

SUTTON TIME BANK

TIMEBANK UPDATE



Sutton Time Bank would like to wish a Happy New year to all its members and residents in Sutton.

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.

Timebanking is a great way to support others in the community and be rewarded for it. For every hour you give helping someone, you receive a time credit. You can spend your time credits when you might need some help or maybe want to learn a new skill. In Timebanking everyone's time is worth the same, no matter what the activity.

There is no commitment at all when you join, you will not be expected to volunteer. You will be able to see the opportunities to support your community or ask for any help you may need.

VIRTUAL COFFEE MORNING

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

Sutton Time Bank are holding our next virtual coffee morning on Monday 1st February 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.



PEN PALS

If you like writing letters and would like to connect with others. Time Bank South West have lots of members who would love to connect this way.

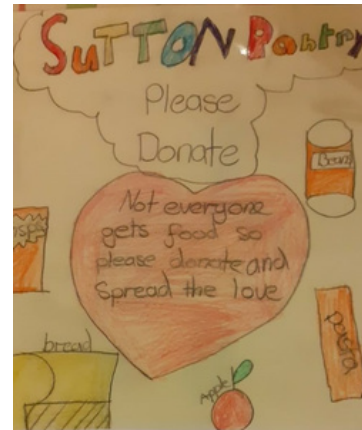
Please contact the Time Bank if you would like to become a pen pal.



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

Looking after your wellbeing

It might be difficult to take care of yourself at the moment, but small things can make a big difference to how you feel.

- Connect with others when you can
- Take a break from the news and social media if it is affecting your mental health
- Make time to relax and do things you enjoy
- Eat well, stay active and get good sleep

Getting support

If you are struggling with your mental health, it is ok to ask for help.

For more information on the support we offer visit: <https://www.cpslmind.org.uk/>



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

FUN ACTIVITIES TO TRY AT HOME

BIRD FEEDER

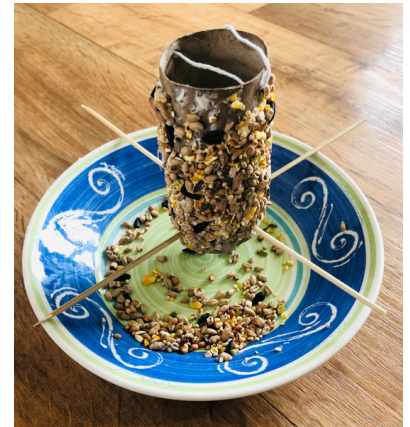
A great family friendly activity taken from the RSPB website

What you need

- Toilet roll/ kitchen roll tube
- 2 Small sticks or wooden skewers
- Lard or suet
- Birdseed
- String

Instructions

- Make 4 small holes at one end of the tube. This is for the sticks/skewers to go through.
- On the other end make 2 small holes opposite each other. This is for the string to go through to hang the bird feeder.
- Using a knife spread the lard/ suet all over the tube.
- Put the birdseed on a plate/ bowl and roll the tube in the seeds so they stick to the tube.
- Thread through the 2 sticks/ skewers so they make a cross and thread a piece of string through the top holes.
- You can now hang your bird feeder outside.



The Big Garden Birdwatch is taking place 29th - 31st January and there is still time to take place - <https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/>

**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**