



SUTTON TIME BANK



SWAP
SKILLS



HELP
SOMEONE



TOTALLY FREE



MEET PEOPLE

BANK
YOUR
HOURS



We have received support from the
Cambridgeshire
Community
Foundation



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

Are you a new mum?...



For new mums, we can help you eat well and move more

Who for?

- Adults aged 16 years and over
- Residents of Cambridgeshire and Peterborough
- BMI 25kg/m² and over
- Babies aged 0-12 months are welcome

What support will I get?

- Nutrition workshop for 30 mins
- Physical activity, including buggy walks for 30 mins



It's all FREE!

For more information
email: signup@healthyyou.org.uk
text: **signup** to **60777** or visit
www.healthyyou.org.uk

Cambridgeshire County Council
PETERBOROUGH CITY COUNCIL
Funded by Cambridgeshire County Council and Peterborough City Council

Healthy You

92% OF BRITS SAY 'YES' TO AVOID SEEMING RUDE BY SAYING 'NO'

If someone contacts you for your personal or financial info:
Stop, Challenge, Protect!

STOP. CHALLENGE. PROTECT.



Samaritans: 116 123

Mind: 0300 123 3393

Debt advice: <https://www.stepchange.org/>

Benefits / money management:
<https://www.citizensadvice.org.uk/>

Frank (drug advice): 0300 123 6600

Domestic abuse: 08082000247 or ask for ANI at any pharmacy

Ely Foodbank: 01353468626

STARTING TO FEEL THE CHILL?

HELP US TO HELP YOU BY HAVING A WINTER PLAN

- Have a free NHS flu vaccination if you are eligible
- If you do become unwell, get help early before your condition worsens
- Stock up on cold and flu remedies
- Make sure you have enough food
- Keep your home heated to 18°C
- Have a list of emergency phone numbers handy
- Keep an eye on elderly or frail friends, neighbours and relatives

LOOKING FLY!



NHS

If you have an urgent medical concern and need advice or treatment, contact NHS 111

FUN ACTIVITIES TO TRY AT HOME

HALLOWEEN DECORATIONS

What you need

- Small piece of felt
- Small piece of cardboard
- Compass or a circular object to draw around.
- 4 pipe cleaners
- 2 eyes and mouth - or black pen to draw these on
- String/ ribbon
- Glue
- Scissors



Instructions

- Cut a small circle out of your felt and cardboard. Make sure they are the same size. This is your spiders body.
- Take a small piece of string. Make a loop and put inside the felt and cardboard. Using glue stick these together.
- Make 2 holes each side of the spiders body.
- Put a pipe cleaner through each hole. Twist each one and separate to make 2 legs.
- Using glue stick on your eyes and mouth - or draw these on if you are using a pen.
- You can now hang up your scary spider.

The Time Bank would love to see any Halloween decorations you make



RIDDLE OF THE MONTH

What has hands, but can't clap?

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