

SUTTON TIME BANK



Sutton Time Bank

TIMEBANK UPDATE

Sutton Time Bank continues to support the village while there are still restrictions in place. If you are shielding or self-isolating and need any support please get in touch. Time Bank members are offering support with shopping, running errands or receiving a friendly phone call.

Sutton Time Bank are continuing to recruit new members. Timebanking is a great way to learn new skills, share ideas or help others in your community and be rewarded for it. For every hour you give, you will bank an hour. Do you have a skill or knowledge you would like to offer to the wider community or maybe something you would like help with? There is no commitment at all when you join, you will not be expected to volunteer.

VIRTUAL COFFEE MORNING

Sutton Time Bank are holding our next virtual coffee morning on Wednesday 12th May at 10am (please see Facebook page for the zoom link). This is open to all Sutton residents, you do not need to be a Time Bank member to attend. A great opportunity to meet some new people and a good way to support each other.



UPCOMING TIME BANK SOCIAL EVENTS

Buddy Walks

Do you enjoy walking and would you like someone new to walk with? or do you need a bit of assistance being confident walking again? We have a buddy to match any situation or walking preference.

Garden Cuppa

Would you like to meet someone new over a garden drink?
Time Bank volunteers are able to come to you to sit in the garden and enjoying a conversation over a cuppa.

Phone Friends

Would you like to connect with someone new in the village?
Phone friends gives you this opportunity. You will be matched with another resident in the village and can connect over the phone.



We have received support from the
 Cambridgeshire
Community
Foundation



Timebanking UK

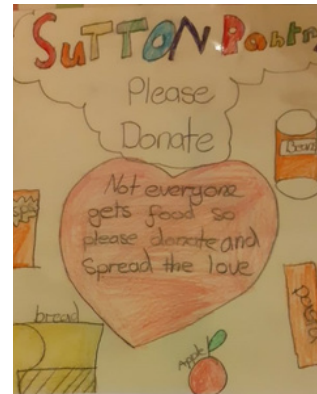


www.timebanking.org

Sutton Pantry

Located: 11 Field Gate

If you need any food, but can't get to the shops or your budget isn't stretching, use the pantry. Totally discrete and anonymous.



WEA - Cambridgeshire summer courses

Workers Education Association provide adult education courses. Many of these are Free courses (funded by Cambridgeshire Skills) and maybe of interest for you.

Here is the link for the brochure -

https://mcusercontent.com/f7ae2d78735c4c4c04b391294/files/6a09e936-525d-4156-88ca69548355ddd4/WEA_Cambridgeshire_summer_brochure_2021_28853_.pdf

ANNUAL MEETING OF THE ELECTORATE 2021

7PM

WEDNESDAY 5TH MAY 2021

VIRTUAL ZOOM MEETING

COME AND JOIN US VIRTUALLY, HEAR FROM THE CHAIRMAN OF SUTTON PARISH COUNCIL, COUNTY AND DISTRICT COUNCILLORS, VILLAGE GROUPS AND ORGANISATIONS AND SUTTON TIMEBANK COORDINATOR

Here are the zoom details

Link to join meeting:

<https://us02web.zoom.us/j/86744410923?pwd=bU90cTJYRlp6VzJURXk0aGI5WnpQUT09>

Meeting ID: 867 4441 0923

Passcode: 265744

Watch live on



<https://youtu.be/j3CR5YCHgPU>

All residents invited to attend virtually via Zoom

Updates from Village groups/organisations and Sutton Timebank

The full agenda can be found on our website

www.sutton-cambs-pc.gov.uk



Save the date



If you have any questions please contact

office@sutton-cambs-pc.gov.uk

FUN ACTIVITIES TO TRY AT HOME

MICROWAVE MUG CAKE

What you need

- 4tbsp Self raising flour
- 4tbsp Caster sugar
- 2tbsp cocoa powder/ hot chocolate
- 1 medium egg
- 3tbsp milk
- 3tbsp oil
- 2tbsp chocolate chips/ nuts/colouring (optional)
- Toppings (optional)

Instructions

- Mix the self-raising flour, caster sugar and cocoa powder into the largest mug you have.
- Add the egg and mix up.
- Add the milk and oil and mix smooth before you add the optional chocolate chips/ nuts.
- Place in centre of microwave and cook for 1.5-2 minutes.
- Add any toppings - such a whipped cream and sprinkles

The Time Bank would love to see any of your mug cake creations.



RIDDLE OF THE MONTH

What has cities, but no houses; forests, but no trees; and water, but no fish?

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