

SUTTON TIME BANK

TIMEBANK UPDATE



Sutton Time Bank would like to say a big thank you to all its members for their help and support throughout this 3rd Lockdown.

As we are in lockdown and restricted to what we are able to do the Time Bank is here to support the village. 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. As restrictions start to ease the Time Bank will be able to start 'normal' timebanking exchanges and social events. Make sure you follow our Facebook page to be kept up-to-date.

THE TIME BANK NEED YOU!

*Together
We Can!*

At Sutton Time Bank we are actively recruiting 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. In Timebanking everyone's time is worth the same, no matter what the activity.

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. You will be able to see the opportunities offered and decide what you'd like to take part in. The more Time Bank members we have means more skills and knowledge to share.

'WHY WE LOVE SUTTON' COMPETITION RESULTS

A massive well done to all the amazing entries we have had for the competition. The village is very lucky to have such talented residents. I am pleased to announce the winners are;

Under 16s: Jake for his photograph of his frozen pond. Jake says he loves living in Sutton as he likes to see the different seasons in his garden and the changes they bring. He is loving the ice and how magical everything looks.



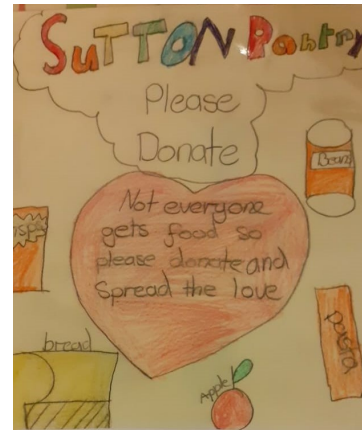
16+: Elizabeth Sadler for her oil painting 'Flying Home at Sundown'. These lapwings flying in formation are a beautiful sight in The Fens.



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.



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



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



#GoodMood Saturdays

Saturdays @ 9:20AM

BBC Radio Cambridgeshire

With Kev Lawrence

LISTEN IN FOR MOOD BOOSTING TIPS



GOOD LIFE
Recovery and Inclusion Service

mind | CPSL
for better mental health

TAKE A STAND AGAINST

TELEPHONE SCAMS

Criminals often use the telephone as a method to gain personal details and con people out of their life savings. Avoid being one of them, protect yourself.



Top 5 Tips To Take A Stand Against Telephone Scams

1. Never give out personal or bank details over the telephone.
2. Don't feel pressured to making a decision over the telephone.
3. If the caller is vague about giving out their company information, hang up.
4. Don't open texts or answer calls from unrecognisable numbers.
5. Consider a call blocking device to filter out unwanted calls.

Remember if you're not sure, get advice and always report a scam



For advice on scams call
Citizens Advice Consumer Helpline: **0808 223 1133**
To report scams contact
Action Fraud: **0300 123 2040**

NATIONAL TRADING STANDARDS
Scams Team



FUN ACTIVITIES TO TRY AT HOME

PAPER PLATE ANIMALS

YOU WILL NEED-

- Paper plate
- Paint/ colouring pens
- Eyes/ or black pen

Depending on animals you may also need; toilet rolls, craft paper, glue



What animals can you make out of paper plates or any household items?

Have a look at Darrell Wakelam's #ArtJumpStart

<https://www.darrellwakelam.com/downloads>

This is a collection of easy art projects to try at home using materials from your recycling.

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

RIDDLE OF THE MONTH

“You see a boat filled with people. You look again, but this time you don’t see a single person on the boat. Why?”

Here’s a hint. The boat hasn’t sunk.

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