



# ST NEOTS TIMEBANK

## NEWSLETTER – September 2014

Covering: St Neots Town, The Eatons, The Paxtons, Eynesbury, Eynesbury Manor, Priory Park, Croxton, Loves farm, Papermill, Knights Park and the Offords

You will see from above that we are now welcoming residents from Knights Park and Eynesbury Manor - Eynesbury Manor has always been part of us but not mentioned individually. Knights Park is the new neighbourhood behind Tesco's and well within our boundaries.



## 83 members and 1,030 hours completed

**Have you taken advantage and benefited from this yet?**

If you are worried about a stranger coming to your home - we would never let you suffer any discomfort. We (You and I) can meet with the relevant TimeBanker prior to the exchange and only when you are happy will the TimeBanker visit.

TimeBanking takes the stress out of those jobs that you don't get time for, can't cope with or just don't know how to do - or maybe it would just be nice not to have to do something for once.

Just call or come to our coffee morning - you control the meeting. We recently had an independent elderly couple who suddenly couldn't cope. A TimeBanker called and sorted out the immediate problems so now they have a friend that can help as and when needed. Something they thought they would never do, but so glad they did now.

[timevolunteers@hotmail.co.uk](mailto:timevolunteers@hotmail.co.uk)  
<https://twitter.com/StNeotsTimeBank>



[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
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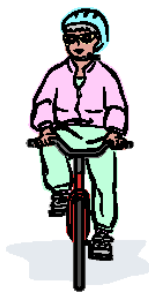
## COFFEE MORNINGS

Church Walk Day Centre Hall - 6<sup>th</sup> September 11am till 1pm



Everyone, including friends and neighbours are welcome to come and join us at our coffee morning. Learn about what we do, meet other Timebankers, enjoy a cuppa and join our TimeBank family. Come and tell us how we can help you. Future meetings are being held in the Church Walk Day Centre Hall (found up the alleyway across the road from Boots, in St Neots) Meeting here allows us more room to have a different 'theme' each month.

**Saturday 6th September  
St Neots TimeBank  
Coffee morning 11- 1pm**



**Bring & Fix - Sell or Buy**



### IS YOUR BIKE SAFE?



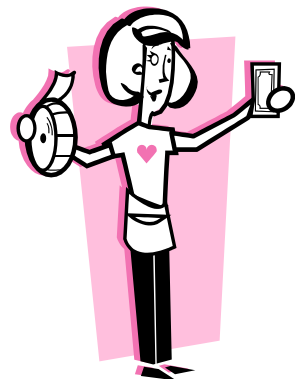
- Timebankers to repair or advise what needs to be done.
- The Police, Duties permitting, will be there to security chip bikes.
- If you have a bike to sell bring it along - maybe there'll be someone to buy it.
- Advice from professionals

*All whilst having a cuppa*

**Church Walk Day Centre**

This month focuses on '**Staying safe on your Bike**'

We will also have a **Raffle**



If you are happy to bake a few cakes or nibbles they would be greatly appreciated. (and you can earn time.)





**SAFE+ WELL™**

Safe+Well™ is a service run by NRS Healthcare and supported by Cambridgeshire County Council. We're here to help people who wish to buy their own daily living aids – these are products designed to help you if you're finding some everyday tasks difficult.

We can help you choose the right daily living aids, suggest places you can buy them, and let you know where you can try them out locally.

Whether you're getting older, have recently been in hospital, have a disability or are finding everyday tasks difficult. We're here to HELP

www.safeandwell.co.uk/cambridgeshire  
Tel: 01480 415719 Email: enquiries@safeandwell.co.uk




**Next Month's Coffee morning will be 'Helping with disabilities'**

We will have representatives from 'Age UK', 'Alliance for better living' and others NRS are unable to attend but will be sending us more information

## WELL DONE & THANK YOU

I would also like to thank Clair and Richard for holding the fort for me at last month's coffee morning whilst I took a needed break in Dorset. It was greatly appreciated by me and very daunting for them as I had changed venue and left them to cope with the unexpected.

Members were unsure of the change, probably due to the excellent coffee at the Priory. However the outcome was that all went well and since I have been told many times that the new venue is great! Success !!! We can organise so much more there - already the 'Bike Day' and many more projects to come. Church Walk has comfortable armchairs and Tables with chairs plus a large kitchen if needed for catering. No more changes this will be booked every month so just to remind you Church Walk Day Centre (CWDC) is up the alleyway across the road from Boots the chemist in St Neots.

Clair is also going to be helping me more with the running of the TimeBank as I feel it will be good to have more than just me knowing how it all works plus it's growing so rapidly the volume of work is growing with it. You can meet Clair at our

Coffee mornings along with her partner - our web designer.



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## Jobs this week

This week has been very busy and very satisfying having helped so many. Jobs have ranged from caring for a 90+ year old couple who have been very active, but found themselves both suffering from medical problems at the same time and panic set in. They called TimeBank and our TimeBanker called the same day - cleaning, cooking and shopping all sorted. The TimeBanker now Keeps in touch and she or other TimeBankers are there for them whenever needed. No more stress. It obviously meant a lot as a Thank you card was received with the words:



*"Your Kindness means more than you know*

*To someone who has a special way of putting others first... Please accept these few words of thanks"*

This describes exactly what all TimeBankers are - caring, sharing people. Other than the above we have offers to put up a summerhouse, bake cakes, garden advice, bike repairs, help with admin to name the latest few. Our members offer help immediately in most cases consequently I have to turn down offers - so don't wait to offer email straight away.

***"If you know of any elderly people that need help one way or another, tell them about TimeBank, we are here to help".***

## Courses and Speakers

As previously mentioned the 'Sign Language Course was a great success. We will be holding another BSL course later in the year. We can also arrange for a speaker to come from the 'Cambridgeshire Family History Society' please let me know if you would you be interested in learning more about this subject and how about an IT course?

Any other subjects that would interest you please email me with your suggestions and I will do my best to arrange it.

## A VERY BIG THANK YOU



Goes to 'Huntingdon District Council who have very generously granted us Finance to guarantee that the St Neots TimeBank will



be able to continue and to Organise the extra events and activities planned for bringing people together and helping to make a bigger and better community - **A Family of People who enjoy and benefit from helping others.**

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**Timebanking UK** are holding regional meetings in various areas around the country. A first for St Neots, towards the end of September, we will be hosting the meeting at the Priory. Watch our web site for further information on this.

TimeBanking UK are the Mother hub of over 300 TimeBanks.

We are also looking into a partner data base 'Time and Talents' which provides a notice board for exchanges to be posted by Timebankers themselves. Visit Timebanking UK for a preview of this and send me your thoughts about it and if you would use it.



**A TimeBank only works efficiently when you 'TAKE' as well as 'Give' .....So Ask!!!!**



**WHAT CAN WE DO FOR YOU?** – Just call and tell us

Contact the coordinator *Georgina* on 07590909057 or 01480 404184

Tell your friends and neighbours – everyone can benefit and **everyone's welcome**

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

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