



building a stronger community



Issue 30

Summer 2014 Newsletter

### Special points of interest:

- We were at the grand opening of Pidley Park on Saturday. What a wonderful facility for the community. It was lovely to meet so many new faces and introduce to them what the Time Bank is all about.
- I am going to Warboys to talk to members of their Parish Council and surrounding villages about setting up a Time Bank. It may open some great opportunities for inter-timebank exchanges.

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## Latest News

The summer is well under way and I hope everyone is enjoying the outdoors. The Windsor Court Garden is looking fabulous. Both Time Bank members and residents have been contributing to how it looks, adding colour and making sure it is watered when the weather is nice.



Staff from Luminus and I went along to their coffee morning to see how we can support and include them in our activities.



We have decided to have another Cream Tea in the garden on **Tuesday 26th August, 2.30-4.00pm**. Anyone is welcome to come along, you don't need to be a member of the Time Bank. It will be a lovely afternoon of nattering, drinking and eating!

We will need lots of keen scone bakers and maybe some cakes and biscuits for children. If you can offer some help either making any of these or on the day itself with setting up and serving, please get in touch.

We are also looking into some kind of seated exercise classes, so watch this space!

## New contact details

It's all change! As of the 1st of August please take note of all the different ways that you can reach me or keep up to date with the latest news and requests.

 07443 619 017

 [lucy.bird@somersham-pc.gov.uk](mailto:lucy.bird@somersham-pc.gov.uk) - For all general information and requests

 [timebank.credits@somersham-pc.gov.uk](mailto:timebank.credits@somersham-pc.gov.uk) - For exchanges/ hours to be transferred

 [www.somershamtb.co.uk](http://www.somershamtb.co.uk) - Our website is a great way to find out general information

 Like 'Somersham Time Bank' for updates

 Follow us @SomershamTime

 **Somersham Time Bank, The Norwood Building, Parkhall Road, Somersham, PE28 3HE**



My core working hours are Tuesday, Wednesday and Thursday 9.30am-2.30pm when I can generally be found in the Norwood Building (the far end of the Victory Hall) so pop in to see me. If you contact me outside of these times I will be in touch as soon as I can.

## The Millennium Pavilion

In Somersham we are blessed with some fantastic facilities. One of these is the Millennium Sports Facility off The Trundle. The building, grounds and activities are run and organised by a group of volunteers forming the Somersham Sports and Leisure Association (SSLA).



**The Time Bank  
can support  
local activity**

We had a recent coffee morning down there and it was wonderful to see so many of our members and their friends enjoying the view in the sunshine. I always love our events there because the kitchen is so well stocked and the area outside is just lovely.

There are some great events coming up which are going to help raise much needed funds, but most importantly make full use of the facility and get people together;



### *Picnic in the Park -*

*a musical extravaganza!*

On Saturday 9th August the Millennium Field will be hosting a range of musical guests to enjoy whilst sipping and munching. The gates are opening at 4pm and the guests entertaining us from 5pm until 9.30pm.

The event will be featuring Somersham Town Band, Dark Surrender, Down to the Wire, Incredible Creedence Revival and Soul Intention.

Beer, wine and soft drinks will be on sale and bring your own food.

Tickets can be bought in advance from the Library, Strands or Alan on 01487 741531 for £5 per adult, £3 per child or £12 for a family.

Tickets on the door are £8 per adult, £5 per child or £15 for a family.

Go along to enjoy this really successful event and help to raise funds for the SSLA and Friends of the Parish Church.

**Running or  
knocking up a  
bacon roll...  
which way will  
you get in-  
volved in the  
Somersham  
Sprint?**

  
SOMERSHAM  
**SPRINT 5K & 10K**

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**5K & 10K Cross Country Run**  
Sunday 21st September 2014



Multi-terrain course

Entry Fee: £12 [if booked by end of May 2014]  
£15 [from 1st June 2014]

Age: 16 years & over

The second event to get involved with is the Somersham Sprint. This year they are offering 2 distances, 5 and 10 kilometres allowing all abilities to join in.

#### **How can members of the Time bank help?**

The SSLA are members of the Time Bank and have gained credits for the use of the venue for our get togethers. They would really love our members to support this event by preparing refreshments and cooking up some bacon and egg butties. I know we have some mean bacon chefs out there, so if you would be able to help on the day, please get in touch with me.

There may also be opportunities to help out with marshalling and setting up, if you're interested let me know.

If your organisation would like some help to promote their events and activities within the villages of Pidley or Somersham please contact me (details on Page 1)

## Looking back, moving forward

I have been the Time Bank Coordinator for 2 years this month. It has been an amazing journey, meeting some wonderful people who have become very important to me. Those that know me well know that this is more than just a job!

We have had some fabulous exchanges take place since I took on the role. It's brilliant to see people share their time together and opening up new opportunities. I love to hear your stories about the interactions and friendships made. I love seeing such an amazing array of people getting together. At our social events and activities it is a joy to see everyone chatting away and laughing with people they have never previously spoken to, and to watch new links forming.



I thought it would be great to look back at some of these exchanges and to look forward to where we can go!

Tammy and Elsa have taught several of our members how to cook fresh and healthy Chinese food at our cookery workshops. **"...Thank you! What a lovely way to spend a Saturday afternoon"**.

Could you offer to teach others some of your favourite recipes? We have a kitchen on offer!



Tony B made a new shelf for Christine and John's cupboard. **"Tony fitted a lovely new shelf for John and I in the top of our broom cupboard. He was extremely friendly and we had a good chat before he expertly made a shelf for us which has given us lots more storage space."**

Tony has offered one-to-one advice and tips on jobs that need doing in the home. He is a retired carpenter and worked in the building industry for many years.

Paul recently took his mower to Leeanne's and cut her lawn. **"He was such a lovely guy. He has done a truly fantastic job. My garden looks lovely and he even trimmed the front for me too. Thank you! I better get baking. If anyone ever wants any ironing or baking give me a shout!"**

Do you fancy having a cake made for you (Leeanne is a wonderful baker!) or getting on top of your ironing?

Roma has been to visit Peggy and Frank at home. **"Oh she was lovely! We got on really well. Next time I shall get some cake in."**

Would you like to visit people at home? It's a great way to share your

Jim has been involved in some great exchanges, one of which involved him fixing the fence at First Step Playgroup. In return, many of our members have given Jim and his wife Muriel lifts to the shops and to social events. Too many to name, but they all make a difference! Tony took Jim today...



**"Have just dropped off Jim. It only took half an hour but he wanted to show me what he had done to improve his garden. Very impres-**

**Wow, that was difficult! There have been so many different exchanges, I could have filled a book. Thank you to everyone who is part of our Time Bank, or have supported me to help it grow. It's exciting to see what is going to come next and to be able to see people giving time to one another!**

Clare had some pictures of her parents beautifully restored by Linda.



The pictures say it all!  
Do you have any old photos that are in need

## Sewing requests

Tammy would love to make some curtains for her new house. Could you give her some time to show her how?

Clare has offered her dining room for a workshop on how to use a sewing machine. All we need now is someone who could teach a small group.

Get in touch if you can help.

What could you give and receive?

## Latest statistics

**Individual members 111**

**Organisational members 14**

**Total hours given 1725.5**

**Total hours received 1725.5**



## Diary Dates

Mon 28th July

Windsor Court Garden for a tidy up. If anyone has a bit of left over compost, donations would be gratefully received. Walking group, 10am, meeting at the Springfield entrance to the lake. Feel free to bring children and your dogs!

Tues 5th August

Coffee morning 10.30am Somersham Library  
Cream tea, Windsor Court Garden 2.30-4pm

Thurs 21st August

Tues 26th August

Tues 2nd September

Wed 3rd September

Walking group, 10am Springfield entrance to lake  
Rose and Crown, 8pm



Huge congratulations to the Carnival Committee for another successful week! There were events and activities to suit everyone and I'm sure lots of money has been raised for community groups.



Our own contribution to the week involved lots of flag making. A massive thanks goes to anyone who gave time to help create Molly's winning flag design and to those that helped at the Community Games with the kids craft session. The flag was entered into the Country Crafts show and came



a very respectable 3rd! It was hung up in the Victory Hall and in the Baptist Church for the duration of Carnival week. I have been reliably informed that it now has pride of place on Molly's wall at home!



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Timebanking UK



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