



EYNESBURY & ST NEOTS TIMEBANK

NEWSLETTER July 2013

These days it seems that more and more people are trying to get hold of your hard earned cash... so let TimeBank help... share your spare time with other volunteers and get some of those small costly jobs done with payment by time units.



Do you know someone who has a bit of spare time who would enjoy being a Timebank member? Encourage them to join our friendly TimeBank and earn yourself a Time credit when they sign up.

We are continuing to cross the boundaries with exchanges with Cambourne TimeBank and our help extends to the Cambridge rehabilitation Service in getting help for one of their members by linking them with Illuminate a charity helping young people regain their confidence and given help to get back into work. In return this person regained some confidence in helping with an Eynesbury Village event.



We work alongside the Cambridge Navigators who direct needing people to TimeBank – two lovely ladies were collected by a Timebank member and taken to a party, one they would not have attended without the offer of TimeBank transport.

A PLEA FOR HELP

My plea for help with gardens is still current – I have several elderly ladies that are unable to cope with their gardens. They just need to be tidied up. We have so much we can offer in exchange for a few hours – IT, plastering, tuition, sewing, collect prescriptions, literacy, numeracy, transport, budgeting, plant watering, pet sitting, gutters cleaned and more. CAN YOU HELP ?



TOTALLY VOLUNTARY

Several TimeBanks in Cambridgeshire are run by paid coordinators, I wanted to confirm that my belief is “to do as you ask”. Consequently I too am a voluntary Timebank member. To date my time has not been charged to the Bank, even so we managed to reach 250 exchanged hours in the first year.

I continue to be on the Cambridge Steering group and continue to hold my beliefs that voluntary means voluntary. I also represent TimeBank on the Navigators Steering group. Recently I have offered to work with Luminus homes to form a TimeBank in Huntingdon, however with the size of this project we need a keen, dedicated person to help create this TimeBank. Do you know of anyone?

Would you like to influence how the Eynesbury & St Neots TimeBank operates?

We invite members with enthusiasm and commitment to join our committee to help shape the future in planning and organisation of this exciting project.

Saturday 27th July 2013

Is the St Neots Farmers Market – I have booked a stall on this day on the Market Square. Come along and help or come and find out more about how we can help you. TimeBank is I believe “the way to a happier community” Together we can make things happen.

- Registration is FREE.
- You only do what you enjoy doing.
- You get help with those jobs you keep putting off.
- You make new friends
- You make someone else happy
- Maybe even relieve someone’s isolation

There’s no end to the benefits. DRB (the revised CRB) checks are free where vulnerable people are involved. ES TimeBank has full insurance cover and totally respects confidentiality. Plus we accompany or are present at first visits if the member feels it is helpful. You control the way exchanges are made.

Come to our ‘Coffee mornings’ – have a complementary cuppa with us and discuss how ES TimeBank can help you and how to get involved whether from St Neots, the Eatons, The Paxtons, Croxton, the Offords and Loves Farm – not forgetting Eynesbury ... all welcome.

So please accept this invitation to join us at the:

Priory Centre 11am – 1pm on 6th July 2013

Hope to meet you soon. **Georgina** (email: timevolunteers@hotmail.co.uk)

If you need a lift to get there just call 07590909057

If you wish to be taken off my mailing list – please email.

Email: timevolunteers@hotmail.co.uk

Web site: www.e-s-timebank.eu