



building a stronger community



Issue 27

Spring 2014 Newsletter

### Special points of interest:

- Lucy hosted a Timebanking Information Session for local Parish Councils around Huntingdonshire. Watch this space as word spreads about these great community schemes.
- Don't forget, that if you have taken part in an exchange, ring or text your hours to 07443 619 017 or e-mail the exchange to somershamtimebankhours@gmail.com

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## The Spring Challenge

At this time of the year there is new growth all around us, and through the Time Bank, there could be opportunity for your own personal growth by learning something new or getting some help with the spring cleaning.

### So what's the challenge?

Over the next couple of months, all members of the Time Bank are challenged to come up with **two requests each** from other Time Bank members. Once you have given this some thought and asked for some help you will get a **bonus credit** in your account!

We all need to change our way of thinking, that by helping others it's OK to ask for help ourselves!

The challenge requests could be anything from asking someone to help you sort out the clothes in your wardrobe and taking any unwanted items to the charity shop or getting that leaking tap fixed you've been looking at all winter. Maybe you've been thinking about freshening up your lounge with some new cushions, but it may be more exciting if you made them yourself with the support another time banker.



Time Banks are built around reciprocation. It cannot work with members simply offering to help others in the community. It is there to give people the confidence to ask, and sometimes that is not an easy thing to do. By giving this challenge it makes us all think about the spare time we have and how best to use it, or by asking someone to help you could gain some spare time for yourself.



Time for spring cleaning!

Do you have a huge pile of ironing that you're struggling to get on top of?

Would you like to do some exercise, but need a buddy to do it with you to keep that motivation going? Is your child at potty training age and you don't know where to start, or do you simply want to sit and have a regular coffee with someone in your own home?



Unless you ask, you don't know what's out there and until someone asks, you also don't know what you have to offer. We now have around 100 individual members, just imagine all that knowledge and skill there to be shared... join in now!



Send in your requests to [lucy.bird2@btconnect](mailto:lucy.bird2@btconnect), text them to 07443 619 017 or call 840776. The challenges requests will be posted onto our website, or printed out on request. Keep an eye out for how you could get involved at [www.somershamtb.org.uk](http://www.somershamtb.org.uk).

## The Film Club



Last month's Film Club was a lovely gathering of, thankfully, like-minded people. We watch Magnolia, a film which has high critical acclaim and many famous faces. From the outset, the language used was very strong and it took a long time to get going with the soundtrack seeming to last an eternity. There were many plots which eventually start to weave together, but because the film is 3 hours long, this took rather a long time to happen. After a couple of hours, we paused the film and it was

decided that no-one was actually bothered about seeing the film through! Everyone thought next time it would be great to see a real classic, with The Sting coming high on the list. Would you like to host the next Film Club? Do you have a classic film you'd like to share or have never got round to watching? It would be great to hold it on Thursday 24th April, please contact Lucy on 07443 619017 if you can offer your lounge!

## An opportunity to save money - your own and others'!

**With energy bills rising and many people struggling to pay their household bills, Luminus Group is running a campaign to end fuel poverty.**

**You can help in this fight by becoming an Energy Champion!** Luminus are looking for enthusiastic people to help promote energy efficiency and save money on household bills.

They are offering people the chance to attend a one hour training session in Somesham, on:

- ⇒ Saving energy in the home
- ⇒ How to use heating and hot water appliances efficiently
- ⇒ Understanding gas and electricity bills
- ⇒ Finding the best energy deal

This knowledge can then be offered to others in the community. On average, through this

scheme, people have saved an amazing £600 per year by using the energy saving advice.

We are looking to find around 10 people to take part in this **FREE training**. The Time Bank are lucky to be working in partnership with Luminus and the offer is to anyone in the community. You do not have to be a Luminus resident, or even a Time Bank member. However, this knowledge would be great to share with other members of the Time Bank and would help you to gain some time credits to then ask for help when you need it.

If you would like to become an Energy Champion and help others in our community save money, then contact Lucy at [lucy.bird2@btconnect.com](mailto:lucy.bird2@btconnect.com) or on 07443 619 017.



Learn new skills to share!  
Become an Energy Champion!

## Can you help?

## Recent exchanges and requests

### Exchanges:

- Jack is regularly teaching Alf how to use his laptop.
- Alf regularly takes Jim up to the shops.
- Linda has helped with the Time Bank garden.
- Mary hosted the Film Club.
- John and Christine helped with Wendy's dog.
- Barbara and Pat ran the Time Bank coffee morning.
- Vera fixed Lucy's gloves.

### Requests:

- Dave would like some advice on fixing the roof after some tiles have come off over the winter.
- Pauline has some pointing that needs fixing.
- Tony wondered if anyone can sew Velcro onto leather.
- Maureen has asked Trisha for a haircut.
- Trisha has asked Elsa for a massage.

If you can help with any of these contact Lucy on 840776 or at [lucy.bird2@btconnect.com](mailto:lucy.bird2@btconnect.com).



## The Time Bank Garden

It's that time of the year when we need to get out there and enjoy the fresh air.

The Time Bank are lucky enough to have a plot of land donated by Luminus at the back of Windsor Court, off Feoffees Road. A couple of us have been down there already this year and given it a little tidy up after the winter months and the spring bulbs planted by the lovely children from First Step Playgroup are all sprouting their heads.

We have talked about introducing a little vegetable patch into the garden and sharing the produce, but I would love your input. We also have been given six plant pots filled with compost and a donation towards some plants to fill them from QAV Ltd, so a huge thank you to them. We also have a donation from Luminus to buy a new hose pipe which will come in very handy for new planting and as the weather warms up. If you have a little time to research this please get in touch.



**Windsor Court Garden - A place to share time**

So lots to think about! On the advice of one of our expert gardeners the soil around the border needs the addition of mulch or soil improvers ready for plants to be added or moved around. If you have any to donate please contact Lucy.



A couple of dates have been set to meet up and discuss plans for the garden over the next few months and to give it a bit of a going over. All the borders need the soil turning as well so plenty to do. We will be there on **Tuesday 25th March at 1.30pm and Monday 7th April at 10.30am**. Even if you can't physically garden your input is vital so come along. Bring a flask of tea to share!

Members of the Time Bank have access to the garden Monday-Friday 9am-5pm, so please feel free to pop along if the dates above are not convenient. Just let me know that you have contributed to the garden and I can credit your Time Bank account.

It can even be used as a place to go and sit for a bit of peace and tranquillity, you don't have to work! Simply go and enjoy the space.

## Summary of dates for the diary

<b>Thursday 20th March 10.30am</b>	<b>Coffee morning, Somersham Library</b>
<b>Saturday 22nd March 7.30pm</b>	<b>First Step Playgroup Quiz Night, Victory Hall</b>
	<b>Tickets £5 from Leanne 07769220328</b>
<b>Tuesday 25th March 1.30pm</b>	<b>Windsor Court Garden</b>
<b>Saturday 29th March 10am-2pm</b>	<b>Somersham Light Bite hosted by the Victory Hall Management Committee and First Step Playgroup at the Victory Hall</b>
<b>Tuesday 1st April 10am</b>	<b>Walking Group, Springfield entrance to the Lake</b>
<b>Monday 7th April 1.30pm</b>	<b>Windsor Court Garden</b>
<b>Thursday 17th April 10.30am</b>	<b>Coffee morning, Somersham Library</b>
<b>Thursday 24th April 7.30pm</b>	<b>The Film Club, venue to be confirmed</b>
<b>Saturday 26th April 7.30pm</b>	<b>The Fantastic Music Quiz for the Victory Hall</b>
	<b>Tickets £6 from Rowena 01487 740986</b>



## Illuminate charity are coming to Somersham

**Illuminate** have set a new date and venue for their **FREE Confidence for Change** course which allows people to make positive changes to their life whatever stage they are at. Whether you're a parent looking to get back to work after a break, long-term unemployed or simply looking to make a change. It can help improve communication skills enabling a step in a new direction. It will start on the 6th June and run for 5 consecutive Fridays, 9am for 9.30 start until 2.30pm and is being held at the Rainbow Children's Centre. A crèche is provided and there is disabled access.

For more information see [www.illuminatecharity.org.uk](http://www.illuminatecharity.org.uk) or call Sam on 0784 118 7285.



## SOMERSHAM TIME BANK

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

What could you give  
and receive?



building a stronger community

### Latest statistics

Individual members 96

Organisational members 13

Total hours given 1423

Total hours received 1423

### Somersham Light Bite

The next Light Bite will be on Saturday 29th March at 10am-2pm at the Victory Hall. This fantastic space is run by a dedicated team of volunteers who have made huge improvements recently to the hall. The Light Bite is about celebrating their hard work and sharing it with the community. They will be supported in this event by the Committee of First Step Playgroup, again a group of volunteers helping with running of this lovely village asset.



Drop in to have a bacon roll, bowl of soup or tea and cake, to help raise some much needed funds for these great organisations and share in their successes! If you are able to help serve or cook bacon on the day, please contact Lucy. All help given will be credited to your account.

### 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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