



ST NEOTS TIMEBANK

A friendly community of members helping each other

NEWSLETTER April 2020

Covering: St Neots' Postal Area of PE19

A friendly community of members just waiting to help others

Saturday 4th April

We have taken advice from the NHS and the government whether to hold our Coffee morning – which has sadly resulted in cancelling our 'Pamper Day' and no more Coffee mornings in the foreseeable future due entirely to the Coronavirus.

It's unknown how long this virus and the lock down may last - for elderly and vulnerable people it's been said up to 4 months.

TimeBank is doing what it does best – helping people particularly those in need, but it will depend on the help needed (e.g. shopping, collecting prescriptions, Dog walking or phone friend) and the willingness of our members. But please ask.

We are compiling a list of people that can help and another for those that need help (TimeBank member or not) so let us know if you're happy to help or need help.

We are also happy to chat on the phone, now's the time for a **phone-friend** to alleviate the boredom of just being stuck at home on your own. Just....



email time.volunteers@outlook.com or phone

07590909057 The landline number of **01480 404184** will **no longer be available**. We will continue to send out our monthly Newsletters updating you with news and our activities



LAKESIDE HEALTHCARE

At St Neots

Have you ever wondered

What is happening at our Lakeside surgeries in St Neots particularly at this stressful time?

For weekly updates - <https://www.lakesidestneots.co.uk/news>

"If not online then text or call 07590 909057 for a printout."



NIA (non-impact aerobics) DANCE

With regret we have cancelled our dance sessions until better times.

Thank you so much!

St Neots TimeBank has been notified of your donations by Easyfundraising and we are so grateful for your help - every penny makes a big difference.

😊 💰 Raised £137.34/ from 29 supporters.



We are collecting mini jam jars, for those that are happy to donate those annoying 5p pieces – to help us keep the TimeBank active. Each jar holds approx. £2.00. Need a mini jam jar? Then collect one at our coffee mornings.



Our next adventure is collecting ink cartridges



INKJET & TONER CARTRIDGE RECYCLING

**WE COLLECT
INKJET AND TONER
CARTRIDGES**



<https://www.therecyclingfactory.com/> Check out which brands



VOLUNTARY VACANCIES

St Neots TimeBank's Advisory Team
needs new members.

Can you spare a little time each month to help with planning and helping out with the events once a month? We also need help with advertising monthly on other websites – a couple of hours a month.

Or maybe just your ideas and opinions would be enough to help us. Most of this at the moment will be via email due to the Coronavirus problem keeping us apart for the foreseeable future. When over we will meet in the Tesco Community Room on a Monday evening. (Transport can be provided) and our Coffee Mornings are in St Mary's Church Hall once a month. All time given will earn hours or Tempo Vouchers. Phone 07590909057 for further info.



We are closing down all face to face activities for the next 12 weeks, whilst we work to support the local NHS and care organisations

manage the coronavirus crisis in our area. We are cancelling all Healthwatch events including Health and Care Forums for the next 12 weeks. And all our staff will be working from home – attending online and telephone meetings only.

Our Information service will be running as normal. And you will still be able to contact us by telephone, text or online

St Neots Museum - The Museum has closed for the foreseeable future. Only doing their ghost walk otherwise all events postponed. They hope to offer Virtual access only over the next weeks.

We have 76+ skills that members are offering, these are just five more:

Knitting	Leather craft	Legal advice	Letter writing	Listening
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Our Donation Service – other than exchanging skills we can also help

by offering no longer wanted items to give pleasure to someone that needs the item. So far, many items of furniture and gifts have changed hands and made 'space' for someone and 'joy' for the person receiving. Also, it's given the goods many more years of service instead of being dumped.

Does anyone own a van and would be happy to collect and deliver these items, some of size? Also, we occasionally have a request to take furniture to the recycle centre but always need to turn the request down due to the lack of a van. Petrol would be covered and hours earnt.

Time 4health - For temporary loan we have:

We now have three push along wheelchairs - one recently donated to us - Thank you to the lady concerned

- One self-propelling wheelchair
 - Two walkers with table and shelf
 - A wedge cushion seat raiser
 - A large walker with seat (blue)
 - A large walker with seat & shopper
 - Adjustable metal walking stick
 - A pair of crutches
 - An over bed table
 - 2 Perch stools
 - Bed pillow rest
- These items are for short time loans until no longer needed or you've managed to get a permanent loan or purchase.



We now have an electric Buggy for temporary loan, there will be a charge, part returnable to members if no damage.

Contact the coordinator – there is a £25 deposit on some items, such as for wheelchairs to cover maintenance cost.

For our buggy, there will be a small weekly charge plus £50 deposit.

**See our Member Friendly Data Base
making for more offers and requests:
<https://tol2.timebanking.org/stneots>**

Just a reminder.....PEOPLE CLAIMING BENEFITS FROM THE DWP HAVE THE GO AHEAD FROM THE DEPARTMENT OF WORK AND PENSIONS TO CONNECT WITH THEIR COMMUNITIES BY USING THEIR SKILLS FOR TIME GIVEN AS PART OF THEIR DWP CONDITIONS - IN OTHER WORDS:

TimeBanking is a legitimate activity and does not affect your benefits

Change some of your hours for TEMPO VOUCHERS

Save them for a treat after this lockdown period



Tower Bridge 1894 will transport you to Victorian London, telling the story of the city's defining landmark from the very beginning. Uncover the history of the world's most famous bridge through fascinating modern exhibitions, immerse yourself in the architecture and engineering, then watch city life unfold from its high-level Walkways and Glass Floors. Time your visit just right, and you'll even get to experience the magic of a Bridge Lift beneath your feet.

40,000 people cross Tower Bridge each day. **Now you can also see inside.**

Opening Hours: 09:30 – 17:00. Visitors are advised to allow additional time for validating their booking, security checks and lift access up to the Walkways. Please have everyone visiting with you present before exchanging your Time Credits for tickets. Entry into the Walkways cannot be guaranteed for a specific time at peak times or during bridge lifts.

IMPORTANT INFORMATION Do individuals and families need to book in advance? **NO**

Can groups attend if booked in advance? **NO** <https://www.towerbridge.org.uk/>

Tower Bridge, Tower Bridge Rd, London, SE1 2UP - 0207 403 3761

2 vouchers – one entry

The Great Fire 1666 to 1677

**Visit the Monument, 350 years of History, 311 steps
to One breath-taking view**

A landmark to one of the most famous events in London's history, the great fire of London. Designed by Sir Christopher Wren and Dr Robert Hooke, and completed in 1677, this column commemorates the City which rose from the ashes. Enjoy amazing views of central London from the top and receive a certificate for conquering all the stairs when you get down!

No need to book, please just turn up with your Time Credits during the following times: April - September: 9.30am - 6pm daily (last admission 5.30pm) October - March: 9.30am - 5.30pm daily (last admission 5pm). To enjoy views from The Monument there is a 311 step climb up a spiral staircase – due to the nature of the building there is no lift access.



IMPORTANT INFORMATION Do individuals and families need to book in advance? **NO**

Can groups attend if booked in advance? **NO**

<https://www.themonument.org.uk/>

The Monument, Fish St Hill, London, EC3R 8AH - 020 7403 3761

1 voucher - one entry to the Tower

TIMEBANKING T-SHIRTS FOR SALE!

£12.50 FROM TIMEBANKING UK



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

<https://twitter.com/StNeotsTimeBank>

Phone 07590 909057 or email: time.volunteers@outlook.com

www.stneotstimebank.org.uk

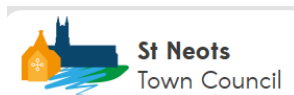


If you wish to exchange hours for Tempo Vouchers, contact the co-ordinator.
Free entry into many venues across England and Wales in exchange for helping others

We are all Volunteer Members - giving our time freely. We raise our own funds from events etc and apply for funding from various providers for the bigger things needed.

We would like to thank all those that have helped us financially to continue helping others and reaching the success that we have. We couldn't have done it without the backing of organisations such as these below...

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



If you wish to unsubscribe then phone 07590 909057 or Email: time.volunteers@outlook.com