



# ST NEOTS TIMEBANK

## NEWSLETTER – January 2016

Covering: 'St Neots' Postal area PE19

### Looking back at 2015

Reaching the end of 2015 prompted me to look back over the year and what an exciting year it has been for St Neots TimeBank. We will be 4 years old come March and our TimeBank Community is still continuing to grow. We are helping those who need help, can't do or just too busy to do. Most of all we continue to help those people that are lonely and would like a friend or help with a small job.

We have also expanded the area we cover to include anyone with a postcode of PE19.

We started a new page on our web site to sell items cheaply or give away donated furniture and other items however small in need of a new home. This has already helped many people and we hope that even more people will take advantage of it.



Several organisations have joined us - like the Food Bank, Healthwatch, Disability Huntingdon, Illuminate, Embrace, Sudbury Meadow, Switch Now, the Pightle and we also helped with a garden project at the Eatons Children's Centre.

Our Monthly Coffee mornings have covered a variety of themes - Fire Safety, Energy Advice, Gardening info with plants for sale, First Aid, a Table top sale, Book Day with three Authors Ryta Lyndley, Audrey Carrick and Georgia Rose and of course our Christmas sale and Prize Draw.

Monday evenings have been for people that needed help with IT problems or computer skills, sewing, knitting, crochet, these will return in the New Year with additional interests such as Keep fit and first aid.



We held courses for Yoga and Sign Language which were well attended and greatly enjoyed. We also had an evening learning about all the different types



of Fraud and how to avoid them, and a Mindfulness evening (soon to be repeated)

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[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
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Events organised were our VE Day celebrations which gave 50 elderly, lonely people a great time with seasonal refreshments and entertainment from the Merry Makers, Peppercorn singers and the Swingsters. It was also a celebration for one of our members Edith having her 65<sup>th</sup> wedding anniversary and my own 70<sup>th</sup> Birthday.



Spice Credits came to St Neots - exchange your hour of time for a Spice credit and you get free entry into many activities - some as far away as The Tower of London and St Paul's Cathedral or Fen's Falconry Wisbech St Mary's; check the web site for further places to visit

[www.justaddspice.org](http://www.justaddspice.org)



Hi-light of the Year was winning the Town Council award as 'Charity of the Year 2015' and The biggest shock for me personally as coordinator was becoming Mayoress of St Neots.

We formed an Advisory group of members a couple of years back and this has been a great success, I'd like to take this opportunity to thank the members for their continuous help and support. This year we have also formed an Event Team and already have some exciting ideas coming forward. If you would be interested in joining this group, just email the coordinator.

Funding is always a problem but this year we have been successful in raising enough funds to purchase a Computer of our own and funds to cover the cost of Insurance and General running costs. Town Council, Cambridge Housing, Luminus and Huntingdon District Council have all generously supported us. We also held a stall at the Town Councils Armed forces day, Farmers Markets, plus if you purchase inks from Cartridge People via our web site we get 10% of your purchase.



Cambridgeshire  
County Council



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Our coffee morning this month was a Christmas Bazaar with the draw of our Prize draw with first prize of a 'flight in a glider' which was won by Alberto seen here with our TB member Tony. The tickets were drawn by our local Mayor James Corley.



There were 17 other prize winners - all prizes had been donated by members and local organisations:

The Folk Club, Sweet Paradise in Cross Keys.

Iceland, in the High St (Market Square)

Hamilton's Greengrocers in Cross Keys.

Stephens Family Butcher in High St. (Market Square), One Leisure, Barretts, Tescos, Wetherspoons and Cineworld.



Recently it was announced that as we are members of TimeBanking UK (we also hold their charter mark) we have been accepted by the Department of Works and Pensions who will now be sign posting job seekers to join the TimeBank. This will help those that need help with writing a CV or any other advice regarding anything they are unsure



of, plus as members they can also take advantage of getting help with those jobs they can't do for whatever reason.

Some of the jobs done over the year included:

Moving furniture, clearing gardens, weeding, cutting grass, IT assistance, Lift to hospital, Painting, making cakes, massage, legal help, help filling in forms, bicycle repair, cleaning, rubbish to tip, fitted a hose pipe, cleaning, ironing, Pedicure, fitting a bracket, trimmed trees etc etc, even looking after chickens



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## Christmas at TimeBank

Apart from our Christmas Event and Prize Draw we annually celebrate the year and Christmas with an invitation to all members to our Christmas Dinner at the Nags Head, Eynesbury - once again everyone said how they enjoyed the home cooked meal and the company, people that rarely get out, those that have clocked up many hours and those that just want to meet others and share the companionship that the TimeBank offers.



## What we can offer

We have a new member Rachel who is happy to occasionally cook a meal for someone that is unable to cook for themselves. Don't be shy - ask if this applies to you. We also have members to bake a cake, maybe for a special occasion.



We have members happy to be a phone friend, change a light bulb or do some shopping, in fact there have been very few requests that we've been unable to help with. You name it we'll probably have someone to help. Repaying the help is easy too, you'll be surprised the number of things you could help with - just do it when you are able **there is no time limit to pay back.**

**nothings is too small if it helps? Unlike Banks you don't have to be in credit to ask**

For every hour you help someone you gain an hour of help for yourself in whatever skill you need or you can exchange it for a Spice Credit.

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

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



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