

"Hello Members:



**Pamper Yourself
for Autumn**



**Head and Neck
Massage**



Reflexology



Just £5 a session

**Also Stalls selling those luxury pampering
goods, plus refreshing health smoothies,
Tea and Coffee**

Saturday 3rd September 2016
11.30am till 1.30pm
St Mary's Church Hall, St Neots

Help given/requested recently:

*Glued a draw back together, cut the grass, helped with IT skills, Auditing,
Lifting boxes, sewing/Altering some jeans, Pain management, Ironing,
Plastering, Car repair diagnosis, Helping to Move, House cleaning.*

Plus helping with fundraising at the Dragon Boat Festival.

138 individual members, 16 organisations = 4,067 hours of help !!



Survey Results

I would like to thank those that have completed our survey - I can confirm that 31 members took part - Although I thought this was disappointing - I'm told that's a good % for a Survey. **Still time if you wish to be included.**

- 1) We need more men !!! - only 22.58% of the total number are male.
- 2) Age is evenly spread - 25 - 44 - 25.81%, 45 - 64 - 35.49% Over 65 - 38.7%
- 3) Most people joined to give help, 2nd to receive it and lastly for the social side of it.
- 4) 67.74% have requested help and only 32.26% haven't - we need more people 'asking' for help to make the TimeBank work efficiently. So please ask.
- 5) 100% of people stated that there was nothing they couldn't do their selves.
- 6) It worries 28.57% how they can repay hours - no need, no time limit.
- 7) 25% of members were unaware that in some circumstances we do not expect hours to be repaid.
- 8) 85% were very happy with the outcomes - just 3 complaints in 4 years and they were for known reasons and unavoidable.
- 9) 100% enjoyed helping others.
- 10) New Friends and Mindfulness have been the most popular social events.
- 11) Other activities requested are a Geography course, Craft evening or a quiz
- 12) Everyone reads the Newsletter
- 13) Everyone enjoys the Newsletter and find it interesting.
- 14) Several people are interested in writing for the Newsletter in our New Section.
- 15) 88% are not fully aware of Spice Time Credits. (My first task is therefore to explain in more detail !!! - see additional attachment with this Newsletter)

NEW FRIENDS – continues 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 as well. 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 **16th September, 14th October & 18th November 2016.**



Join our sing song evenings

Starting on **26th September 7pm at Tesco's** and the 4th Monday of the following months

First night is a get together to discuss what you would all like the evening to be, so don't miss out, if you love to sing... Let us know.

SPICE CREDITS HOW THEY WORK

See separate document with
this Newsletter with a full
explanation



Fun with Cards – 2nd Monday of each month

It was very disappointing that the number attending our card evenings fell dramatically. The saying ‘use it or lose it’ came to mind. However, since then several more people have registered their interest. Consequently, we will hold our next Card evening on **12th September 2016 at Tescos 7pm.**

Just had to share this with you:

I purchase the TimeBanks ink Cartridges from Cartridge people and have done for years with nothing but satisfaction until last week – I had a faulty cartridge. I went on their site and sent a message for an address to return it. In under 2 minutes my phone rang and it was a CSA from Cartridge people full of apologies and info that a replacement was on its way and to dispose of the faulty one. What other organisation takes action that quickly? **and sells cheaper inks WELL DONE CARTRIDGE PEOPLE.**

Help us raise Administration funds and you can benefit from buying these bargain inks too. Originals and Compatible at a much better price.

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

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

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



Christmas is coming

We're already taking advantage of an event, as it will definitely take some time to prepare.....

We've booked a place at the **United Reform Church's**

Christmas Tree Festival

1st- 4th December 2016

We would like to enter a tree covered with decorations made by our members, TimeBank related or just attractive and seasonal.

Will you Help us? – if so, start making tree ornaments and book your hours.



News from our corporate members:

We would like to welcome Riverside Miniature Railway Club and WASPI as our latest corporate members



The Riverside Miniature Railway Club has put a proposal together which would offer a family-friendly attraction, but also a solution to the overgrown site in the town's Riverside Park.

Ivan Hewlett, who started the club in April, said that if the railway was given the go-ahead it would provide a benefit for the community and visitors to the town. The club is already growing in strength with over 20 members already on board and more are welcome, the club is fully inclusive and jobs will be found for anyone interested whatever their particular area of interest or aptitude.

"It was my idea originally as I have been involved with miniature railways for more than 30 years, but since we moved to St Neots I thought it is something that would be nice to set up in the town," Mr. Hewlett said.

The railway will be run on a not-for-profit basis by a group of volunteers from the club and will offer rides for an initial fare of £1 to children and adults.

"It is hoped that the project will develop over time to provide an attractive and fun amenity for our town and the wider district," Mr. Hewlett said. According to the group, any extra funds that are not needed for the railway, at the end of each year, will be donated to youth organisations in St Neots.

If the proposals are approved by HDC then the first stage of the development, which is likely to cost £20,000, will be a 300-metre long running track with a station, made from a shipping container. "Notwithstanding issues with the planning process the club hopes

to start development on the site a level where we are able to offer rides during 2017," Mr. Hewlett added.

The second stage of the project could see the line extended to 600 metres with money coming from rides and donations.

Mr. Hewlett told The Hunts Post that he also hopes that there will be a longer ride available, at a distance of 1.2 kilometers which will be coined the Eynesbury Giant.

Along with the track and the station there will also be picnic tables and a workshop within the station for the club. Mr. Hewlett has submitted outline plans to HDC and the matter is also being discussed by St Neots Town Councillors.



WOMEN AGAINST STATE PENSION INEQUALITY

Are you affected? – were you born after 5th April 1951?

Waspi is an action group that was formed by five ordinary women, in April 2015, who are personally affected by the changes to the State Pension Age and wanted to do something to address this inequality.

The 1995 Conservative Government's State Pension Act included plans to increase women's state pension age from 60 to 65 so that it was the same as men's. WASPI agrees with equalisation, but does not agree with the unfair way the changes were implemented.

Because of the way the increases were brought in, hundreds of thousands of women born in the 1950s (on or after 6th April 1951) have been hit particularly hard.

Significant changes to the age we receive our state pension have been imposed upon us with a lack of appropriate notification, with little or no notice and much faster than we were promised – some of us have been hit by more than one increase. Women have been telling Waspi that their retirement age has been increased by 4, 5 or 6 years and they didn't even know about it.

If you, or someone you know, has been affected by these changes to retirement age – please tell them about Waspi. As well as the Nationwide Waspi group – there are local groups setting up all over the country. Waspi have a website – www.Waspi.co.uk. Here you will find out all about WASPI and the progress they have made since their origin in 2015 and the ongoing fight for fair transitional arrangements.

We have now set up a local group for Huntingdonshire. You will find us on our Facebook page "Huntingdonshire Waspi Supporters Group". We have over 60 members and would love to hear from anyone who has been affected and would like to join our group. We have had our first two meetings and would love for more members to come along. Register your interest on our Facebook page - If you're not on Facebook, please email Heather at Huntingdonshirewaspi@gmail.com, or come along to meet us on the Market Square, St Neots on 16th September 2016 and learn more about this, also to sign our petition.



Heather and Debbie

Take a look at **OUR NEW SECTION:**

This page is for members to send in their articles - about any subject you think others will enjoy reading... talk about your hobbies, your work your life and/or your thoughts and views about local things, a few lines or full page.



Terry is our first member to share information that is helping him.....

Hello Timebankers

My name is Terry, I'm the hirsute good looking bloke with glasses and I'm a "Deafie"

Figures show that nearly three quarters of people over the age of seventy have some form of hearing loss. Are you in that group, or is your wife, husband, partner or friend telling you that you are?

1) Do you have difficulty hearing other people clearly, misunderstanding what they say especially in group situations? 2) Do you find that you ask people to repeat what they say or say pardon a lot?

3) Do you have the volume of the TV/Radio higher than other people?

4) Do you have difficulty hearing the doorbell, telephone, find it difficult to tell where the sounds coming from?

5) Do you often feel tired or stressed from having to concentrate whilst listening?

FACT: All of the above are symptoms of hearing loss. They also mimic common dementia symptoms. Doctors often mix them up. If you think, or are being nagged, that you have hearing loss then ask your Doctor to refer you for a hearing test. This can be done at Hinchinbrooke, Adenbrookes or Specsavers in St Neots. Specsavers are the administrative providers of hearing services in Cambridgeshire. YOU DO NOT HAVE TO BUY A PRIVATE HEARING AID FROM THEM. NHS HEARING AIDS ARE STATE OF THE ART AND ARE AS GOOD IF NOT BETTER THAN ANYTHING YOU CAN BUY AND THEY ARE TOTALLY FREE.

I have severe high pitch deafness. I cannot hear consonant sounds like pbm and so words are very unclear to me. My new aids have a microchip that can process a million actions a second, seems unbelievable. So now I can hear more sounds that I could not before and they have background noise filters so if I go into a pub that is noisy they will reduce that noise in less than a second and if I then go into a quiet area they will react again to the noise levels. I was over 50 when I first heard birdsong, a blackbird, but have only heard sparrows and my squeaky shoe since July. Hearing aids are not like glasses, you need time and a bit of patience to get used to them. Your brain will be hearing sounds that it has not heard for long time or never and it will eventually cut out the sounds it does not need and let the ones you need through. Remember the reward, No more 1 to 5 problems. Which brings me to the strange stigma about hearing aids. People wear glasses and they can be a fashion statement yet many men and ladies too will put up with the loneliness, isolation and loss of confidence that deafness brings and not have better hearing. DO NOT BELIEVE THE ADVERTS THAT TELL YOU THAT IF YOU HAVE A HIDDEN HEARING AID YOU DON'T HAVE TO TELL ANYONE YOU HAVE HEARING LOSS AND UNLESS THEY ARE HIDDEN PEOPLE WILL NOTICE THEM.

My aids are large pink behind the ear with a red mould in my right ear and a blue in my left and even when wearing my "DEAFIES HEAR HARDER" T shirt you know what? Very few people ever notice.

Did you know that if you wear hearing aids you are considered to be disabled?

1) You can get a free home fire risk assessment from the local Fire Brigade and in most cases they will fit free smoke alarms. You can also get VAT free doorbells, phones and other equipment through various companies. Cambridgeshire Hearing Help, see below, will give you advice.

2) For £20 per year all disabled people can get a third off all rail fares. They also do two for one offers. You need to show or photocopy the first page of your hearing aid book.

3) On August 1st the "accessible information standard" became law in England. That means you MUST be provided with support if you need NHS care or publicly funded social care.

MORE NEWS: 1) The BBC (at last) is improving its subtitling service. This will mean that live programmes and news will be in sync and not be about five seconds behind which is very irritating.

2) Cambridgeshire Hearing Help have been holding monthly sessions at two Doctors surgeries for many years.

Eaton Socon Health Centre is the 3rd Friday every month 2pm to 4pm.

Dumbelton Centre (near Tesco's) is the 1st Friday every month 2pm to 4pm.

You MUST take your hearing aid book. They will clean, re-tube. supply batteries and help. They cannot repair aids.

3) If you show your book at Eaton Socon (not sure about Dumbelton) or Specsavers they will supply you with free batteries.

That's it for now but remember if you keep your hearing aids in a draw your ears can't hear them! We are a deaf family, all four of us, so we have a wealth of knowledge. If you would like to talk to me or need emergency tube replacement, please contact me on terlyn1@btinternet.com or contact Georgina.

A bloke goes to his Doctor and says "I think I'm going deaf". His Doctor says "What are the symptoms" The bloke says "They are a yellow family on Sky TV", what's that got to do with it?

We'd also love to hear your views on this new section

The Daily Jobseeker article on the documentation released by the DWP promoting timebanking and Timebanking UK. Timebanking UK are working closely with the DWP to help improve people's employability.

Time banking - help others and help yourself at the same time

Fancy spending an hour washing someone's car, doing some housework or gardening for them – and then getting that hour back from somebody else in a way that helps you? If so, time banking could be for you.

Time banking is growing nationally and can give you the chance to help others and help yourself at the same time. For every hour of time you give helping someone in your community you receive one time credit. You can then 'spend' that time credit when you need help from someone else. Best of all there is no regular commitment – you can choose when you get involved and gain time credits.

This could really help with your jobseeking as there may be time banking members that can help to give you advice with your job applications and CVs – or even to practice interview questions. Others may have IT skills they can pass on to you, or help you improve the appearance of your CV. There could be people who are self-employed who could offer ideas and advice if you are thinking of setting up your own business – or just someone you can sit and talk with if you feel your job search is going round in circles.

Don't feel you haven't got anything to offer as everyone can do something. You may not have some plumbing skills that mean you could offer to fix dripping taps, but you could walk a dog or two, help out at a local community event, there are so many ways to help. It could also help to increase your skills at some tasks, build your confidence with people and get to know them feel good about helping your local community. What's more, doing voluntary work like this always looks good on your CV.

If you are claiming Universal Credit or other benefits and are required to look for work for 35 hours a week, this can count towards that time – but make sure you speak to your work coach about it first.

Timebanking UK is the national charity that supports time banks.

- See more at: <http://dailyjobseeker.tumblr.com/post/139453975156/time-banking-help-others-and-help-yourself-at#sthash.tX5bFpnG.dpuf>



www.timebanking.org
01453 750952

TimeBanking UK is a support website for TimeBanks and they also provide St Neots TimeBank with our Data Base

LATEST 'Timebanking UK (TBUK)' Statistics

Total Hours exchanged across the UK: 2,874,082

Individuals: 39,017

Organisations: 5,251

Number of Timebanks in the UK that have signed up with TBUK: 288

(This is not the Total number of TB's in the UK – some are not registered with TBUK)



Pair of Roller Boots Size 8
Special offer, hardly worn
Interested?
Free to Collect – St Neots

'Like' our TimeBank **Facebook Page** It would be good to hear from you

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



St Neots
COMMUNITY & BUSINESS
AWARDS 2015

<https://twitter.com/StNeotsTimeBank>

Check 'Streetlife' for our events.

and our website www.stneotstimebank.org.uk



or email: time.volunteers@outlook.com

Phone 07590909057

Please, tell your friends and neighbours, everyone could benefit in some way or another and everyone's welcome



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