

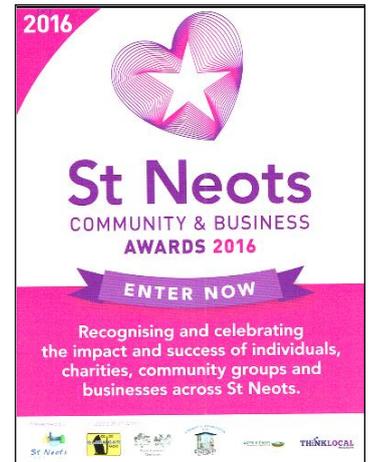


# ST NEOTS TIMEBANK

## NEWSLETTER – August 2016

Covering: 'St Neots' Postal area PE19

*"Hello Members: You may remember St Neots TimeBank being awarded Charity of the year 2015 by the Town Council. Once again we are reminded of this event. I unfortunately missed the occasion of winning last year due to medical reasons but it didn't by any means lessen the joy of being recognised as being a highly thought of charity helping so many people in the PE19 area. Our membership has grown since then to 154 members.*



### **What TimeBanking is all about:**

*Timebanking started in the UK in the 90s. It brings local people together to share their time and skills, helping each other. This helps members to live independently, tackle loneliness, improve their health and wellbeing, it's a way of identifying what your skills are, what is important to you, and what makes you, you, and links you with the community.*

*Everyone's time is equal, so for every hour a person puts into a time bank, they will get an hour back. It's about seeing what's available in the community and how you can exchange the things you're good at in return for help that you need." This Community skill share is all about defining people by what they're good at, rather than by their physical or mental health condition, or by what's going on in their lives – very busy or the reverse.*

*It's good for those who can't take on a regular traditional volunteering role, but who still have a lot to offer, an odd hour to spare and wanting to be involved and connected in the community. Unable to repay hours? Talk to the coordinator, we have ways round that too.*

***I also want to take this opportunity to thank those that have already taken advantage and helped others as well as themselves.***



*Despite a few hiccups including a short shower our **Community Picnic** was enjoyed by members. The venue was extremely pleasant, music was provided by the Pedal Steele Guitarist, John Davis which was enjoyed by most. Plus, having raised funding from our other events over the year we were able to offer the burgers, hot dogs and*

*salad for FREE which added to everyone's enjoyment.*

## Fun with Cards – 2<sup>nd</sup> 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 **12<sup>th</sup> September 2016 at Tescos 7pm.**



## Register to join our sing song evenings

The interest in this group has been excellent and is still growing.... So don't miss out, if you love to sing, register your interest now. The first evening will be to get together to discuss what you would all like the evening to be, this is on **26<sup>th</sup> September 7pm at Tescos** and the 4<sup>th</sup> Monday of the months following.

**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 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 19<sup>th</sup> August and 16<sup>th</sup> September 2016.**



## Emergency First Aid at work Course

Due to lack of response to this course over a 6-hour session we are now offering this over 3 x 2-hour sessions to be held at Tescos community room 7.30pm till 9.30pm on Thursdays 25<sup>th</sup> August, 1<sup>st</sup> and 8<sup>th</sup> September 2016.

This course is FREE to members only charge would be if you required a certificate at £15 (cheaper than the usual charge)

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

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](http://www.stneotstimebank.org.uk) see this 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**





**BIKE DAY update** –following on from our Bike day we had a request for a puncture to be repaired. We were so pleased to receive a thank you from the youngster for the help given. Just one of the things that makes TimeBanking so rewarding.



We've also delivered leaflets, helped with house work. Cut the grass, plastered some holes, given a lift, sorted IT problem, cleared a garden and all in this last week.

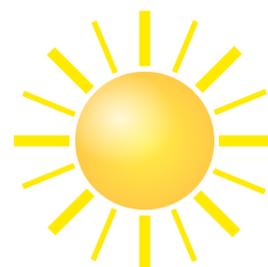
**Now's the time to think about your gardens, especially while you are away on holiday.....**



Someone to water your garden so it's still fresh when you get home



Someone to keep eye and check no post or papers left poking out the letter box.



or milk left on the step.



Someone to cut the grass



Someone to buy the essentials ready for your return

Even someone to feed and care for your pet, maybe even a hamster.



It's time that the TimeBank finds out more about it's members – so we are circulating a 'survey' to all members.

I'd appreciate it if you could complete this and return it to me. Your comments will be taken seriously and any changes or suggestions for the better will be implemented. This will help us to make the TimeBank sustainable.



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

**“4 Hours help given – exchanged for 4 Spice notes .... This gets a family of 4 into One Leisure to swim and no money changes hands”. That's a great deal !!!**



That's just one of the venues available - Cinemas, Falconries, Art Centres even further afield Tower of London, St Pauls Cathedral or the Blackpool Tower. See our website for all local places where your notes can be exchanged.

[www.stneottimebank.org.uk](http://www.stneottimebank.org.uk)

Check out [www.justaddspice.org](http://www.justaddspice.org) for copies of catalogues in other parts of the Country – places to visit whilst on holiday in England.

**Contact the Coordinator to exchange your hours for Spice notes.**

**Just a phone call and collect - It's that easy!**

# News from our corporate members:

Healthwatch Cambridgeshire is your local health and care champion.

There are lots of important conversations happening at the moment about the future of our local health and care services. It is our job to make sure you are listened to when decisions are made. We are there to ask questions on your behalf. Some of the conversations we've been involved in recently include:

- Hinchingsbrooke Hospital merger
- Care at Addenbrookes and the Rosie
- The future of older people's health care and adult community services
- Children and Young people's mental health
- Crisis mental health care
- NHS 111 and out of hours GP care

We have also published '**Thriving**', our report into children and young people's mental health.

We wrote '**Thriving**' to help make sure children and young people are listened to by local commissioners and providers. They are using it to help redesign children and adolescents' mental health services.

## Talk to us.

We need to know how health and care is working in Cambridgeshire **for you** and the people who are important to you. We will listen to your experiences and share them with the people who make decisions about local services, without identifying you.

## We also provide an Information Service and can help you find out about:

health and social care services near to you  
what to do if you have a concern or complaint  
organisations that can give you help or advice

We are always happy to talk to local groups and attend events, so please do invite us.

Contact us [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk) or call **01480 420628**.



Healthwatch Cambridgeshire follow us



@HW\_Cambs

like the TimeBank **Facebook Page** It would be good to hear from you

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

<https://twitter.com/StNeotsTimeBank>

Check '**Streetlife**' for our events.

and our website [www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)

or email: [time.volunteers@outlook.com](mailto: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.