

Upcoming Events

Coffee Mornings

- Wednesday 24 May
- Wednesday 14 June
- Wednesday 28 June
- Wednesday 12 July
- Wednesday 26 July

Group Walks

- Wednesday 17 May
- Wednesday 21 June
- Wednesday 19 July

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 would like to thank our volunteers for all their hard work in National Volunteers Week. On Wednesday 7 June we are having Afternoon Tea, with all ingredients provided by Our Community Shop and baked by Time Bank volunteers. Please join us from 1pm for sandwiches, cakes and scones. More details to follow.



Houghton & Wyton Time Bank Website

H&W Time Bank's website is up and running fully with regular updates of events and upcoming projects. It can also be used to find out more about Spice Credits. You can exchange 10 hours of Time for 10 Spice credits that can be used across the east of England at more than 200 locations for free. During half term I used my Spice Credits to visit Clip'n'Climb in Cambridge. Speak to me for more information or visit houghtonwytontimebank.co.uk

Houghton & Wyton Time Bank Summer Newsletter



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Welcome to Houghton & Wyton Time Bank's second newsletter. It has been a busy and productive few months and at the start of May we are pleased to have signed up 90 members ranging in age from six to ninety-six, we have regular coffee mornings and health walks take place on Wednesday mornings every month. Over the past few months H&W Time Bank has been busy supporting numerous community projects and organisations, from The Great British Spring Clean in March to the building of a tree house classroom at Houghton Primary School. Along with other Time Banks across Cambridgeshire we have raised some much-needed funds to continue the Time Banks work and we are planning several events over the coming months in which you can get involved. We have also been busy supporting each other with time exchanges ranging from gardening to leaflet delivery as I write this newsletter exchanges stands at 796 hours. As we head into warmer weather H&W Time Bank has lots to look forward to and we are so grateful as always for your support.
Best wishes Vickie

Membership News

Do you or any of your neighbours need help? With 90 members now signed up, requests have been increasing; please check your weekly update email and offer to help when you can. If you know of a neighbour in need of support contact Vickie and the Time Bank will see how it can help. We are 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 walks need leaders to take turns leading the walk and choosing a route (full training is available for walk leaders). Can you help? Contact Vickie if you think you can.

Houghton Primary School build a Tree House Project.

On a cold snowy Saturday in February the Time Bank joined forces with parents from Houghton Primary School and around 50 people cleared a site ready for building a tree house classroom for the pupils. All the volunteers worked hard spending five hours cutting down ivy, digging up tree roots and filling a whole skip. Other Time Bank members made refreshments and served bacon butties, tea and coffee. Once the site was clear the building team spent half term building the structure of the tree house with the a team of volunteers returning in April to lay AstroTurf. In May a smaller team of skilled volunteers laid the decking, with final work to build balustrades hoping to be completed by the May half term ready for pupils to use before the end of the school year. It was fantastic to see so many volunteers young and old getting involved and the Time Bank would like to thank the Lights Up committee for the loan of cooking equipment.



The Time Bank comes together to join the Great British Spring Clean.

On 4 March the Time Bank met at the Clock Tower in the centre of our community. Around 30 members came ready to collect rubbish and clean different signs around the village. Ages ranged from six to seventy, with more than 50 bags of rubbish collected. Signs were scrubbed and repaired as needed; Huntingdonshire District Council providing us with high-vis jackets, bags and litter pickers. Finds of the day included a sold sign, a cycle lock and a television pulled from hedgerows around the village. Support was fantastic and on Home Farm Road some residents even came out to lend a hand and provide cups of tea.



Time Banks across Cambridgeshire unite to raise funds

During April and May, Time Banks across Cambridgeshire joined forces to raise funds to continue their fantastic work combatting loneliness. Throughout the month you may have seen posts on our Twitter or Facebook pages followed by a coffee morning on the 29 April at all the Time Banks. We are pleased to announce that a crowdfunding event raised a grand total of £3,418 which will be shared amongst the Time Banks. Thank you to everyone who came along to our coffee morning or donated time by baking or helping on the day. It was a lovely morning and it was fantastic to see everyone.

Time to End Loneliness #UnLonely

You helped us raise **£3418**

Thank You!

