

SUTTON TIME BANK

COFFEE CONNECTIONS



Join us every Tuesday for our coffee morning mornings at The Glebe between 10-12.
Save the dates:

- Tuesday 23rd August - Digital support.
- Tuesday 30th August - No coffee morning this week.
- Tuesday 6th September - Coffee and lunch. Stay for a light lunch.
- Tuesday 13th September - Scams awareness will be attending to give advice on how to spot a scam and stay safe.



SUTTON'S NEIGHBOURHOOD PLAN

Coming through your door soon will be the Parish Council's Annual Newsletter.

The newsletter will include a neighbourhood plan survey.

For help filling in please come along to a coffee morning.

DIGITAL SUPPORT

If you need any digital support, whether it is setting up new equipment or learning to use a function on app on your phone or tablet 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 Cambridgeshire Community Foundation
Innovate & Cultivate Fund
Sutton Time Bank



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Cambridgeshire
Community
Foundation

Timebanking UK



www.timebanking.org

MONDAY 15TH AUGUST 2022
7PM - 8PM, THE GLEBE,
HIGH ST, SUTTON.



HOME ENERGY PRESENTATION
ADVICE ON SAVING ENERGY
AND FUNDING

Come and hear from East
 Cambridgeshire District Council Home
 Energy Advisors.
 No need to book, just come along.

East
 Cambridgeshire
 District Council
www.eastcambs.gov.uk



IT'S BACK
SUTTON FEAST'S



PICNIC in the PARK

LIVE MUSIC - FIREWORKS - AND LOTS MORE

THE RESONATORS
MAX HEADROOM
THREE YEARS YOUNGER
CHARLEY & BANJO
ZYGGY

REAL ALE BAR - FACEPRINTING - STALLS - & LOTS MORE ...

SATURDAY 3RD SEPTEMBER

Brooklands Centre Playing Field, Sutton-in-the-Isle
 Gates open at 2:30pm - Fireworks at 9pm
 TICKETS - £ 6 Adults - £ 2 under 16's - Under 5's FOC

Many Thanks to our Sponsors this year:
 Witchford Lighting Centre
 Mann Construction, Beddingsham Farm, Amberlea Kennels, Amberlea Grooming, Liberty Book Keeping,
 David Frear, Sutton Conservative Club, Sutton Pharmacy, Sutton Soft Tissue, Baker Fabrication

Ukraine Community Hub

Every Thursday 10AM-1PM
 Lighthouse Centre
 13 Lynn Road
 Ely, CB7 4EG



Things to do in the area
 Signposting
 Advice
 Information from local organisations
 Socialise
 Pick up essentials
 Support groups

The Hub is open for all Ukrainians, host families and anyone providing relevant support in the community. Come along for a drink and a chat, to meet and catch up with fellow Ukrainians, or for advice on living in the UK.

For more information for Ukrainian guests, visit: www.eastcambs.gov.uk/housing/5-am-guest-ukraine



STRUGGLING WITH YOUR BILLS?

BORN BEFORE 30 SEPTEMBER 1956?

WE CAN HELP

We can provide financial support within a few days and help you find longer-term support if needed.



HM Government
 ageuk
 Cambridgeshire County Council

1st Sutton Rocks the Decades

THE ULTIMATE 70s TO NOUGHTIES DISCO!
SATURDAY 17TH SEPTEMBER
7:30PM

THE BROOKLANDS CENTRE, SUTTON
 ADVANCE TICKETS £6.50
 ON THE DOOR £8.50

SCAN TO BOOK



OVER 18s ONLY PLEASE BRING ID

BBQ FROM 7.30 PM TO 9.30PM EXTRA CHARGE

Buy your tickets here
<https://www.ticketsource.co.uk/1st-sutton-cambs-scout-group/17092022>



HM Government
NHS

Small steps to lift your mood

Find ways to get moving at
nhs.uk/better-health/get-active



Better Health
 Let's do this

UNITED BY BIRMINGHAM
 2022

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