

# 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...](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 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.



We have received support from the  
**Cambridgeshire Community Foundation**



## 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 Time Bank

### THE TIME BANK WOULD LIKE TO WISH ALL ITS MEMBERS AND THE COMMUNITY A HAPPY EASTER



The Time Bank will be closed from Friday 26th  
March till  
Tuesday 6th April 2021

If you need any urgent support during these periods please contact  
the East Cambridgeshire coordination hub. The Hub can be  
contacted at [covid19@eastcambs.gov.uk](mailto:covid19@eastcambs.gov.uk) or on 01353 665555  
9am-5pm Monday to Friday



**07731017916**  
**[suttontimebank@sutton-cambs-pc.gov.uk](mailto:suttontimebank@sutton-cambs-pc.gov.uk)**





# 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 Feast Committee**

**SUTTON-FEAST PRESENTS**

# NOW

**THAT'S WHAT I CALL A**

# MUSIC QUIZ

**FRIDAY 26th MARCH 2021**  
**7.30pm**  
**via ZOOM**

**ZOOM LINK:**  
[HTTPS://QRCO.DE/BC0B21](https://qrc0.de/BC0B21)  
**ZOOM MEETING ID: 811 6124 7618**  
**PASSCODE: 383759**  
**OR EMAIL:**  
**BRIAN@IMAGEBUS.CO.UK FOR ACCESS**

**FREE ENTRY - NO PRIZES - JUST A BIT OF FUN**

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

**SCAN ME**

**happY easter**

## St Andrews Family Easter Trail

**10 am Sunday 4th April – 4 pm Sunday 11th April**

**£2 per child or £5 per family.**

**Please Follow Social distancing rules**

Please post your entry money through the door of  
 1, Oates Lane or 15, Cromwell Road  
 in a sealed envelope with your name and address  
 by Saturday 3rd April.

We will then deliver a Treasure Trail Clue Sheet to you.  
 Follow the clues around the village and when you have finished  
 don't forget to post your completed Trail Sheet back through  
 the door of 1 Oates Lane or 15 Cromwell Road so that we can  
 deliver your sweet treat.

All proceeds to St Andrews Church Funds.  
 Event sponsored by Tesco Stores

## Sutton Parish Council

### Covid-19 Support Grants

<p><b>Are you</b></p> <p>Facing hardship due to the current COVID-19 crisis</p> <p>For example</p> <ul style="list-style-type: none"> <li>Self isolating</li> <li>Isolating due to medical conditions which makes you vulnerable</li> </ul>	<p><b>You can apply</b></p> <p>for funds to help with:</p> <ul style="list-style-type: none"> <li>Financial support for food</li> <li>Newspaper, Book or Jigsaw purchase and delivery</li> <li>Mobile phone and/or top/ups</li> </ul>
---	---

**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](mailto:Rosie.hughes@sutton-cambs-pc.gov.uk)  
 Telephone: 07731017930

**Sutton Time Bank**

## 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](mailto:suttontimebank@sutton-cambs-pc.gov.uk)**

# 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**