

SUTTON TIME BANK

TIMEBANK UPDATE



Timebanking is a great way to help others in your community and be rewarded for it. For every hour you give helping someone with a task or teaching someone a new skill, you receive a time credit. If you need any help or support please get in touch. Our volunteers are ready to help as best they can with your requests.

Time Bank members are able 'spend' their earned hours by transferring their hours for a Tempo Time Credit that can be used with a number of 'spend partners' around the UK. To see the 'spend partners' near us visit the Tempo website - <https://timecredits.com>

Please get in touch if you would like to join the Time Bank and earn some Time Credits.



CHRISTMAS CHEER

The Time bank's Christmas project was a great success. Thank you all for your donations for our Christmas Cheer project.

When we started the project we were aiming to make 15-20 bags. We were over whelmed with donations and have been able to make up 44 Christmas Cheer bags.

Time Bank members have been busy delivering these to residents in Sutton.

VIRTUAL EVENTS

Whilst normal Time Banking has been paused while we have restrictions, Time Bank members have been enjoying some virtual events together.

We've enjoyed a cheese and wine tasting evening and virtual Christmas drinks.





Tempo Time Credits

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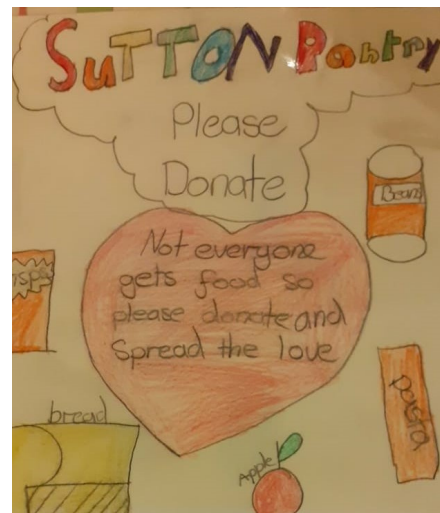
To see the 'spend partners' near us visit the Tempo website - <https://timecredits.com>

Sutton Pantry

Located: 7 The Row & 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.

Please come and take whatever you need.
Bags provided





Sutton Time Bank

Friendly phone calls

Contact the Time Bank if you would like a friendly phone call or know someone who might benefit from this





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

Sutton Parish Council Covid-19 Support Grants

Are you

Facing hardship due to the current COVID-19 crisis

For example

- Self isolating
- Isolating due to medical conditions which makes you vulnerable

You can apply

for funds to help with:

- Financial support for food
- Newspaper, Book or Jigsaw purchase and delivery
- Mobile phone and or top/ups

If you have any other needs not covered, please get in touch and we can see how we can help.

Easy, discreet and confidential process

For more information or to apply for the grant, please get in contact with the Parish Clerk on

Email: Rosie.hughes@sutton-cambs-pc.gov.uk

Telephone: 07731017930

Where can I get Mental Health support over Christmas?



Mind's free and confidential infoline is there to support anyone who needs it

It is open 9am - 6pm, Monday to Friday

Call 0300 123 3393 or text 86463

The infoline will be closed on the 25th & 26th December and the 1st January 2018



Calm run a helpline & webchat to support men who need to talk or find information

It is open 5pm - midnight, every day

And will stay open throughout December '17

Call 0800 58 58 58 nationwide or 0808 802 58 58 from London

Or visit www.calmzone.net/help/get-help



The Mix offers free, confidential support for young people under 25 via online, social and mobile.

All of The Mix support services will remain open throughout December 2017

Visit www.themix.org.uk/get-support to find out more

If you need help when these services are not available, call NHS 111 or the Samaritans on 116 123



CHRISTMAS OPENING HOURS

The Time Bank will be closed from Wednesday 23rd
December at 3pm till

Monday 4th January 2021

If you need any urgent support during these periods please contact the East Cambridgeshire coordination hub. The Hub can be contacted at covid19@eastcambs.gov.uk or on 01353 665555 (08:45-17:00 Monday to Thursday and 08:45-16:30 on Fridays) or on 07710 978900 (outside of these hours).



THE TIME BANK WOULD LIKE TO WISH
ALL ITS MEMBERS AND THE COMMUNITY
A MERRY AND SAFE CHRISTMAS



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