

SUTTON TIME BANK

COFFEE CONNECTIONS



Sutton Time Bank

Time Banking is a great way to meet new people and connect with residents in the village. The Time Bank holds weekly coffee mornings every Tuesday from 10-12 at The Glebe. On the 1st Tuesday of the month those attending are invited to stay for a sandwich lunch. Coffee mornings are open to all and there is no charge for these events. We are very pleased that the Time Bank's coffee mornings have been given a 5 (Very good) hygiene rating on 1st November.

Our digital champions offer drop-in sessions during our coffee mornings. They offer a range of digital help. Do you need help applying for a new bus pass or help submitting readings from your energy meters? If this time is not convenient or you would like some one-to-one support, please contact the Time Bank for this to be arranged.



Coffee Connections

Coffee mornings every Tuesday at The Glebe from 10-12.





07731017916

suttontimebank@sutton-cambs-pc.gov.uk





THE TIME BANK WILL BE CLOSED FROM FRIDAY 23RD DECEMBER TO MONDAY 9TH JANUARY. THERE WILL BE NO COFFEE MORNINGS ON TUESDAY 27TH DECEMBER OR TUESDAY 3RD JANUARY.



We have received support from the
Cambridgeshire
Community
Foundation



Timebanking UK



www.timebanking.org

THE TIME BANK NEEDS YOU

The Time Bank are looking for new members!

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 or to find out more, please get in touch.

VOLUNTEER KNITTERS

The Rosie Hospital need your knitting skills

They need a selection of Red, Amber (orange/yellow), Green and White hats to fit newborn babies.

Please leave hat donations at the Rosie Reception (01223 217617) during normal office hours.



We need your knitting skills



Warm Hubs

Now open in Sutton

It's a safe, warm & friendly place to:

- share the company of others
- enjoy free refreshments & social activity

Every Wednesday
9am to 12pm
Brunel Room, The
Glebe,
4 High Street

EAST CAMBS COMMUNITY BUS

The community bus is in Sutton, at the Royal British legion car park, every Tuesday from 10am. The community bus can offer residents advice on housing, welfare benefits, debt and money, energy, consumer rights, work, family and health. The team can also signpost you to groups offering help and support in your local community, and offer tips and advice on how to keep well and stay warm this winter.



2nd December 6pm	Sutton Parish Council Christmas Tree light switch on along the High Street
	St Andrews Church Carols around the Piano Refreshments available
2nd to 10th December Daily until 2:30pm	St Andrews Church Christmas Tree Festival
3rd December 12pm to 3pm	St Andrews Church Christmas Bazaar Stalls, refreshments and Santa will be there



Social Prescriber drop in 9am - 2pm

Join us on the 3rd Monday
of the month.

Starting Monday 17th October
Rainbow Surgery, Resource Centre
1a Stocking Fen Road, PE26 1SA

**Time to talk about what
matters to you.**
**Social, emotional & practical
support for our patients** ❤️

**The time bank would like to
wish all its members and
the community a merry and
safe Christmas**



Bank coordinator : Lucy Amos-John.
suttontimebank@sutton-cambs-pc.gov.uk or 07731017916