



# ST NEOTS TIMEBANK

A friendly community of members helping each other

## NEWSLETTER October 2020

Covering: St Neots' Postal Area of PE19

A friendly community of members just waiting to help others

# Helping Others

IN THEIR  
GREAT TIME  
OF NEED



As co-ordinator I feel privileged to have had so many people supporting St Neots TimeBank in helping others through the Pandemic. Three hundred and fifty-two hours collecting prescriptions, phoning the isolating people, walking their dogs and collecting shopping – plus a few gardening requests where possible.

This offer of help will continue for non-members and, of course, our members probably to the end of the year at least. Phone 07590 909057 if help needed.

We have many Mobility items for temporary loan (until you no longer need it or can afford to purchase your own)

We have also launched our **'JIGSAW LIBRARY'** with approximately 70 Jigsaws - 500 or 1,000 pieces. Some easy, some more difficult.



We are producing a catalogue of these – so anyone wishing to borrow a Jigsaw please contact me on 07590 909057 for a copy. Jigsaws are made of cardboard which becomes safe from Covid19 after 24 hours. Therefore we advise people to bring their own bag to collect and leave in their hallway or out-building for the 24 hours before starting.

Plus always use your hand-gel.

JIGSAWS have become more popular as a national hobby and highly sought-after, so take advantage of this free service and make your free hours more interesting.

# TEMPO VOUCHERS

Help others and exchange the hours you give for Tempo vouchers which can be **SPENT ON HUNDREDS OF ACTIVITIES AND LEISURES ACROSS ENGLAND AND WALES, OUR NATIONAL SPEND NETWORK, SUCH AS** General Interest, Sport, Exercise, Entertainment, Study and much more. Check out [www.timecredits.com](http://www.timecredits.com)

**A member's experience getting her haircut free of charge** – "I just want to let you know (after a reminder about haircuts in one of your emails) that I used a Tempo voucher yesterday to have a haircut at Huntingdon Regional College. I'm so pleased with the result; the lady who cut my hair did such a good job, all for the cost of one voucher! (I did give her a tip too!)



From what I saw everything was really well organized, so hopefully others would have a good experience there too.

They are limiting the use of vouchers as they've also cut down on numbers attending for obvious reasons, so I'd say it's best to check when making any appointments.



**Go Sloes!** Autumn – season of mists and mellow fruitfulness, as the poem goes! And a good time to enjoy foraging some tasty fruits from our hedgerows. Blackberries are nearly over, but sloes are plentiful, and October is a good time to pick them, just in time to make sloe gin or vodka in time for Christmas. At a time when we all need cheering up.

Sloes are the fruits of the Blackthorn bush. The white blossom is one of the first signs that Spring is here, and a lovely sight when you're driving around the local lanes in March and April. The sloes start to appear in the summer, but aren't ripe until September and October. Old folklore says, don't pick sloes till after the first frost, but we're getting less of those in recent years, so pick them when they feel soft to touch, and they can be frozen. Don't try eating them though – they're extremely sour and unpleasant raw, although the birds that also feast on them would disagree. Do be careful of the thorns too, they're long and sharp. My favourite sloe-picking places are in the Pightle in Eaton Ford, and in many hedgerows around the Waresley and Abbotsley lanes. So to make your sour sloes into something deliciously alcoholic,

## Here's a recipe:

1 litre vodka (or gin if you prefer it) – a cheap one is fine.

800g Sloes

400g sugar (can be a mixture of white and Demerara for an extra flavour kick)

You can vary the amounts – use more sugar if you like a sweeter liqueur. You'll find a wide variety of recipes for this on the internet.

You also need a large glass jar or bowl with a tight lid (I use an old sweetie jar).

When you've picked some sloes, give them a wash and pat dry, then freeze until you've got enough of them and you're ready to use them. The freezing means you don't have to prick each berry with a needle, which you'll see in some recipes. This breaks the skin so the alcohol can better absorb the sloe flavours.

Put the frozen sloes in the jar or bottles. Put the sugar on top, then the vodka. Give it a good shake, and then store in a cool, dark place.

Shake or stir daily for about a week, until all the sugar has dissolved, then just once a week. In about 2 months, the liquid will be a dark purple. Strain into a jug, then fill your clean bottles ready to drink straightaway, or it will taste even better if kept for up to a year – if you can resist! *(By our Member Helen)*

Nothing's too small – maybe you just need a light bulb changed. Helping others is so rewarding, even if a small thing, it makes you feel good.

*“Thank you. I felt so good. It's a long time since I felt I'd done something useful. I gave my time and my number in case she needs any more help. I was made up”*

**Working with other organisations:**  
*What can I say except a humble thank you for the wonderful work and support you gave our mutual friend.*

It's so satisfying to help older people particularly those that cannot help themselves.

TimeBanking serves me by using my life-time skills and expertise helping others rather than lose them.



**If you enjoy knitting, crocheting or sewing, your help is needed:**

‘Fuel poverty this winter is a concern for young and old. Elderly people, as we know, will not put on their heating to save money but they become vulnerable and need HATS / SCARVES/ LAP BLANKETS and BABY CLOTHES. to reduce the loss of body heat. Equally babies and children need to be kept warm and anything that can be done to keep these important people from suffering from coldness can only benefit our communities. Winter

Warmers needs a supply of these items that can be distributed via all services. Winter Warmers have arranged drop off points in the libraries, they have a van to collect and they have a warehouse to store until they can ensure that they reach those who most need these. Thank you from Winter Warmers.

This winter is going to be particularly hard for some people and the libraries also want to give a little help by providing items that will keep them warm over the winter months, Libraries are therefore asking people to help them make and donate.

The first collection period is between the 9<sup>th</sup> & 14<sup>th</sup> November. Items can be left at the local libraries during their regular opening times ONLY. Unfortunately due to Covid restrictions we cannot accept donations at any other time. PLEASE DO NOT DELIVER YOUR ITEMS BEFORE THIS DATE AS THEY CANNOT BE STORED. There will be another collection period later in the year so keep a look out for details. **THANK YOU**

- \*If not, it's **FREE** and **EASY** to join
- \*Only help others if you have the skills
- \*We only ask of you - to "ask" if in need
- \*We all help each other with no charge other than for materials used

## ARE YOU A MEMBER?

Always feel you have a friend, never feel alone, our members are only a phone call away

Join our **212** members with a multitude of skills to offer

Our TimeBankers have so far exchanged **10,757** hours

**COVID19** has restricted the help we give but created extra needs – such as collecting prescriptions, walking your dog, phoning to break the silence of isolating.

Some gardening or other skills that can be achieved safely.

## Foodbanks

Currently the four locations in St Neots that help the foodbanks have been closed due to COVID-19 restrictions, although they are delivering food to people, provided they have vouchers. One way of getting vouchers is by calling 0808 208 2138 where they will speak to a Citizens Advice agent and if needed, be given vouchers from there. Telephone lines are open Mon-Fri 10am-4pm.

## REWARD OUR MEMBER BY DONATING TO CHARITIES



Philip has given 100's of TimeBank hours helping others and

did a 50 mile Bike ride to fundraise for:

**PLEASE** help Philip to raise even more funding for these charities:

*Cancer Research UK  
Macmillan Cancer support  
Mind  
The Brain Tumour Charitv.*

[https://uk.virginmoneygiving.com/PhilipHall50/1?utm\\_source=whatsapp&utm\\_medium=organic&utm\\_campaign=fundraiser&utm\\_term=socialshare&utm\\_content=fundriasingpage](https://uk.virginmoneygiving.com/PhilipHall50/1?utm_source=whatsapp&utm_medium=organic&utm_campaign=fundraiser&utm_term=socialshare&utm_content=fundriasingpage)

We have **76+** skills that members are offering, these are just a few:

Science	Sewing	Shopping/errands	Sign Language	Social Media	Stress Councilling	Surfing Net
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I wish to thank the 32 members that are purchasing online via .....



Doesn't cost you a 1p more but raises £'s for the TimeBank.

**Check out** <https://www.easyfundraising.org.uk/causes/stneotstimebank> and search for the company you wish to purchase from – your pennies make £'s – **to date £189.11.** (4,300 shops offering)

# BIT's and PIECES



Did you know? The first recorded football was in China (255BC-220AD) In medieval times a pigs bladder was inflated and kicked around. In 1836 Charles Goodwin vulcanized rubber and in 1855 designed and made the first inflatable rubber football. In 1862 H J Lindon developed the first inflatable rubber bladders for balls. In 1872 the ball's circumference of 27"-28" was set and remains today in FIFA laws.

**Have you thought about milk and the environment** – 1pt of milk has a carbon footprint of 800g. **9%** is processing and packaging, **13%** is transport, **4%** is storage at the shop and home, **1%** recycling cartons, **73%** is emitted at the farm, cows are windy animals and the methane they give off is more than **20** times more harmful than **CO<sub>2</sub>**.



**Raining Cats and Dogs** – used to express a heavy downpour.

When city streets were dreary and narrow and drainage was bad, heavy rainstorms would surge down the alleyways taking everything in its path including stray cats and dogs, of which there were many. It is from the sight of the bedraggled corpses in the streets – it is believed the origin of the peculiar saying used today when the rain is very heavy.

**FRESH WATER.** Only 2.8% of earth's water is fresh, of that only 6% is liquid, 90% is ice, the rest is water vapour in the atmosphere. 98% of this liquid fresh water is underground. The amount of water on earth has remained the same since the planet was created. Scientists think that the Earth is **4.54 billion years old**. Coincidentally, this is the same age as the rest of the planets and the sun in our Solar System.



**The Phenomenal Power of the Human Mind** – I cdnuolt blveiee taht I cluod aulacity uesdnatnrd what I was rdanieg – The phaonmneal pweor of the human mind! Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it doesn't mtttaer inwaht order the ltteers in a word are, the only iprmoatnt thing is that the first and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed It wouthit a problem. This is bcuseae the huaman mind deos not raed ervey lteter by istlef, but the word as a wlohe. **Amzanig huh?**

**The World's Population** reached 7.8 billion this year. It was 7,125 billion 2013 and 7 billion in 2011..... 6 billion in 1999, 5 billion in 1987 and and only 2.6 billion in 1950, 1.8 billion in 1900. It's going to be interesting to know the world population after this pandemic.



**Helium** is mostly known for being used in balloons, but did you know it also purges rocket engines for NASA and the military - also crucial for diving equipment and medical use such as for MRI's. Currently, helium is a natural gas and cannot be produced efficiently and economically. The few ways it can be harvested includes extraction from natural underground deposits, or from the production of natural gas in which helium is a by-product. As helium is a very light gas, it has to be captured quickly, as it's a gas that has the rare ability to float off into space. Its source is expected to run out in 30-40 years.

**INFO FOR TIME CREDIT MEMBERS OCTOBER 2020**



The Puppet Van is not on the website yet but will be posted soon – sneak preview details below: The Lost Colour by Half a String Puppet

Theatre. Enjoy a joyful explosion of vibrant colour and paint, as Malcolm Brushell, a professional painter and amateur alchemist, goes on a quest to find the pinkiest pink paint on the planet! Through stunning puppetry and an energy fuelled performance, all on top of a van, join this race to create the most potent pigmented pink paint imaginable. Suitable for: Ages 5+

Please check out [www.library.live/the-library-presents](http://www.library.live/the-library-presents) for our Autumn 2020 activity.



- St. Neots - Wednesday 28 October
- Cherry Hinton (tbc), Arbury (tbc) & Barnwell Road (tbc) - Thursday 29 October
- Littleport - Friday 30 October To book your FREE tickets and for full details (including locations, times and details of the accompanying online family workshop) check the website. Places must be booked in advance as numbers will be limited.

It is all **FREE** and the website being updated regularly with other opportunities.

**Disability Aids – Time4Health**

Take advantage if you need help by borrowing one of our disability items, we loan these out on a temporary basis until the person is better or they purchase their own (whichever is the shortest time) – a helping hand over difficult times. This has already helped many members overcome their accidents or operations. We have 3 push along and one self-propelled Wheelchairs. Two walkers with a small table and shelf. Crutches, a Wedge cushion to alleviate back pain, Perch stool, a large Walker with seat (blue) adjustable Walking Stick, a large Walker with seat and shopper, Over-bed tables Bed-rest for pillows. Plus, two motorized Buggies.

Contact the co-ordinator – there is a £25 deposit on some items to cover maintenance costs. For our buggy, there will also be a small weekly charge plus £50 deposit. Both deposits returnable if no damage.



<https://twitter.com/StNeotsTimeBank>  
 Phone 07590 909057 or  
 email: [time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)  
[www.stneotstimebank.org.uk](http://www.stneotstimebank.org.uk)  
<https://www.facebook.com/timebankstneots>  
<https://tol2.timebanking.org/stneots/>



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. **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...**

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



We have received support from the  
 Cambridgeshire  
 Community  
 Foundation

**Would you like to become a TimeBank Helper?** Want to know more? Phone 07590 909057  
 If you wish to unsubscribe then phone 07590 909057 or Email: [time.volunteers@outlook.com](mailto:time.volunteers@outlook.com)