend will then be donated to St Neots TimeBank

The problem with Explorer has been rectified. You should no longer have a problem



We're here to help the 'busy' or those that just don't have the skill needed or the time to do it and of course those that can no longer do certain tasks.

TO TAKE ADVANTAGE OF THE HELP - YOU JUST NEED TO ASK

Don't be too proud to ask for help – we all need it at some time or other, maybe after hospital treatment or due to age or disability or the biggest problem these days – just too busy! No panic to repay! - so phone or email us and tell us what help you need – your calls are always confidential; information is only given to the person helping with your permission. Any quotes or stories printed in our Newsletter do not contain your name unless we have asked permission to do so.

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



We can help with photography – you may like to have a family photo as a keep sake.

Items to the recycle centre



Transport to our events or somewhere else



Legal Advice



Help putting up Curtains or taking them down to wash....

Changing a light bulb



We have many people offering Tutoring with many subjects at exam level, help learning a Trade, languages or just general knowledge – literacy and numeracy help available too.



News from our corporate members:



Illuminate Charity

First Steps to Confidence 19th July 2016

How about a confidence boost?

Illuminate is a Cambridge based charity and we aim to build confidence, raise self-esteem and enable change in everyone we work with. We do this through our programs, workshops and coaching.

If you are over 18 (no upper age limit) and not currently in work, then you can join our FREE One-day workshop in Huntingdon.

This is an informal and enjoyable day with no essay writing or role play. The course is free of charge.

You will leave feeling and thinking more confidently, having learned some tips, techniques and ways to feel more confident.

We are offering an informal and enjoyable workshop that includes: -

- * The steps to make changes in your life and how that builds confidence.
- * Identify your strengths and your next small steps.

Join us on Tuesday 19th July 2016

10am to 2.30 at the Maple Centre, Oak Drive, Huntingdon PE29 7HN

If you are interested or have any queries or would like to receive our short application form, please contact us - **Sam 01223 520124 or Maria 07974 952 724 or info@illuminatecharity.org.uk**



Home Start

Home-Start Cambridgeshire's aim is to give every child the best possible start in life. We recruit, train and support volunteers who visit families on a weekly basis for up to six months to offer emotional and practical help.

Families with at least one child under 5 who are going through a difficult time are referred to us for a variety of reasons such as mental health issues,

disability of the child or parent, post-natal illness, multiple births or isolation. Referrals come from health visitors, GPs, family workers and many other professionals. Families can also self-refer. Home-Start coordinators place each volunteer carefully after assessing the family's needs and regularly supervise the volunteer to ensure that the intervention is progressing well and to offer further support when necessary.

One of the benefits most often commented on by parents is the fact that our staff and volunteers offer non-judgemental support, which makes a huge difference to parents whose self-esteem and

confidence levels are low. Building confidence, independence and resilience to enable families to face the future are central factors in Home-Start Cambridgeshire's ethos.

If you would like some support with your family and have a child under 5, please contact the St Neots Home-Start office on 01480 700242. We would also like to hear from anyone in the local area who would like to be a part of our fundraising group.



Don't forget your hours can be exchanged for Spice Notes



Use vouchers for admittance to enjoy many activities and venues such as Leisure Centres, Cinemas, Falconries, Art Centres even further afield Tower of London, St Pauls Cathedral or the Blackpool Tower. See our website for all local places to exchange your notes in St Neots. www.stneotstimebank.org.uk

Check out www.justaddspice.org for copies of catalogues in other parts of the Country – places to visit when on holiday.

like our **Facebook Page** It would be good to hear from you
<https://www.facebook.com/timebankstneots>

and tweet us at <https://twitter.com/StNeotsTimeBank>



Also check 'Streetlife' for our events.

And our website www.stneotstimebank.org.uk



or email: time.volunteers@outlook.com

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



See website for other organisations that have helped us over the years.