

# SUTTON TIME BANK

## COFFEE MORNINGS



Our weekly coffee mornings are a great chance to meet new people or catch up with friends. Coffee mornings are 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. We have a jigsaw, board game and book library available each week. In the summer/autumn we had members sharing fruit/vegetables from their gardens & allotments.



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 setting up a new device? 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.



## WELL BEING WALKS

Our wellbeing walks, meet at The Glebe at 9.30am for a 45-minutues walk in the village and will finish back at The Glebe for the Timebank's coffee morning. Everyone is welcome. You do not need to be a timebank member to join.



**SUTTON TIMEBANK'S WELLBEING WALKS**

Meet at the Glebe at 9.30am for a 45 minute walk in the village to finish back at The Glebe for the TimeBank's coffee morning.

**Tuesday 13th, 20th & 27th June**  
**Tuesday 11th & 18th July**  
**Tuesday 8th & 22nd August**  
**2023**



We have received support from the  
 Cambridgeshire  
 Community  
 Foundation

Timebanking UK



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



## SUTTON'S PHONEBOX

Sutton's Phone Box library is running well and has recently had some new donations.

The bottom shelf holds a Seed Swap box and a used stamp box in aid of the charity: Royal National Institute for the Blind. We hope you enjoy borrowing books and please leave any books you would like to share. If the shelves are full, please contact the timebank for book donations.

## HEALTHY YOU

Healthy You are a free service for Cambridgeshire and Peterborough residents who are looking to make changes to their lifestyle. So, whether you want help to stop smoking, lead a more active lifestyle or lose some weight Healthy You – funded by Cambridgeshire County Council and Peterborough City Council – can help you.

**NHS**  
**FREE Health Check**  
Aged 40 – 74  
Takes just 20-30 mins  
Spot early signs of Stroke, Kidney and Heart Disease, Type 2 Diabetes and Dementia

Why wait?.. to find out more  
Call **0333 005 0093**  
or Text **healthyu to 60777**



NHS Health Checks only take 30mins of your time but can help spot early signs of disease and illness. Book yours today and see if your blood sugar and cholesterol levels are as they should be. Give us a call on 0333 005 0093 and book yours!

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

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

# HELP AT HOME: CARE NETWORK CAMBRIDGESHIRE

The service is for adults who have come out of hospital or are experiencing illness / crisis at home. Individuals themselves, families, hospital or community-based professionals and organisations can make a referral for help.

<https://care-network.org.uk/help-at-home/>



## Help At Home

Lending a hand to people in Cambridgeshire and Peterborough after a hospital stay or period of ill health

How can we help you?



01223 714433  
[helpathome@care-network.org.uk](mailto:helpathome@care-network.org.uk)  
<https://care-network.org.uk/>

# JOIN THE TIMEBANK



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

## SUTTON TIME BANK



**SWAP SKILLS**



**HELP SOMEONE**



**TOTALLY FREE**



**BANK YOUR HOURS**



**MEET PEOPLE**

SUTTONTIMEBANK@SUTTON-CAMBS-PC.GOV.UK  
 OR 07731017916




**SAVE £'S**  
 See Reverse For Discounts

## SUMMER HOLIDAY FUN!

**ACTION-PACKED MULTI-SPORT CAMPS FOR 5 - 12 YR OLDS**

Venues available across Cambridgeshire, Peterborough and West Norfolk

**WHY CHOOSE PREMIER...**

Premier Camps are the ultimate healthy choice for your child this holiday! You can rest assured they'll have the best time, trying all sorts of activities, sports and performing arts all tailored to their relevant age groups.

Parents can have peace of mind in knowing that all of our staff are fully insured and DBS checked with Safeguarding and Emergency Aid Certification.

For more info & to book visit [premier-education.com](http://premier-education.com) or call 01953 499040

Search Premier - Cambridgeshire & West Norfolk




**INSPIRING ACTIVITY**

## #MyWaysToWellbeing



Take Notice



Be Active



Keep Learning



Connect



Give & Act



Seek Support

@TheKiteTrust #MyWaysToWellbeing

F.O.S.S. present:

# SUMMER FETE

Saturday, 1<sup>st</sup> July  
11am-2pm



**In the main arena:**  
Yoga  
Cheerleading  
4D Dance  
Karate  
Hartbeeps

**On the field:**  
Children's class stalls  
Range of local stallholders  
Bouncy castles  
Isle of Ely Target Club  
Photography  
Face Painting

**In the playground:**  
Bbq  
Jake's Kitchen  
FOSS Café

Come and join in the fun!  
Please bring cash (and change).  
Please, no unaccompanied under 16s  
and no alcohol.

Parentkind  
Member Association

★ FUN FOR ALL THE FAMILY ★

UK Health Security Agency

**HOT WEATHER**

## Keep your home cool during hot weather



**Close blinds and curtains on windows** that are exposed to direct sunlight, move to the coolest part of your home and open windows (if it is safe to) when the air feels cooler outside than inside.

## CANOEING For Families

AT MILTON COUNTRY PARK

BOOK HERE 

FIR SUSPENSION  
CHEFFINS  
BRETT'S



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