

Jan 2007  
Happy New Year!

▶ Issue 3

# TimeBank News



Freedom Club  
TimeBank

## Inside this issue:

DIY support	1
Member meeting	1
Lisa news	2
News for the allotment	2
Members wants and offers	3
Members news—Johan	3
Student Community Action	4

## Special points of interest:

- Remember, whenever you turn up to a FCTB event you earn TimeCredits—so keep a note—more info in the handbook which you will be receiving soon
- Please keep a note of any exchanges you do and drop in to me when convenient

## DIY Support for Members

With the help of member, Lisa, Freedom Club TimeBank has been awarded a £2000 grant from Community Champions to help develop DIY skills to TimeBank members. This is a great opportunity to help with sort-



ing out the house and learning how to get things done—actually on the job.

The plan is to get expert tutor/s into a members house and actually do the job then and there with other TimeBank members (say 4 or 5) to watch and learn how to do a similar job in their own homes.

I have spoken to a few people and below is a list of jobs people are interested in learning how to do so far....

- fixing stair gates
- tiling
- fixing door frames
- basic plumbing i.e. fixing a leaking tap

However, if there is anything you would like doing and in the process learn from an expert—**please let me know**. All we ask in return is that you invite a few other members into your house to learn the skill as well as well (as it is an educational grant).

Timing is flexible—we will probably do one session a month

In addition part of the grant will cover crèche facilities. If you would like to be involved then please let David know

## Next member meeting—Valentines Day!

We are having a get together on February the **14th at 11.30am** at the Community Café at the Fields Early Years Centre on Galfrid Road. It will be very informal but of course if you have any new wants and gives,

keep these in mind for the day. The TimeBank will be pleased to provide a light lunch from the community café. Also don't worry if you will be late or have to leave early—please come along.

If you would like a lift, then please let David know. As usual, children are welcome, so are friends or anyone who may be interested in joining. Remember you will earn TimeCredits for attending as you are supporting the TimeBank. Ongoing we are looking to do either a Sat meeting or an evening meeting.

## Members' news—Lisa

**Citrus Dance Academy**—I'd like to extend a big thank you to all those TimeBank members who diligently supported me by sitting with William during the ballet school launch. I'm very grateful that it was one less thing to worry about and can report that the classes on Thursdays 4-5pm are now full to capacity and a waiting list has been started for 3 years + children who are interested when a place becomes available.

**196 Meze Bar**—Meze Bar successfully launched also last year and has been receiving great word of mouth recommendations. We are in the top 3 Local Secrets restaurants and have been reviewed by food critics and even someone in Canada who gave us 4.5 out of 5 stars. (The 'Ivy' got 5.) If you have not made it down to see the place yet then you should check it out soon. The place fills up fast and you should always call ahead to book your table on 01223 410519



**Baby sitting circle** -The sitting circle took a break over winter for weather reasons. There has been some talk of getting it up and running again in spring. We take it in turns to go to each other's houses and whosoever house we are in, that person gets to go and have some me time for an hour or so whilst the group looks after the children. Time credits earned for this scheme

**Writers circle**—Anyone interested in writing stories can contact me so that we can create a writers circle. The idea at the moment is that it will be once a month by email or post but this may change. Best just to get in touch and we will see where it goes.



Shakespeare



**Pasha**—I still need people to help me get my dog out walking. The new remit is that I will take Pasha out if someone can sit with William for an hour or so. Mornings might be a good option for this.

## The Cambridge BioResource

The BioResource is a panel of volunteers to act as a resource for the local research community from which volunteers with a particular genetic makeup can be contacted to take part in studies considering the links between genes, the environment and common diseases. Volunteers will be asked to provide a blood or saliva sample to determine

tients to establish the differences that make patients develop diabetes. Volunteers will be asked to provide a small sample of blood at a time and location convenient to them.

All people aged 18-65 yrs living or working within a 25 mile radius of Cambridge are able to take part and any travel costs will be reimbursed. All information collected will be kept strictly confidential.

Further information can be obtained from Sarah Nutland, Cambridge Bioresource Coordinator on 01223 763223 or the study team on 01223 740024.



**The Cambridge BioResource**  
their genetic makeup.

The "Causes of Type 1 Diabetes" study, funded by the Wellcome Trust/JDRF, is looking at the genetics of Type 1 Diabetes and is looking for healthy volunteers to compare with diabetic pa-

## News from the Allotment

Well what weather "for the time of year" I've got bulbs growing lovely green shoots, great tasting parsnips having had a frost at last (so now drooping green shoots!) and the frame work for my second greenhouse is looking just a little bit BENT Oh and the door on the shed has blown off. The stray cat is well upset—he liked the window being out as it gave him free access to a bed but the door off—that's taking the mickey. He has to sleep in a draft.

As you might imagine its all pretty wet so digging hasn't been possible, even in my raised beds, so lots of tidying has gone on. The sunflowers, once so majestic, are now residing in a heap hoping to attract hedgehogs etc. Anything that was dry enough has been burnt and its all looking okay not brilliant but okay.

Winter veg is lasting the parsnips, swede and chard are doing brilliantly and the over wintered onion sets and leeks are coming on. It will soon be time to start the new planting, peas into guttering, windowsills full a great new season.

Why not make this the year YOU try growing something for yourself just carrots or peas in an old bucket they'll taste so great I know you'll be hooked !!!!!!!

Carole



## Members wants and offers

### Wanted—short term room

A long-standing member could potentially need room around early Feb whilst he is between accommodation. He is very happy to pay his share of bills / utilities etc. Thus if you have a spare room or know someone who has then please let David know.

### Wanted—help to paint a small kitchen



A new member is looking for someone to help her paint her kitchen in Abbey. It shouldn't take too long and this would be a great help. If you are interested in doing this, then please let David know

### Members News - Johan

Hi, my name is Johan. About 1,5 year ago I came from the Netherlands to start working here in Cambridge as a software engineer. After a while, I was introduced to Herbalife by my brother and after experiencing the results (lost 1/2 stone and feel better than ever) I decided to become a part-time distributor so I could help more people improve their lives with weight management and skincare products and personal coaching. However, as my network was very small and my ways of helping people quite limited I found the Freedom Club TimeBank to be (one of) the missing link(s).

Through TimeBank I have met more people and I have been able to provide an extra pair of hands for some lifting and ground-leveling. Also, as my room was getting too small and I moved to a bigger place, TimeBank helped out by getting me the extra hands that I needed for the move. So despite my short membership, it has already turned out to be working very well for me.

As it is the time of year that people make new year resolutions, and wellness has become a hot item, I believe that it is very important that people receive good advice about how to become healthier. This is why I have begun a Wellness Club in which I offer these so called 'Wellness evaluations', a information session in which we look at the overall health and how to achieve optimum wellness. Although it might look like it is very biased, the Herbalife products are not part of the evaluation itself. As I am still learning how to do these, I would like to ask for some time (about 30mins) from people to practice my skills on the Wellness evaluation". And if this is not your cup of tea, I also have a skincare demonstration (30-60min) for which I could do with more experience. These Wants might turn into Gives at a certain point but for now I am happy to compensate the time in some other way.



### Wanted—Paving stones

A member is doing up her garden—if you have any spare paving stones, then please let David know

## A month of exchanges

I keep a record of hours exchanged and so far, since beginning in May, the members of the TimeBank have exchanged a total of **686 hours**. This is absolutely fantastic and adds up to 28 days! So a big thank you to you—please keep sending in your timesheets so we can keep this time increasing. NB I'm happy

to take the hours in over the phone (I can ring you back) or by email to [david@fctb.org.uk](mailto:david@fctb.org.uk). I am also getting a steady stream of new members (we now have 30) who are always welcome. If you know anybody who may be interested, then please let me know.



## Reboot—the charitable way of recycling computers

Reboot is a new charity in Cambridge that Recycles PCs. You can recycle your old PC (they will wipe the hard drive and may be able to collect it). Plus, you can buy a bespoke machine, from £50 including monitor, keyboard and mouse. The charity also offers trainees with Asperger's Syndrome (a form of Autism) real work experience with a salary. They are also looking for volunteers with experience of hardware and software. They are based at Citylife House, Sturton Street, tel 01223 365917, email [reboot@red2green.org](mailto:reboot@red2green.org). Website [www.red2green.org](http://www.red2green.org)





## Freedom Club TimeBank

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### 'Time to be Free'

[www.fctb.org.uk](http://www.fctb.org.uk)

Freedom Club TimeBank is generously funded by Sure Start Cambridge. Its goal is to help residents of Cambridge share their time with each other to practically get things done and in doing so bring people and communities together. The TimeBank is open to everyone in Cambridge and is free to join. All members time is worth the same, 1 hour = 1 time Credit. Freedom Club TimeBank is a member of Timebanks UK



Please send David any articles for 'TimeBank News' Also does anyone have a better title - if so please let David know— if your idea is chosen then you will win one TimeCredit—which of course could be an hours worth of gardening, Reiki, language or anything else!

## Partnership-Student Community Action

We have linked up with Cambridge Community Action. They are very interested in tapping to the skills of the TimeBank but of course adding new skills from Students and University Staff members. They already have a scheme similar to the TimeBank called Taskforce so in effect it will be developing this scheme. I'll give you an update on how this pans out in the next newsletter but we may be able to get Stephen Hawkins helping out with some maths homework??!!



## Other news

I mentioned at last months meeting, that there is an opportunity to apply for a £250 grant. I thought we could use it for a member event / trip. However a very good idea from Carole would be to apply for the money for a stock of gardening tools and equipment. I know a lot of people are waiting for Spring to use the TimeBank to help overhaul their gardens so it would be useful to do this now in preparation. If we were successful then members could use the equipment when helping out members but also if members wanted to borrow the equipment for their own gardens (though priority would of course be given for members completing exchanges). Thus please let me know if you



disagree with this. We could always apply for further funding for a trip in the next quarter !

### Gardening volunteers

Indeed in preparation for Spring (well the nights are now getting shorter!) if you are interested in helping out with gardening (we do have some expert gardeners to give direction) then I would like to hear from you as I think it would be nice to work on members gardens in a group and hopefully make it a bit of a social event as well

### Member news

If you have anything you would like to add to February/March TimeBank news then please email me with text and if possible a photo. It could be feedback on an exchange or anything. Email to david@fctb.org.uk