



ST NEOTS TIMEBANK

NEWSLETTER March 2014

Covering: **St Neots, The Eatons, The Paxtons, Eynesbury, Croxton, Loves farm, Papermill and the Offords**



First, to avoid any concerns....due to the speed that the TimeBank is expanding, I now have a few TimeBankers helping out. Consequently, I have my own telephonist – **Tony** who will be making some of the calls for me to make sure everyone is kept in the loop. Confidentiality will still be observed 100%.

A while ago, we were invited along to the Cambs & Peterborough Clinical Commissioning Group where agencies were bidding for the contract to deliver the Older Peoples Health Services across the 2 counties. The winners of the bid were 'Carerstrust' and have formed a group to manage this which are now named '**Better Health Network**'. We met up with the managers of this group to discuss how the TimeBank could be used. *"Time to put our money where our mouth is !!!"*



They were in awe of what had been achieved and are very keen to have us on board. We already have cases similar to those that may be offered to us - just filling in the gaps not personal care or prolonged help. Most will not have very much to give but definitely will need our help. I have assured the group that these referrals can be a phone friend maybe keep some company, teach or do a craft eg: knitting, sewing. They have agreed to register with us as an organisation increasing our numbers and adding to work achieved in applying for funding. I believe this to be a good step forward and definitely helping those that can't help themselves.

Working with Students

After our success with Ernulf Academy's keenness to promote voluntary work amongst their students, **Longsands Academy** has also agreed to promote the TimeBank, as voluntary work features in their studies to qualify for an invite to their first Prom. With this in mind we will have fit young students to help out and they can learn from our skilled tradesmen and retired craft workers. Plus voluntary work will help on their CV's, we have many skills that can give that little extra experience for their studies.



timevolunteers@hotmail.co.uk



www.stneotstimebank.org.uk

Businesses

We have also contacted local businesses as TimeBank can help here too and visa versa:

- Offering a few hours of mentoring to someone keen to get into your field of work.
- Offering work experience opportunities
- Sharing resources – e.g. offering or accepting spare places on a training course
- Distributing TimeBank pamphlets to the staff.
- In return we can offer free publicity of your business
- You could gain help during busy periods
- Sharing use of equipment with other businesses
- Sharing premises for meetings
- Take advantage of skills you may not have on site eg: Health & Safety, web design
- Your voluntary time and resource sharing through the time bank will earn you credits that you can use for your own business or donate to a charity or the Time Bank Community Pot.

The above two projects may complement each other....I'm hopeful.

A request from up country

"My name is Ruth and I work for Time Bank Hull and East Riding. I saw that you had recently been awarded the Quality Mark by Timebanking UK. Congratulations! We have recently recruited three new staff and are in the process of sorting out our policies and procedures now that we have funding, and wondered if you would be so kind as to share your policies and procedures documentation? We would love to see examples of work from other time banks so we can get an idea of what is common practice. We will be creating a flow chat, and would be happy to share this with you.

Kind regards,
Ruth"



Helping with Events...



Eynesbury Village Association are planning their St Georges Weekend on 19th & 20th April 2014. They require help with many tasks:

- Circulating posters and flyer
- helping to set up the site on the day
- Clearing up after the event
- Manning a stall
- Selling programmes

All time given will be credited to your membership to be used as and when you need it. Contact the Coordinator if you wish to help.

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For every person that joins on your recommendation you get one hour free.
Make sure they add your name to their application.

Confidence for Change course comes to St. Neots

Following a TimeBank success a year ago - we asked Illuminate if our member could join the course when it previously came to St Neots. He had reached a low and needed help. That person is now full of confidence and despite a disability is enjoying life to the full and making new friends.

I am pleased to say that 'illuminate' are coming back to St Neots in April, if you would like to join this course for confidence building see details below. The course is free.

Illuminate, a Cambridge-based charity has been awarded funding from Cambridgeshire County Council, The Skills Funding Agency and the Eynesbury Village Association to run its Confidence for Change programme in Eynesbury.

Illuminate delivers personal development, Confidence for Change courses and coaching which 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 23rd April is once a week every Wednesday for a total of five days finishing on the 21st May.

Those interested contact Maria on 0797 495 2724 or Sam on 0784 118 7285 or email: info@illuminatecharity.org.uk

www.illuminatecharity.org.uk

St Neots TimeBank Assets

We have our own printer, so if anyone needs copying, or something printed off – just contact the Coordinator.

Also we now have a 'Moisture Meter' if you want to have the dampness checked in your home.



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www.stneotstimebank.org.uk

St Neots TimeBank is 2years old in March

So much has happened, from a simple 'yes' the project has grown to be recognized nationally. Many organisations throughout Cambridgeshire like the one at the beginning are recognizing the value of volunteers. I too have been astounded by the generosity of our members. 600 hours of work has been exchanged, many people made a little bit happier and friendships created. Our logo motto "The key to a happier community" is working. I



believe this is only the start and the project will grow and grow. When I was young that's just how things were, but through the years we got so busy it disappeared. TimeBank is a reminder of how things can be.

Come along and see what we can achieve, the skills that we offer and help us celebrate two years of helping others, all are welcome. Refreshments, cake and a raffle at

**St Mary's Church Hall (St Neots)
on Saturday 1st March 12 noon till 3.30pm.**

If you need a lift to get there, wish to join TimeBank or just need more details then contact the coordinator **Georgina** on 07590909057 or 01480 404184

Tell your friends and neighbours too – all welcome
(email: timevolunteers@hotmail.co.uk)

and lastly, please note our new web address

Website: www.stneotstimebank.org.uk



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