SUTTON TIME BANK

TIMEBANK UPDATE



Sutton Time Bank continues to support the village while there are still restrictions in place. 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 learn new skills, share ideas or help others in your community and be rewarded for it. 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.

Do you have a skill or knowledge you would like to offer to the community or maybe something you would like help with? We currently have members offering to help with; personal and career coaching, gardening, using social media, etc.

If you would like to find out more or to join the Time Bank please get in touch or download a member form from our website - https://www.sutton-cambs-pc.gov.uk/Sutton_Time_Bank_36482...

THE TIME BANK TURNED 1!

On 17th March the Time Bank turned 1!

Thank you to all Time Bank members and the community for your continued support throughout the last year. An incredible 1712 hours have been volunteered in the last year. We celebrated with a fun virtual guiz. A big thank you to our

We celebrated with a fun virtual quiz. A big thank you to our quiz master Brian and everyone that joined in.



VIRTUAL COFFEE MORNING

If Sutton Time Bank are holding our next virtual coffee morning on Wednesday 14th April 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.

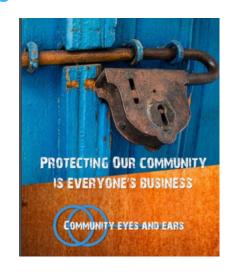


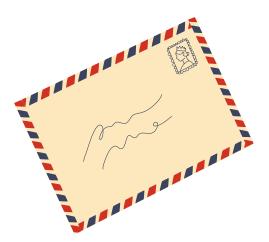


COMMUNITY EYES AND EARS

Sutton Time Bank is now a friend of community Eyes and Ears. This campaign is designed to empower you with knowledge about many issues people in our communities are facing, as well as signs to look out for so you can spot if someone may need help. And of course, the right people to talk to about each different issue.

The training is open to all. To find out more, visit their website - https://www.eastcambs.gov.uk/community-safety/community-eyes-and-ears





PEN PALS

Timebanking UK are currently connecting Time Bank members from around the country as pen pals.

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.



https://suttonfeast.org.uk - 01353 776267









FUN ACTIVITIES TO TRY AT HOME

EASTER NATURE CRAFT

What you need

- Carboard
- Nature materials such as leaves and flowers
- Scissors
- Glue

Instructions

- Cut out Easter egg shapes from your carboard.
- Collect nature materials from your garden such as leaves, sticks, flowers, pebbles - you must not pick wild flowers or flowers from private property.
- Glue your materials onto your Easter shapes.
- You can press your flowers 1st so that the decorations last longer.

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









RIDDLE OF THE MONTH

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

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