



ST NEOTS TIMEBANK

A friendly community of members helping each other

NEWSLETTER November 2020

Covering: St Neots' Postal Area of PE19

A friendly community of members just waiting to help others

What is TIMEBANKING?

TimeBanking is caring about others and helping those in need. We willingly help other members with no charge other than for materials. With 212 members that's an awful lot of skills as a safety net for other members.

Due to Covid19 we have also opened our doors to non-members with essential needs. If you are one of these why not register with us and get a much bigger range of skills to help.

There's always someone at the end of a phone to listen to your needs and then send a global email to our members to get the help that you are asking for.

You don't have to be on-line to join, we have around 60 members that just phone us



when they need help. Maybe you feel you have nothing to offer others but just being a '**phone friend**' is like gold-dust to a lonely person, even more so in this Covid19 era.

When this virus is under control and we can return to community meetings – our events will restart but unfortunately that time is not even in our sight yet.

So phone calls, letters and emails are life lines to some people – particularly those that are isolating or just feeling low – then TimeBank is there for you.

November starts with a bang, literally with Fireworks and bonfires! This year it is different.... many displays will not be organised and people will be holding events in their gardens for their families. Social distancing being observed of course.

The earliest fireworks came from China, One of the cultural practices for fireworks was to scare away evil spirits. Cultural events and festivities such as the Chinese New Year and the Mid-Autumn Moon Festival are still the time when fireworks are guaranteed to be seen.

China is the largest manufacturer and exporter of fireworks in the world.

Modern colored fireworks were invented in Europe in the 1830s.



Cambridgeshire Fire and Rescue Service is joining forces with local authority partners and emergency services to help keep people safe this bonfire and fireworks season.

With many organised events cancelled across the county, emergency services are preparing for a busier night than usual. There is an emerging concern that more people will plan displays and bonfires to celebrate in their own gardens, which could pose significant risk for those who choose to use them. We are asking everyone to show respect this Bonfire Night.

“While most people enjoy fireworks responsibly, they can quickly become a disaster and, in the wrong hands, they can cause injury and damage to property. Fireworks are explosives and should be treated with respect. Only use fireworks in accordance with the manufacturer’s instructions and the firework safety code, ensuring all necessary safety precautions are taken.

“We would strongly discourage people from lighting bonfires in back gardens as they present significant risks to residents if they get out of hand. Not only this, but the smoke can also aggravate coronavirus symptoms for those that might be shielding or isolating.”

TEMPO VOUCHERS

We appreciate that Spending tempo credits is a challenge due to Covid19, with so many spend partners being closed, and now some struggling financially it is not an easy situation.

Some spend partners are now open so please exchange your hours for Vouchers and take advantage of the free entry to places open (please also buy additional products {e.g. drinks, popcorn) if you can to help these businesses in a very difficult time.

• Nearest spend options are:

- o Light cinemas (Cambridge and Wisbech) are taking credits again, with usual limitations.
- o Some Leisure centres are opening up for certain things.
- o St Neots and Huntingdon One Leisure ask members to phone and ***BOOK IN ADVANCE***.
- o Chesterton Sports Centre in Cambridge is open
- o Awaiting news from Freedom Leisure in Fenland and Cambridge City Leisure facilities. Please do feedback to Yannick if you know people have been spending there
- o Bay Tree Owl Sanctuary
- o Crafty Monkeys
- o Museum of Cambridge
- o Soft play centres in Huntingdon, Ely and Cambridge are also open, but members have to contact them to check if they accept Time Credits.
- o London: there are number of opportunities now open in the capital including:
 - § Thames Clippers
 - § St Pauls
 - § Tower Bridge
 - § Cakes and Ladders!
 - § Go Ape – look on website for which ones
 - § Adult Learning

People earn Time Credits for **volunteering** in St Neots

TimeBank as we are part of the Tempo network. Tempo Time

Credits encourage more people to get involved in volunteering and enjoy the benefits it brings - like feeling healthier and happier, learning new skills, making new friends and gaining confidence. Tempo Time Credits keep on giving



We have also launched our **‘JIGSAW LIBRARY’** with approximately 70 Jigsaws and growing - 500 or 1,000 pieces. We have Jigsaws suitable for everyone, young, old male, female and different abilities.



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.

MEMBERS COMMENTS – Hearing a voice on the other end of a phone is like gold dust to a lonely person.

“TimeBank has made an amazing difference to my life already.”
“It’s only a small thing but it makes an enormous difference to me”
“It’s satisfying to help older people and those that cannot help themselves.”

Timebanks help was very much valued, both the friendships and support given through being associated with the Timebank. Even when unable to help and ‘do my bit’ - the coffee mornings and visits from everyone was enjoyed. So thank you.

It feels good to provide help for others and support the community

Spare time has equal value to everyone and with no cost it means we save money

Foodbanks

Emergency food for local people in crisis. If as result of your current circumstances, personal crisis, sudden job loss, illness, separation or homelessness you are in crisis and you don't have money to buy food St. Neots Foodbank can help.

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 you will speak to a trained Citizens Advice agent and if needed, be given vouchers from there.

info@stneots.foodbank.org.uk

Tel 01480 475426 Mon-Fri 10am-4pm.

www.stneots.foodbank.org.uk

Instagram @foodbankstneots

REWARD OUR MEMBER BY DONATING TO CHARITIES



Philip has given 100's of TimeBank hours helping others and has done a 50 mile Bike ride to fundraise 4 charities : **he has so far raised £3,000 PLEASE help by donating even more 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

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

| | | | | | | |
|---------------|------------------|-----------------|-------------|----------------|--------|-------------|
| Teach reading | Teach a language | Teach Geography | Teach Music | Many Therapy's | Tiling | Time4Health |
|---------------|------------------|-----------------|-------------|----------------|--------|-------------|

An extra thank you this month to a new anomus user 64p on just one purchase – THANK YOU



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 (4,300 shops offering)



PUMPKIN CURRY

- Tablespoon of sunflower oil
- 2 tablespoons of Thai yellow curry paste
- 2 finely chopped onions
- 3 large stalks of lemon grass
- 6 Cardamom Pods
- 1 tablespoon Mustard seed
- 1kg approx. of pumpkin
- 250mlVegetable stock
- 400ml can reduced fat coconut milk
- 400g Chickpeas, drained and rinsed
- 2 Limes & a Large handful of mint leaves

Method

Heat oil in saute pan, then gently fry the curry paste with Lemon grass (Crushed), Cardomom and Mustard seeds for 2-3 mins.
Stir the pumpkin into the pan and coat in the paste. then pour in the stock and cocomut milk.
Bring everything to a simmer, add the chickpeas, then cook for approx. 10 mins until the pumpkin is tender.
THE CURRY CAN NOW BE BE FROZEN AND STORED FOR ONE MONTH.
To serve: Stir in the juice of one lime into the curry, then cut the other lime into wedges to garnish. Just before serving tear the mint leaves onto the curry and serve with the lime wedges and and naan bread.



BIT's and PIECES

Worried about calories? then think of the **Blue Whale** – just one mouthful of krill, their staple food, they take in **147,000 calories!!**

Neon lights were created by Georges Claude, a French engineer. He first demonstrated his invention in **1910**, at the Paris Motor Show. Neon lights are often used for signs and decorations.



Sightings of the false widow spider, (*Steatoda nobilis*) are on the rise. It is being cited as Britain's most venomous spider, and it is spreading. But experts say the species is not usually aggressive towards humans and that being bitten is rare. The false widow spider is the 'most dangerous spider in Britain'. What this means in reality is it



has a bite about as serious as a wasp sting and the species is becoming more common and more widespread,... not native to the UK, however was thought to have been introduced to the UK having traveled in fruit crates coming from the Canary Islands in the late 19th Century. The first reported sighting of a false widow spider in the UK was in Torquay 1879. In regard to emails sent per day worldwide, we know that about 269 billion emails were sent and received each day in 2017, and that figure is expected to grow to almost 320 billion daily emails in 2021 maybe even more.



A bones of a pigeon are lighter than their feathers
A golden Eagle can reach speeds of 150mph when in a dive.

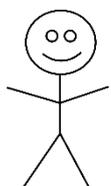


March 2012 - I recorded in EVA's Newsletter "Before throwing your plastic bottles etc into the sea – stop and think of the damage it will do. It is estimated that our Oceans already contain 100 million tons of plastic which kills the wildlife and pollutes the water that the fish we are eating are swimming in." It seems we didn't pay much attention.



The Willow Bridge was opened on 3rd October 2011 and novelty Passports were issued to hundreds

Usually a Honey bee can visit 50- 1000 flowers in one trip which takes about 10 minutes to four hours. They make between 7 and 14 trips a day. A colony with 25,000 forager bees, each making 10 trips a day is able to pollinate 250 million flowers.



Your skin is 2mm thick but gets an 8th of your blood supply and is the largest organ in your body. During an average life your heart pumps 200 million litres of blood enough to cover 843 acres to depth of 15 mtrs.

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.

Our Very first poster March 2012 (name changed as we grew)



St Neots
COMMUNITY & BUSINESS
AWARDS 2015

<https://twitter.com/StNeotsTimeBank>

Phone 07590 909057

email: time.volunteers@outlook.com

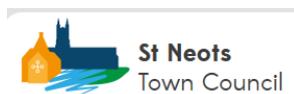
www.stneotstimebank.org.uk

<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



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