



ST NEOTS TIMEBANK

A friendly community of members just waiting to help others

NEWSLETTER June 2018

Covering: St Neots' Postal area of PE19

Garden Bonanza



St Mary's Church Hall St Neots

Saturday 2nd June 2018

11am till 2pm

100+ plants on sale at cheap prices

Plus: handmade sparkly owls and leather goods



9th June 2018

10am till 3pm

Volunteer Day

VOLUNTEERING FOR ALL

Volunteers' Week is a chance to say thank you for the fantastic contribution millions of volunteers make across the UK. It takes place from 1-7 June every year and is an opportunity to celebrate volunteering in all its diversity. St Neots TimeBank is holding a Volunteers Day inviting local charities and voluntary groups to join us on the Market Square, St Neots. We have a few gazebos, tables and chairs available for the first few that apply. No charge - just come along and promote your organisation or fundraising idea. Book your stall with Georgina on 07590 909057 or email time.volunteers@outlook.com

COME ALONG. There'll be something for everyone.

St Neots TimeBank

Will have 100+ plants for sale at very reasonable prices



Leather goods and cute knitted sparkly owls

all grown and knitted by our members.

The Farmers Market and Folk Dancers will also be there.



Come along to our:

NEW FRIENDS GROUP

Friday 15th June 2018 11am till 1.30pm

in the Cloisters at the Priory Centre.

Enjoy a cuppa and chat with new and old friends. Non-members welcome. Maybe you just want to know more about us? Then you are also very welcome. There's no fee to join TimeBank, just a simple registration form to complete



Day of Memories at St Mary's Church Hall.

This event was a great success. The refreshments were enjoyed by all, with everyone taking home a bag of nibbles for later. The entertainment was also enjoyed, with some of our members doing the cha-cha and jiving along with the Swingsters. I'd like to thank 'Maisie JS Catering' and Jane, one of our members, for the refreshments, and 'Switch Now' students for making us a celebration cake.



Also, a big thank you to **Ridgeon's** who made this event possible by their generous funding which allowed us to put this event on free of cost to the guests.



LONELINESS

We organise these events for ALL age groups, but unfortunately younger members obviously feel that its only for the elderly. We want to impress on everyone that we would love younger people to join the TimeBank and to take advantage of our events. We'd be happy to have new ideas of events to organise to attract younger members. This event was mainly for anyone that felt isolated or lonely, **YOUNG** and **ELDERLY**. However, we received an email from a young lady, which made us sit up and take notice:

"This sounds like it's more for elderly people who are isolated by the total etc. however I wonder if there is more younger people who maybe isolated haven't got friends I only think of this because I know how it feels to always hear the "what about your friends" question and I think what friends? or say laughing... usually that's to the Doctors... but maybe something could also be done if there is some younger people in a similar situation also because I think it can be just as bad for younger people as the elderly..."

I don't think it bothers me too much because I'm so used to it but when someone says what about friends assuming I have friends or know people in person reminds me just how used to my 4 walls and my own company I am.. and it just makes me think I can't be the only one. and it surely can't be good for people regardless ... Sorry I just want to say... as I think it's a really good idea to try to tackle this issue. That's why I wanted to say."

As Co-ordinator, I feel this young lady is very brave to have emailed me with this – and I hope it reaches others that also feel this way. We can all get together and make a plan to tackle this, as she said. If you have any suggestions, please let me know.

HELPFUL INFO from the Police regarding fake calls:

- Don't assume a phone call or email is authentic: Just because someone knows your basic details (such as your name and address or even your mother's maiden name), it doesn't mean they are genuine. Criminals can exploit the names of well-known companies in order to make their scams appear genuine.
- Don't be rushed or pressured into making a decision: a genuine company won't force you to make a financial decision on the spot. Always be wary if you're pressured to purchase a product or service quickly, and don't hesitate to question uninvited approaches in case it's a scam.
- Stay in control: Have the confidence to refuse unusual requests for personal or financial information.
- Always contact the company yourself using a known email or phone number, such as the one written on a bank statement or bill.
- Register your phone number and mobile phone number with the Telephone Preference Service (tpsonline.org.uk) to reduce unsolicited calls. If you need help with this, TimeBank can help you set this up, quickly and easily.

Visit Take Five (takefive-stopfraud.org.uk/advice/) and Cyber Aware (cyberaware.gov.uk) for more information about how to protect yourself online.

Crime prevention & security advice

Local Police officers are concentrating patrol activity on identified hotspot areas. However, anyone who believes that they have information about these or any other offences is asked to call police on 101 or via web chat. Alternatively, call Crimestoppers anonymously on 0800 555 111.

- If you use a vehicle in connection with your business, it is advisable not to leave tools or other working materials in a vehicle whilst it is unoccupied. Power tools are very easy to sell on with few questions asked. They are also usually not unique making it much more difficult to be able to reunite them with their rightful owner.
- Ensure all doors, windows and sunroofs are closed and locked when leaving your vehicle unattended.
- Always take the keys out of the ignition, even if you're only leaving your car for a moment.
- Don't leave your keys lying around or visible on a windowsill at home or near a front door, where they could be hooked through the letterbox.
- Never leave valuables in your vehicle and keep any other possessions out of sight. Remove your sat nav and its holder and wipe away any window suction marks as these could indicate a sat nav is stored in your vehicle.
- When using a sat nav, protect your home by not using your actual home postcode in your sat nav or storing your postcode as 'home', to avoid thieves knowing your home address if your vehicle and sat nav are ever stolen.
- Never leave vehicle documents in your car, as this would make it easy for a thief to sell your car or provide a cover story if stopped by the police.
- Consider having anti-theft screws fitted to your number plates to prevent them from being stolen and used on another vehicle.
- Fit a dual band tracking device that works on both VHF or UHF frequencies and GPS signals to ensure that one tracking system will still function if criminals use GPS blocking techniques to avoid detection. Vehicles with a tracking device are often promptly recovered.



**St Neots Charity Dragon Boat Day on
4th August 2018
on the Regatta Meadow, St Neots
11am till 5pm**

**There is an opportunity to earn some hours if
you can come and help run our stall for an hour.**

CEROC DANCING for Beginners

Starting 4th September 2018 - 7pm till 9pm

£5 for members, £8 Non-members

This will be held at Eynesbury Rovers Football Club
Alfred Hall Memorial Ground, Hall Road, Eynesbury,
PE19 2SF

Having enjoyed the dancing at our Memory Day,
why not learn to do more? Nothing too energetic,
but it does the body and mind a lot of good.

So far, we only have 4 people interested. Unfortunately this event may not take place unless more people express an interest.



Do you want to speak in a language your teenager will understand?

Every parent wants to help their children be the very best version of themselves; but sometimes that's easier said than done.

Successfully used by professional practitioners around the world; Motivational Maps give you and your child:

- insight into what motivates them
- strategies and practical advice for increasing their motivation
- an understanding of how to support them through periods of change
- an understanding of their preferred learning style and how they like to receive information
- important insight useful when considering career options

Contact Sarah today to arrange an appointment and unlock the key to your teenagers energy and engagement

Sarah Stones Motivational Maps Practitioner
07816 178616 sarah@plainsailingmotivation.co.uk
www.plainsailingmotivation.co.uk



St Neots Water Festival – 25th, 26th and 27th August 2018, Regatta Meadow.



We are organising a dog show at this event on Sunday 26th August 2018. Please contact the Co-ordinator to register your dogs. 07590909057 or time.volunteers@outlook.com. Entry is £2 per dog per category.

The categories will be:

- 1 - **Cutest** (which also includes puppies)
- 2 - **Scruffiest**
- 3 - **Best trick** - Obedience
- 4 - **Best veteran** (Over 10 years old)
- 5 - **Best Junior handler**
- 6 – **Judges' Choice**

Rosettes and certificates for 1st, 2nd, 3rd and Highly Commended.

Judged by Imogen from Dogs Trust. Book early to secure your place.

Volunteers needed to steward the event. Need I say – hours can be earned helping us out



Safe Return Home from Hospital



If you live on your own and have had to spend some time in hospital, you may return home to a cold, empty house. Items in the fridge have gone mouldy and you have no one to help. Or perhaps you have an appointment coming up with no one to go with you, or you need to wait hours for transport home. Maybe you might just need some company to chat to so that you don't just sit worrying. These are just a few situations that the TimeBank could help you with.

To do this we need to have a list of members that are alone and would be grateful of this type of safety net - help if it

should happen. Be Prepared. Register your interest by contacting Georgina.

Maybe you just sympathise with the problems these circumstances create. We are compiling a list of members that would be happy to help someone in these circumstances. If you would be willing to be a person we could contact, please contact us.

We would always ask you first if you have the time and availability. If you would be willing, when available, to get a bit of shopping in, or to make sure the person is home and safe - just a visit can improve the situation for this person and help them to a quicker recovery, having had a lot of the stress taken away - please contact Georgina (Coordinator) 07590909057 to discuss things further and register your interest.



One unwanted item can be a joy for someone else!

Your donations have been making many people very happy. So if you have having a clearout of a cupboard, shed, loft or room - to modernize, spring clean, declutter or to free up space, consider the things you are about to throw away. "Can this make someone else happy?" "Can I donate this and let someone else enjoy it?". Donating items to TimeBank is a win-win. It makes you feel good that you have cleared the clutter and you have helped someone else at the same time. Email or phone time.volunteers@outlook.com or 07590909057.



WASPI REGIONAL RALLY DAY 14TH JULY

JOIN US

WASPI

Women Against State Pension Inequality ©

Make fair transitional state pension arrangements for 1950s women. Find out how you can help and keep up to date with what's happening with WASPI. Drop into the Tesco's Community Room on the 3rd Monday of each month 7pm till 9pm and meet the people that are campaigning for better conditions. Maybe you can help too?

Contact: Huntingdonshirewaspi@gmail.com or check out the national website: <http://www.waspi.co.uk/> for more details.

EMBRACE

Is a free support service that is designed to help older people in Huntingdonshire to remain living independently. This service can support people to manage in their own home, to remain independent. 01480 428562 or email embrace@luminus.org.uk.



Tell Healthwatch about your bad and good experiences with the NHS - hospitals and General Practices - or tell us, and we'll pass your comments on.

Please tell your friends and neighbours about TimeBank. Everyone could benefit in some way or another by being a TimeBanker. The list of skills available is never ending. Whether you are too busy, can't do or can no longer do something, we can help. Hours can be exchanged for just time on a phone call to reduce isolation. Everyone is welcome to join the TimeBank. There's just a simple registration form and no fee to pay!



Please Like our TimeBank Facebook Page
<https://www.facebook.com/timebankstneots>
<https://twitter.com/StNeotsTimeBank>
www.stneotstimebank.org.uk

Phone 07590909057 or email: time.volunteers@outlook.com



St Neots
COMMUNITY & BUSINESS
AWARDS 2015

If you wish to exchange hours for Spice Credits, then phone the coordinator



See our website for other organisations that have helped us over the years



GDPR - General Data Protection Regulations

St Neots TimeBank will continue to send this Newsletter unless you tell us different.

Email: time.volunteers@outlook.com