



ST NEOTS TIMEBANK

NEWSLETTER 13

Covering: The Eatons, The Paxtons, Eynesbury, Croxton, Loves farm, Papermill and the Offords



St Neots TimeBank has started the year on a good note. We subscribe to Timebanking UK with their Website helping over 300 Time Banks across the country - as a member we can get help, advice and training.

www.timebanking.uk

They also have a set standard to be achieved - which St Neots TimeBank has been successful in doing. Consequently we have been awarded their Kite Mark:

"In recognition of best working timebanking practices, policies and procedures including coproduction, monitoring and evaluation and the use of all three models of timeBanking."



To have received this we also had to provide briefings of the work being carried out - therefore a big **"Thank you"** to those that have given time and effort so generously.

Ernulf Academy has joined TimeBank and held assemblies to promote voluntary work and helping the community. TimeBank was highly featured with the older students and also information given to the younger students

to prepare them for when they become of an age to volunteer.

Students can benefit from:

- Help with learning a skill from our many members with a trade or skill.
- We have skilled members willing to give extra training in many subjects and languages.
- Voluntary work is also highly recognised on a CV when seeking work.
- It is also helping to teach the younger generation how to be part of a community.

TimeBank is also being recognised by organisations and agencies such as Physio Therapists, Healthwatch, and Navigators to name a few - recognising that we can fill in the gaps that these agencies don't cover.

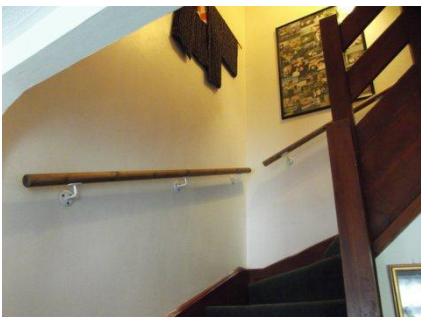
We can provide company, general help with odd jobs, transport to those important appointments. We are someone on the end of a phone to direct you to the people that can help... our members or another agency. We hold contact details and a wealth of telephone numbers of organizations that can offer help some you may not have heard of.

We are also looking to work with Companies and Businesses:

Some Benefits are: Sharing equipment, Free Advertising, Casual help at busy times.

Offers could include:

A few hours mentoring, Work experience opportunities, offering space on a training course.



Recent jobs have included:
Fitting a Banister, knitting,
painting a ceiling, fitting a
door knocker, bike repair, help
with Mathematics, IT,
Spanish and gardening.



A wide range of skills all making someone happy and the TimeBank member experiences satisfaction helping and knowing they have been appreciated. Contact TimeBank and get some of your odd jobs done and dusted! Don't wait until you have earned hours, you can benefit and pay later with time when needed in a skill that you have.

We give Time but you can take Time to repay later even at the start. Take advantage and ask now.

OFFERS of TRAINING

We occasionally receive offers of Training which I will pass on to you to take advantage of, if interested please contact me asap. (01480 404184)
Today: FREE help if you are unemployed and improving interviewing skills:



The New Directions Training Event:

Recently been made redundant?

Starting again after a break?

Off work and want to explore your options?

Thursday 27th February 2014 9.30am till 3.30pm

at the Maple Centre, 6 Oak Drive, Huntingdon, PE29 7HN

- Learn how to stay motivated, work outside your comfort zone, make important decisions and look at what skills you have and how you can use them.
- Explore your options and look at the pros and cons of each to decide what's best for you.
- Take home a full action plan that includes a step-by-step roadmap to achieving your goals



Cambridge County Council - Public Health

An Introduction to Motivational Interviewing Training

Course Aims:

- Build on your current knowledge, skills and confidence when offering clients information on lifestyle change.
- Facilitate your skills and learning needs
- Provide you with the skills required to engage with clients and offer appropriate advice and referral to services.

By the end of the Training you will be able to:

- Increase your confidence to have conversations about change
- Recognise opportunities for discussion around lifestyle change.
- Provide information on services available.
- Provide information on how to access the services.

Dates available: 29th April 2014 – 9.30am till 12.30pm (in Cambridge – Shire hall)

13th May 2014 - 13.30pm to 16.30pm (in Cambridge – Shire hall)

27th May 2014 – 9.30am till 12.30pm (in Cambridge – Shire hall)

TRANSPORT CAN BE PROVIDED (for a limited number) TO BOTH COURSES – so don't hesitate to book a place.



Our Coffee morning will be on the
**1st February 2014 (next
Saturday) - 11am till 1pm at the
Priory Centre Cloisters.**

All are welcome to join us for a cup
of tea or coffee and to chat...
as a member, wanting to learn
more about us or think of
joining we'd love to meet you.



If you need a lift to get there, wish to join TimeBank or just need more
details then contact the coordinator ***Georgina***
on 07590909057 or 01480 404184
Tell your friends and neighbours too – all welcome
(email: timevolunteers@hotmail.co.uk)

Website: www.e-s-timebank.eu soon changing to
www.stneotstimebank.org.uk

If you no longer wish to receive these newsletters please contact me