

SUTTON TIME BANK



3000 HOURS OF VOLUNTEERING

We have now reached 3000 hours volunteered. A big thank you to all the Time Bank members that volunteer their time at our weekly coffee mornings and our cake makers Tricia and Eileen.

A massive thank you to our Duke of Edinburgh volunteer, Alex, who made some lovely biscuits for us all to enjoy.



SUTTON'S PHONEBOX

Sutton's Phonebox library is up and running. The library is for community use. The top 3 shelves are used for the library. The bottom shelf holds a seed library and a box for used stamps, in aid of the charity: Royal National Institute for the Blind.

If the top 3 shelves are full, please do not leave books and contact the timebank for book donations.



We have received support from the
Cambridgeshire
Community
Foundation

Timebanking UK



www.timebanking.org

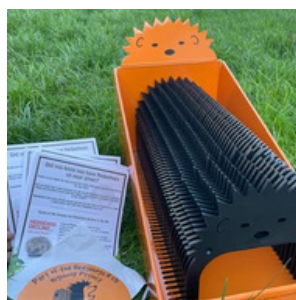
HEALTHY LIVING

The Time Bank works closely with the PPG to support their Healthy living projects. Sutton Time Bank's Wellbeing walks will start on Tuesday 16th May, meet at The Glebe at 9.30am for a 45-minute slow paced walk in the village and will finish back at The Glebe for the Timebank's coffee morning.

The PPG are offering free chair-based exercise classes delivered by their qualified instructor, Tricia. These are held on a Thursday between 2-3pm at The Pavilion.



HEDGEHOGS R US HIGHWAY PROJECT



A Hedgehog Highway is a 5 inch gap in a fence or wall allowing access for Hedgehogs.

These gaps are essential in the battle to prevent the extinction of our endangered spiky friends.

Sutton Time Bank is funding a box of hedgehogs highway surrounds for community use.

More details to follow.

**Bank coordinator,
Lucy Amos-John.**

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

STEM IN THE FENS

Cambridge Science Centre have their 1st PopUpScience Centre at Ramsey Rural Museum.

They will be open to families and young people each weekend from 10am to 3.30pm. Entry will be free of charge.



CHILD & FAMILY CENTERS

Cambridgeshire **Child and Family Centres**

Daffodils



You will need:
Egg box
Orange paint
Yellow card (or yellow paint)
Glue
Green drinking straws
Sticky tape

Method:

1. Paint the bottom of an egg box, orange and leave to dry, ensuring the paint covers all the surfaces.
2. Draw and cut out, 6 flower shapes from yellow card (or other card painted yellow).
3. Cut the egg box into the individual compartments. Take one compartment and glue to the centre of the flower shape, as the trumpet.
4. Tape a green straw to the back of each daffodil and you are ready to display!



Child and Family Centres offer groups, events, activities, courses and support for families with children aged 0-19.

Follow them on Facebook, to see what's on this term-
<https://www.facebook.com/EastCambsChildandFamilyCentres>

ELY BABY BANK

ALL THE INFO YOU NEED:

Address: 78 Mildenhall Road, Fordham CB7 5NR.

Phone: 07715 908024

Email: thesofachurch@gmail.com

Opening times: Tuesdays 9.30-1
Thursdays 9.30-1

Our volunteers can deliver locally if you can't travel to our base.



SUTTON CORONATION STREET PARTY

SUNDAY 7TH MAY
FROM 12PM - 5PM



LIVINGSport
INSPIRING ACTIVE LIFESTYLES

YOUTH TAKEOVER

11-16-YEAR-OLDS!

UNSTRUCTURED, YOUTH-LED SPORTS AND ACTIVITIES FACILITATED BY A QUALIFIED COACH FROM PRESTIGE SPORTS DEVELOPMENT

WWW.LIVINGSport.CO.UK

LOCATION: THE HIVE LEISURE CENTRE, LEISURE PARK, DOWNHAM ROAD, ELY, CB6 2FE

TIME: 4.45PM - 6PM

EVERY FRIDAY
£2 PER PERSON, PER SESSION!

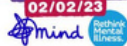


I've got
..... on my mind,
can we talk?

Make space in your day for a
conversation about mental health

time to
talk day
02/02/23

#TimeToTalk



All profits go to
BREAST
CANCER
NOW

This summer a brand new family event comes to Sutton

The Beast's

BIG COLOUR BLAST

Sunday 16th July 10am

Sutton's first ever 'Colour Run' event.

Run, walk, crawl, hop or dance around our crazy course.

Get 'blasted' with colour and music.

Hosted by ITV's Donovan Blake. Tunes from DJ Bambrick.

BBQ, Ice Cream, The Crazy Drummer + more.

Go to SUTTONBEAST.COM for info & entry

