

SUTTON TIME BANK



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.

COFFEE CONNECTIONS

Join us every Tuesday for our coffee morning mornings at The Glebe between 10-12. 1st Tuesday of the month (next on 2nd August) those attending our coffee morning will be invited to stay for a light lunch. A great opportunity to catch up with friends, meet new people and share a meal.

THERE WILL BE NO COFFEE MORNING ON 30th AUGUST.



TIME BANK DIGITAL

**DIGITAL FOR ALL
FREE HELP**

Tuesday 9th and 23rd August
@ The Glebe 10-12

We can help with setting up emails, using tablets, basic computer skills & more.

TIMEBANK DIGITAL We have received support from the **Cambridgeshire Community Foundation** **Innovate & Cultivate Fund** **Sutton Time Bank**

Our digital champions will be offering digital help and support on Tuesday 9th and 23rd August during our coffee mornings - 10-12 at The Glebe.

Please pop along with any digital questions or help you need.

Please get in contact if you would like to access this support outside of these times.



Timebanking UK



www.timebanking.org

HEALTHY LIVING SESSIONS



Fenland Group Practice, supported by the PPG, Sutton Time Bank and Healthy you have been running a healthy living course. Sessions have included Health MOTs, healthy eating and cooking and a walk to the PPG allotment. Please follow us on Facebook for updates on any future courses.



TIMECREDITS

Time Bank members can convert their volunteer hours to Time Credit vouchers. Local places to spend time credit voucher include; Babylon Arts (film tickets), Fitness studio session or class (Chatteris leisure centre), Swim session (Jesus Green lido), Clip and Climb (Cambridge). Follow them to Facebook to see more places where you can spend them - <https://www.facebook.com/CambsTimeCredits>

KIDS EAT FOR FREE OR LESS DURING SUMMER 2022

MORRISONS
Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

ASDA CAFE
Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

DUNELM
One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

YO! Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

BEEFEATER & BREWERS FAYRE
Free breakfast for two children under 16 with every paying adult.

HUNGRY HORSE
Free kids breakfast with an adults breakfast from 9am-12pm daily.

IKEA
Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

BELLA ITALIA
Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

DOBBIES
Kids eat free with an adult main meal.

TABLE TABLE
Two children under 16 get a free breakfast with one paying adult every day.

CAFE ROUGE
Kids eat for £1 with an adult meal excluding Saturday.

MORE TO COME!!
M&S, TESCO and more expected soon, see websites for latest information.

HM Government

NHS

Small steps to lift your mood

Find ways to get moving at nhs.uk/better-health/get-active

Better Health Let's do this

UNITED BY BIRMINGHAM 2022

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