

SOUTHAMPTON TIMEBANKS NEWSLETTER

February and March 2017

Welcome and thank you for the positive feedback...

... about the first joint newsletter for Southampton Timebanks. Timebanking in Southampton now covers all areas. So if you know someone who might want to join, contact one of the Brokers. Their details are below.

The current individual membership is nearly 400 across the City with many organisations large and small also joined. New members are joining the Timebank every month with many hours exchanged, including help with knitting, sewing, giving lifts, taking shopping and gardening.

Exchange wanted

A lady, who is a wheelchair user needs help clearing a garden.

Another member needs some ironing doing.

Transport is needed to get members to activities

A chess player is required for a Thursday morning at Weston Court.

Can you help?

Minor Ailments Service

Several Southampton pharmacies are taking part in the Minor ailment scheme, where people with certain conditions do not need to go to the GP but can receive relevant medication. If you are eligible for free prescriptions then you do not have to pay.

Conditions include: coughs, fever in children, earache, diarrhoea, nappy rash and head lice.

Further information about relevant conditions and which pharmacists are taking part go to

<http://www.southamptoncityccg.nhs.uk/pharmacy-first-for-minor-ailments>

Free Lunch for Two

We have two tickets for lunch on February 14th 12.30 to 1400 at The Whitebeam Restaurant, Solent Conference Centre, East Park Terrace Campus. They are available to any Timebank member who wants them. If more than 1 to 2 members want them, then priority will be given to those who have exchanged the most hours in the last few months.

There will be no newsletter for March

So this one contains details of groups for the two months of February and March.

Return to work of Southampton West Timebank Broker

Gwyneth Baker, the Broker for the west is back at work on a phased return. She can be contacted on the number below, but not attending activities for a few weeks..

Contact

Lynda Barnes, East Southampton Timebank Broker,

Gwyneth Baker, West Southampton Timebank Broker

Hinkler Community Centre, Hinkler Road, Southampton, SO19 6DF Phone 079 31 22 31 37

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Facebook: Southampton Time Banks

Website: www.southamptontimebanks.wordpress.com

Twitter [@sotontimebanks](https://twitter.com/sotontimebanks)

What's On

Groups and Clubs

Monday 10am till 12 noon Drop In

Woolston Library, Centenary Quay. Free Tea and Coffee will be available. Come in and say hello. Bring a craft project if you have one or just stop for a chat.

Monday 2pm till 4pm Coffee and Chat

Holy Family Church, Redbridge Hill. Bring a craft project or just stop for a tea or coffee.

Tuesday 2pm till 4pm Get Together Group

Bitterne United Reform Church, above Iceland. Information sessions, games chat and refreshments. Cost £3

Wednesday 10.30am till 12.30pm Coffee and Craft

Freemantle Community Centre Randolph Street. Bring along your craft project. Cost £1

Thursday 10am till 1pm Get Together Group

Weston Court Kingsclere Ave. Board games and social chat Refreshments are available. Are there any members able to help with the Drop In when the Broker is unavailable or offer a lift?

Alternate Thursdays 1pm till 3.30pm Fortnightly Drop In

Crafty Bug Café, 82, Bridge Road (near Peartree Church). Come along to meet others and have a chat. We are meeting this month on the 2nd and 16th February and 2nd, 16th and 30th March 2017 They offer a wide selection of food and drink from a healthy eating plan style all day breakfast to a Cream Tea.

1st, 2nd and 3rd Thursday 6pm till 8pm Craft Evening

Freemantle Community Centre Randolph Street. Bring along your craft project. Cost £1

4th Thursday 6pm till 8pm Network Meeting or Bring and Share Supper

Freemantle Community Centre, Randolph Street. Cost £1

4th Friday 11am till 1.30pm Multi Craft Group

Crafty Bug, Bridge Road, Friday 24th February and March Every month a different craft will be undertaken. In February it will be **????** and in March **?????**. Cost is £1 which covers the cost of materials but excludes refreshments

Everyone is welcome to attend any of the above events. You do not have to be a Timebank member, just turn up and receive a friendly welcome.