



# ST NEOTS TIMEBANK

## NEWSLETTER – May 2016

Covering: 'St Neots' Postal area PE19

### Our Coffee morning this month is on 7<sup>th</sup> May 2016 A coffee morning with a difference - Remembering 'VE Day'

We are moving back for one month only to:  
Church Walk Day Centre, St Neots - 12am till 4pm



Last year we had 50 guests – people that didn't go out much. It was the best day of our TimeBank year. So we just had to do it all again. Once more we have the: **Merry Makers** old Thyme Music Hall program. **Peppercorn Singers** and the **Swingster dancers**. We will also be joined by the **Mayor of St Neots – James Corley**

### A BIG Thank you goes to:

**Tescos** who are kindly providing the sandwiches as they did last year, other refreshments are being prepared by the Students from 'Switch Now' these are young people with learning difficulties but excellent chefs. We also wish to acknowledge the grant we have received from **The Frank Litchfield Charitable Trust Fund**, a charitable fund managed by **Cambridgeshire Community Foundation** for making this whole event possible. We will also hold a free raffle for the guests with donated prizes from businesses around the town.

**HELP IS NEEDED:** Would you like to earn some hours by coming along to help us set up (11am) and clear up (5pm) on 7<sup>th</sup> May and/or as a driver to collect some of the guests and take them safely home again. Call the coordinator.

*also*

**St Neots TimeBank has reached the final 10 organisations to be chosen for the Hunts Post 'Skips of Gold'**

Mick George Ltd, in association with *The Hunts Post*, is running its Skip of Gold campaign in which it is providing a local sports club and a community project with the opportunity to win £1,000.



Help us to Win by texting **GOLD I** ( that's a capital I ) to **67000**  
25<sup>th</sup> May closing Date.



## 4th June 2016

Our next Coffee morning will have a Gardening theme to it, not 'heavy digging' just 'Hanging Baskets'.

David Usher from the St Neots Garden Club has kindly offered his services to give us advice and show us how to make our hanging basket the best in town. We will also have sun flowers seeds for the children to plant in pots.

The demonstration basket will be raffled off at the end of the session.

We now have a **'New Friends Group'** - would you like to meet for a cuppa and make new Friends? A few of our members will be at the Priory Centre once a month for just this reason.



Our first meeting was on 22<sup>nd</sup> April from 2pm till 3.30pm - several people came along and enjoyed the company and chatter, making 'New friends'. There is no age limit. Do you feel lonely, isolated maybe widowed or know someone that is? then pop along to our next 'New Friends Group' at the Priory on 20<sup>th</sup> May 2016 followed by 17<sup>th</sup> June as we are making this a monthly get together.



We also met in Loves Farm House Café for a similar meeting 10am till 11.30am - a cuppa whilst learning how TimeBank can help people of all ages.

**Our Monday evenings 'Meet and Greet'** will soon be starting again with new interests - would you be interested in playing cards (no gambling) or joining a singing group or maybe you have an idea that we haven't thought of that you would like us to arrange.

Later in the year we have the opportunity to hold another Sign language course: this would be for people who have not attended the previous courses as this would be repeating the beginner's course.

It would therefore be for NEW students and those with hearing. Register your interest if you wish to join this group when it re-starts.

**We like to help the 'elderly', BUT we also help the 'busy' or those that just don't have the skill needed or the time to do it.**

Maybe you are a busy person and the ironing is getting on top of you, or the housework needs a catch up



or the weeds are taking over your garden.

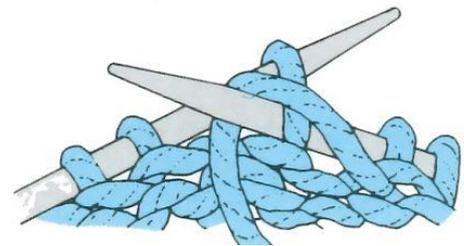
There are a multitude of things that we may be able to help with. Plus it's all free only charges are for materials used, if any.

*People asking for help are as important as those giving the help. By asking - you help someone else earn hours to get help themselves which in turn helps another and so it goes on.....* Looking at my Data Base – we have reached **3.538 hours helping other members and still rising.**



We have members that are offering skills – that no one asks for them! We have 9 members offering skills to do or teach Craft work – **Crochet,**

**knitting, sewing,** even rag rug making. Does no one need to learn these skills or has something that needs mending or knitted?



We have 3 people that can help with **reflexology**, and 4 with **Massage** skills.



7 can teach you to **paint or draw** – even more can paint doors and windows.

### **Party Planning**

Why not have a professional touch to make your party special



*Just had to check out Shopping and Dog Walking and I was surprised we have **46** offering to help get shopping and **32** people willing to walk a dog – yet these seem to be the least asked for !!??*



**And that's just for starters – more next month.**

It makes you feel good to share and help others, even better when you get rid of that niggling problem that was stressing you out.

## Reminders

**Bike Day** Come along to the **Eatons Socon Children's Centre 3<sup>rd</sup> June at 1pm till 3pm**

We all want to make sure that particularly our children are safe riding their bikes and even your own bikes are road worthy – why not take advantage of a free check, punctures repaired and maybe a few other problems solved. Get peace of mind regarding your bikes and your children's safety.

**VOLUNTEER DAY** – 11<sup>th</sup> June. 1pm till 5pm on the Market Square for Charities and volunteer groups to hold a stall to raise their profile and funding. Book early as spaces are limited. Call 01480 404184 or 07590909057. Music by John from the Alabama Hayriders playing his Steel Guitar.

## The TimeBank also has organisation members/supporters our latest member being 'Contact the Elderly'

We are pleased that they have joined us as we share their intentions of making life less lonely for the elderly, which happens far too often. This organisation is for people over 75 years old. Helping them to feel less lonely and linked with the TimeBank getting all those little jobs that they can no longer cope with done and dusted – makes a perfect combination to make an elderly persons life less stressful and more enjoyable.



**CONTACT  
THE ELDERLY**

### Tea, cake and conversation: Volunteer with older people in St Neots

Contact the Elderly, a national charity dedicated to tackling isolation amongst older people, is inviting older residents in St Neots to come to tea one Sunday afternoon a month for a few hours of companionship. The charity is also encouraging local volunteers to spare a few hours each month to help with the running of local tea parties – enjoying a cuppa themselves!

The charity aims to relieve the acute loneliness of isolated older people, aged 75 and above, who live alone. Each older guest is collected from their home by a volunteer driver and taken to a volunteer host's home, where they meet with a small group for tea, chat and friendship.

Contact the Elderly's Development Officer, Hannah John, said: "Activities for people aged 75 and above are normally limited to weekdays, so Sunday can be a particularly long and difficult day. We're reaching out to any older residents in St Neots who would be interested in joining the local group and coming along to a tea party once a month, for free. It's a brilliant way to make friends and feel part of the community again.

We really need the support of the local community. Anyone who can spare a couple of hours one Sunday a month as a driver, or once or twice a year as a host. We're also looking for a group coordinator to ensure the smooth running of the group and organise the rota of tea parties. It's not a big commitment, and our volunteers genuinely get as much out of the experience as our older guests."

St Neots residents interested in volunteering or joining a local group as a guest, contact Hannah John on 0207 881 2369 or email [hannah.john@contact-the-elderly.org.uk](mailto:hannah.john@contact-the-elderly.org.uk) or visit [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)



## Help us raise Administration funds and you can benefit from buying cheaper printer inks too.

Order your inks from Cartridge people and 10% will be donated to St Neots TimeBank - Plus the cartridges are cheaper!!....I recently purchased 10 inks for the TimeBanks Brother Printer 6 colours and 4 Black for just £14.32. *Check out your cartridges.*

Order by clicking on the link at [www.stneotstimebank.org](http://www.stneotstimebank.org) Please note that I have now found out that maybe people with 'Explorer' on their computers cannot activate this – it needs Chrome or Foxfire. Unfortunately Cartridge people are unable to change this.



Don't be too proud to ask - we all need help sometime, so phone or email us for help - your calls are always confidential; information is only given to the person helping. Any stories printed in our Newsletter do not contain your name unless we have asked permission to do so.

Contact the coordinator **Georgina** on 07590909057 or  
01480 404184 to Register or go online



Visit and like our **Facebook Page**

It would be good to hear from you

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

and tweet us at <https://twitter.com/StNeotsTimeBank>

Thank you to those that have 'liked' our site – it's definitely getting more popular.

Also check 'Streetlife' for our events.

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

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

**(Please, tell your friends and neighbours, everyone can benefit and everyone's welcome)**



We have received support from the



Cambridgeshire  
Community  
Foundation

