

# SUTTON TIME BANK

## THE TIME BANK NEEDS YOU!



Sutton Time Bank aims to engage and bring together the community, creating social and practical support networks that meet the needs of many, creating a happier and healthier community. Time Bank members are able to support each other and the community by exchanging skills, ideas or practical help.

Timebanking is a great way to learn new skills, share ideas or help others in your community and be rewarded for it. If you would like to join in with any of your new projects, or if you would like to become a member of the Time Bank, please get in touch.

## COFFEE CONNECTIONS

After our successful August coffee mornings we are pleased to announce Coffee Connections will start again on Tuesday 7th September.

Join us every 1st and 3rd Tuesday of the month between 10-12 at The Glebe.

A great opportunity to catch up with friends, meet new people and share a cuppa and cake. You are welcome to stay for the whole event or pop in for a quick cuppa. This is open to all.



  
Sutton Time Bank

## COFFEE CONNECTIONS

### COFFEE MORNINGS WITH SUTTON TIME BANK



**Every 1st and 3rd Tuesday of the Month  
please come along to Coffee Connections  
at The Glebe, between 10-12.**

**A great opportunity to catch up with friends, meet  
new people and share a cuppa and cake.**



For more details, contact  
[suttontimebank@sutton-cambs-pc.gov.uk](mailto:suttontimebank@sutton-cambs-pc.gov.uk)  
07731017916  
[www.sutton-cambs-pc.gov.uk/Sutton\\_Time\\_Bank\\_36482.aspx](http://www.sutton-cambs-pc.gov.uk/Sutton_Time_Bank_36482.aspx)



We have received support from the  
Cambridgeshire  
Community  
Foundation



Timebanking UK



[www.timebanking.org](http://www.timebanking.org)

# TIMEBANK DIGITAL

Houghton & Wyton, Ramsey, Somersham & Pidley and Sutton Timebanks working together to connect our communities.



Funded by



Cambridgeshire  
County Council



Innovate &  
Cultivate Fund



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## INDOOR MARKET AND CAFE

**SATURDAY 4TH SEPTMBER FROM  
11AM AT ST ANDREWS CHURCH.**

OUR INDOOR MARKET AND CAFE WILL  
BE BACK ON 4TH SEPTEMBER.  
TO BOOK A STALL PLEASE CALL NICK  
01353 775271.

WE LOOK FORWARD TO SEEING YOU  
ALL AGAIN.



SUTTON SCARECROWS 2021

# DO YOU WANT TO BUILD A SCARECROW?

Just a little bit of community fun...nothing too serious.

Theme: A book character

When: 4th - 11th September 2021

How: Build a scarecrow, display it in a safe place for all villagers to enjoy.

Scarecrows to be appropriate for all ages, safe for viewers to enjoy and to follow current social distancing rules!



## Busy parents?..

We can help you **eat well** and **move more**

Join our virtual Zoom programme for parents of children aged 0-18. Nutrition and Physical Activity workshops will be held for 12 weeks, Starting Thursday 16th September, from 4.30 - 5.30pm.



it's  
**FREE!**



Healthy You

For more information

Call **0333 005 0093**

Text **HEALTHYU** to **60777**

Email **join@healthyyou.org.uk**

Visit **healthyyou.org.uk**

Funded by Cambridgeshire County Council  
and Peterborough City Council





# PLACES TO EXPLORE

Kingfishers  
Bridge

## KINGFISHERS BRIDGE NATURE RESERVE

STRETHAM ROAD, WICKEN, CAMBS,  
CB7 5XL. (FREE PARKING AND CAFE)

SINCE 1995 THE KINGFISHERS  
BRIDGE PROJECT HAS  
TRANSFORMED 150 ACRES OF  
ARABLE FARMLAND INTO A  
MOSAIC OF WILDLIFE HABITATS.  
WATER MEADOWS, REEDBEDS  
AND SANDSTONE CLIFFS NOW  
PROVIDE A WELCOME REFUGE  
FOR HUNDREDS OF BIRD AND  
PLANT SPECIES.



## HOUGHTON MILL

MILL LANE, HOUGHTON, NEAR  
HUNTINGDON, CAMBRIDGESHIRE, PE28  
2AZ  
(£3 PARKING OR FREE TO NATIONAL  
TRUST MEMBERS AND CAFE)



ENJOY MANY WALKS OR CYCLE  
PATHS ALONG THE RIVER AND  
THROUGH MEADOWS ON ROUTES  
FROM HOUGHTON MILL TO ST.  
IVES, HUNTINGDON AND  
GODMANCHESTER.



## RIDDLE OF THE MONTH

**What is black when you buy it, red when you use it, and grey when you throw it away??**

First Time Bank member to email the answer to Lucy will win a small prize.

**If you would like to find out more or  
become a member of the Time Bank please get in touch with the Time  
Bank coordinator,  
Lucy Amos-John.**

**suttontimebank@sutton-cambs-pc.gov.uk or 07731017916**