



# ST NEOTS TIMEBANK

## NEWSLETTER October 2013

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

**Please note:** This month we were unable to book the Cloisters at the Priory Centre for our monthly get together, so you will find us in St Neots Library on 5<sup>th</sup> October 10am till 1pm. A Cuppa will still be available from the Priory Centre in the foyer.



### Timebank can light up your life!....

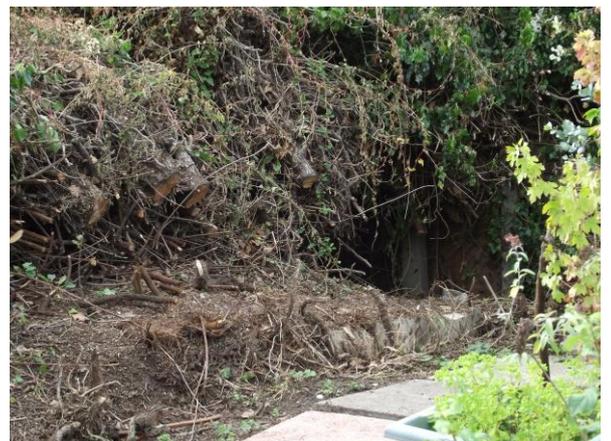
This was one project made possible by one of our older members – she sewed the wire into this gentlemen's suit to brighten up his performance. Both members really enjoyed each other's company during the time it took to complete.

There is no limit to what TimeBank can achieve. With 43 members there is a wide range of skills available.

This gentleman in return for the work is offering transport to another timeBanker at a time when buses just don't run.



After taking 5 large bags of cuttings, roots and branches to the skip: the end of the garden was finally found by Lenny who was helping to get the garden straight after decades of Dorothy putting up with an uncontrollable spreading hedge. It seems TimeBank can tackle anything.. even a jungle!!!!



I would like to thank Luminus Housing, CHS Housing and St Neots Town Council for their generous help in funding St Neots TimeBank.

Having run the TimeBank myself for 18 months I feel that it is growing so rapidly that help is needed. I will be forming a small group of people to join the team. The funding and extra help will mean that we will be able to provide an equal service to a much larger number of people. There are also new avenues that TimeBank can travel increasing the benefits available which as a team we can achieve.

So a big **THANK YOU** and a great deal of appreciation to all three sponsors.

I have attended several net-working events across Cambridgeshire to promote the TimeBank and also to keep up to date with other organisations that may be of help to people in the Timebank. The latest being Cambridgeshire organisations that can help people get into employment.

**TimeBank** can help with this too: we have tradesmen that can pass on their skills, Plus voluntary work is good on your CV. Teachers that can offer extra tuition up to A level. We also have an organisation that has joined St Neots TimeBank named '**illuminate**' they offer free courses to regain the confidence to return to work. Then there is the CV.....it is favourably noted by employers if voluntary work is included.

I also represent St Neots TimeBank on the Cambridgeshire Time banking Steering Group and also the Care Network Community Navigators Steering Group. Both keep me up to date and give the TimeBank a voice to put forward the Community needs and opinions.

At the last count we have 43 members and completed 355 hours - exchanged. This adds up to a lot of happy people.

If not already a member, why not take advantage and share the benefits of TimeBanking.

Apart from sharing skills, members are forming friendships that would not have happened otherwise, and in some cases this has taken away their feeling of isolation.



# CAN ANYONE HELP?

Occasionally we come across a skill that we do not have on the Data Base.

In this instance we are lacking an experienced qualified electrician.

Can anyone help with this problem: I have an older person with a ceiling light fixture in need of being replaced - which for legal reasons only professional electricians (current or retired) can do this repair. Contact us on **07590909057**.

## Seven Benches - finished !!!

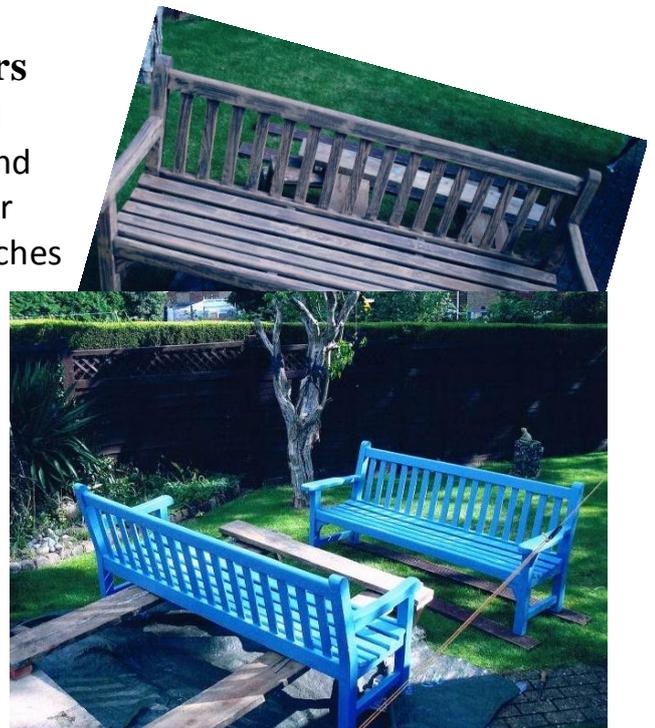
The Close, Sheltered Housing, in return for the bench painting have allowed us to use their lounge for our meetings, another great exchange which has pleased many residents and members.



## A huge big thank you to all the time bankers

“Good afternoon Georgina, on behalf myself and all the tenants at The Close I would like to thank you and your time bankers for doing such a lovely job of our benches. A big thank you to L for collecting the benches and taking them to his own home to paint, and a thank you to J, E, A & T for stripping the benches down and painting them. Also you poor people were out there on one of the hottest days, it must have felt like you were in the desert. You have all done such a good job, and made a lot of tenants happy, as they now have lovely potting shed blue benches which are so nice they remind us of being at the seaside”.

*From: The Close Sheltered Housing, Eynesbury*



**Interested in Joining? ... this month we are at**

**St Neots Library: 10am – 1pm on Saturday 5<sup>th</sup> October 2013**

Also please accept this invitation to join us for a coffee in the Priory Foyer

“Hope to meet you soon”. If you need a lift to get there just call 07590909057

***Georgina***

(email: [timevolunteers@hotmail.co.uk](mailto:timevolunteers@hotmail.co.uk) )

Website: [www.e-s-timebank.eu](http://www.e-s-timebank.eu) soon changing to [www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)

*If you no longer wish to receive these newsletters please contact me*