



# ST NEOTS TIMEBANK

## NEWSLETTER – June 2014

Covering: The Eatons, The Paxtons, Eynesbury, Croxton, Loves farm, Papermill and the Offords

Our first piece of news is about our Website has been upgraded.

Richard one of our new TimeBankers has come on board and completely brought our Website up into the 21<sup>st</sup> Century. It will still remain accessible at [www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)

It has a more suitable, simplified logo too:



The next stage is to upgrade our Newsletter with a new format for those that have access to the Internet - for those without it will continue to be sent by post in the same form that it is at the moment.

Richards partner Clair looks after our Facebook & Twitter accounts.

Follow us on <https://www.facebook.com/timebankstneots>   
and tweet us at <https://twitter.com/StNeotsTimeBank> 

Together they have changed the face of St Neots TimeBank for the better and for that I wish to say a VERY BIG thank you to them both.

[timevolunteers@hotmail.co.uk](mailto:timevolunteers@hotmail.co.uk)  
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Whilst saying Thank you's.... I wish to also give a BIG thank you to Graham, another TimeBanker who wanted items that he no longer needed taken to the refuse Centre. During this he kindly donated 2 lawn mowers and some clippers to the TimeBank. These assets will be extremely useful as at times we may have the offer of help but without the tools.

We now have a new TimeBanker, a young lady: Debbie, she is offering her skills in Beauty Therapy for the cost of her materials. This works out at approximately half price. She is a NVQ level 3 qualified beauty therapist and also fully insured to give 'at home' treatments.



Debbie came to TimeBank through 'Illuminate' Debbie is profoundly deaf and needed help from someone knowing sign language to continue with the course so TimeBank was asked to help.

Therefore TimeBank found Nigel (a signer) Nigel enjoyed the course so much he enrolled with 'Illuminate' and Debbie joined TimeBank offering her Beauty



Therapy skills for the cost of the materials used. Several people have taken advantage with a massage, facial and nails done. The outcome in Debbie's words is 'Everything is working fine thank you and I am very pleased'.

Feedback from members having visited Debbie has also been very pleasing.

This in turn has led on to St Neots TimeBank organising a 7 week course to teach the basics of sign language as many TimeBankers were keen to learn.



## Hertfordshire County Council

Apart from the usual exchanges we have also met with Dee from Hertfordshire County Council who had heard about our success. They have 3 TimeBanks within their county but were extremely interested how St Neots TimeBank had set up and achieved the level to be awarded the TimeBanking UK's Charter Mark.

I found the meeting very rewarding and interesting - added to the enquiry from Hull, it shows just how far our 'fame' has spread.

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## ST NEOTS TIMEBANK

Have you ever wanted to or thought about learning 'Sign Language' ?

Circumstances within TimeBank have made me realise how few people are available to help with this service...  
very few !

Consequently I have organised a 7 week course with no charge for TimeBank members



Jane Kennedy a highly experienced teacher of Sign Language has agreed to hold a 7 week course to teach the basic skills.

### DESIGNED FOR HEARING PEOPLE

to converse with the deaf and hard of hearing.

The course will cover finger spelling and some basic signing at a leisurely pace. So whether you wish to converse with the deaf or hard of hearing or just come along for your own interest it will prove to be a relaxed and friendly experience for all !!! You will be surprised at how much you will learn and how much fun you will have !!

The Course will be on Tuesday evenings 7pm till 8.30pm  
10th June until 22nd July 2014

At The Close sheltered Accommodation, 11 The Close, St Neots PE19

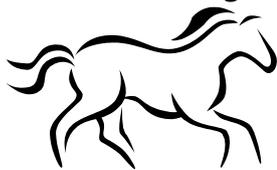
Transport is available just call 01480 404184 or 07590909057  
or email: [timevolunteers@hotmail.co.uk](mailto:timevolunteers@hotmail.co.uk)

Tea and biscuits will be provided.

**There are 12 positions on offer—so don't miss out**  
**BOOK NOW**

### Good Luck Erica

One of our TimeBankers, Erica, is taking part in a charity  
26 mile walking Trekathon on Saturday 28<sup>th</sup> June,



2014. She is walking 26 hilly miles  
from Stonehenge circle to Avebury  
circle in the Wiltshire countryside  
passing the chalk white horse on

the hillside for the VSO charity.



VSO (Voluntary Services Overseas) is an international development charity whose volunteers work with local organisations that serve poor people. They give children a future through education. They improve the standards of care in hospitals. They train poor people in the skills they need to earn a living. Volunteers do whatever needs to be done to break down the barriers that trap people in poverty. If you'd like to see details of the work they carry out in countries all over the world.

Please visit [www.vso.org.uk](http://www.vso.org.uk). VSO is also on facebook <https://www.facebook.com/vsouk>

If you feel you would like to sponsor Erica in this challenge please visit her donation page at: -<http://bit.ly/1g7qXYe> or contact St Neots TimeBank

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## Calling all Volunteers!

Are you a Volunteer? Are you considering becoming a Volunteer? To find out more come to our



# FAMILY FUN DAY Celebrating VOLUNTEERING!

10-4pm Saturday 14 June 2014

On Regatta Meadow, St Neots

Free to attend with stands from local charities and organisations. Bring a picnic and join in the fun!



There will also be the Zorbs, a Bouncy Castle and music by Steel Guitarist.

Organised by:



St Neots TimeBank members are invited to join us at this event. We will be holding a stall at the event to promote TimeBanking.

**Anyone free and able to help on this day would be greatly appreciated.**

Events have been organised nationally to celebrate volunteering. (Volunteer week was the 1st week of June however we're just a bit late). It doesn't change the fact that I would like to use this day to THANK all our TimeBankers. Therefore I will be presenting a hospitality area with an array of picnic food and drinks.

**Email to let me know if you'll be coming** (to help me estimate the amount of catering required) It would be great if we could have a group photograph of members for our archive on our new website.

Come along have a nibble and a natter - linger as long as you wish.

Need transport? Don't forget that's one of TimeBanks services on offer.

This month our Coffee morning will be on **7th June 2014** at the **Priory**



**Centre 11am till 1pm** - join our get together with a free cuppa and plenty of people to chat with. We also hope to welcome several new members into our group.

Wish to join TimeBank or just need more details you will be very welcome, plus if you need a lift to get there just call

07590909057 or 01480 404184.

If anyone has some time free and energy on this day could you please help give out flyers about the Volunteers day on the Market Square.

Don't forget to book your time if you can.

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## ***An Unexpected Invitation***

I started the Newsletter with a thank you and I have yet another to finish with:

We received an invitation from Graham Drage from **BNI Business Networking Huntingdon** who is a specialist in internet marketing. He is a member of the Huntingdon Business Breakfast, however this particular week he was unable to attend so he contacted St Neots TimeBank with the offer of a free breakfast and to be able to explain to the businesses the benefits of TimeBanking. This meant a very early morning for TimeBanker James who attended at 6.45am on our behalf.

The meeting proved to be very interesting and helpful. We feel that the TimeBank will benefit in the near future.

*"In return as a Thank you I would like to mention Grahams Business":*

Graham is especially interested in talking to business people who have a website but question its value, saying things like ***"it looks nice but I don't think we get any business from it"*** or ***"how come our competitors are found on Google but we are not?"***

Graham offers a **FREE Webscan** which helps explain the techniques involved and where the business stands with their Internet Marketing activities, and importantly how they can measure exactly what results are achieved to prove they have made a positive return on investment, something that is not really possible with conventional advertising.

So if you know a business that is looking to improve its online marketing, contact Graham Drage of WSI Internet Marketing; He makes...websites work!

<http://www.bnihuntingdon.co.uk> or phone 0844 593 0060

## **WHAT CAN WE DO FOR YOU? – Just call and tell us**

**Don't forget a TimeBank works efficiently when you take as well as give**

Contact the coordinator **Georgina** on 07590909057 or 01480 404184  
If you know of any elderly people that need help one way or another, tell them about TimeBank, we are here to help.

Tell your friends and neighbours, too – everyone can benefit and everyone's welcome

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