



# St Ives TIME BANK



## Newsletter issue 1 - Spring 2014

### St Ives Time Bank launch: October 2013

The St Ives Time Bank was set up by a working Mum who knows that St Ives is exactly the right community to embrace such a concept. Zoë Weaver, a PR and marketing consultant with 2 young children and recently-retired PTA chair at Eastfield School, was in desperate need of help in a time of crisis a few years ago when her family was new to St Ives. Memories of the difficulty they faced is partly the driving force behind Cambridgeshire's newest Time Bank.

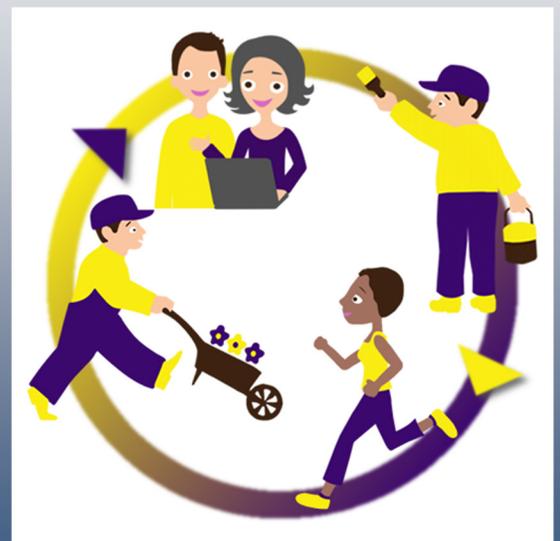
In these times of austerity, we are encouraged to take more responsibility for ourselves. Central government cuts are now affecting local councils and many services are struggling. No community project can ever fill the gaps created, but there are innumerable ways a Time Bank can help. We will be as strong as the members we have are already proving to be intergenerational and co-productive.

We are witnessing rapid development and change in our town. New housing estates and retail units; businesses moving in; a luxury care home; major redevelopment of some of the schools. The St Ives Time Bank is the perfect way to keep our community spirit strong and bond the old with the new. St Ives is a hive of activity offering a huge number of voluntary opportunities, associations and charities. Being a timebanker is a great way of being involved with the town and its individuals, as well as gaining something for yourself.

### In this issue:

- What is timebanking?
- The launch of the St Ives Time Bank
- How to get involved
- Forthcoming events
- Current offers and needs
- Information about the Cambridgeshire Care Card Project and Carers Trust

*Timebanking is simply a means of voluntary exchange, bringing individuals, communities and organisations together, where the only currency is time. Unlike traditional volunteering, you bank time credits when you help someone and claim your time back when you need something in return. Everyone's time is equal, irrespective of whatever you need or can offer.*



Timebanking has been around in the UK since 1998. It has seen extraordinary growth and been applied to many settings across the public, private and community sectors. It was originally an American concept and has now spread to over forty countries.

They are all set up and run differently, but with the same goals at heart.

Other Cambridgeshire Time Banks exist in: Cambourne, Cambridge, Littleport, St Neots and Somersham.

### How to get involved

A cup of tea and chat with the coordinator helps find out exactly what you need and can offer and means that new members become active much more quickly.

Then there is a straightforward form to complete. I take addresses of 2 referees who are sent letters with a very simple form to fill out and return in a stamped addressed envelope. Only the coordinator has access to personal information.

There is no way of signing up online because meeting face to face is the best way to maintain our 'standard of care'.

All exchanges are arranged through the coordinator and nobody is ever obliged to carry out something they are not comfortable with. CRB/DBS checks will be carried out only in circumstances where you will be spending time with a vulnerable member, and never without your prior knowledge.

Everyone is equal, everyone has something to offer and the Time Bank endeavours to find solutions for all members' needs.

### **Current offers and needs**

Please just contact me as soon as you need something from the Time Bank and I will try to match you with someone suitable. Some exchanges prove straightforward, others take longer to arrange. I am in regular contact with all of the Cambridgeshire Time Banks so, maybe, if there is nobody currently in St Ives able to help, there will be a member elsewhere. It always worth asking or mentioning if you have a particular skill, some knowledge or time you would like to share or need to make use of.

### **Current offers:**

Therapeutic companion gardening; marketing advice; ironing; lifts to appointments; flower arranging; dog walking baking; sewing; removals; cinema room; school choir to entertain; walking group; house sitting; shopping; help with interview skills/CV writing; companionship; sewing; computer knowledge; bookkeeping and Spanish conversation.

### **Current needs:**

Personal trainer, specifically to walk with a lady wanting to increase her fitness level; storage; assistance laying a small amount of laminate flooring beading; hair styling; a family to spend time with a 13 year old with a learning disability; dog walking; simple cycle and vehicle repairs; leafleting; beauty treatments; simple decorating and housework.

Photos from some of the St Ives Time Bank events so far, from left to right; coffee morning, held at a member's home; launch event at the St Ives Corn Exchange; second coffee morning with musical accompaniment from various members and Hinchingsbrooke Park health walk.



### Members so far...

32 individual members, ranging from 7 to 84 years old.

6 organisational members including St Ives Corn Exchange, Westfield Junior School, Rheola Care Home and 5th St Ives Scouts Group.

All members are active and have a very diverse range of skills and knowledge to offer.

### Exchanges so far...

In the last couple of months, members have earned credits for things such as dog walking, escort for hospital appointments, furniture removals, hosting social events, companionship, ironing, sewing, administrative duties, design work, loaning musical equipment, baking, washing up and serving tea at coffee mornings, entertaining and running health walks.

We have already proved to be an intergenerational, versatile and co-productive Time Bank during our inaugural 3 months. I am in constant talks with local and national organisations and potential new members living in St Ives and the surrounding villages. We are growing at a very exciting pace!

St Ives Time Bank is run independently of any organisation and is on a constant search for funding. I was very pleased to received £250 from Luminus towards set up costs and I look forward to working with them and their St Ives residents.

I am also very grateful for the support I have received from the Corn Exchange, local press, Adult Learning and Skills, HCR104FM, BBC Radio Cambridgeshire, Hunts Forum, the Volunteer Centre and the St Ives Town Initiative.

## FORTHCOMING EVENTS

Saturday 22nd March 1pm-3.30pm

Informal IT workshop, tea, cakes and music

**Tony Burgess Room and ACE Suite,  
St Ives Corn Exchange**

Drop in and exchange a time credit for advice on anything you need to know about computers from our experienced and talented Time Bank members. Don't worry if you haven't signed up or banked any credits yet— the coordinator will be on hand to explain everything.

Please bring your electronic tablet, laptop or even mobile phone and we will help you figure it out; from how an iPad works to sending an email and design queries to how to navigate your way around Facebook or the Internet.

Refreshments will be available free of charge (thank you to the Coop and our members), entertainment as well as plenty of space to sit, relax and chat and discover more about what you can offer and gain from the St Ives Time Bank.

14th May 9.30-2pm: Adult learners' open day, RAF Wyton

9th June 7pm: Timebanking intro, St Ives Parish Church

8th July 2pm: Engage in the Afternoon, St Ives Library

Welcome to the **Cambridgeshire Care Card**

Improving Care Delivery  
through your existing  
Bus Pass



The Cambridgeshire Care Card pilot project is working with the St Ives Time Bank and exploring how volunteering organisations can benefit from common infrastructures such as provided by the Care Card.

The Care Card is available as an upgrade to anybody holding a Bus Pass in Cambridgeshire and allows for people to maintain their own health and care information and to log their time while helping others. Most volunteers are over 60 and the project depends heavily upon their energies. Please join the movement at [www.camcarecard.com](http://www.camcarecard.com).



A family carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. Anyone can become a family carer; family carers come from all walks of life, all cultures and can be of any age. Many feel they are doing what anyone else would in the same situation; looking after their mother, son, or best friend and just getting on with it. Family carers don't choose to become carers: it just happens and they have to get on with it; if they did not do it, who would and what would happen to the person they care for?

The majority of family carers struggle alone and do not know that help is available to them. Family carers say that access to information, financial support and breaks from caring are vital in helping them manage the impact of caring on their lives.

We run a number of services to family carers, which give support and peace of mind:

- ◆ Family Carers Prescription - GPs in Cambridgeshire and Peterborough can write a prescription to give a family carer immediate support by taking a flexible break or provide them with information on what is available to them.
- ◆ Carers Emergency Service (ICER) 'What if anything happens to the family carer?'

The two examples above are free to family carers but they help us to identify their needs and provide access to further support. For further Information please contact us on 01480 499090 or 0845 241 0954 or visit our website:

[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)

Contact details:

Angela Whitehead  
 Carer Services Development Worker  
[angela.whitehead@carerstrustcambridgeshire.org](mailto:angela.whitehead@carerstrustcambridgeshire.org)  
 Tel: 0845 241 0954 or 01480 499090



THE GREATEST GIFT YOU  
 CAN GIVE SOMEONE  
 IS YOUR  
**TIME.**  
 BECAUSE WHEN YOU  
 GIVE YOUR TIME,  
 YOU ARE GIVING A  
 PORTION OF YOUR LIFE  
 THAT YOU WILL NEVER  
 GET BACK.



'St Ives Bridge, Cambridgeshire'  
 by Anne Strange Mence

**Contact Zoë Weaver,**  
**St Ives Time Bank coordinator**

 01480 381520 or 07887 894100

 [stivestimebank@yahoo.co.uk](mailto:stivestimebank@yahoo.co.uk)

 [www.stivestimebank.org.uk](http://www.stivestimebank.org.uk)

 [www.facebook.com/  
stivestimebank.cambridgeshire](http://www.facebook.com/stivestimebank.cambridgeshire)