



TIME BANK NEWSLETTER

TIME BANK & VOLUNTEER CENTRE

OPENING TIMES

| | |
|-----------|--------|
| Monday | 9 - 5 |
| Tuesday | 10 - 2 |
| Wednesday | 9 - 5 |
| Thursday | Closed |
| Friday | 10 - 2 |



Dates for Your Diary • August 2013

| | | | |
|---------------|-----------|------------------------------------|--------------------|
| Tuesday 13th | 2pm-4pm | Social Group | Winsley's House |
| Tuesday 20th | 10am-2pm | Knit & Knatter (New Knitters) | Age UK Globe House |
| Tuesday 27th | 10am-2pm | Knit & Knatter (Existing Knitters) | Age UK Globe House |
| Saturday 31st | 10am-12pm | Time Together | Winsley's House |

Don't forget to include the hours you use to attend the meetings in your Time Bank Credits

We have started up a **BOOK EXCHANGE** at our various meetings. This works simply by you bringing a book you no longer require and



Can You Help With?

**Repair hanger rail in wardrobe
Area – Stanway**

**Clean all outside windows – Ground floor flat
Area – Shrub End**

**A metal patio table and four chairs need rubbing down and repainting.
Area – Old Heath**

A request for any cardboard boxes or greeting cards. Collection will be arranged. This part of a recycling project that a member is working on. Contact Timebank for details.

Member Information

Armed Forces Discount

Any Time Bank member that has served in the armed forces or members of their family that are still serving can obtain various discounts www.defencediscountservice.co.uk. Just follow the link for more information.

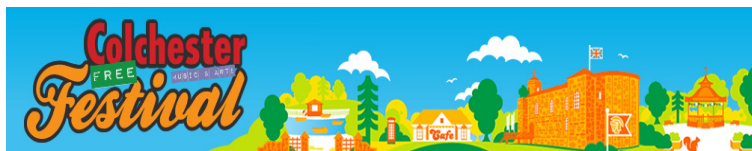
Recent Exchanges

A member who required plants watering

Help with cooking at home

Assistance to use an i-pad

Local Information



COLCHESTER FREE FESTIVAL 2013

Get ready for Colchester Free Festival 2013, taking in place in the stunning Castle Park on Saturday 24th August.

THE FESTIVAL AREAS

Main Stage

The Main Stage features live acts who have impressed the most since last year's festival

Arts Area

The Arts Area at Colchester Free Festival provides an interactive, hands-on art experience

Children's Festival

The Children's Festival is a free festival dedicated to kids

Market

The Colchester Free Festival Market features trade stalls, food stalls and licensed bars

Castle Stage

The Castle Stage features acts who have helped shape Colchester's music scene over the years

Acoustic Stage

The Acoustic Stage features acoustic performances in the shadows of Colchester Castle

Hollytree's Stage

Hollytree's Stage features up and coming acts who we have been marked as 'ones to watch'

Spoken Word

The Spoken Word area features readings, poetry and comedy

Volunteers Needed

There is an urgent need for volunteer drivers in our Community Transport Scheme. This volunteer opportunity would involve you using your own car to transport people who cannot get about themselves. You will be paid a mileage allowance. There is no limit to the number of days a week you can be a volunteer driver.

Community Transport operates Monday to Friday.

If you are able to help, please do not hesitate to get in touch:

Telephone: 01206 216600

Email: ct@ccvs.org

Recommend a Friend!

If you know of anyone who wishes to be involved in Time Bank, recommend them and when they become a member you will receive two free time credits!

Monthly Quiz Question

Camels Party (Anagram)

Hint - Suffolk Village

**(Last month's answer)
Edward Lear**

"Thriving local communities"



Timebanking UK

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