

SUTTON TIME BANK

COFFEE CONNECTIONS



As well as taking part in exchanges Time Banking is a great way to meet new people and connect with residents in the village. The Time Bank hold weekly coffee mornings at The Glebe every Tuesday 10-12. On the 1st Tuesday of the Month, we have coffee and lunch and those attending the coffee morning are invited to stay for a light lunch. At coffee mornings we also offer digital support.

Save the Dates:

- 4th October: Coffee and lunch. Those who attend the coffee morning will be invited to stay for a light lunch.
- 11th October: we have Scams awareness attending the coffee morning to do a short presentation and offer advice on being aware of scams.
- Tuesday 18th and 25th we have our digital champions at our coffee mornings to help with any digital needs.

MOBILE LIBRARY



The Mobile Library will be in Sutton on 2nd Tues in the month from 9.30- 12 noon at the Brooklands and 4th Tues in the month from 2.30- 5pm Brooklands.

As well as a large range of books, audio books and large print volumes, you can get your free NHS hearing batteries, replacement walking aid ferrules, buy stamps and you can dispose of old household batteries.

If you would like to borrow books but unable to get to a library or the mobile library please get in touch so you can be referred to the Library at Home scheme.



We have received support from the
Cambridgeshire
Community
Foundation


Timebanking UK



www.timebanking.org

DIGITAL SUPPORT

If you need any digital support, whether it is applying for a bus pass or setting up new equipment please get in touch. Digital champions are at coffee mornings but can offer support and advice at other times.



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 CambridgeSurrey Community Foundation
Innovate & Cultivate Fund Sutton Time Bank







Social Prescriber drop in
9am - 2pm

Join us on the 3rd Monday of the month.
Starting Monday 18th October
Rainbow Surgery, Resource Centre
1a Stocking Fen Road, PE26 1SA

Time to talk about what matters to you.
Social, emotional & practical support for our patients ❤️

Fenland Group Practice Health Hub

No matter what you're going through, we're here for you. If you need support, talk to us.

 0300 123 3393 <small>(Open 9am-5pm weekdays)</small> mind.org.uk	 0808 801 0525 <small>(Open 9.30am-6pm weekdays)</small> rethink.org	 116 123 (free to call) <small>(Open 24/7)</small> samaritans.org
 Text SHOUT to 85258 <small>(Free and open 24/7)</small> www.shout.org	 0808 808 4994 <small>(Open 4pm-11pm)</small> themix.org.uk	 Call our Parents Helpline 0808 802 5544 <small>(Open 9.30am-6pm weekdays)</small> youngminds.org.uk



CREATIVE COMMUNITY food fair

Saturday 8th October

at Ely Cathedral Lady Chapel
10:00am - 3:00pm
FREE

The Creative Community Food Fair is a free event that welcomes people of all ages and abilities. With changing financial times, the fair focuses on how to purchase seasonal and nutritious food on a budget! There will be stalls, demonstrations and resources sharing innovative and traditional cooking skills.

The fair is hosted by Ely Cathedral and organised by Ely Community Lunches.

For more information & to be involved, please contact:
info@elycommunitylunches.com / 07721 413 853

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.

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

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