



building a stronger community

## Recent requests and offers

- Maureen would love to visit someone at home and make them some lunch once a week. If you, a friend or neighbour is sitting at home and would love a bit of company, get in touch.
- Linda is looking for someone to practice her saxophone with. Do you play and fancy getting together for a 'jam' let me know?
- We need 4 doors collecting from B&Q in Huntingdon and bringing to Somersham. Do you have a vehicle that could fit them in and an hour to help?

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Picture above taken on February's lovely winter walk.



Issue 33

February 2015 Newsletter

## Latest News

It's a jam packed edition this month. It's great to hear from our newest roving reporter, Nicola. We have our regular events and I'm hoping to fit in some new and exciting activities this year. There are ways for everyone to get involved in our

own community, whether it's calling in on a neighbour in this cold weather or helping to organise and run an event. I'm always happy to listen to the ideas and suggestions to develop the time bank further. Feel free to contact me with your ideas, big or small!



## World War 2 End Small Grants - Tea anyone?

In the past we have mentioned doing a tea dance in the village and as yet have not managed to get it off the ground. The information below is from the County Council regarding grants available marking 70 years since the end of World War II. This could be a great opportunity, but I will need some help with grant applications, planning and organisation. Whether you help as an individual or organisation, I look forward to hearing your thoughts. We shall be meeting in the Parish Council office at 8pm (far end of the Victory Hall) to get the relevant forms filled in if you would like to come along to support us.



On 8<sup>th</sup> May 1945 more than a million people took to the streets to celebrate VE Day, the end of the war and peace at last in Europe. Huge crowds amassed in front of Buckingham Palace as King George VI and Winston Churchill greeted a nation full of joy and relief at the prospect of peace following six years of conflict and hardship. Having agreed in principle to unconditional surrender on 15 August (VJ Day), Japan formally surrendered on 2<sup>nd</sup> September signifying the end of World War II throughout the rest of the world.

It is an opportunity for communities and Cambridgeshire residents to come together to remember the wartime effort, celebrate peace, reminisce about the 'unforgettable forties' era and capture some of the celebratory mood of the time. Whether it be a community tea dance, the researching and sharing of stories of the time, a lindy hop event, , we would like you to design and deliver activities within your community that motivate and encourage people to get involved.

Small grants will be awarded to local groups and organisations to support community activities linked to and inspired by the 70<sup>th</sup> anniversary, wartime Britain and the 1940's era. Each grant will be up to a maximum of £500 and additional funding or support in kind will be expected. The deadline applications is 9<sup>th</sup> March.



## Tales from the Timebank - Meet the Members

Hello everyone,

I hope you all had a lovely Christmas and New Year. The first Time bankers to take the Hotseat in 2015 are long-standing bank members, Christine & John Rigg, who were kind enough to invite me into their home a week ago and chat with me about their experiences with the Time Bank.

Nicola

### Name

Christine & John

### How long have you lived in Somersham?

Over 40 years.

### How long have you been a timebank member?

Christine has been a member "since the very beginning", with John formally becoming a member in the autumn of 2011; although he had been to the occasional event prior to joining.

### What attracted you to the timebank?

Christine joined after her daughters left home. It gave her a new focus and she felt it would be a great opportunity to get involved with the village and meet new people in the local community. The first event Christine took part in was creation of the planters on the edge of the village "It's lovely to be able to see the fruits of your labour and know that it's appreciated by others" The most recent event Christine helped with was selling raffle tickets for the Christmas lights, which she admits gave her a real appreciation of the effort that goes in to decorating the village for the festive season.

John acknowledges that he often accrues far more time than he claims back; looking after time bankers cats and giving people lifts, to the village and further afield, but he beams with pride as he talks about how nice it is to know that by doing those little things for people and knowing that they are making a positive difference to their fellow time-bankers. "The time bank has been a real resource to Christine and I, we have requested the occasional journey to the train station and it was invaluable to us when I was still working and Christine (who does not drive) needed a lift."

The couple provide me with a huge list of the things they have done with the time bank, leaflet drops, gardening at Windsor Court, setting up for numerous events; but a firm favourite was definitely the cream tea "It was just such a lovely atmosphere" says Christine.

### What would you like to say, to your fellow Timebankers?

Timebank has been a lovely way to get to know people. It's so nice to be able to walk into the village and feel that real community spirit because you recognise people. I'd encourage anyone to bring a friend or family member to a timebank event. It would be lovely to see it continue to grow.



*John enjoying one of our coffee mornings.*

**Would you like to meet up with Nicola to tell us your timebanking stories? Please contact Lucy and I'll put you in touch**



*Christine (centre in pink hat) at the Time Bank launch in October 2011*

*Christine's latest request;* The printer connected to my pc is playing up. Sometimes it will print properly and sometimes not. Think it is probably a computer problem rather than the printer itself. Is there anyone in Time Bank that maybe able to help, offer suggestions etc? Could do with someone who understands printers more than myself coming round for an hour to have a look and see if they can sort it out. Be great if there is someone. The pc is around a year old running on Windows 8 and I use Internet Explorer. The printer is an Epson if that helps.

## Get out and about



We have the latest **Community Light Bite** coming up on Saturday 28th February, 10.30am until 1.30pm at the Parish Church to help raise money for it's members and for the 1st Somersham Guides. The girls have been set a challenge to raise £500 to enable them to go PGL activity centre with water sports, climbing, campfires; everything you need for action and adventure.

Our kids are so often encouraged to go to the bank of mum and dad, it's refreshing to see the girls out there doing it for themselves. If anyone is able to donate cakes, cook bacon, or help with the setting up, please get in touch.



## Girlguiding



Come along to the Parish Church for bacon, cake and tea



## healthwatch Cambridgeshire

We have our regular **coffee morning** this Thursday (19th February) at the library. We will be joined by Heather from Healthwatch, Cambridgeshire.

This organisation help people have their say on local health & social care services by linking them to the organisations buying and providing care. They find out about people's experiences with local health & social care services and share that information; pointing out the good and helping to improve care where it is needed. If you have any experiences, whether good or bad, Heather would be pleased to talk to you.



We regularly meet to watch a film in the comfort of one of our members lounges. It gives us the opportunity to watch films we might not ordinarily see or share our favourites with others. We have seen some brilliant movies (and a couple of dodgy ones!) but the joy is being part of a group who have a love of films. Our next get together will be at 7.30pm on Thursday 12th March at 4 Butts Close. We are planning to watch the critically acclaimed **12 Years A Slave**. I wondered if any members would like to attend a film afternoon, rather than a having a late night. If you're interested in this or would like a lift on the 12th March, contact me.



## Top tips for keeping warm this winter

### 1. Heat your home well

By setting your heating to the right temperature, a minimum of 18 °C (65 °F) day and night, you can keep your home warm and your bills as low as possible.



### 2. Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to. To find out about grants, services and organisations that call help you, your family or neighbour, please call 0345 650 0280.

### 3. Eat well and have plenty of fluids

Food is a vital source of energy which helps to keep your body warm. Try to make sure you and your family have hot meals and drinks regularly throughout the day.

### 4. Get a flu jab

People are more likely to catch flu in cold weather. It's not too late to get a free flu vaccination if you are: aged over 65, pregnant, aged six months to under 65 years with an on-going illness such as a heart or lung condition or are a carer. Flu jabs are available from your GP or some local pharmacists. All children aged two, three and four years are also entitled to a flu immunisation delivered by nasal spray at their GP Practice.

### 5. Look after yourself

Keeping active is important for your health. If you do go out in cold weather it is important that you wear extra clothes to make sure that you are wrapped up warmly. During very cold and icy weather conditions it is safer for older people, very young children, and anyone with health problems to avoid going out where possible.

### 6. Look after your family and neighbours

If you have an older or vulnerable relative or neighbour look out for them during winter to ensure that they are warm and safe and avoid the need for additional medical care.

Information supplied by Cambridgeshire County Council

I am visiting the Over 60s Club on Friday 20th March to tell their members all about timebanking and what we get up to. Would anyone like to come along with me to talk to people about how they've been involved? It would be lovely for them to see it from a timebanker's perspective. Please contact me, you will gain time credits for this!

**What could you give and receive?**

Don't forget if you have taken part in an exchange to let me know times/dates and credits owed/used to  
[timebankcredit@somersham-pc.gov.uk](mailto:timebankcredit@somersham-pc.gov.uk)



building a stronger community

**Latest statistics**

**Individual members 118**

**Organisational members 14**

**Total hours given 2314.5**

**Total hours received 2314.5**



**Diary Dates at a glance**

- |                     |  |
|---------------------|--|
| Thurs 19th February | Coffee morning with Healthwatch, Somersham Library 10.30am                       |
| Mon 23rd February   | Grant application and ideas for a 40's inspired dance, the Norwood building, 8pm |
| Wed 25th February   | Garden tidy at 4 Butts Close, 10am   |
| Sat 28th February   | Community Light Bite, St. John the Baptist, 10.30am-1.30pm                       |
| Tues 3rd March      | Morning walk, Springfield entrance to the Lake, 10am                             |
| Thurs 12th March    | Film Club, 7.30pm, 4 Butts Close   |
| Thurs 19th March    | Coffee morning, 10.30am, Somersham Library                                       |
| Fri 20th March      | Talk to Over 60s Club  |

If you would like a lift to any of these activities or would enjoy someone calling on you at home, please do contact me.

**Interested in timebanking?**

Come along to one of the events above. Alternatively contact the Time Bank Co-ordinator Lucy Bird.

@ [lucy.bird@somersham-pc.uk](mailto:lucy.bird@somersham-pc.uk)

☎ 07443 619017 / 01487 841359

🏠 [www.somershamtb.org.uk](http://www.somershamtb.org.uk)

