



building a stronger community



Issue 26

February 2014 Newsletter

### Special points of interest:

- Another great month for new members joining us! Welcome to Jack, Alf, Deidre, Louise, Jessica, Maurice and Barbara,
- Great news! Another Time Bank will be launching soon in Huntingdon. Lucy will be supporting them in their new venture!

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## Latest News

We are steadily marching towards the spring! Let's hope the weather starts to pick up soon and we can start to enjoy the Time Bank garden again.

We can still get outside though and get some fresh air. Our Walking Group regularly meets on the first Tuesday of each month at the Springfield entrance to the Lake at 10am. Unfortunately we had to cancel January's walk due to horrendous rain. One of our members has suggested that if this happens again, we have an alternative plan to meet in the Rose and Crown for a coffee at 11am. A great idea! Thanks Trisha!

The Somersham Lite Bite was a really successful event, see page 2 for more details. We would like to hold the next event on Saturday April 5th. If you would like to be involved contact Lucy (see contact details on p4).

### BBC RADIO CAMBRIDGESHIRE

Lucy was invited to speak on the breakfast show last month to tell people about the great

work being done through timebanking. You can have a listen by looking at our Facebook page or the Downloads page of our website and clicking the link.

We have a new e-mail address for you to simply log your hours onto, making it easier to transfer the information to your Time Online 'account'. Once you have taken part in an exchange, you can let us know directly to this address so that it is easier to make sure everyone's credits are up to date. It is for this use only and should make administering the Time Bank a lot simpler. Please add this to your address list for future use. Thanks!



[somershamtimebankhours@gmail.com](mailto:somershamtimebankhours@gmail.com)



## Confidence for Change course comes to Somersham

Partner of the **Enterprising Communities Partnership**, Cambridge-based charity Illuminate has been awarded funding from Cambridgeshire County Council and The Skills Funding Agency to run its Confidence for Change programme in Somersham.

Illuminate delivers personal development courses and coaching for the unemployed, Confidence for Change will give participants techniques and strategies for building confidence and staying confident, dealing with fear, identifying strengths and qualities, understanding values and generally improving all areas of communication.

The course is practical and enjoyable with very little writing, suiting people from all walks of life. There are ten places available and it will run once a week over five weeks, it is completely free. Participants need to be at least 19 years old and unemployed.

"We have many years experience delivering enjoyable courses to a huge variety of people, we welcome people from all walks of life and all abilities". Sam Greenley Project Manager

The course begins Wednesday 26<sup>th</sup> February is once a week every Wednesday for a total of five days finishing on the 26<sup>th</sup> March. As part of the course, Lucy will be presenting to the group on Wednesday 19<sup>th</sup> March. The venue is The Norwood Room, Victory Hall.

Those interested contact Maria or Sam by email - [info@illuminatecharity.org.uk](mailto:info@illuminatecharity.org.uk)  
Or phone - Sam 0784 118 7285 or Maria 0797 495 2724



What film would you like to see? Get your vote in!

## The Film Club

Our next Film Club is being held on **Thursday 27th February**. Mary has purchased a selection of films at the Victory Hall table top sale for us to choose from. If you would like to come along please drop an e-mail to [lucy.bird2@btconnect.com](mailto:lucy.bird2@btconnect.com) or call 07443 619 017 to vote for your choice out of the following:

**What's Eating Gilbert Grape** (12) Johnny Depp, Leonardo DiCaprio, Juliette Lewis  
**Marathon Man** (18) Dustin Hoffman, Laurence Olivier, Roy Scheider, William Devane  
**Magnolia** (18) Tom Cruise, Philip Seymour Hoffman, Julianne Moore, Jason Robards

### Donnie Darko (15)

Drew Barrymore, Jake Gyllenhall, Patrick Swayze, Mary McDonnell

**Blood Diamond** (15) Leonardo DiCaprio, Jennifer Connelly, Djimon Hounsou

Some great films there and others you may not have heard of which is what makes the Film Club so much fun... you don't know what you're going to get!

We will be at **30 Parkhall Road** and the Film will kick off at **7.30pm**. Bring a drink and I'll pick up some popcorn.



## Somersham Light Bite



Wonderful teamwork!

I'm thrilled to say that the very first Light Bite was a great success! Over the day we had plenty of people calling in to have a bacon butty, bowl of soup and a good chat with some familiar and new faces.

There was fantastic teamwork involved with the Time Bank promoting, through flyer deliveries, and organizing the event, Somersham Baptist Church members making soup, cooking bacon and setting up and the Friends of Somersham Library (FOSL) making and selling some delicious cakes.

The event made just under £200 which was shared equally between the Church and the Library, but more importantly it got people talking!

**"It was a great way to share more about who we are and what we do with the community. It was a great way to partner with another organisation and learn more about them. As an organisation by sharing the hosting it made it possible to put on something with the minimum of effort, freeing us up to meet new people." - Bruce Daniels, Minister at Somersham Baptist Church**  
**"FOSL was pleased to be part of the first Light Bite. It was a marvellous opportunity to join in a real community event and we hope it will be as successful for other village organisations in the future." - Linda Innes, Chair of FOSL**

**Some exchanges already happening - is there something you need help with?**

### You just have to ask!

A time bank cannot run with people simply offering to help others. Having time credits enables you to ask for help when you need it! If you would like to receive a statement from your Time Online 'account', where hours exchanged are logged, please ask. Some examples of recent exchanges:

- Mary had lifts from Sue, Paul and Barbara.

- Alf had help with his computer from Jack and Paul.
- John and Alf took Jim shopping.
- Linda helped the Time Bank with some ideas for the future.
- Leeanne made cakes for Brenda and Ken.
- Vera sewed up a hole in a jumper for Barbara.
- John and Christine helped Wendy with her dog.
- Wendy clipped Christine's dog's claws.

- Tony did some gardening for Leeanne and moved a key box for Lesley.
- Requests don't have to be about the obvious, until you ask you don't know if anyone can help! It could be as simple as someone changing a light bulb for you or teaching you how to wallpaper. Have a look at our website for the latest offers and requests at [www.somershamtb.org.uk](http://www.somershamtb.org.uk) or ask Lucy for details.

## Offering Time to the Time Bank

It's absolutely amazing to think that we've nearly reached 100 members. It means that there is a lot to keep on top of. Are you looking for ways to earn more credits, or do you have a little bit of time to help out with the administration of the Time Bank?

I am looking for a couple of keen people who could keep track of the new e-mail ad-

dress (see p1) and transfer the hours over to Time Online. Would you be able to input information from the application forms to the system? It may give you an opportunity to improve your computer skills, add new skills to your CV, or allow you to use the time credits gained to learn something completely new from another member.

A different way to get involved is to tell other people how the Time Bank works at events. Or perhaps design a poster for future activities? There are lots of ways for you to contribute.

I will provide training for anyone who would like to join the Time Bank Team!

For more information contact Lucy at [lucy.bird2@btconnect.com](mailto:lucy.bird2@btconnect.com)



**Companion Gardening** Sharing our skills is one of the key parts of the Time Bank. Linda is one of our newer members and would like to share her passion for gardening.

My name is Linda Hutchings. I started my Companion Therapeutic Gardening services, a few years ago, as I had previously worked with people with disabilities, particularly people with concerns of Hearing, or Sight loss, or people who were deafblind.

I also loved how gardening made me feel. I loved being able to garden at my own pace, being outside, experiencing nature, being able to focus, yet relax in my own space, and the true benefits I experienced from it. Gardening helped by lifting my mood, giving a sense of purpose, well-being, a form of open air exercise, and most importantly a sense of fun.

A chance also to experiment, get things wrong, and right with growing plants, and loving the idea that even if you followed the correct process of growing plants, they have a life of their own and influenced by the elements, and so they decided how they would grow, and their life span.

I entered a second childhood, and when our garden was visited by a leaf cutter bee, it was to me uniquely beautiful, to know she uses her body shape as a stencil to cut a precise shape out of the leaf to take back to build her nest. At the same time I collected little bugs/insects to identify. I watched the colour change and pattern of how my plants grew, and was able to immerse myself into the wildlife in my garden.

A few years ago I had a prolapse disc, which resulted in a back op, and I have arthritis in my back and further disc bulges in my neck. During my 3 month recovery, and as I begun to walk again, my garden was even more important to me, just to be able to go out in my garden, experience the texture and movement and perfume of my plants, occasionally I was able to move to a plant to gently dead head a flower for it to continue to bloom, and display the colourful splendour.

I now have pleasure working one to one with people in their garden at their own pace, to get out of their garden what they want from it. I know my restrictions, and what I am able to do in the garden, and I like to share this with people I work with to understand that they too can adapt the way they work in their garden. I work as a garden buddy, taking regular breaks for tea and cake, chatting about plants, wildlife, and just being yourself, in the garden.

It has been lovely sharing the above with you all, and thank you Lucy for allowing me to be part of your timebank.

*Linda Hutchings*

Linda's Companion Gardening

**If you would like to know more about Linda's gardening then contact Linda directly at [linda4calmerlife@btinternet.com](mailto:linda4calmerlife@btinternet.com) or contact Lucy to set up an exchange with Linda.**

**Would you like to share your story with others, about how your passion for something grew?**

**SOMERSHAM TIME  
BANK**

Address  
C/o 50 High Street  
Somersham  
Cambridgeshire  
PE28 3JB

**What could you give  
and receive?**

**Latest statistics**

**Individual members 92**  
**Organisational members 13**  
**Total hours given 1367**  
**Total hours received 1367**

**Interested in timebanking?**

Come along to one of our events to find out more:

- ⇒ Coffee mornings on the 3rd Thursday of the month at Somersham Library, Church Street
- ⇒ Walking Group on the 1st Tuesday of the month meeting at the Springfield entrance to the Lake.
- ⇒ Somersham Light Bite - venue and dates vary

Alternatively contact the Time Bank Coordinator Lucy Bird

**E-mail** [lucy.bird2@btconnect.com](mailto:lucy.bird2@btconnect.com)

**Call** 01487 840776

**Mobile** 07443 619017

**Website** [www.somershamtb.org.uk](http://www.somershamtb.org.uk)

**Facebook** Somersham Time Bank



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