

SUTTON TIME BANK

TIME BANK UPDATE



Sutton Time Bank

Timebanking is a great way to help others in your community and be rewarded for it. For every hour you give helping someone with a task or teaching someone a new skill, you receive a time credit. If you need any help or support please get in touch. Our volunteers are ready to help as best they can with your requests.

Since the first lockdown volunteers have been offering friendly phone calls, please get in touch if you would like a friendly phone call or know someone who might benefit from this.

Our jigsaw library is still running and we have a selection you are able to borrow. Please contact the Time Bank if you would like to borrow one and delivery will be arranged.

Whilst normal Time Banking was paused during the 2nd Lockdown the Time Bank have been busy planning some virtual events. We have an upcoming cheese and drinks evening and a virtual Christmas party.

If you would like to join in with some virtual events or find out more about becoming a Time Bank member please get in touch. There is no commitment at all when you join, you will not be expected to volunteer. You will be able to see the opportunities to support your community or ask for any help you may need



Sutton Time Bank

Christmas Cheer



The Time Bank will be delivering Christmas Gift bags to elderly people in the village we have been supporting to spread some Christmas Cheer.

Any donations of non perishable Christmas food/ small gift would be much appreciated.

Donations can be left at 30 Pound Lane or contact the Time Bank for collection.

07731017916
suttontimebank@sutton-cambs-pc.gov.uk



We have received support from the
*Cambridgeshire
Community
Foundation*





Tempo Time Credits

Time Bank members are able 'spend' their earned hours by transferring their hours for a Tempo Time Credit that can be used with a number of 'spend partners' around the UK.

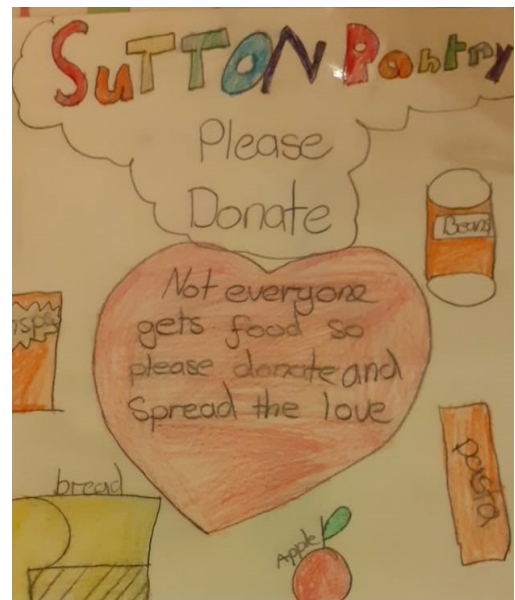
To see the 'spend partners' near us visit the Tempo website - <https://timecredits.com>

Sutton Pantry

Located: 7 The Row & 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.

Please come and take whatever you need.
Bags provided



Masks for Megabytes

The amazing ladies at FOSS are making masks/face coverings for the community. All money raised will go directly to their fundraising efforts to provide the school with the much-needed technology to support all the pupils at Sutton Primary.

All sizes £3.50.

Please contact chairfofoss@sutton.cambs.sch.uk to order.



Sutton Parish Council Covid-19 Support Grants

Are you

Facing hardship due to the current COVID-19 crisis

For example

- Self isolating
- Isolating due to medical conditions which makes you vulnerable

You can apply

for funds to help with:

- Financial support for food
- Newspaper, Book or Jigsaw purchase and delivery
- Mobile phone and or top/ups

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

Telephone: 07731017930

Because we are unable to have a Christmas Tree Festival or Bazaar this year....

St Andrew's Church Invite you
to decorate your window for
**A Christmas Themed
Window Trail**
On Sunday 13th December

Show your creative skills and get in the mood for Christmas.

If you wish to take part please contact;
Linda Jackson on 01353777276 or
Nick Wilson on 01353775271
by 8th December.

(Address only needed, NO names will be published)
A list of addresses of those taking part will be available
Saturday 12th December
from the Church porch
between 12noon-2pm.

Hot drinks will be available on Sunday at 15 Cromwell Road.



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



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FUN ACTIVITIES TO TRY AT HOME

CHRISTMAS TREE CARD

What you need

- A4 sheet of green paper/card
- Round side plate to draw around
- Pen/Pencil
- Scissors
- Colouring pens/ gel pens to decorate the tree

Instructions

- Use the plate to draw a circle on the green card/paper. Cut this out.
- Cut your circle in half. You can now make 2 tree cards.
- Fold each side of the semi circle into the middle and fold back on itself (see photo)
- Turn over and fold in half, making a triangle shape.
- Cut small triangles out of the edge making a Christmas tree shape.
- Open out to have your Christmas tree shape. Decorate the outside and write your message on the inside.



RIDDLE OF THE MONTH

“What does an Island and the Letter T have in common”

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**