

SUTTON TIME BANK

TIMEBANK UPDATE



Sutton Time Bank

Sutton Time Bank are continuing to recruit new members. Timebanking is a great way to learn new skills, share ideas or help others in your community and be rewarded for it. For every hour you give, you will bank an hour. Do you have a skill or knowledge you would like to offer to the wider community or maybe something you would like help with? There is no commitment at all when you join, you will not be expected to volunteer.

Recently Time Bank members have been helping in the community with gardening and running errands. Time Bank members have been exchanging time by helping with DIY and some 1-2-1 coaching sessions.

VIRTUAL COFFEE MORNING

Sutton Time Bank are holding our next virtual coffee morning on Wednesday 9th June 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.



DIGITAL INCLUSION PROJECT



Thank you to those who completed our survey. Our joint application with other local Timebanks was granted. We will be developing a project where members of the community can skill-up on the technology they use or learn to use new technology.

It will take some time for before we receive funding, training, and are launch ready, so stay tuned!



We have received support from the
 Cambridge
Community
Foundation



Timebanking UK



www.timebanking.org

UPCOMING 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.



Great British Spring Clean

SATURDAY 12TH JUNE
10am to 12:30pm
1pm to 3pm

Meeting and Collection Point
Community Room, The Brook

Due to Covid restrictions litter picking equipment will be limited. Please bring your own gloves

For more information and Risk assessments
Please go to www.sutton-cambs-pc.gov.uk
or contact the Parish Office
office@sutton-cambs-pc.gov.uk

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FUN ACTIVITIES TO TRY AT HOME

ONLINE INDIAN COOKERY SKILLS!

Online Indian Cooking Skills

Sessions suitable for the whole family and those who enjoy learning something new!

- 25th May 6pm til 7.30pm
- 29th May 4pm til 5.30pm
- 7th June 5.30pm til 7pm
- 22nd June 7pm til 8pm
- 12th July 5.30pm til 7pm
- 17th July 11am til 12.30pm

TO REGISTER YOUR INTEREST PLEASE COMPLETE OUR FORM SCAN THE QR CODE OR VISIT - [HTTPS://FORMS.GLE/BPDNVEIDPX8GUBF6](https://forms.gle/BPDNVEIDPX8GUBF6) FOR MORE INFORMATION - CONTACT KATIE IXER ON - 07 443 61 90 17 OR EMAIL TIMEBANK@SOMERSHAM-PC.GOV.UK

Somersham and Pidley Time Bank are excited to announce they have received funding from Cambridgeshire Skills to offer 6 sessions of Indian cookery sessions online. These will be suitable for children and adults alike! They are offering local Time Bank members to join in with these classes.

If you are interested for more information, please register your details on this link - <https://forms.gle/TPVYASYXJqQc15Y87>

RIDDLE OF THE MONTH

What can travel around the world while staying in a corner??

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**