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To:

Welcome to Our Spring Cambridgeshire Timebank Newsletter

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Welcome To Our Spring Edition!



Photo taken at TAKE HEART community event, raising over £300 for British Heart Foundation

Welcome to the spring edition of the Cambridgeshire Timebanking newsletter. We have lots to share with you, including David's Top Tips on running a successful Timebank, Rama and her crochet club in Littleport and an update on Time Credits in Wisbech. We have been popping along to many coffee mornings to find out what exchanges have been happening, and would like to share this film with you. [Click Here](#)




Spotlight: Ramas Story


Being part of the Littleport Timebank has helped me in so many ways, I have connected with people in my community, and now feel like I belong to the area I live in. Getting to know my community has helped relieve some of the fears I had. I have taken part in Timebanking activities such as leaflet dropping, which has given me regular exercise and helped with my depression. I have received help from the Timebank to tidy my garden, I am not able to do this myself as I have problems with my heart. I have now planted marigolds and courgette plants and I am looking forward to seeing them grow. In return I have been teaching people to crochet and knit and I have recently set up a crocheting club



Hot Off the Press: A Credit to Wisbech!

The Time Credits initiative in Wisbech continues to grow, with over 100 members and more organisations joining the programme. There's been some great earn opportunities, including a Time Credits member answering a last minute call to step into Santa's shoes at the Orchards primary school, earning himself credits in the process. Spend opportunities are also developing, with the New Vision Fitness

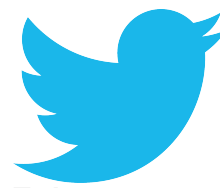
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Top
Tips

David's Top Tips For A Successful Timebank

Keep engaged with new members, when someone has just joined or is interested then they need to feel 'loved'. At the Freedom Club Time Bank we always meet up face to face (with coffee and cake of course). Then get the appropriate checks done quickly and get an exchange going swiftly! – Even if you have to be there, it is worth it to keep up the momentum (plus more opportunities for cake and coffee!). Finally be upfront, ask how many hours does the new member want to exchange per month, and plan accordingly.



Twitter

Keep up to date with all the news from the Timebanks across Cambridgeshire, follow us on Twitter @timebankcamb. We post lots of video blogs, share stories and help promote the work of the Timebanks across the county .



Timebanking UK

Timebanking UK are running an

at Anchor Court, I was amazed at how many people showed up!

Centre now extending their Time Credit offer to include peak time gym sessions.

introduction day, in London. This is the ideal time to find out more about Timebanking and Timebanks.

The day is open to all, it is a 3 hour session and will impart the key messages on Timebanking and what you need to consider before starting up your own Timebank .

When: Monday 14th April 2014.
From 2.00pm to 5.00pm.
For more info [click here](#)

Parish Meeting

Following on from the Parish Conference in December 2013, Somersham Timebank Coordinator Lucy Bird was invited to present at a Parish meeting. The event was well attended with Parishes keen to hear more about the benefit of Timebanking. Watch this blog post where Lucy explains more about the evening [Click Here](#)

Interested in Timebanking in your Community. Are you a Parish Council interested in having a Timebanking in your village? Are you a community group who thinks Timebanking can help bring your community closer? Are you a motivated individual who wants Timebanking where you live? Watch our video to find out more. [Click here](#)



At the start of the year CHS was successfully awarded funding from the Local Enterprise Partnership (LEP) to develop 'Enterprising Communities'. Working with many partners this programme is really taking shape, with lots of courses being offered to Timebank members and opportunities to receive advice from local businesses.



Littleport

Littleport Timebank have set up a new 'befriending' scheme with Anchor Court (part of Sanctuary Housing). Stephen, our Timebank Ambassador undertook the first meeting with a resident today and at the time of going to press, it was deemed a triumph! This is just the start of lots of potential matches between Timebank members and elderly or isolated residents.



Cambourne

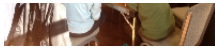
Timebank members came together for our TAKE HEART Community event, raising over £300 for British Heart Foundation and showcasing our varied Timebank Skills to the local community. Spring Gardening, walks, accessing the internet, volunteering to help at Arts Events, encouraging the local International group members and young parents to join the timebank along with helping to connect and signpost older people to services are all planned next..... Inspiring stuff!



St Neots

We had our second Anniversary in March, the Timebank has grown so much, we have gone from 40 hours of exchanges to just under 700 hours, a great achievement. We now have 60 members and several in the pipeline. We proudly display the Timebanking UK charter mark for excellence and we are reaching out to all ages of the Community.





St Ives

Distributing 5000 leaflets and a story in the Hunts Post has attracted lots of interest and new members. 34 individual members and 7 organisational members with over 400 hours exchanged. We're excited to join the Cambridgeshire Care Card pilot scheme and a successful referral to Carers Trust. Recent exchanges include, a school choir singing at a care home, a successful IT Workshop at the Corn Exchange with 30 visitors and 6 skilled advisers and a member donating a Downy Birch tree to a school that is now proudly planted by the entrance.

The Freedom Club

We ran a hugely successful international event where members and the local community came together to share lots of fabulous food and learn new skills and crafts from different cultures. We are now getting ready for lots of gardening exchanges including patios and moving an allotment bed.

Somerham

We are celebrating reaching a fabulous 100 individual members! That is 100 people engaged in their community, making connections with others to achieve some wonderful things. Over spring our members have been knitting, gardening, learning computer skills, giving lifts, baking, shopping, massaging, walking, dog-sitting and sharing time together. It's hard asking for help, but when you've given to others it doesn't seem so difficult!

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Timebanking

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