# **SUTTON TIME BANK**

#### **JOIN THE TIME BANK**



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, please get in touch.

Time Bank members are able to support each other and the community by exchanging skills, ideas or practical help.

### **MACMILLAN COFFEE MORNING**

A big thank you to everyone that came along to support Nellie's Community Cafe and the Time Bank to raise money for Macmillan.

It was a fantastic day and we were able to raise an amazing £650.08!

A massive thank you to all the amazing volunteers that made the day possible.







## **COFFEE CONNECTIONS**

Join us every 1st and 3rd Tuesday of the month for our coffee mornings. At The Glebe, from 10 - 12.

On Tuesday 5th October a volunteer will be showing us how to make material decorations.

A great opportunity to catch up with friends, meet new people and share a cuppa and cake. You are welcome to stay for the whole event or pop in for a quick cuppa.

This is open to all.









Dinner and Music from £13 per Adult Children welcome Veg and GF options Online bookings preferred or tel 775079



https://www.ticketsource.co.uk/booking/t-rkyeje

EMAIL: sutton@elydistrictscouts.org.uk
Facebook: scoutinginsutton.

http://uk.virginmoneygiving.com/charities/1stsuttonscambridgeshirescoutgroup

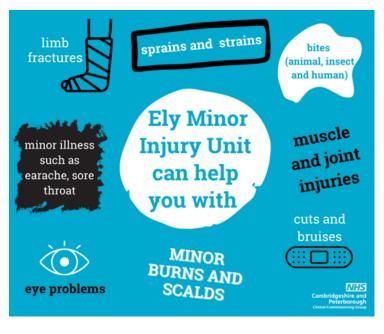
#### INDOOR MARKET AND CAFE



SATURDAY 2ND OCTOBER FROM 11AM AT ST ANDREWS CHURCH.

OUR INDOOR MARKET AND CAFE WILL BE BACK ON 4TH SEPTEMBER.
TO BOOK A STALL PLEASE CALL NICK 01353 775271.







'WE ARE DELIGHTED TO BE CONTINUING OUR OUTDOOR ACTIVITIES AND OUR SMALL, BOOKABLE INDOOR ACTIVITIES' PLEASE SEE THEIR FACEBOOK PAGE TO SEE WHAT'S ON IN OCTOBER

www.facebook.com/EastCambsChildandFamilyCentres





Half Term Fun at Ely Museum!



TUESDAY 26TH **OCTOBER** 

Free drop in object handling between 11-3 & make a pumpkin hat! No need to pre-book, museum ticket or annual pass required.

OCTOBER

 $THURSDAY\ 28^{TH}\ \ \text{Join us for a morning or afternoon spooky fen craft}$ session! Please pre-book on our website, £3 per child.

**ALL WEEK** 

Enjoy a special spooky Fen trail and explore the museum!

Find out more at www.elymuseum.org.uk/whats-on

## **FUN ACTIVITIES TO TRY AT HOME**

#### Time Bank Word Search

G	G	N	I	R	Ε	Ε	Т	N	U	L	0	V	Н
S	W	Α	Р	D	Н	Н	Т	L	Α	Ε	Н	N	F
I	I	Т	R	С	R	S	L	L	I	K	S	Α	Y
Ε	D	С	I	Н	0	F	С	Α	K	Ε	F	Т	D
0	E	E	S	M	N	I	В	0	S	Α	I	E	I
Ε	Α	L	Н	Α	Ε	Т	С	Е	I	N	N	Е	Α
Υ	S	Н	Α	E	E	В	U	0	U	S	R	R	0
Р	Ε	0	R	I	F	U	Α	M	F	S	Α	F	N
Р	С	U	I	Α	С	G	M	N	L	F	Α	M	С
Α	0	R	N	D	M	0	Α	S	K	Т	Ε	N	I
Н	F	S	G	M	С	S	S	G	E	L	S	E	R
R	0	I	S	S	F	R	Ι	Ε	N	D	S	Α	I
Р	F	D	S	U	P	P	0	R	T	٧	K	T	U
Ι	С	P	K	Ε	N	G	Α	G	Ε	Ε	S	N	E

HEALTH SKILLS COFFEE FREE **IDEAS** COMMUNITY **HOURS** SHARING CAKE FRIENDS **TIMEBANK** VOLUNTEERING **SWAP** SUPPORT HAPPY **ENGAGE** SOCIAL

Play this puzzle online at : https://thewordsearch.com/puzzle/2814530/

#### RIDDLE OF THE MONTH

What starts with a P, ends with an E, and has thousands of letters? 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