

SUTTON TIME BANK

JOIN THE TIME BANK



Sutton Time Bank

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.

TIME BANK DIGITAL

Somersham and Pidley Timebank are offering free help with Online shopping on Tuesday 12th July from 6-8pm, in Somersham.

This is open to Sutton residents. If you would like to attend, please let me know. I will be there supporting and able to take a couple of people with me, if transport is an issue.

Sutton time Bank have members who are trained digital champions. If you would like any digital support please get in touch.

COFFEE CONNECTIONS



Join us every Tuesday for our coffee morning mornings at The Glebe between 10-12.
1st Tuesday of the month (next on 5th July)
those attending our coffee morning will be invited to stay for a light lunch. A great opportunity to catch up with friends, meet new people and share a meal.



We have received support from the
Cambridgeshire
Community
Foundation

Timebanking UK



www.timebanking.org

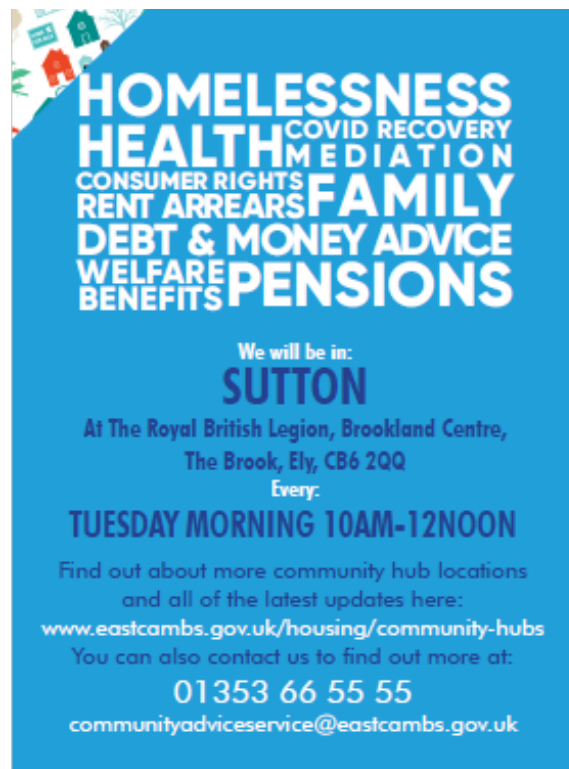


HEALTHY LIVING SESSIONS

Fenland Group Practice, supported by the PPG, Sutton Time Bank and Healthy you have been running a healthy living course. This week we walked to the PPG allotment and sensory garden. Please follow us on Facebook for updates on any future courses.

YOUNG POEPL E AND TIMEBANKING

Children under 18 are very welcome to join the Time Bank with their parents' permission. With summer approaching young people are able to help out at coffee mornings, or baking a cake for coffee mornings. We also have some gardening request that young people could do alongside other Time Bank members. Just like all Time Bank members they can convert their volunteer hours to Time Credit vouchers. Local places to spend time credit voucher include; Babylon Arts (film tickets), Fitness studio session or class (Chatteris leisure centre), Swim session (Jesus Green lido), Clip and Climb (Cambridge).



26th JUNE
11am-3pm

Photography

Paintbox

Come and join us for a fun filled family day and help us raise money for Paintbox Preschool!

PERFORMANCES BY:






@ The Gleebe

- BALL POOL
- SPACE HOPPERS
- BBQ
- GLITTER TATTOOS
- FIRE ENGINE VISIT
- GAMES
- PROFESSIONAL PHOTOGRAPHY
- ARCHERY







Sing! Choirs
www.singchoirs.com

Come and join us and listen to your favourite pop, rock and songs from the shows in the Bishop's beautiful walled gardens, against the stunning backdrop of Ely Cathedral.

Bring your own picnic, rugs and chairs.



Saturday 23 July 2022 at 5.30pm
Summer Picnic Charity Concert
in ELY

The Bishops Garden, The Gallery, Ely, CB7 4DW

Raising money for All In Sound

A local charity that provides high quality music-making opportunities to promote improved wellbeing and self-esteem

www.allinsound.co.uk

TIME
5.30pm Gates & Picnics
6.30pm Concert

TICKETS
£10 Adults / £5 Children (U5's Free) /
£30 Family Ticket for 4
(must include at least one child)



Visit the website for more information and ticket links:

www.singchoirs.com

or call 01353 662022



ELY MUSEUM

Hands on Saturday

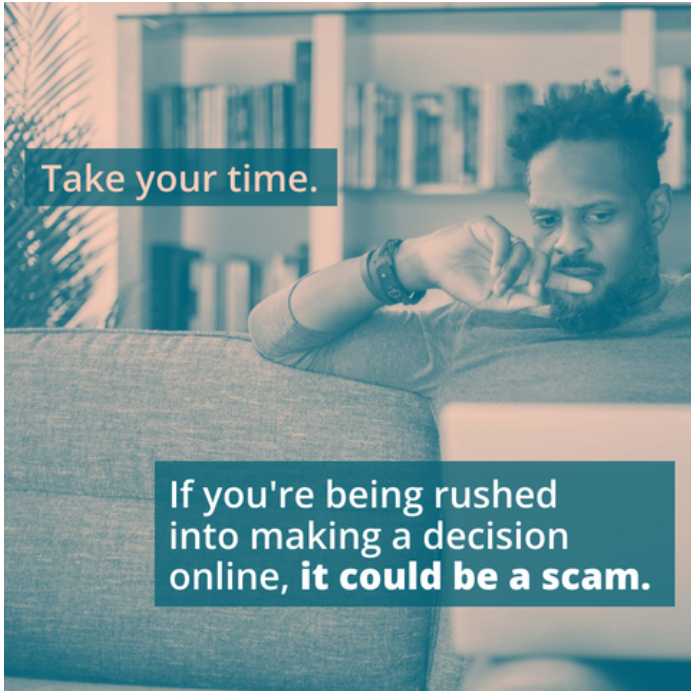
Hold history in your hands with objects from the collection at Ely Museum!

Last Saturday
of the month
11am - 1pm

Alongside your visit to the museum, join our volunteers to enjoy handling both real and replica objects from our collection & find out more.

Usual admission charges apply





Take your time.

If you're being rushed into making a decision online, **it could be a scam.**

**Feel happy,
healthy and
comfortable**

Our wellbeing groups can help you make positive changes to your life

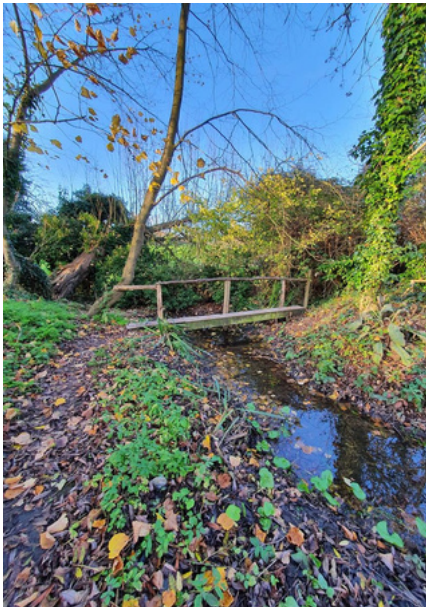
Talk, connect and share experiences

Sign up for FREE at
goodlife@cpslmind.org.uk

 **mind CPSL**



LOCAL WALKS



Do you have a favourite place to walk or visit locally?

We'd love to find out and share with the Time Bank community.



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