

TimeBank Accounts



Freedom Club
TimeBank

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Special points of interest:

- Remember, whenever you turn up to a FCTB event (including the AGM) you earn TimeCredits—so keep a note—more info in the handbook which you can collect at the AGM
- Please keep a note of any exchanges you do and drop in to me when convenient

It would be a good opportunity to meet other members from around the East of England and also to have your say in how TimeBank can move forward. If you are interested then please let David know. Details are still to be confirmed but it will during the day and somewhere in Cambridge!

DIY course starts - a great success

On **Saturday the 15th of September** we completed our 1st DIY course at Cambridge Regional College. The course is led by Brian Butcher who's been in the trade over 20 years. We had 7 attendees which was great and the crèche was fully used. We filled out our registration forms



and then went through what we wanted to get out of the course. We then chose a

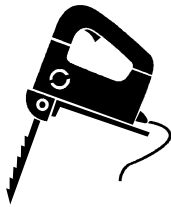
tool we wanted to learn about and Brian gave us some great tips and hints. In the long term we hope



to build a network of 'DIYers' who can support each other and put some of the learning into practice. The course is very flexible - you do not need to attend all the sessions—also you can tailor it to what you want to learn.

There are still some places available

(including crèche places) so please let David know if you would like to attend.



Over the coming weeks we will be covering plumbing, working with wood, kitchen cabinets, preparing surfaces and basic brick work—all levels catered for.

Thus a big thanks to Lisa for getting the funding for this from Community Champions. PS if you are moved to get DIYing then Nick is offering a large selection of tools to borrow through the TimeBank—see page 3 for details

TimeBank conference—here in Cambridge

If any member is interested in attending a TimeBank conference on the 20th November on TimeBank and health issues then we would really appreciate your support.

The aims are to

- To create more awareness about co-production and Time Banks among health service professionals and 3rd Sector organisations so that they can understand the concept of working as partners with service users in the delivery of services.
- The seminar is especially aimed at people



working in the mental health sector so that they can begin to look at removing barriers but will demonstrate opportunities for other vulnerable groups i.e. lone parents, offenders.

- To show case examples of good practice in established Time Banks, including those in East Anglia.

To demonstrate how Time Banks can support people's recovery and increase community participation.

Gives	
Sewing (hand and machine)	Organising (anything)
Companionship	Setting up systems / processes
Phoning a friend	Making things
Pet care	Errands
Plant watering	Meeting children from school
House sitting	Cat care
Washing	Local history – to children
Ironing	Helping at social events
Babysitting	Reiki
Youth work	Lifting
Tyre changing	Teaching German (adults & children)
Lifts (inc estate car)	Teaching Italian (adults and children)
Children's crafts	Basic self defence
Leaflet delivery	Problem solving
Help on internet	Basic housework
Shopping (big shop)	Cooking – inc bread, cakes, pastry
Teaching reading to children	Dog walking
First aid (basic)	Knitting
Computer troubleshooting	Facials
Computer – help with buying	Filling out forms
Letter writing	Embroidery
Teach Polish (and translation)	Homemade baby food
Teach Philippine	HR help eg CV review
Touch typing	Teaching Afrikaans
Cooking - Gujarati	Help with biology / life sciences
Arabic	Advice on dealing with various agencies
Playing the piano	Designing leaflets
Moroccan cooking	Small plumbing jobs
Computer programming	Helping out at Party's

Next social event

Don't forget to come a long to my Big Coffee Break on Friday 28th Sept 11am to 2pm and/or Saturday 29th 2pm to 6pm Friday I'll be organised better for adults on Saturday as my two will be here. Feel free to come any day and



just pop in for ten minutes or stay the whole time I really don't mind. I'll be asking for donations and there will be a tombola to help raise a bit more money for McMillan nurses. Please don't feel you'll be expected to spend a fortune I promise you won't, as I know that the pennies add up.

The address is 52 Ditton Lane—
Many thanks,
Carole

Local Secrets—free card

Enclosed in this news-
letter you will see an
application form for a
free Local Secrets Loy-
alty card. This normally
costs £2.50 but as a
member of the
TimeBank you are eligi-
ble to apply for a free
card. The card allows you to collect
loyalty points around Cambridge



you would like a card then simply fill

shops and
restaurants
and for a fee
can also be
upgraded to
get up to
50% dis-
counts on
city leisure
facilities. If

out the enclosed form.

Also while we are on the subject of
Cambridge did you know that Cam-
bridge residents get free access to
all the colleges—just show some id
with your Cambridge address on or
alternatively apply for a Kings col-
lege card from the porters lodge at
Kings

Members wants and offers

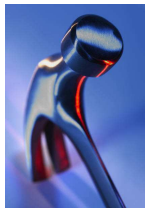
Gardeners wanted

Please let me know if you are interested in helping out with gardening as we have members who are in desperate need of help.

Nick's gives and wants

Gives

I have the following tools which I am happy to lend out—10" compound mitre saw, bench top, ideal for flooring projects and cutting mitres on skirting and architrave etc. (It cuts perfect 45 degree and 90 degree angles in seconds). SDS mains percussion drill for drilling masonry and concrete. Cutter and jig for cutting circular hinge recesses in fitted furniture. (Broken doors can be repaired by moving the hinges) Mains belt sander. Mains orbital sander. Mains jigsaw. Mains 8" circular saw. Mains router and bits. quarter inch. Soldering iron. Steam wallpaper stripper. two speed variable speed reversible battery powered drill with charger & 2 batteries (trade quality). 2 ton trolley jack and axle stands.



mains work light. mains electric plane. Cramps for fitting wooden flooring. blowlamp. 10mm and 22mm pipe bending springs.

I can replace broken electrical fittings, plugs, sockets, light fittings. Fit light fittings put up shelves repair appliances if they are easily repairable and parts are available. carry out minor plumbing work. connect washing machines and dishwashers. carpentry repairs. Car repairs and fault diagnosis, but not modern electronic systems!

I also have experience dealing with bureaucrats.

In general I probably need to limit most tasks to a maximum of two to three hours because of family responsibilities and limited time. Sundays I am more free because the children are with their mother. If people can keep an eye on Vanya age two for me while I work I will have more flexibility.

Wants

gardening and child minding

Wants	
Decorating	Buddy / Mentor
Gardening – tubs	Putting up fence
Days out	Plastering
DIY	Meeting with local people
Painting	Window cleaning
Gardening – general and tips	Email support
Patio	Household mgt
New garden path	Learning to cook
Bleeding radiators	Extra pair of hands – a call away
Painting	<i>2nd hand timber</i>
Decorating	<i>Access to tools for small jobs</i>
Kitchen fitting	Car washing
Electrical	French tuition (children)
Plumbing	German tuition (children)
Moving furniture	Car maintenance
Garden planning	Woodwork / gardening – learning
Build shed	Mending woodwork
Cat sitting	Swahili
Car washing	DIY spare pair of hands
Music tuition for children	



Freedom Club TimeBank

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'Time to be Free'

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 Accounts'. This can be about what you are doing in the Time Bank or about anything else that you think other members may be interested in.

News from the Allotment

Well the children are back to school Ivan included and I can't quite believe it really, my babies both in full time education!!!! There's an up side to my sadness though it should give me more time on the allotment. And just to say although I shed a tear each time my children stood on the Ladybird and went into school neither of my children did. Is that good or bad?????

I've told you all about the terrible time we're having on the allotment this year with the blight and the mould and the giant slugs so I shall say no more. The potatoes are not bad just won't store well as they have little brown marks on them and the tomato glut isn't going to happen. What I am harvesting tastes lovely. The sweet corn is the best yet so I'm



happy there and I have enough not to worry too much when the mice and the squirrels eat a bit off the end. The raspberries are to die for and I have had ample to put in the freezer lots of pavlova at Christmas me thinks! Anyone wanting to plant raspberries I can recommend the Polka variety.

Runner beans fantastic I think I might have out done a few others on the allotment so I'm chuffed and the freezer has plenty and I can give some away. The chillies on the allotment and the peppers I'm growing at home are doing well any one that knows me knows I use these rarely in cooking so I shall be giving them away so if you like them mention it to me. Parsley oh lovely I made fishcakes the other day (salmon, tuna, mashed potato and parsley, flour egg and breadcrumbed) you can taste the difference and all children ate them without complaining.



Just to say the Christmas dinner veg is coming along fine I've got runner beans, sweet corn, carrots, courgettes with tomatoes for ratatouille, peas all in the freezer with parsnips and turnips in the ground looking good Potatoes I shall either freeze or store so they are ok I try to achieve Christmas dinner with all my own vegetables and my dream is to one day be somewhere that I can even produce my own turkey and joint of beef.



One last thing to say until next time a BIG THANK YOU TO JEAN for looking after my allotment while I was in France at my sisters it was a lot better cared for than the house plants and baskets so Jean you might have got your self twice the job next year!! Thank you.