

# 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

## Back issues

All the back issues of the Time Bank Accounts can be found on the website at [www.fctb.org.uk](http://www.fctb.org.uk) in PDF format

## Mr Bubbles comes to the Time Bank

On Thurs 26th of Feb at 4pm Mr Bubbles is coming to the Time Bank. This local professional entertainer was so impressed with the Time Bank after performing at last years skill swap events he has generously decided to give an hours performance for free. The Time Bank party coincides with the Fields Childrens centre 5th anniversary at the Galfrid road site. The event is open to all i.e. non members and also people without children! The fields will also be showing off the new allotment kindly built through the Time Bank volunteers. Below is the agenda but you can pop in at any time to join in the festivities. A leaflet is enclosed, please give to anyone who may be interested.



**12:00-12:30 Story Telling**

**3.30pm onwards free nibbles in the community café with soft play for younger members**

**4:00pm—5:00 Mr Bubbles performance for children of all ages**

**5pm to 6:30pm soft play, nibbles, anniversary cake, allotment viewing and planting and quick speech at 5:30pm**

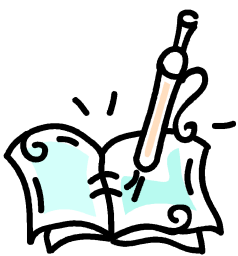
It will be a good chance to meet other members and update the Time Bank on anything you need or would like to give. In addition

David will be looking for members who are interested in giving and receiving time on Gardening (see page 3). If you need directions or would like a lift or would like to offer a lift then please contact David. A map showing the location is on the back page.

## Gives

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

## Feedback



We have already received some excellent feedback on the Time Bank but we would still like more. Do you want more meetings? more socials? more one to one exchanges?— please let us know.

Either fill in the enclosed form and post it to us or drop it in if you are coming to the Mr Bubbles party.

All entries will go in for a draw for a £10 shopping voucher.

## Gardening Group

The Time Bank has been successful in getting a Grass Roots grant for helping members with their gardens. The first project was the Besom group providing some very keen muscle. Ongoing we would like to set up a group of interested gardeners who can go round and help at each others gardens and other members gardens. This might be a great way



- To get big jobs done in your garden ie use your hours in the group to get the group over to your garden
- Learn hints and tips from other members
- Get access to different tools and equipment—either sharing or we have a small budget to buy these for the use of Time Bank members
- Get fit! And meet other members interested in gardening
- Reduce your carbon footprint by growing your own fruit ad veg

If you are interesting in doing a few hours on this then please let David know. If childcare is an issue we can also look at this. Finally if you need some help in your garden and you have not let David know yet then please give him a ring or chat to him at the Party on the 26th of Feb.

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	2 <sup>nd</sup> hand timber
Decorating	Access to tools for small jobs
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	

## knitting

Alice in Chester-ton is offering to teach Time Bank members to knit. So if you



would like to pick up this skill from scratch or pick up the needles after a break, please let David know. This could be done as a group too.



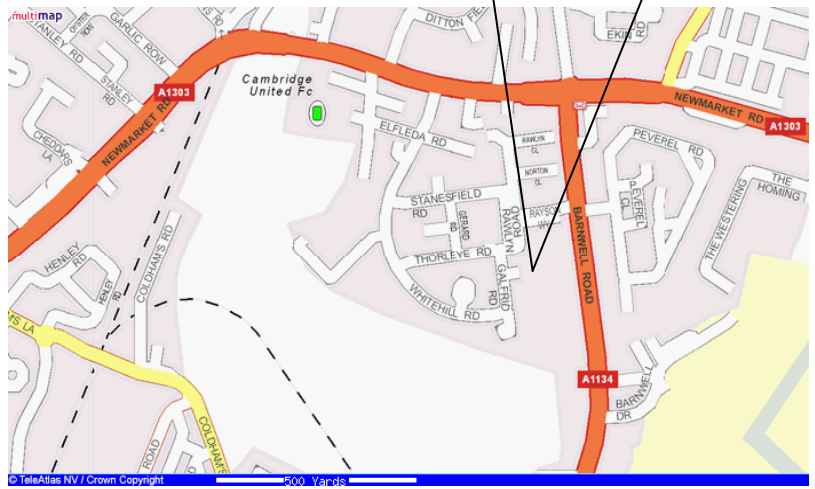
## Freedom Club TimeBank

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**'Time to be Free'**

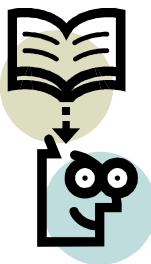
[www.fctb.org.uk](http://www.fctb.org.uk)



### Quick news



We had a great Christmas party with over 20 members attending at the Fields. Hopefully even more members can make it on the 26th of February



If you have not picked up a handbook, then please remind David. He can either send it electronically in word format to you or you can pick it up when you next see David

We are hoping to do another Turkish event in the spring—so please watch out in the next newsletter

Following on from the successful carbon footprint event and Turkish get together if there is anything you would like to talk about or present at a member meeting then please contact David



The Time Bank has been running for nearly 3 years. We have exchanged over 2700 hours in total and there are nearly 90 members. We were originally

funded by Sure Start but this came to an end in September of last year. We now look for various local and national grants to remain 'in business'. If you have any funding ideas, then please let David know