

SUTTON TIME BANK

COFFEE CONNECTIONS



Our weekly coffee mornings are Tuesday from 10-12 at The Glebe. On the 1st Tuesday of the month those attending are invited to stay for a sandwich lunch. Coffee mornings are open to all and there is no charge for these events. It is a great chance to catch up with friends or meet new people.

Upcoming coffee morning events

- **4th April – Coffee and lunch**
- **11th April – NO coffee morning this week**
- **25th April – Falls prevention from Healthy You**
- **2nd May – Royal themed coffee and lunch**
- **9th May – Mental Health & well-being tips from MIND**



DIGITAL SUPPORT

Our digital champions offer drop-in sessions during our coffee mornings. They offer a range of digital help. Do you need help applying for a new bus pass or help setting up a new device? If this time is not convenient or you would like some one-to-one support, please contact the Time Bank for this to be arranged.

Digital Champions will be available for support at all coffee mornings during March and April.

DIGITAL FOR ALL FREE HELP

Tuesdays in March and April
@ 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



We have received support from the
Cambridgeshire
Community
Foundation

Timebanking UK



www.timebanking.org

VIVA CINEMA TRIP



After our successful Christmas Cinema trip we enjoyed a trip to Viva Cinema in Soham to watch 'Mrs Harris Goes to Paris' and enjoyed a performance from Stuart Green.

If you are interested in coming along to future trips please get in touch. We have volunteer drivers for those without transport.

THE TIME BANK NEEDS YOU

The Time Bank are looking for new members!

The Time Bank needs you! We are looking for new members to join our community. There is no commitment when you join. Membership is open to individuals and local organisations. 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

LIVINGSPORT
INSPIRING ACTIVE LIFESTYLES ▶

YOUTH TAKEOVER

11-16-YEAR-OLDS!

UNSTRUCTURED, YOUTH-LED SPORTS AND ACTIVITIES FACILITATED BY A QUALIFIED COACH FROM PRESTIGE SPORTS DEVELOPMENT

WWW.LIVINGSPORT.CO.UK

LOCATION: THE HIVE LEISURE CENTRE, LEISURE PARK, DOWNHAM ROAD, ELY, CB6 2FE
TIME: 4.45PM - 6PM
EVERY FRIDAY
£2 PER PERSON, PER SESSION!

SCAN HERE FOR MORE INFO!



Easter Holiday Scheme Places for free




Would your child like to attend a fully funded holiday scheme this Easter where fun experiences, a meal and snacks are included?

Children in receipt of income-related free schools meals are eligible to attend a participating holiday scheme for 16 hours.

Other children may also be eligible, visit the County Council webpage for details.

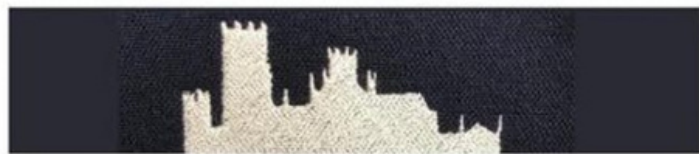
Further information:
www.cambridgeshire.gov.uk/haf
(or scan the QR Code)

Questions: HAF@cambridgeshire.gov.uk









Ely Armed Forces and Veterans Drop in Centre

Open Every Thursday 1000 to 1300
Commencing 26th January 2023

Open to all members of the Armed Forces Community past and present



ARMY



ROYAL NAVY



Come along and enjoy a chat and a brew with like minded people in a safe and friendly environment.

Support available from Armed Forces organisations, charities and local authorities.

Ely Library • The Cloisters • Ely CB7 4ZH

Contact Les Wilson 07950 300 122



IT'S ALL ABOUT PEOPLE



PARISH COUNCIL ELECTIONS
4th MAY 2023

SUTTON PARISH COUNCIL REQUIRES 15 COUNCILLORS TO FILL THE SEATS ON THE COUNCIL. COULD THIS BE YOU?

Are you enthusiastic about your village? Do you have an interest in how the village grows? Does how the Council spend the money matter to you? Would you like to be part of new projects including sports pitches, upgrading the multi-use games area, Local Highway initiatives. What ideas can you bring?

THE VILLAGE NEEDS YOU!

DON'T STAND BACK AND WAIT FOR CHANGE TO HAPPEN, STEP FORWARD TO MAKE A DIFFERENCE, GET INVOLVED WITH ISSUES THAT MATTER.

Why not come along to a Parish Council meeting, see what goes on and how it works?

Next meeting is Tuesday 28th February 2023, 7.30pm in the Pavilion, The Brook, Sutton.

If you'd like an informal chat about what's involved, get in touch with the Parish Clerk. Rosie.hughes@sutton-cambs-pc.gov.uk. Or visit the office (Mon- Thus 10am – 12 noon)

Not sure? The Cambridge and Peterborough Association of Local Councils are holding two 'Prospective Councillor' training sessions. 10am – 11am Saturday 4th March and 7pm to 8pm on Thursday 16th March. Both via Zoom. If you would like to join either of the sessions, please let the Parish Clerk know.

The Clerk will also be available at 10am – 12noon on Saturday 1st April, at The Glebe, High Street, where nominations papers can be collected and completed.

If you are interested: Nomination papers will be available from 27th March 2023 on the Parish Council and East Cambs District Council website.

Check out our website: www.sutton-cambs-pc.gov.uk



TEA, TOAST & CHAT

TUESDAY
9am - 11am.
(TERM TIME ONLY)

CHILD AND FAMILY
CENTRE, PRATT
STREET, SOHAM
CB7 5BH.

An informal and safe space run by volunteers and professionals. We are here to support with any family or wellbeing difficulties.

Cambridge Acorn Project
supporting young people and families facing mental health challenges

The Electoral Commission

East Cambridgeshire District Council

You now need photo ID to vote at a polling station

Find out more at electoralcommission.org.uk/voterID

No ID? You can apply for free voter ID