

SUTTON TIME BANK



TIMEBANK UPDATE

Timebanking is a great way to learn new skills, share ideas or help others in your community and be rewarded for it.

Do you have a skill or knowledge you would like to offer to the community or maybe something you would like help with? Time Bank members can give and receive a wide variety of help such as; cooking lessons, friendly phone calls, computer skills, gardening, sharing hobbies and helping at social events.

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, please get in touch.

COFFEE CONNECTIONS

Sutton Time Bank are pleased to announce our new coffee mornings, 'Coffee Connections' starting in August.

On Monday the 2nd, 9th, 16th and 23rd August please come along to Coffee Connections at The Glebe Garden, between 10-12.

A great opportunity to catch up with friends, meet new people and share a cuppa and cake. There will be a jigsaw and puzzle book library open to all. This is open to all and you do not need to be a Time Bank member to attend.



SUPPORTING THE VILLAGE

Timebanking is a great way of supporting other groups in the village.

Recently Time Bank members have supported the Open Spaces group and the village's litter pick.

Thank you to all those that came along to village Litter, more than 15 bags collected by those involved.

A big thank you to those in the village who litter pick on a regular basis.



Timebanking UK



www.timebanking.org

TIME BANK SOCIAL EVENTS

Buddy Walks

Do you enjoy walking and would you like someone new to walk with? or do you need a bit of assistance being confident walking again? We have a buddy to match any situation or walking preference.

Garden Cuppa

Would you like to meet someone new over a garden drink?

Time Bank volunteers are able to come to you to sit in the garden and enjoying a conversation over a cuppa.

Phone Friends

Would you like to connect with someone new in the village?

Phone friends gives you this opportunity. You will be matched with another resident in the village and can connect over the phone.

VILLAGE EVENTS

Wimbledon Afternoon Tea Delivered
Sunday July 11th 12-2

Just £8 including

🍷 Cheese, ham and tomato, cucumber rolls,

🍷 Sausage roll

🍷 Scone, Jam and Cream

🍷 Strawberries and Cream

🍷 2 Tennis themed cupcakes (chocolate and vanilla)

Vegan and GF options available

Online booking preferred

<https://www.ticketsource.co.uk/1st-sutton-cambs-scout-group/t-apdlpm>

Phone bookings to 01353 777157



Scouts 
1st Sutton
(Cambridgeshire)

KEEP IN TOUCH

EMAIL: sutton@elydistrictscouts.org.uk

Facebook: [scoutinginsutton](https://www.facebook.com/scoutinginsutton)

<http://uk.virginmoneygiving.com/charities/1stsuttoncambridgeshirescoutgroup>

Website: 1stsuttonscouts.org.uk

Registered charity 01048727

Sutton Village YARD SALE

organised by 

Sellers - £5 to have your pitch added to the map

Shoppers - £1 to purchase a map

For an application form & to be added to the map, please email jodyonja9999wheatley@gmail.com or 07920111485



FOSS

Children at Sutton Primary school will be taking part in a Silly skip on Friday 2nd July.

Please help the children raise as much money for their charities: RSPCA and FOSS., by donating on the link below

[https://www.gofundme.com/f/sponsored-skip?](https://www.gofundme.com/f/sponsored-skip?fbclid=IwAR2kEQ3ols4DmfrOQnZ2iaSUHiGtlnx7ZEUhiW-kr7LET54dVUoP496Ptn4)
red-skip?
fbclid=IwAR2kEQ3ols4DmfrOQnZ2ia
SUHiGtlnx7ZEUhiW-
kr7LET54dVUoP496Ptn4



Are you ready to skip yourself silly? 

1. Wear a silly hat

2. Give yourself a silly hairstyle

3. Design and wear a silly outfit

Can you take on the silly skipping obstacle course and help raise money for FOSS and RSPCA? Choose as many of the above options as you want and join the whole school skipping on July 2nd. Help raise vital funds for both these charities by being as silly as possible. Ask friends and family to sponsor you. All sponsorship money needs to be donated online at <http://gofundme.com/a7a97cbe>.

But watch out for the teachers who will be bringing their own mischief to the day!



DOES YOUR BIKE NEED FIXING?

 **LIVING SPORT**
IMPROVING ACTIVE LIFESTYLES

FREE BIKE FIXING
at The Co-operative Food, Sutton
10AM-4PM, 3RD JULY

BOOK YOUR FREE PLACE NOW!
info@livingsport.co.uk

 **The co-operative**
Central England Co-operative

 **Healthy You**





THE STAGE WAS BARE ... **BUT NOW IT'S BACK** 

PICNIC in the PARK

LIVE MUSIC FIREWORKS

SAVE THE DATE

SATURDAY 4TH SEPTEMBER

3PM TO 9:15PM - BROOKLANDS CENTRE PLAYING FIELD, SUTTON-IN-THE-ISLE

Flyer vector created by freepik - www.freepik.com

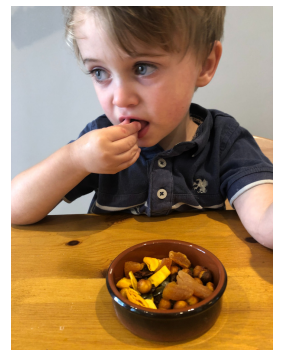


FUN ACTIVITIES TO TRY AT HOME

TRAIL MIX

What you need

- 400g tin of chickpeas - drained rinsed and dried
- 50g dried apricot
- 35g dried mango
- 30g raisins
- 20g pumpkin seeds
- 3 tsp honey
- 1 tsp paprika
- 1tsp ground cumin
- chocolate chips/ nuts (optional)



Instructions

- Preheat the oven to 200 C.
- Mix in your rinsed chickpeas and make sure they are all coated.
- Line a baking tray with baking parchment and evenly spread out your chickpea mix onto this.
- Bake in the oven for 24-30 minutes.
- While chickpeas are baking, cut up the dried apricot and mango. Add these to a bowl with the raisins and pumpkin seeds.
- Once baked allow the roasted chickpeas to cool down before mixing with the dried fruit and seeds.
- Add any optional extras such as chopped nips or chocolate chips and enjoy.

RIDDLE OF THE MONTH

I have clawed feet, but I am not a bear. I have wings but I am not a bird. I have scales but I am not a reptile.

Who am I?

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