

SPICE CREDITS - HOW IT WORKS

You have probably seen examples of the help that Timebank members ask for in our Newsletters and e-mails. In fact, it is always worth asking, no matter how strange a request, as we have even sewn lights on a jumper for an event and knitted a Doctor Who scarf. Usually someone will help. Most importantly, you also need to ask for help as well or Timebanking doesn't work.

Spice Credit systems work on a simple hour-for-hour basis: for every hour you give helping someone in your community you can either use that hour to get help yourself from another Timebanker, or you can exchange it for a Spice Credit note, which you can then spend on an activity of your choice.

One Spice Credit note is equal to an hour of your time given. You earn an hour helping someone and then you can exchange that hour for a Spice Credit which is equivalent to money, they never expire and don't cost any money.

You can spend your Spice Credits with a diverse range of fantastic partners across the UK who offer everything from swimming, to cinema entry, or to learning a language. Plus, carers or support workers are given free 24/1 entry when they accompany anyone who has earned Spice Credits and needs a bit of extra assistance (Please call the relevant venue before visiting, they will be happy to help).

There are catalogues featuring the areas of the country where Spice Credits are accepted and can be exchanged. When you decide which area you wish to visit (you don't have to stick to the East of England, being our local area), Other areas accepting Spice are: London & the South East, North West England, South West England, South East Wales and North West Wales: please contact the coordinator and a relevant copy can be emailed to you. Venues include an assortment of entertainment and leisure: Art, Theatre & Music, Culture & History, Learning & Skills, Play & Recreation, Health & Wellbeing, Leisure & Sport, Trips and Events. See www.justaddspice.org.uk The coordinator can also give you an update of how many hours you have to exchange.

PLACES ACCEPTING SPICE CREDITS IN ST NEOTS

also see our website: www.stneotstimebank.org.uk

A New Sport 'Footgolf' at St Neots Golf club: 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)! Just bring along a football or hire one from the golf shop for a £5 deposit and have a go!

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 and pay with Spice Credits! So if you're keen to improve your IT skills, learn to cook, or even take up a new language – take advantage.

Wyboston Leisure Centre - Life's Wyboston Lakes Health and Leisure Club offers swimming, saunas and fitness classes galore and soon, you'll be able to spend an hour accessing any of their facilities for 1 Spice Credit.

Beautiful Swagger - For all those budding crafters among you, you are able to access weekly crafting workshops. Why not pick up some needles and yarn to give it a go? And pay with your Spice Credits.

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!

Cambridge Corn Exchange – Later this year, Cambridge Live Trust, the charitable trust now running the city's great entertainment venues, will be offering tickets to selected shows at the Cornex for Spice credits.

Crafty Monkey - 12 Moores Walk, St Neots, Between Argos and Barclays.

One Leisure - You can now spend 1 Spice 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.

St Neots Museum – Our lively local museum tells the story of our busy market town, from prehistoric times to the present day. Their displays tell our story with a fascinating selection of photographs, objects and hands-on activities. One Spice Credit to visit the museum (for non-locals) or for a child entry to a Family Activity (one per family).

The offers in the brochures are provided by businesses, councils and community groups. They do not receive any payment for providing these opportunities. We think you'll agree that's rather nice of them, so please let them know if you enjoyed their activity, and feel free to tell them how you earned your credits. If you have problems with any of the opportunities listed, get in touch with the coordinator straight away so we can chat to these partners and iron things out. We do not provide the services and activities where you can earn Spice Credits or the activities where Spice Credits can be spent, and so we accept no liability for the quality, adequacy, availability of any such services or activities.

