

# 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.



Timebanking UK



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

**Songs & Supper**  
A charity evening with local band  
Isle 'ave a Shanty  
Saturday 9th October 7:30pm



Traditional Songs from  
the Sea and The Land



**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](mailto:sutton@elydistrictscouts.org.uk)

Facebook: [scoutinginsutton](https://www.facebook.com/scoutinginsutton)

<http://uk.virginmoneygiving.com/charities/1stsuttoncambridgeshirescoutgroup>

Website: [1stsuttonscouts.org.uk](http://1stsuttonscouts.org.uk)

Registered charity 01048727

## 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.

### NEIGHBOURHOOD WATCH



YOUR AREA NEEDS  
NEIGHBOURHOOD WATCH

NEIGHBOURHOOD WATCH NEEDS  
YOU

Would you like your neighbourhood to  
be more secure and more friendly?

Contact Kevin Evans

01353 614892

or email [ecnhwa@hotmail.com](mailto:ecnhwa@hotmail.com)

limb fractures

sprains and strains

bites (animal, insect and human)

muscle and joint injuries

cuts and bruises

MINOR BURNS AND SCALDS

eye problems

minor illness such as earache, sore throat

**Ely Minor Injury Unit can help you with**

NHS Cambridgeshire and Peterborough Clinical Commissioning Group





'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](https://www.facebook.com/EastCambsChildandFamilyCentres)



# SPOOKY FENS

## Half Term Fun at Ely Museum!



**TUESDAY 26<sup>TH</sup>**  
**OCTOBER**

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

**THURSDAY 28<sup>TH</sup>**  
**OCTOBER**

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](http://www.elymuseum.org.uk/whats-on)

# FUN ACTIVITIES TO TRY AT HOME

## Time Bank Word Search

G	G	N	I	R	E	E	T	N	U	L	O	V	H
S	W	A	P	D	H	H	T	L	A	E	H	N	F
I	I	T	R	C	R	S	L	L	I	K	S	A	Y
E	D	C	I	H	O	F	C	A	K	E	F	T	D
O	E	E	S	M	N	I	B	O	S	A	I	E	I
E	A	L	H	A	E	T	C	E	I	N	N	E	A
Y	S	H	A	E	E	B	U	O	U	S	R	R	O
P	E	O	R	I	F	U	A	M	F	S	A	F	N
P	C	U	I	A	C	G	M	N	L	F	A	M	C
A	O	R	N	D	M	O	A	S	K	T	E	N	I
H	F	S	G	M	C	S	S	G	E	L	S	E	R
R	O	I	S	S	F	R	I	E	N	D	S	A	I
P	F	D	S	U	P	P	O	R	T	V	K	T	U
I	C	P	K	E	N	G	A	G	E	E	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](mailto:suttontimebank@sutton-cambs-pc.gov.uk) or 07731017916