



ST NEOTS TIMEBANK

NEWSLETTER – November 2014

Covering: St Neots Town, The Eatons, The Paxtons, Eynesbury, Eynesbury Manor, Priory Park, Croxton, Loves farm, Papermill, Knights Park and the Offords

WHAT'S NEW ?

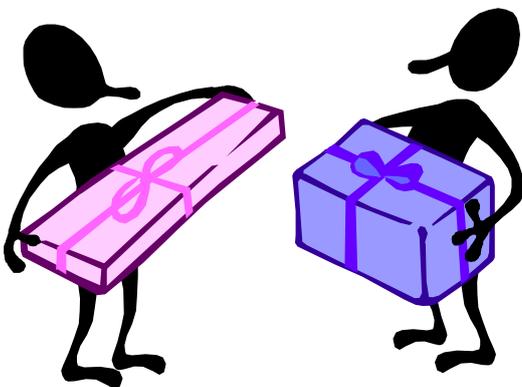


TimeBank has been approached on several occasions over the year with furniture and items that are no longer required. We have passed a great deal on to Paines Mill:

Paines Mill Foyer is a former mill in St. Neots, Cambridgeshire. It provides affordable accommodation for up to 19 young people between 16 and 25. Specialist staff is on-hand to help residents develop independent living skills, while offering support and advice about work and training opportunities. Each resident has their own furnished bedroom with access to shared communal facilities. There is a Skills and Development Centre, run by [Axiom Academy](#), which provides a wide range of courses including accredited and non-accredited IT courses as well as skills for life. The project also offers emergency accommodation. Access to this service is by way of referral from Huntingdonshire District Council housing team. Paines Mill also has six move-on rooms for those residents who are ready to make the next step towards independence.

However, this has prompted me to think that some people have unwanted items and wish to get rid as they are in the way - making more space or just room for a new item. Someone else may love to have these items.

Therefore a 'NEW' page has been set up on 'our website' with items that have been donated to the TimeBank or items to sell at bargain prices. This page can be found in the Members section. Any items for sale are a transaction between members. The TimeBank does not receive any money from this venture.



If you see something you are interested in contact Georgina on 07590909057 or if you have something to add to the site please send photo and details to timevolunteers@hotmail.co.uk or our web email info@stneotstimebank.com



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Top TimeBanker



This is Lenny our top TimeBanker – he was one of the first people to join St Neots TimeBank, just over 2 years ago, in that time he has been called ‘a gift from heaven’ – ‘with a heart of gold’ – ‘wonderful’ to name a few. Whilst already helping people that he knows he has managed to run up an extra **204 hours** of volunteering with the TimeBank - 52 of these were building a summerhouse from a flat pack for a deaf and partially blind lady. Apart from a small request for help with his computer he has never asked for anything. It was then only natural for me to include him in my advisory group. A BIG thank you Lenny from all the people you have helped – gardening, DIY, building – nothing is too much trouble.
A BIG Thank You from me too.

Fame comes unexpectedly

Richard and Clair, our web man and Admin Assistant had an idea..... Clair realized that many Mums were unaware of local places to take their children to play. From this



they designed a black and white picture map of Clair’s favourite places. They approached TimeBank for advice on

promotion – none of us expected the result of it going ‘global’ – town, district and County Council thought it a great idea. It was named ‘Colour my Park’ as well as being helpful to Mums, the children can also Colour it. This was launched on Saturday at the ‘Big Draw’ held at Pocket Park.

I have a feeling this will be the first of many varied ideas that this couple have.

Congratulations to you both – TimeBank is proud to have you as members.

HELP across the TIMEBANKS

Cambourne TimeBank

Held a charity Event for

Cancer Research & Organ Transplants

A request was made to St Neots TimeBank to ask members for help to make cakes to be sold on the day. Four Members rose to the challenge and the quality didn’t let us down. Well done Delphine, Natalie, Emily and Terri.



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Meet Emily and what she has achieved



The theme of our last Coffee morning was **Disabilities and Dementia**.

One of our TimeBankers, Emily from Papworth, had qualified to talk about Dementia to bring about a better understanding.

Emily expressed how useful it had been....."It was really nice to talk to people afterwards who had personal experience of caring for loved ones living with dementia and to have helped their understanding in some small way. One lady wants to go on and do the dementia champions training which is brilliant"

What is it like to live with dementia? What can we all do to make life a bit easier for those in our community living with the condition? These were some of the questions we looked at during a talk at our last coffee morning. The talk was based on the Dementia Friends initiative, a social action movement led by the Alzheimer's Society as part of its work to create Dementia Friendly Communities.

'Dementia Friends' has set a goal to reach one million people by 2015 to raise the awareness of the condition. I'm pleased to say we've already

progressed in St Neots by creating 18 new 'Dementia Friends'! and 5 more groups have already booked a talk. The five key messages we took away with us were:

- Dementia is not a natural part of ageing – not everyone who grows old will develop dementia, and not everyone who develops dementia is old. People as young as 30 have been diagnosed with the condition.
- It is caused by diseases of the brain – Imagine the brain being connected by strings of fairy lights; dementia causes the lights to flicker or dim or go out completely, and for each person this will happen in a different order and different 'lights' will be affected.
- It's not just about memory loss – other functions are also affected like motor skills (it might be hard for a person with dementia to use a knife and fork)
- It's possible to live well with dementia – people with dementia may still be able to work, drive and have relationships, with support and understanding from those around them.
- There is more to the person than the dementia – when you have met one person with dementia, you have only met one person with dementia; each person will have a different experience and we must all look beyond the disease and give each individual the care and support they need to live as well as they are able with the condition.

There are many of us who are affected by this condition in some way or other, because of family members, friends and loved ones who have been diagnosed with dementia. With the information from this session, the hope is that we can spread a better understanding about how we can best help them to live as full a life as they can.

For more information, take a look at: <https://www.dementiafriends.org.uk/>

The Coffee Pot Memory Café

Following the withdrawal of the Alzheimer Society from a memory cafe in St Neots, Rotarians and local volunteers undertook to run the cafe.

The Rotarians and volunteers administer and organise the cafe within the terms of a Rotary organisation titled 'Rotarians Easing Problems of Dementia'. The cafe is called 'The Coffee Pot' its objective is to provide an informal meeting location for persons suffering from dementia accompanied by their carers.

The Coffee Pot is a walk-in cafe providing:

- an informal setting where visitors have a cup of tea or coffee and cake
- a location where they meet others in similar situations to talk and share information.

We meet on the second Wednesday of each month from 11am to 12.30pm at the Methodist Church Hall, Berkley Street, Eynesbury, St Neots. Car park space is available

For more information please 'phone **01480 395979** or **01480 477358**.

Other specialist provision: Visitors are accompanied in all cases and at all times by their carers. Wheel chair access is available.

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Hosting Regional & County Meetings

St Neots TimeBank proudly hosted **Timebanking UK's** Regional Meeting (as mentioned in our last Newsletter). It was a great success with 17 people coming from Cambridgeshire, Bedfordshire and Hertfordshire. Kaaren from **Timebanking UK** TimeBanking UK lead the meeting and supplied a lot of useful information, unfortunately the 'Time & Talent' show casing did not take place due to the weakness of the Broadband signal at the Priory. However everyone found it very interesting and pleased they had joined us. We will be hosting the next Regional meeting for this area in January/February.



Plus we hosted the **Cambridgeshire TimeBank Steering Group** meeting. This Group was formed by Cambridge County Council with representatives from all the TimeBanks in Cambridgeshire - St Neots, Cambridge, Littleport, Ely, Somersham, St Ives and Cambourne. It gives us all an insight into the successes and failures of other TimeBanks.



We are also a mentor to **Uttlesford**, talking with **Buckden** Parish Council and have helped **Waterbeach** – all setting out to start a TimeBank in their area - we are certainly making our mark amongst TimeBanks.

Computers Course for those that need a little help

St Neots TimeBank is organising an 8 week course on the use of computers and computer programs, for beginners and those that just have a few questions.

Learn how to use and understand computer programs. Maybe you just need the odd tip or there may just be the one thing that you are uncertain of using or you may need help to start from scratch we'll cater for all. You tell us what you need to know.

We will be holding this course once a week on a Monday evening 7-9pm. We have booked the new community room at Tesco's, they also have some computers to work with, however if you have a lap top then please bring it along.

There is NO CHARGE for members.

TO TAKE ADVANTAGE OF THIS OFFER call the Coordinator 07590909057 or email timevolunteers@hotmail.co.uk



A TimeBank only works efficiently when you **'TAKE'** as well as **'Give'** So Ask!!!!

WHAT CAN WE DO FOR YOU?

Just call and tell us and we'll try to arrange it



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BBC Children in Need Appeal

The Children in Need Night is held annually in the middle of November. This BBC U.K. charity raises money to provide grants to U.K. charity groups that help disadvantaged children. The first televised Appeal Night telethon took place in 1980.

The Appeal show, broadcast on BBC One, provides an entire evening of entertainment by popular celebrities who do music and dance numbers, skits, comedy routines and other performances to raise money. Citizens and businesses pledge donations, and according to the BBC, all money raised goes toward providing grants. The BBC states that all event costs are paid through Gift Aid, a U.K. tax program allowing charities to reclaim tax on donations and investments.

This is the theme of our next coffee morning

– raising money for Children in Need

Saturday 1st November at Church Walk Day Centre. 11am till 1pm.

There will be Large games and old games for children and adults to have fun plus as always a free cuppa whilst you chat and enjoy the company.

All money collected will be sent to Children in Need.

Fancy setting your own challenge, we'll help you achieve this, too.



I urge you to consider giving a donation for **CHILDREN IN NEED** – this is a charity close to my heart and I can personally say it does work – in 1983 James and I initiated a campaign against 'Solvent Abuse'. We set up a helpline for users and also to make people aware, this was after a member of the youth Club we organised died from the habit the very first time of using. We appealed to the BBC and were successful in receiving the money to purchase a TV and Recorder to help with the informative talks we gave to the Police, Nurses and Schools as at that time there was very little known about this habit. The organisation went on and formed the beginning of the current organisation 'DRUG LINK'

Contact the coordinator **Georgina** on 07590909057 or 01480 404184

Please, tell your friends and neighbours

Everyone can benefit and **everyone's welcome**

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CHRISTMAS IS NEARLY HERE



We have booked the Nags Head for 7pm on 19th December 2015 for members to join us for a Christmas Dinner together and to meet other members. Cost will be no more than £17.95 per person; with an extensive menu and 3 courses (as previously emailed) **it's the last day or two to book your place.** Deposit the week after. *Don't miss out, hope you can make it.*

December 6th – Christmas Fair

We have booked St Mary's Church Hall, St Neots for this event from 11.30am till 3.30pm. This is a joint event with TimeBank and EVA.

If you have the skills to make cards, gifts, sweets or cakes and willing to do this for the event please email me. We would like this event to focus on the skills of our TimeBankers.

It will also focus on Eynesbury Villages yearly Community Award – who will it be this year? **Who do you think it should be?** Let EVA know

eva.voice@hotmail.co.uk

email: timevolunteers@hotmail.co.uk

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