



EYNESBURY & ST NEOTS TIMEBANK *NEWSLETTER May 2013*

TimeBank continues its success as more and more people realise just how it can help so many people. If you haven't thought about joining us ... then now is the time. We have developed a reputation for being able to help across the boundaries. Cambourne Time Bank needed a plasterer and a seamstress – ES TimeBank had the skills, Cambourne covered the cost of petrol where needed and two successful exchanges took place.

The on-going exchange of skills continues helping busy people, sorting the jobs that cannot be managed and generally making life that little bit easier for many. Everyone can register, of any age from 16 to 90+. Are there any gardeners out there willing to register with us? It's that time of year when the gardens need a tidy up nothing heavy. When of an age where you cannot manage and the weeds take over then help is needed. If able, and you enjoy gardening, make someone happy today.



In addition:

- We have also been recognised by **Headway** (the brain injury association, recently on TV due to a visit from Prince Harry) TimeBank has the ability to help local people with brain damage as they still have the skills and as previously mentioned everyone can do something to help others.
- A charity **Illuminate** Based in Cambridge, which helps the unemployed and those on a minimal income to rebuild their confidence, enabling them to make sustainable changes to improve their lives for the better. TimeBank can offer opportunities for people to gain confidence and become more involved in the community.
- The **Adult Careers Service** (based in St Neots Library) – voluntary work is recommended to stop boredom and it always looks good on your CV and can help towards getting a job. Enjoy helping and get something in return.

- Finally we were contacted by the **Cambridge rehabilitation Service** and are now working with a local resident to regain their confidence and not to be so isolated.
- **Hunts Forum** (for voluntary workers) have training programs that TimeBank members can attend free of charge. Plus they have included ES TimeBank on their website providing a list of organisations offering help to General Practitioners e.g.transport, activity and company.

As coordinator I too have been busy – talking to residents in Buckden and Caldicot in view of setting up their own local TimeBank. I am also attending the steering groups for Cambridgeshire Time Banks and the Navigators. The general view is that Time Banking is a project that will grow and be a major necessity for the future. I was also present at the St Georges Celebrations on the Coneygeare 21st April where a great deal of interest was given to know more about the TimeBank.



- 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 and Loves Farm – not forgetting Eynesbury ... all welcome.

So please accept this invitation to join us at the **Priory 11am – 1pm**

- **11th May 2013**
- **1st June 2013**
- **6th July 2013**

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

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

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