



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 • JULY 2013

Tuesday 9 th	2pm-4pm	Social Group	Winsley's House
Tuesday 16 th	10am-2pm	Knit & Knatter (New Knitters)	Age UK Globe House
Saturday 27 th	10.0am- 12.00pm	Time Together	Winsley's House
Tuesday 31 st	10am-2pm	Knit & Knatter (Existing Knitters)	Age UK Globe 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 exchanging it for another.

Can You Help With?

Assist at the 'quirkiest cafe in town'! GO4 Cafe in Trinity Church need volunteers to join their team

Can you help revamp some garden furniture? A metal patio table & four chairs need rubbing down & re-painting in Old Heath

The Salvation Army charity shop on the High Street is looking for volunteers to help with various duties.

For more information see overleaf for contact details

Recent Exchanges

A number of our members have been doing a wonderful job decorating a kitchen in Wivenhoe.

One Timebanker is assisting a fellow member with their computer skills.



CCVS AGM and Volunteers Celebration Lunch



Time Bank and Volunteer Centre



CCVS main office, Winsley's House



flog it!

Wednesday 24th July 09.30am – 4.00pm

The popular BBC One antiques programme **Flog It!** presented by Paul Martin, is coming to Essex. Paul will be joined on the valuation day by **flog It!** on screen experts Philip Serrell and Elizabeth Talbot.

Have you got an attic full of antiques, cupboards of collectibles or a hoard of hidden gems waiting to be discovered?

Join the team from BBC One's popular daytime antiques series **flog It!** for a free valuation day at Layer Marney Tower. Come along and have your antiques and collectables valued free of charge by the **flog It!** team of experts.

Layer Marney Tower
Nr Colchester
Essex
CO5 9US

Website: www.bbc.co.uk/flogit

Email: flog.it@bbc.co.uk

Telephone: 0117 974 7839



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

**Who wrote the poem
'The Owl and the
Pussycat'?**

(See next month's newsletter for the answer)

"Thriving local communities"

**Colchester Time Bank,
Colchester Community Voluntary Services,
Winsley's House, High Street, Colchester, CO1 1UG**
Telephone: 0120 570400 Email: timebank@ccvs.org

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