Well done to the Sports and Leisure Association for a really successful 10K Sprint.

Latest News

Welcome to our new look newsletter. And a very warm welcome to our new members! We are now up to 78 signed-up members who have exchanged, through social activities and individual exchanges, over 2200 hours!

The Time Bank are lucky enough to be able to get involved in some fantastic community activities. Last month we were able to support both the Somersham 10K Sprint and the Hobbies and Craft Exhibition, both to raise money for the Millennium Pavilion a registered charity and member of the Time Bank.

Coffee Mornings

Great news! We are now going to be having regular coffee mornings thanks to The Friends of Somersham Library. We will be supping tea and catching up on the third Thursday of each month at 10.30am. This will allow anyone interested in finding out a bit more about the Time Bank to be able to find us and for our existing members to get together.

Our first gathering is on Thursday 17th October. In true Timebanking style, we will be able to support the Library by hosting some Fundraising Coffee mornings. More details to follow.

We will continue to have Saturday coffee mornings too, but they will fit around the Somersham Calendar and will rotate locations around the village as normal.
Somersham 10K Sprint

The Somersham 10K Sprint was a huge success and next years Fundraiser is already in the diary! There were over 120 runners who ran the cross-country course, competing to get the records set for challenge at this annual event. All money raised goes towards enhancing the pavilion on behalf of the Somersham Sports and Leisure Association.

The event was supported by a number of sponsors including Living Sport’s Community Games supplying fun sporting activities to entertain the families of the runners.

Even Spiderman made an appearance! Next years race is set for September 21st and details can be found on the Facebook page Somersham Sprint 10K or visit their website at www.millennium_sports-Somersham.co.uk.

The winners of the male and female races; Jonathon Peters 36 mins, 15 secs and Nicky Brinkman 38 mins, 8 secs.

News from the Friends of Somersham Nature Reserve

The Friends Group invite you to their Community Orchard Apple Day Event - join them in celebrating Somersham Community Orchard as part of National Apple Day on Sunday 20th October 2-5pm.

There will be a number of exciting apple themed events, including:
- Apple bobbing
- The longest peel competition
- Fruit tree pruning demonstrations
- Apple races

There will also be a fruity cooking competition so why not have a go at cooking something based on fruit. Could be apple cake or a crumble or whatever you like. Toms Cakes will be there to judge the cooking competition.

There will be local varieties of fruit for sale as well as cider tasting.

Time Bank members can get involved and help out with some of the games or putting up signs to direct people over to the orchard and gain credits for supporting this fantastic new project. If you can spare an hour to help out please get in touch at lucy.bird2@btconnect.com or call 840776 for details.

Come along to see the Time Bank Tree and see how well it’s growing.

Entrance fee will be one apple/plum from a local variety.

The Film Club

We have a Film Club that get together regularly at members homes to watch and review a wide variety of movies. At our last gathering we watched ‘Untouchable’, a French award winning film.

“What a good choice for the Film Club! I would never, ever have chosen to go to the cinema to see it, but I really enjoyed it” - Mary

Our next meeting will be on Thursday 31st October at 7.30pm at 8 The Trundle. Our film choice this month has been suggested by Christine and John and is ‘Life of Pi’. Come along to join us, bring your own drink and we’ll supply the popcorn. If you need a lift, get in touch on 840776.
Exchanges - you just need to ask!

Timebanking works by asking for help when you need it and offering your time when you have a bit spare. The fantastic thing about it, is that it fits around your life!

It doesn’t have to be asking for something practical, your credits can be used for a treat, such as an aromatherapy massage or a Djembe drumming lesson. We even have a new member, a qualified vet, offering to clip your pets claws!

Occasionally we are unable to fulfill a request, as we have not yet found a native French speaker or anyone able to teach some basic Russian, but you never know unless you ask.

Credits can also be used to attend our Film Club or gained by hosting it. We have also run cookery workshops as a way of using your credits and getting together. If you have a particular food speciality, whether it’s baking or food from around the world let us know and we can set something up.

One of our members beautifully restores photographs. Clare had these done of her parents and is delighted with the results.

Trisha has done Maureen’s hair to gain her credits and in return asked Colleen to help her catch up with her ironing.

Can you help with any of these requests?

- Hedge Cutting
- Off to Ikea? Could you pick something up for someone?
- Taking some photos for Somersham Baptist Church

We are always looking for new members to help and to be helped. The Time Bank is here to help those who need it and offer a way to volunteer in a flexible way.

Pauline needed her fence painting and to get her credits she regularly attends our coffee mornings, helping to form a great community and has provided the recipe below. Everyone has something they can offer.

Visit our website to see some more requests and all of the things on offer through the Time Bank.

Lean and Lavish Fisherman’s Pie

We regularly feature your favourite recipes in our newsletter. Whether it’s for that special occasion, something for every day, or your granny’s Victoria sponge, have a look through your cook books and pass them on to me. The time spent doing this will earn you a time bank credit.

10 oz (300 g) Monkfish or Cod or Coley (I add prawns and salmon)  
7 fl oz (210 ml) skimmed milk  
12 oz (360 g) potatoes  
Salt and pepper  
1 tbsp margarine  
6 oz (180g) leek, thinly sliced  
3 oz (90 g) mushrooms, thinly sliced  
2 tbsp flour  
1 tbsp cream cheese (2 Laughing Cow cheeses)  
1 tbsp lemon juice  
1. 1/2 oz (45 g) cheese, grated

1. Steam the fish in the milk gently for about 3 mins. Drain and reserve the liquor. Flake the fish.
2. Boil potatoes. Drain
3. Melt the margarine in a saucepan, add the leek and fry for 3-4 minutes. Add the mushrooms sprinkle in the flour and stir fry for a minute over a low heat.
4. Reserve 3tbsp of the liquor then gradually blend the cream cheese and the remainder of the liquor into the leeks. Bring to the boil stirring all the time. Add the fish and lemon juice and transfer to an ovenproof dish.
5. Mash the potatoes with the reserved liquor and cheese. Season well. Spread over the fish and roughen the surface with a fork.
6. Bake in preheated oven (Gas mark 5/190C/375 F) for 20-25 mins. If desired place under a grill until well browned.

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Supporting small businesses

Setting up a small business? Want to try out your skills, such as beauty treatments, photography, gardening ....? Want to build up your business contacts? Timebanking could be the route to go.

We already have trial piano, djembe drumming and Kung Fu lessons on offer. How could your business get involved? Could you offer time to mentor someone setting up a business or looking to change their career path.

By allowing people to try out your services using a Time Bank credit, it may lead to other possibilities. Please get in touch if we can help.

Interested in timebanking?

Come along to our regular coffee mornings or to one of the events we are involved with.

Alternatively contact the Time Bank Coordinator Lucy Bird

E-mail lucy.bird2@btconnect.com
Call 01487 840776
Website www.somershamtb.org.uk
Facebook Somersham Time Bank