



Davertry District Time Bank

MEMBERS NEWS AUGUST 2013

HELLO FROM THE TIMEBANK TEAM: DELIA, JACQUIE, BEVERLEY, BRENDA & ANDREA & SHARON



Hello everyone and welcome to all of our new members.

Braunston have now joined Timebanking and are running a pilot scheme, already a number of exchanges have been made. (More information inside this newsletter) There is a Timebanking and Happy at Home event at Braunston Village Hall on Friday, 20th September from 2-4 p.m. and we hope many more people from the village will join.

I would like to say a big thank you to all Timebank members for giving up your free time in helping others. Timebanking is so rewarding and friendships blossom through your exchanges.

Delia

The 'First Monday' Club

Hands up those of you who enjoy walking! Keep your hands up if you have one Monday afternoon a month free and want to meet more people. Having met so many delightful Timebank members since I took over from Mal recently, I have discovered that so many of you have much in common but perhaps don't have the opportunity to meet up.

So, on the first Monday of each month, beginning Monday 2nd September, we will be meeting at 2 p.m. in the Icon car park in Daventry and from there walking around the Country Park. It's approx. 2.5 miles and takes about 1 hour. Please wear sensible footwear and remember to bring a drink. There are toilets and a café in the Country Park.

I hope you will join us.



WHO'S WHO ON THE TIMEBANK TEAM?

Delia Wilcox—Project
Worker

Volunteers & Timebank Members :

Jacque Stone—General
Admin—Tuesday p.m.

Beverley Macanovic -General
Admin—Tuesdays

Brenda Franks —General
Admin (Braunston) - Tuesday
mornings

Andrea Hughes - House-
keeping for Timebanking &
Brushes & Spades

Sharon Phillips—Promotional
Events

SKILLS EXCHANGE WORKSHOP - FRIDAY, 18th October 2—4 p.m.

NEW STREET DAY CENTRE, DAVENTRY

All Timebank members are invited to come along for afternoon tea to this event where members will be exhibiting their crafts and other skills. If you have always wanted to learn a new craft, this is a fantastic opportunity to see how it is done and have a go yourself. There will be knitting, sewing, embroidery, jewellery making, card making and rug making demonstrations, together with drawing and painting and other crafts on show. Also, would you like to learn how to re-search your family tree? Do you need I.T. advice? Do you need advice on cooking or baking? Don't miss this opportunity to learn exciting, new skills and catch up with friends old and new over a cup of tea and delicious cakes.



LATEST NEWS

HAPPY AT HOME PARTNERSHIP

Nicola Toms, Project Worker, recruits volunteers across Daventry District & South Northants to help older, rurally isolated residents to access local services and information and as a result, feel happier about living in their own homes for longer.

BRUSHES & SPADES PROJECT

Jeremy and Ken, both Project Workers, organise volunteers to help local elderly or disabled people who do not have family support with gardening, decorating and DIY.

If you would like more information about volunteering, or know someone who could benefit from either of these projects, then please contact Daventry Volunteer Centre (details overleaf).

Thought for the Week

A friend is a gift you would choose for yourself.



The Enterprise CUBE

Daventry District Housing are working in partnership with South Northants Homes to offer a new programme called "STRIVE". This is a 12 week business start up course aimed specifically at people in the Daventry District who would like to set up their own business.

THANK YOU

To Irene, Sue and Susan for delivering leaflets in Kilsby.

To Alex and Sharon, for delivering leaflets in Crick on a very hot day!

To Tessa for delivering leaflets in Long Buckby at rather short notice. Thanks also to The Buckby Angels for your help.

To Margaret, Val and Edna for making delicious cakes.

To Margaret, Irene and Tessa for helping out at the Happy at Home event in Long Buckby. Nicola, the entertainment was brilliant!

To all of the Timebank team for your hard work in helping with this project.

TEACHING ENGLISH WITH TIMEBANKING

When the Finding Your Way project closed at the end of March, many people were disappointed and had no-one to turn to when they needed help with their English. That's where Timebank members stepped in! Tessa now helps Katarzyna and Izabela, Liz is going to help Bonnie, Karen has met Beata & Aggie, Alex is going to help Patric and Anita is planning on doing an English/Spanish exchange with Carmen!

If you would like to help someone to improve their English, then please contact Delia. Many people just want to practise speaking in English although

Delia has a number of worksheets that you can use. You don't need to be a qualified teacher to help others, if you enjoy chatting then this is the one for you!

Sharon

Sharon, Anne & Delia were outside Waitrose on 6th June to promote DDH, Timebanking & other services offered by Daventry Volunteer Centre.

Sharon has been a Timebank member since August 2012 and during that time has helped many others in a variety of ways including mentoring, promotional events and delivering leaflets. Sharon now also volunteers for DDH as an Activities Coordinator. What a busy lady!



Alex came across the Yellow Brick Road delivering leaflets in Crick!

The programme is delivered by 'The Enterprise CUBE', a social enterprise set up to work with people to use their skills and passion to start their own business. If you would like more information then go to www.enterprisecube.org or contact Jo Miller at DDH on 01327 707500.



Welcome to our new members

Daventry Timebank now has 124 members!

Welcome to all of our new members,. Since my last newsletter in May many people have joined Timebanking and include :

Brenda, Ruth, Karen, Bonnie, Carmen & Ben from Daventry; Sue and Reg from Kilsby, Anita, Andre, Peter, Wendy, Nigel, John, Wendi, Tasha, Zara, Nicolette & Ann from Braunston.

Member Exchanges

In June, 80 exchanges took place and 178 hours were spent helping others.

In July, 125 exchanges took place, with a total of 283 hours!

These exchanges include : Moving/lifting; housework; giving lifts, companionship, cycle repairs, massage, home repairs, helping at events, general admin; catering, delivering leaflets, craft work, sewing, building work, dog walking, helping in a charity shop and teaching English. Wow, you should be really proud of yourselves!

Help Needed

If you are able to help with serving refreshments at the Skills Workshop, then please let Delia know.

Also, if you are able to help with delivering leaflets, making cakes or talking to others about Timebanking, then we would be pleased to hear from you.



Remember, you will earn one Time Credit for each hour you provide. Thank you.

Exchanges

Jackie has given Margaret, Edna, Kelly and Beata a massage; Peter has repaired John's bike; Carolyn has helped Anita pack boxes to move house; John has walked Sargeant, Julia's dog; Janet has walked Mo's dog; Beverley has put David's poems on disc; Peter has cleared Zara's gutter; Nigel has helped Wendy with her garden; Beverley, Jacquie & Andrea, Pauling & jim have provided companionship; Alex & Ben have helped Delia T. with moving and lifting; Fred has given Angela and Linda lifts, Jacquie, Brenda and Beverley have helped with admin in the Timebank office; Beata has given



Jackie a Shiatsu massage; Sharon, Alex, Irene, Sue and Susan have delivered leaflets; Tessa has helped Katarzyna and Izabela to improve their English; Peter is a member of the Steering Group for Timebanking and attends regular meetingsand the list goes on. This shows how Timebanking works and how so many people

P.S. As you know, **Timebanking is a way of helping someone and getting help in return**, although some people can't do as much as others, for a variety of reasons. Some people earn so many points that they are unable to 'spend' them and donate to others. Janet has very kindly donated 100 hours recently and these will be split between 3 people who are unable to get out to help others.

Each skill is valued equally and one hour of the help you give someone earns one Time Credit. If you do need help with something, please, please let us know and if we can find a match, we will do our best to assist. If the phone goes quiet for a while, don't worry, we haven't forgotten about you, and as soon as we find someone to make an exchange, we will contact you by phone or email.

Timebanking isn't an emergency service, but for all of those tasks that you can't do or haven't the time to do, we will try our best to help. However, Timebanking is not just about doing things for others. Many people have made new friends through Timebanking by offering companionship, playing chess or scrabble, giving lifts or accompanying someone to an appointment. Remember, we are just a phone call away.





Daventry District
Time Bank

Please contact the Timebank office if you need help and we will do our best to match you up with another member in your local area.

Call in to our New Street Day Centre office on Tuesdays between 11 a.m.–3 p.m. (other times by appointment) or leave a message at the Library office.

Daventry Volunteer Centre
The Library
North Street
Daventry
NN11 4GH

Phone 07414 995243
Or 01327 300614

Email:
timebanking@
daventryvolunteers.org.uk



A MEMBER'S POEM

A BABY IS BORN

By David Sheasby

Another baby born today
A child in loving arms
A brand new life begins today
With all those baby charms

In family terms a special babe
Of hope and dreams come true
Nestling in his mother's arms
A life so fresh and new

The future's yet to come about
Today is just the thing
This baby's brought much happiness
Their joy upon the wing

Welcome little baby
It's great to see you here
You have the love we have to give
Forever we'll be near

You do not have to be the best
Or stand above the crowd
Just try as hard as you can
And we always will be proud

David is a carer for his wife and writes poems in his spare time, which Timebanking members then type for him. This latest poem has been chosen with the latest addition to the Royal Family in mind.