

Warm welcome

We extend our warmest welcome to the new individual and organisation members who have joined our Time Bank recently.



Val welcomes a new member

The Time Bank team will help you to get the most out of your volunteering activity and make sure that it all runs smoothly.

They identify volunteering opportunities, match skills to needs, complete health and safety checks, undertake risk assessments and in the case of groups and organisations, produce a plan for the day, which is used to brief the volunteers.

For more information contact:

CVS Uttlesford

☎ 01371 878400

✉ infocvs@btconnect.com

www.cvsu.org.uk

Volunteer Uttlesford

☎ 01799 510525

✉ volunteer@volunteeruttlesford.org.uk

www.volunteeruttlesford.org.uk

Fond farewell

Wendy-Jo Atter, who has worked for Time Bank since January 2015, will soon be leaving to return to her career at Lloyds Bank.

Wendy-Jo has been a dedicated worker with Organisations and Mini Time Banks and a very loyal member of staff, providing a great deal of experience.

Thank you Wendy-Jo, and every success for the future!



Wendy-Jo Atter

Wendy-Jo says...

"I have enjoyed working with Time Bank. It has been very rewarding to see the difference and achievements the volunteers have made. Best wishes to you all. Keep up the good work!"

The Time Bank Uttlesford team supports you to give what you can and get what you need, when it suits you

Time together

On 10 February the Time Bank team held their first successful 'Time together' coffee morning, at the Community Hub Cafe in Great Dunmow.

Members of the Coffee and Company mini Time Bank, Val and Mary, warmly greeted everyone. Wendy-Jo spoke about Time Bank and Pat and Susan brought along their laptops to search the list of current volunteering opportunities.



Time Together

'Time together' coffee mornings give us the opportunity to:

- ☉ Thank you for your support of Time Bank
- ☉ Explain how the Time Bank exchange process works
- ☉ Discuss what you would like to do or, any help that you may need
- ☉ Seek your feedback, for example, what is working well and what could be improved?

Our next 'Time together' coffee morning will take place in Saffron Walden, during Volunteers Week, in June.

Opportunities

Gardening

Spring is here and the flowers are beginning to bloom; we have a variety of gardening opportunities for our green fingered volunteers and, if you need assistance with general gardening we have some volunteers happy to help with this too.



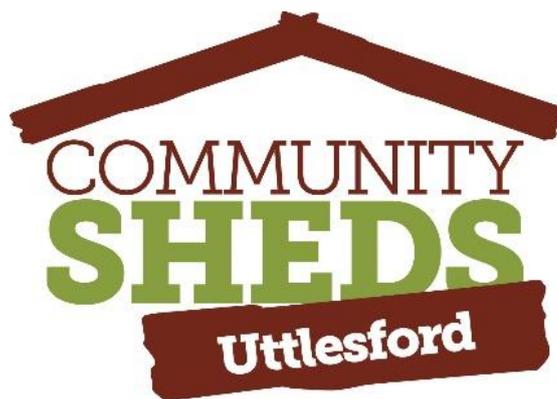
Craft

The group of Time Bank volunteers who run the 'Coffee and Company' befriending service are looking to introduce craft opportunities to these sessions, which take place on Thursday mornings between 10.30 and 12.30 at the Uttlesford Community Hub Café, on the Stortford Road in Great Dunmow.

If you are interested in learning, teaching or simply just doing your craft do please pop along. If there is sufficient interest then we will investigate opportunities to set up local 'Craft, Coffee and Company' groups too.

For more information about the volunteering opportunities please contact the Time Bank team on: 01799 510525 / 01371 878400.

D.I.Y.



Community Sheds are spaces where men, from all backgrounds and ages, share skills, share enthusiasm and share projects. It's also a place to pass on skills or learn new ones.

Members can become involved in projects which include everything from making bird boxes and planters to small repairs for the community.

They are also places where men can meet informally to drink tea and chat and they are coming to Uttlesford.

Council for Voluntary Services Uttlesford (CVSU) is establishing the first 'Shed' at the site of the local Community Co-operative Local Food (& more) in Little Canfield.

We have the projects, the tools, the shed and now we need YOU.....

Anyone can join you don't need any special skills you just need to come along and meet us.

If you would like to join or learn more about the local Community Shed please contact Susan on:

01371 878400

or

shed.coordinator@outlook.com