

Welcome

Welcome to our winter newsletter.

It is wonderful that we now have over 100 members, and the numbers are growing all the time.

A heartfelt thank you to those who have given their time to help other members, and we hope that the beneficiaries have been pleased with the assistance they have received.

We are holding a recruitment drive and are offering members 2 hours of time credits for every new member they introduce to Time Bank. Simply ask them to add your name to their registration form in the "where did you hear about Time Bank?" section.

Remember, Time Bank is also available to groups and organisations, so if you are a member of a group or organisation who has 5 or more people interested in Time Bank it can become a mini time bank. Contact us for more information.

Time Bank Exchanges

Stansted Airport staff showed community at its best when they volunteered their help to construct shelters at a local animal rescue and rehabilitation centre.



Alison Thomson, from Daisy May's Farm, described the importance of the volunteer support: *"The work completed by the airport staff has been invaluable in providing much needed protection for our rescue animals this winter."*



Photo credit and thanks to Robin Lee

Individual Time Bank member, Jean, kindly provided the cake that the volunteers enjoyed during this exchange.

Christmas is a time of giving and sharing!

Volunteering can make a real difference to your own life and the lives of those around you. Are you able to give some of your time to help over the festive period?

The Princess Alexandra Hospital is seeking volunteers to help out in the Emergency Department this winter.

Ideally you will be able to commit to 3 hours per week for 3-6 months (this is flexible.)

Mileage will be reimbursed and parking is free for volunteers.

You will be given appropriate training, at Princess Alexandra Hospital in Harlow, on 4 December.

For more information about the volunteering role and to register your interest please contact Emma Taylor, Voluntary Services Manager, Princess Alexandra Hospital on 01279 827274 or emma.taylor@pah.nhs.uk

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Member Profiles

We thought you would be interested to hear about some of our member's experiences of Time Bank.



Mary

Mary moved to Great Dunmow 5 years ago to be near to her daughter. She thinks the loveliest thing about Dunmow is the place itself, its history and the convenience of the location.

She saw the Time Bank coffee morning advertised in the local paper and attended the event here at the Dunmow Community Hub. At that time she did not know anyone.

Now she has joined with other volunteers and between them they have formed the 'Community Hub Café' mini time bank which operates a 'Coffee and Company' befriending service; Monday to Thursday 10.30 – 12.30; in the Dunmow Community Hub Café. She says "All the ladies are very nice and welcoming."

Mary found the benefit of being involved with the mini time bank is that she has learned about Foodbank and has helped and befriended people who have come into the Café to collect their food parcels.

In addition to the Thursday mornings that she volunteers in the café, Mary pops in to see one of the other volunteers on a Monday.

Mary is very supportive of developing the 'Coffee and Company' mornings to include an element of craft and hopes that this will encourage more people to come along and get involved.

This is Issa's experience, and it's great to hear that the member she helped is now involved in the Saffron Walden Community Café, and is spreading the word about Time Bank!

"I answered a request from a member to help tidy up the gardens at a local sheltered housing. My contact there was so appreciative and I shall return in the spring. Then a lady in a nearby village wanted a bedroom wall painting – a small job, but not only have I made another new friend, she loves baking and is now making us cakes for the Community Café (held in the Town Hall each 3rd Saturday) and offering to help there. Her loneliness was exacerbated by inadequate public transport as there was no time to meet up with people before having to catch the bus home. So Time Bank is now hoping to find someone to run a car back from the town as a small community transport initiative. She is over the moon, she can get out and meet people and we both feel valued. This indeed is what community is about!"



Jean and Issa

And for my part, being somewhat computer phobic, I asked for help. I took my laptop to receive a tutorial from a student from County High School. I don't need all my credits though, so most go back into the pot. This enables those who need them to still be helped.



Virtually everybody can give a little and we would encourage people to see what they can do, no matter how big or small."