



ST NEOTS TIMEBANK

NEWSLETTER – April 2016

Covering: 'St Neots' Postal area PE19

Our Coffee morning this month is on 2nd April 2016
11.30am till 1.30pm at St Mary's Church Hall, St Neots.

As we are approaching the Queen's 90th Birthday we will be making cards for the Queen – come along and make a special card, bring Mum and Dad too. If anyone wishes to dress as a Queen, comic or otherwise then that's good too. We'll also have plenty of Birthday cake to share!!



Our Monday evenings 'Meet and Greet' are taking a break due to the busy time coming with other events being arranged over the next few months.



*However our **Mindfulness** session with Jean continues on 14th April 2016.*

We hope to be at the Volunteer Centre waiting on confirmation. Contact Georgina nearer the time – an email will be sent to confirm time and venue.

Confused about what we do and offer?

Over the past 4 years we have helped some of the most vulnerable members of the community, including many referred to us by social services and other local organisations like the Food Bank and charities helping those struggling with debt and with mental health problems. BUT we also help busy people and those that don't know how to do something or have the energy to do. In fact we help anyone that needs help – or more correctly we help each other.

St Neots TimeBank is a local, community-based organisation dedicated to bringing together local residents, creating a community network which is there to support community members in times of need. The organisation works by matching up those with the time, skills and energy to help others with those who need help. Those carrying out tasks can then 'bank' the hours they have given and request help in return from other members as and when they might need it.

TimeBanking helps people get their small repairs and jobs done, lives sorted and up to date and it can even help to get a job by adding it to a **CV**, plus we have been recognised by the **DWP** so a reference can help there too.

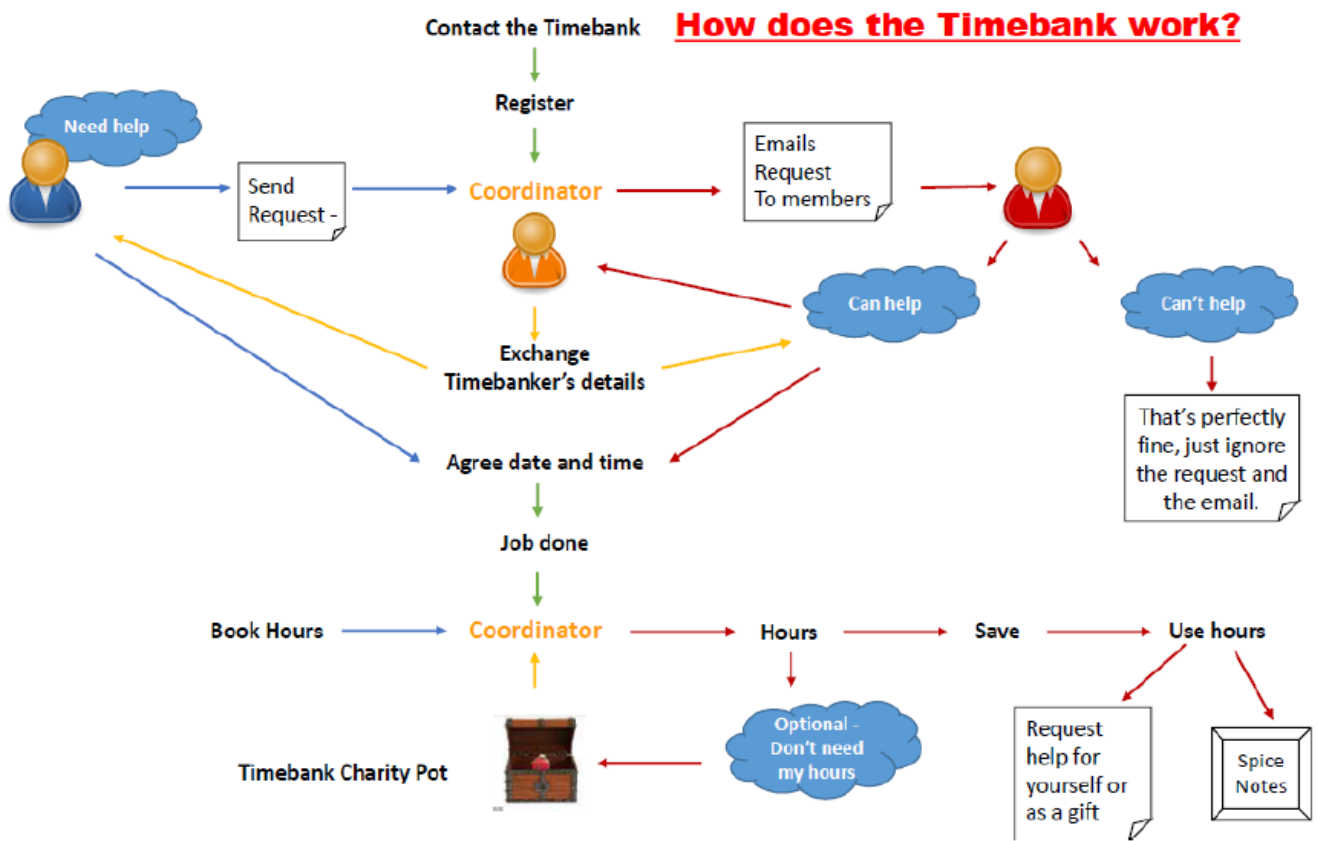


Chart produced by TimeBanker Delphine

Membership is completely FREE apart from materials used. Anyone who lives in and around St Neots (PE 19) can register. You may think you have nothing to offer but everyone has something – teach others your life long skills or phone someone to break their day.

TimeBank facilitating Business Advice Update

We teamed up with Bright Business Advice for a Business event on the 14th March and held it at the St Neots Rugby Club - It was a great success - many attended and a lot was discussed and I'm sure a lot of the information gained will be put into practice.

We wish to thank our hosts at the Rugby club, Jane and her son Ben who also provided an excellent table of refreshments which was enjoyed by all. We would also like to thank our sponsors Woodfines Solicitors, Thomas Quinn Accountants and Bright Wealth Management Independent Financial Advisers.



Reminders

Thursday evening **April 21st** the **Queen's Birthday** Beacon lighting on Regatta Meadow.

April 23rd is **St Georges Day 11am** organised by EVA on Regatta Meadow.

St Neots TimeBank will be joining forces with the Eaton Socon's Children's Centre on **3rd June 2016** for

Bike Day We all want to make sure that particularly our children are safe riding their bikes and even your own bikes are road worthy - why not take advantage of a free check, punctures repaired and maybe a few other problems solved.



Come along to the Children's Centre at 1pm till 3pm get peace of mind regarding your bikes and enjoy refreshments donated by Tesco's.

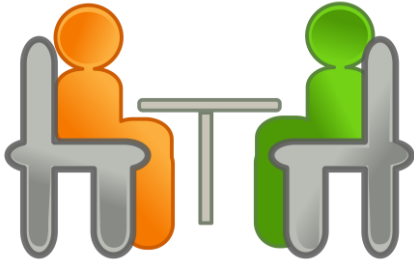
VOLUNTEER DAY - 11th June. 1pm till 5pm on the Market Square for Charities and volunteer groups to hold a stall to raise their profile and funding. Book early as spaces are limited.



Help us raise Administration funds and you can benefit from buying cheaper printer inks too.

Order your inks from Cartridge people and 10% will be donated to St Neots TimeBank - Plus the cartridges are cheaper!!...I recently purchased 10 inks for the TimeBanks Brother Printer 6 colours and 4 Black for just £14.32. Check out yours

Order by clicking on the link at www.stneotstimebank.org Please note that I have now found out that maybe people with 'Explorer' on their computers cannot activate this – it needs Chrome or Foxfire. Unfortunately Cartridge people are unable to change this.



I was reminded recently that having been trained by Care Network as a 'Navigator' consequently I hold information to help the Community find a multitude of services. Therefore, I thought it would be a good idea to tell you that if you need help or advice the TimeBank can also help you locate an organisation to help you, even if we don't have a 'man that can' registered to the TimeBank.

Don't be too proud to ask - we all need help sometime, so phone or email us for help - your calls are always confidential; information is only given to the person helping. Any stories printed in our Newsletter do not contain your name unless we have asked permission to do so.

Contact the coordinator *Georgina* on 07590909057 or
01480 404184 to Register or go online



Visit and like our **Facebook Page**

It would be good to hear from you

<https://www.facebook.com/timebankstneots>

and tweet us at <https://twitter.com/StNeotsTimeBank>

Thank you to those that have 'liked' our site – definitely getting more popular.

www.stneotstimebank.org.uk

or email: time.volunteers@outlook.com

(Please, tell your friends and neighbours, everyone can benefit and everyone's welcome)

This month we wish to acknowledge and thank



St Neots Town Council have generously granted our request for funding to help cover the running costs of the TimeBank to make sure we continue to offer help and entertainment to the community of S Neots.



We would also like to thank the **The Royal Naval Association** who have given us funding to replace our Pop-up banner

with a much stronger version after the last one was blown to pieces, plus business cards and a Banner - insuring that we have the Advertising items to continue to promote the TimeBank..

Without funders like these the TimeBank would not be able to continue. Funds are needed mainly to cover the cost of Insurance, Data Base, postage, paper/ink, internet access and venues for events.

Funding has previously been received from

