

### Upcoming Events

- Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> February Tree house project Houghton primary
- Wednesday 18<sup>th</sup> January Coffee morning
- Wednesday 1<sup>st</sup> February Health walk
- Wednesday 8<sup>th</sup> February Coffee morning
- Wednesday 15<sup>th</sup> February Half Term
- Wednesday 22<sup>nd</sup> February Coffee morning
- Wednesday 1<sup>st</sup> March Health walk
- Wednesday 8<sup>th</sup> March Coffee morning
- Wednesday 15<sup>th</sup> March Health walk
- Wednesday 22<sup>nd</sup> March Coffee morning
- Easter Holidays
- Wednesday 19<sup>th</sup> April Health walk
- Wednesday 26<sup>th</sup> April Coffee morning

Please note all health walks start at the St Mary's centre at 10am  
All coffee mornings are at the St Mary's centre from 10am-12pm

### Get involved by contacting

Vickie Graham,  
Houghton & Wyton Time Bank Broker  
St Mary's Centre  
Chapel Lane  
Houghton PE28 2AY  
07843616816 or 01480467209  
Email v.grahamhwpc@gmail.com

# Houghton & Wyton Time Bank Spring Newsletter

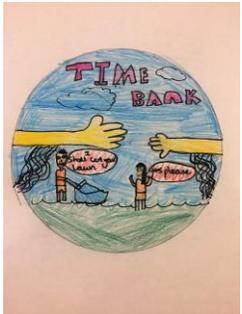


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Welcome to Houghton & Wyton Time Bank's first newsletter, it has been a busy and productive first few months and at the start of January we are pleased to have signed up 75 members ranging in age from 20-95 years old, regular coffee mornings and health walks take place every Wednesday morning and requests for exchanges are regularly taking place with exchanges ranging from support with IT to lifts or delivering leaflets. The Time Bank has got off to an amazing start and as 2017 begins we are excited to see what the year ahead holds with many community projects to get involved in and new friendships. We look forward to seeing how we can support this wonderful community.

### Gallery of pictures from different Time Bank events and competitions.



## Membership News

With 75 members now signed up the requests that have been made are increasing, please check your weekly Friday Update email and offer to help when you can. If you know of a neighbour who is need of support contact me and the Time Bank will see how it can help. I am looking to set up a regular rota for the coffee mornings and health walks. The coffee morning would require taking turns to prepare and clear away teas and coffee, whilst the health walk needs leaders to take turns being responsible for leading the walk and choosing a route. (full training is available for walk leaders)

Can you help contact me if you think you can?



## Houghton Primary School sign up to the Time Bank

Houghton Primary School was amongst one of the first organisations in the village to join the Time Bank. The school has worked closely with us ever since. The Time Bank asked the school to help design our new logo and year 6 responded with many wonderful designs. Following judging four designs were chosen to be used to help Pete Tonks use his design skills to come up with our wonderful new design.

The Time Bank is also proud to work with the school to help create a new outdoor classroom in the form of a tree house. On the weekend of 11<sup>th</sup> and 12<sup>th</sup> February Time Bank members will be helping volunteers from the school to clear the grounds ready for work to begin over half term. We are still looking for volunteers so if you are available to give any time between 9am and 3pm your time would be gratefully received.



## Magical Christmas Lanterns 3<sup>rd</sup> December 2016

On December the 3<sup>rd</sup> Houghton and Wyton Time Bank held its first quarterly event, the event coincided with the Christmas Lights being turned on in Houghton and Wyton, we invited families to a make lanterns to take to the evening event, the day was really well attended with over 30 children and their families visiting the Sports Pavilion to make lanterns, Time Bank members gave time to serve refreshments and assist the children as they made the lanterns. We signed up some new Time Bank members on the day who have already started to get involved and exchange time. Following the success of this event, we have decided to make it an annual event and we even got to use our lanterns to decorate Santa's grotto.



**Don't forget to check your weekly updates emails sent on a Friday with the list of requests and exchanges needed.**

**We are looking to set up a village based car scheme offering lifts. If you are interested contact me at the Time Bank for more information.**

**Can you bake? Cake donations are needed for Coffee mornings twice monthly.**

**Like walking? Join our health walks and become a walk leader.**