

Everyone has something to offer, support your Timebank in 2016

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## Winter Newsletter

New Year, new challenge! We may be half way through January, but there is always time to start something new, and get involved with your local Timebank! Each Timebank has great plans for 2016, with events, trips and new clubs starting. As a partnership we have a fabulous fundraising campaign launching in early Spring, and we very much hope that you will take part and find your inner creative flair and remember, everyone has something to offer!

**[Click Here, and Sign Up To Our Newsletter !](#)**

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### **Poppy, tells us why she loves Cambourne Timebank.**

I have really enjoyed being a member of the Timebank; it has helped me meet more people in my community.

To earn Timebank hours I have visited people as well as helping at events. I helped at the Halloween fundraiser



### **Terry Joins St.Neots Advisory Board**

Terry a member of St. Neots Timebank suffered with depression, he joined the Timebank, and found the confidence to meet others and help with various DIY and gardening projects in the community. Terry is now part of

making wands with kids and designing posters advertising the event. I like going to the Timebank meetings to discuss new ideas and chat to other Timebank members. I have spent my Timebank credits on various activities like the roller-skating disco at the sports centre and going to a theatre production of 'Snow White and Rose Red'. I've had a good experience and I will continue to have more fun in 2016.

St.Neots Advisory Group and is a changed person. Georgina, St.Neots Timebank coordinator received an email from Terry saying 'Happy New Year, 2015 was the first year in over 35 that I did not have a major depression'. Terry's story really shows that with the support of the Timebank community it can have such a positive and life changing effect on someone's life.



### Cambridgeshire Timebanking on film!

A talented student Alex, from Cambridge Regional College gave his time to make a film for the partnership in 2015 as part of our Cambridge University's Festival of Ideas event. With interviews from Timebank members and coordinators and clips from activities and workshop, it really does give an insight into the impact that Timebanking can have on an individuals and a community. So sit back, [click here](#) and enjoy!



### Cambourne Celebrates Diwali

Cambourne Timebank members celebrated Diwali, the festival of light, in November. Shrobona Bhattacharya and her family organised the party to share knowledge about this Indian



### Littepics for Littleport!

Littleport members and the community have been keen litter picker-uppers over the last 18 months. With this in mind, members decided it would be

cultural event with local people. We were introduced to the meaning of the festival as a triumph of good over evil, light over darkness. Then we were treated to some traditional songs, prayers and dances. The women got a chance to try on saris and we all shared a meal of lentil dal and rice, followed by ice-cream. Darcy said 'we really enjoyed the opportunity to learn about the celebration and for Poppy and Flo to perform the dance.

worthwhile investing in our own sets (a grabber, rubbish hoop holder, gloves and hi-vis vest) and ask businesses and organisations to invest £40 per set. In return their logo would be printed on the hi-vis vest to show their support in this community project.

We have achieved 20 sets out of our target of 30, if you would like to help us reach our target email

[caline.easey@chsgroup.org.uk](mailto:caline.easey@chsgroup.org.uk) .



### Winter Warmth

Winter conditions can be bad for our health, especially for those aged 65 or more, under 5 years old, and for people who have an ongoing health problem.

Just some of the ways Cambridgeshire Timebank members give to their community in this cold weather, is by checking on neighbours and having a chat, helping with the weekly shop and picking up prescriptions. A little bit of help can make a huge difference.

[Click here](#) to read some simple tips about keeping warm and well this winter.



Timebanking UK

### Do you want to set up a Timebank, not sure where to start?

Timebanking UK are hosting an information day for people considering setting up a Timebank.

**When:** Tuesday 2nd February 2016.  
1.30pm to 4.30pm.

**Where:** Islington

**Cost:** £50 per place for organisations, free of charge for voluntary led and small community groups.

**To Book:** [Click here](#)

# Love talking rubbish?

Littleport is looking for volunteers to help spread the word about recycling within the community.

You don't need any experience or previous knowledge, you just need to believe that recycling is important, be friendly and approachable and be willing to convey your enthusiasm about helping the environment to others.

Full training will be provided.

For more information please contact the Education Centre team on 01223 815490 or email [wasteeducation@amey.co.uk](mailto:wasteeducation@amey.co.uk)



working in partnership



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## Start The Recycling Revolution!

Are you passionate about recycling, do you want to educate your community on how they can reduce the amount of waste that goes to landfill? Why not become a green champion for Littleport, and start the recycling revolution!

Commitment can range from one hour to five hours a month and full training will be given. As a green champion you can also earn Timebank hours which you could spend on having help with a DIY job you haven't yet got sorted, or maybe going to the cinema. Want to know more, have a friendly chat with the education team at Amey on 01223 815490 or email [wasteeducation@amey.co.uk](mailto:wasteeducation@amey.co.uk)

## Lucy shares what makes a good newsletter!

Our regular newsletter is vital for both members and the community to see what we're up to.

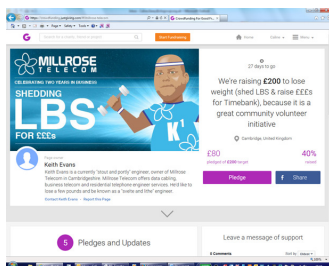
- Include both future events and write ups on recent activities that you have done.
- Use examples of exchanges that members have taken part in. Quotes directly from those involved show how important these connections are. For example last month Jennifer said 'Albert and Peter have done a brilliant job sorting out the garage today. I couldn't have done it without them'.



- Use photos showing real people doing real things in their community.
- Encourage members to contribute. In Somersham one of our members has a regular spot where she interviews other members to find out about them and their involvement with the Timebank.
- Have a section with all upcoming dates in one place and include dates of what organisational members are up to as well.

## Enterprising Communities spends time at Ely Job Centre

Timebanks in the Enterprising Communities Partnership have been working with Cambridgeshire JCP's to help people into work by delivering Skills Springboard Style workshops. In November and December 53 people attended confidence building, CV & cover letter writing, and job search workshops at Ely Job Centre Plus. The workshops were delivered by the CHS Group and Outback Recruit, and attendees were ESA and JSA claimants.



### Littleport

We have a few initiatives and projects underway we're holding a pub quiz fundraiser, a



### Cambourne

There was a great atmosphere at the Cambourne Timebank Christmas lunch. It was a lovely way to round off



### St.Ives

St. Ives Timebank was pleased to help a lonely member enjoy New Year's Eve by teaming him up with Dimensions



bag packing session at Sainsbury's and our Timebank member Keith is taking part in a [sponsored slim](#) to raise awareness and funds for the Timebank . We are also working with Amey and Cambridgeshire County Council to recruit a Recycling Champion!



### St. Neots

Since Christmas we're been contacted by Care Network to help an elderly lady who needed help to change her curtains. Age Concern has referred people to us who are also considering joining St. Neots Timebank. We have also taken a lady suffering from emphysema shopping – which has taken away the stress for her. These are just a few of the skills already exchanged this year.

a busy year in which members have been helping each other with sewing, ironing and putting up sheds, and learning Spanish, Maths and English. In 2016 we are looking forward to the cookery club, film nights, art activities and charity fundraising events.



### Somersham

We are supported by Somersham and Pidley Parish Councils and are now called 'Somersham and Pidley Timebank'. We are working in both communities, and look forward to bringing them together. Our Timebank has a wonderful mix of people, who have helped us grow stronger and regularly get involved with community life and encourage new members to join, and that's what makes it so special!

– an assisted living home for adults with disabilities. After sharing a lovely night with them, he'll be going back to visit regularly. Lots of new members bringing new skills to the Timebank, so we're looking forward to an exciting year ahead!



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