



# ST NEOTS TIMEBANK

## NEWSLETTER March 2017

Covering: 'St Neots' Postal area of PE19

### March 2017 - we are now 5 years' old

It doesn't seem that long since I sat on the Market square with a few friends and told people about TimeBanking. It originated in America, formed by a gentleman named Dr Edgar S. Cahn, in 1980 (which he first called Service Credits). It came to England in 1998 and has spread around the world to forty countries in six different continents. England has between 300-400 TimeBanks and still increasing, it is so popular - with so many people wishing to share. Luminus Homes funded our launch and TimeBanking UK provided me with information and documentation to get started and awarded us their **Charter Mark** - the first they TimeBank they had awarded it to.

From that day on, we have never looked back, as it continues to grow and the joy and gratitude that is shared is priceless.

TimeBanking can help with Stress, depression, loneliness, frustration and even training to help people learn new skills. The TimeBanks policy is to help those that are too busy or do not have the skill or energy to do it themselves. We will not take on help that is regularly needed, or the work the Welfare do, we offer help with occasional needs and situations that need bringing back to a manageable level. **Everyone can join as everyone has something of value to share with someone else, even a phone call is priceless to some.**



**Saturday 4<sup>th</sup> March, 11.30am – 1.30pm**

**St Neots Timebank Coffee Morning**



**Bring your bikes to be serviced or repaired by our professional Bike Repair Member**

**Everyone welcome – meet friends and form New relationships**

**Enjoy a Cuppa and Cake/Biscuits as well!**

**St Mary's Church Rooms, Church Walk**



St Neots Sixth Form  
in collaboration with  
St Neots Time Bank



# INTERNATIONAL EXPERIENCE TASTER DAY

Try new foods, learn new languages and  
listen to stories from other adventurers!

**WHY NOT COME AND JOIN US?**

**FREE ENTRY**

10th March 2017

12.30 - 3.30 pm - St Mary's Church Rooms



PosterMyWall.com

## THIS MONTH WE HAVE TWO COFFEE MORNINGS

The second we are  
linking with the  
Student Voice

(St Neots Sixth Form  
Centre) being held on  
**Friday 10<sup>th</sup> March**

The Student Voice are  
organising events across  
town all day long – raising  
funds for charity. The  
TimeBank is providing the  
platform for their ideas and  
to promote the TimeBank  
to younger people. We can  
offer work experience, help  
with CV's, learning a trade  
or just learning to care.

We now have 172 members with a multitude of skills to share in professional work such as IT, Computers, nursing, woodwork, craft work, languages, book keeping, relaxation therapies, cooking, bicycle care, help with GCSE & A levels in several subjects to name a few.



Department  
for Work &  
Pensions

If you are unemployed and seeking work, then hours earned by volunteering with the TimeBank can be counted as your Job seeking hours with the DWP.

Our Singing Group is taking a break in March therefore our next meeting will be on Monday evening at 7pm on **24<sup>th</sup> April.**

This is free to join and optional to join our Choir. Just come along to Tesco's Community Room and have fun singing and making new friends with the same interest.



New Friends can also be made at our monthly New Friends group. Held at the Priory Centre Cloisters - next one will be on **Friday 17<sup>th</sup> March - 2pm till 3.30pm**  
Plus: The Priory Centre sell great coffee.

## Spice Credits

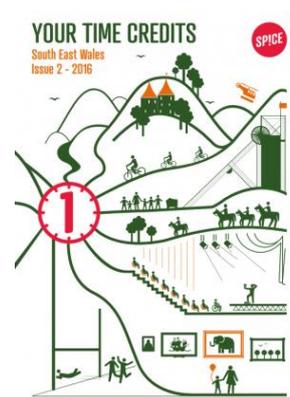
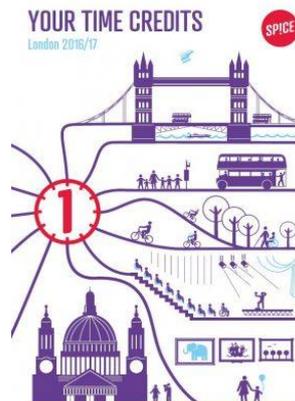


More and more of you are realising the value of Spice Credits..... just one message from a member that has:

*"My husband is an active member of the Time Bank and has accrued many hours helping other people. You can imagine my delight when he was given vouchers for his hours called Spice Credits that can be used at a number of outlets. I go swimming at One Leisure in St Neots and I can now hand over one Spice Credit allowing me one hour's swim. There are many other options which are all detailed in a well set out booklet. Lynda"*

Exchange the hours (you've already given to others) for Spice Credits. Ask the coordinator how many hours are owing if you are not sure. There are so many activities and entertainments that you can exchange them for.

Check out the Spice website for all the catalogues of places to exchange the Credits - all over England. Go to [www.justaddspice.org](http://www.justaddspice.org) scroll down and click on **FIND YOUR NEAREST PROJECT**



These are just a few examples of the pages in the catalogues pictured on the previous page which are found on the Spice website. The circled numbers are the number of vouchers needed which are = to the hours of help you have given.

## St Neots Golf Centre St Neots

**1** = A Footgolf Session



**Where is it?**  
The Old Cromwell Centre, Abbotsley, Cambridgeshire PE19

t: 07458 036572  
e: pro@steveoldhamgolf.co.uk  
w: www.ukfootgolf.com/st-neots

f St Neots Golf Centre



**What do I need to know?**  
You will still need to pay £2 for ball hire, but all proceeds from this go to the Centres' nominated charity. Make sure to wear appropriate footwear (no football boots) and you will need to call ahead to book your slot. Maximum group size is 4 people.

**About the Partner**  
St Neots Golf Centre is a fantastic location in the Cambridgeshire countryside offering FootGolf, 9-hole golf, a driving range and even golf tuition. Based at the old Cromwell Centre, they have a huge space to play around with lovely views of the surrounding fields and a great little club house to take care of all your equipment hiring needs.

You can take the family to try their brilliant FootGolf course using Time Credits on your first visit. Bring the family or friends along for a great experience and some outdoor exercise at this fab new partner.

**St Neots Golf Centre**

What's on offer	When	Time Credits
FootGolf Session	Tues - Thurs from 10am - 2pm (not available weekends from Mar - Oct)	<b>1</b>

## The Little Vintage Studio St Neots

**3** = Crochet courses & craft sessions

**Where is it?**  
39 Huntingdon Street, St Neots, Cambridgeshire, PE19 1BG

t: 07912 494760 (9.30am - 8.00pm)  
w: www.beautifulswagger.com

f Beautiful Swagger Ltd



**What do I need to know?**  
Spaces on both offers are limited so call to book, quoting Time Credits. Open 10-2pm as a fabric and wool shop (Weds-Sat).

**About the Partner**  
The Little Vintage Studio is run by the lovely people at Beautiful Swagger. They run regular courses on machine sewing (they also have their own sewing machines you can use), crochet, Decopatch, lampshade making and rag wreath making. You can pop along to their weekly craft clubs either on a Monday evening or a Wednesday morning with your table top craft project such as crochet, knitting and cross stitch. You can also book yourself on one of their regular crochet for beginners workshops.

**Beautiful Swagger**  
Beautiful things for beautiful people

What's on offer	When	Time Credits
Entry to the Crochet Club	7.15 - 9.15pm Mon (except Bank Holidays), Wed 11am - 1pm	<b>2</b>
Place on a Crochet for beginners Workshop	Various courses each month - visit the website for dates and times	<b>3</b>

## Tower of London City of London

**2**



**Where is it?**  
Tower of London, EC3N 4AB

t: 0844 482 7777  
w: hrp.org.uk/TowerOfLondon

f toweroflondon  
@TowerOfLondon



**What do I need to know?**  
Time Credits can be used at any time during normal opening hours excluding half terms and school holidays. Check the Tower Hamlets council website for school holiday dates.

**About the partner**  
Over 1,000 years old, Her Majesty's Royal Palace and Fortress, more commonly known as the Tower of London, is a historic castle on the north bank of the River Thames in central London. Steeped in history and home to the Crown Jewels, it's a marvellous day out for all the family.

**Historic Royal Palaces  
Tower of London**

What's on offer	Time Credits
One admission to the Tower of London	<b>2</b>

## The Blackpool Tower Eye Blackpool

**1** 1 Session



**Where is it?**  
The Blackpool Tower, Blackpool FY4 1BJ

t: 01253 622242  
w: www.theblackpooltower.com

f The Blackpool Tower  
@TheBpITower



**What do I need to know?**  
This Time Credit entitles the holder to one entry to The Blackpool Tower Eye.

- Time credits are only valid from 01/03/2016 until the 31/12/2016.
- Exclusion Dates:
  - All Saturdays throughout September, October and December 2016,
  - All public bank holidays
  - 15/10/16 - 6/11/16 inclusive
- Time Credits must be exchanged on arrival for an attraction ticket - tickets cannot be pre-booked.
- The Blackpool Tower Eye is subject to weather conditions and may close in inclement weather conditions.
- Please check opening times before arrival to avoid disappointment.

**About the Partner**  
Discover stunning panoramic views, a 4D Cinema and look down below from our great glass floor. The Blackpool Tower Eye and solid-glass Sky Walk offer the best views across the North West of England from the top of the iconic Blackpool Tower. Begin your journey to the top with a visit to the incredible 4D cinema. Let the special sensory effects and incredible filming bring the history of The Blackpool Tower to life in front of your eyes. Then take a trip 380ft into the sky to the top of The Blackpool Tower and experience the thrilling Sky Walk. Walk out if you dare onto the five centimetre thick glass viewing platform, where you can look out into the Irish Sea and see the famous Blackpool Promenade below you.

What's on offer	When	Time Credits
A visit to the Tower Eye	Check the opening times on the website	<b>1</b>

# Outstanding jobs which we still need help with:

I have a young Mum who would like a shed to keep bikes in. Does anyone have one they no longer use, happy to cover costs.

We still need someone to fix the wooden frame of a garage that is beginning to rot.

We also have another garden that needs the Hedge and shrubs trimmed.

Plus, a member who needs help to transport shed panels, locally – largest 2m x 2m.

## Can you help?

## Corporate members



The Riverside railway are on 'Track'..... but still need help – earn TB hours by working with them. Pop down at the weekends, you'll usually find someone to report to there – mention you are from the TimeBank and tell them to. Don't forget to book your hours too. [Riversideminaturerailway@gmail.com](mailto:Riversideminaturerailway@gmail.com)  
Website: [www.riversiderailway.co.uk](http://www.riversiderailway.co.uk)



## Carers Café Neuro

Join us at the Carers Café Neuro  
Marbrook Centre, Phoenix Park, Eaton Socon, St Neots, PE19 8EP

Tuesday 28<sup>th</sup> February 2017  
10.30 – 12.30 for Tea/Coffee and Cake

*This month*

An overview of holistic therapies, and how they can help promote wellbeing and positivity. There will be a practical section where you will get to experience some techniques.

Carers Café Neuro - A welcoming place for carers of adults with acquired or long term neurological conditions and the people they care for to meet. And to receive information and support.

*Please note we are not able to provide care or personal care support.*

Contact Carers Trust Cambridgeshire for more information 01480 499090

With many thanks for the generosity of



**Rocking back the 70s**  
The Original  
**Jukebox Heroes**  
in concert  
originaljukeboxheroes.com

**LAD (Life Amidst Debt) CHARITY FUNDRAISER**  
**TEMPSFORD VILLAGE HALL**  
CHURCH STREET TEMPSFORD SANDY SG19 2AN  
**SATURDAY 22nd APRIL 2017 7:30pm**  
TICKETS £12.50 + BOOKING FEE FROM £2.00  
www.ents24.com/uk/tour-dates/original-jukebox-heroes

THE BAND ARE PROUD TO BE PATRONS OF LAD

## Love's Farm Senior Youth Club Needs A senior youth worker 7-8.30pm weds

Ground Zero is the name of the youth club running from 7-8:30pm on Wednesday evenings out of Love's Farm House to the east of the train station. Started in November 2015, we offer all the usual fun stuff for 12-17 year olds, but we are desperate for more volunteers to make sure the club keeps running. Do you have an hour and a half a week to give a hand to this much-needed service? If you are interested please call 01480 262626 for more details, and we can arrange to meet at the Farm House so we can chat and look over the accommodation and fabulous facilities! (However, this is not a TimeBank exchange)

**EMBRACE** is a free support service that is designed to help older people in Huntingdonshire to remain living independently.

This service can support people to manage their home, remain independent in their own home and access services within the community - for example, dealing with complicated or confusing paperwork such as benefit claims and utility bills, and helping to access benefits and befriending services. Embrace can also help with problems around the home such as installation of grab rails or other changes for those who are having difficulties.

If you or somebody you know would benefit from additional support to live independently, please contact Embrace on 01480 428562 or email [embrace@luminus.org.uk](mailto:embrace@luminus.org.uk).

## Our Members Section:

**MARRIAGE TAX ALLOWANCE** - tax break introduced in 2015 is worth £220 in 2016/17 and can be backdated to last year giving a saving of £432. Married or Civil Partnerships are entitled if one person pays no income tax and the other is a basic rate 20% payer and you are born after the 6th April 1935.

Go onto [www.gov.uk](http://www.gov.uk) and click marriage tax allowance in the search box, or phone 0300 200 3300. You will need your National Insurance Numbers and the first four digits of your bank account or passport or the amount of the non-tax payers P60. That's it. You will receive an email confirming your rebate or be told on the phone. *Info from Terry.*



**CARTRIDGE PEOPLE** also sell stationery, Paper, Light Bulbs, PC

Accessories, printers, Gadgets and gifts - all at great prices and of course they sell all makes of Cartridges Original and Compatible. Order from the TimeBank website and St Neots TimeBank get 10% of your order to help with our Administration costs. So far we've accrued **£27.63**. Click on the Logo on our

website [www.stneotstimebank.org](http://www.stneotstimebank.org) Then click on the **BUY NOW (Pink square)** to place your order. St Neots TimeBank has used the Compatible cartridges for years and only twice had a faulty one which were replaced immediately. Fast delivery too. **GIVE IT A TRY you can't lose.**



**St Neots**  
COMMUNITY & BUSINESS  
AWARDS 2015

Like' our TimeBank on our **Facebook Page**

"would be good to hear from you"

<https://www.facebook.com/timebankstneots>

<https://twitter.com/StNeotsTimeBank>

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

Phone **07590909057** or email: [time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)



**If you wish to exchange hours for Spice Credits, then phone the coordinator**

**Please, tell your friends and neighbours, everyone could benefit in some way or another and everyone's welcome to join, just a simple registration form and no fee to pay**



See our website for other organisations that have helped us over the years.

