

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

July 2018

Welcome to our new look newsletter

We hope you enjoy reading it.

What would you like to see included in this publication?

Hours Exchanged

Members exchanged over 170 hours in June.

Southampton Timebank Film

A huge thank you to those members who agreed to help us make the timebank film. You can now find it on YouTube [here](#) or you can just search for Southampton Timebank in the YouTube search bar.

"I asked for help setting up and running my son's birthday party and the help given was invaluable"

Emma

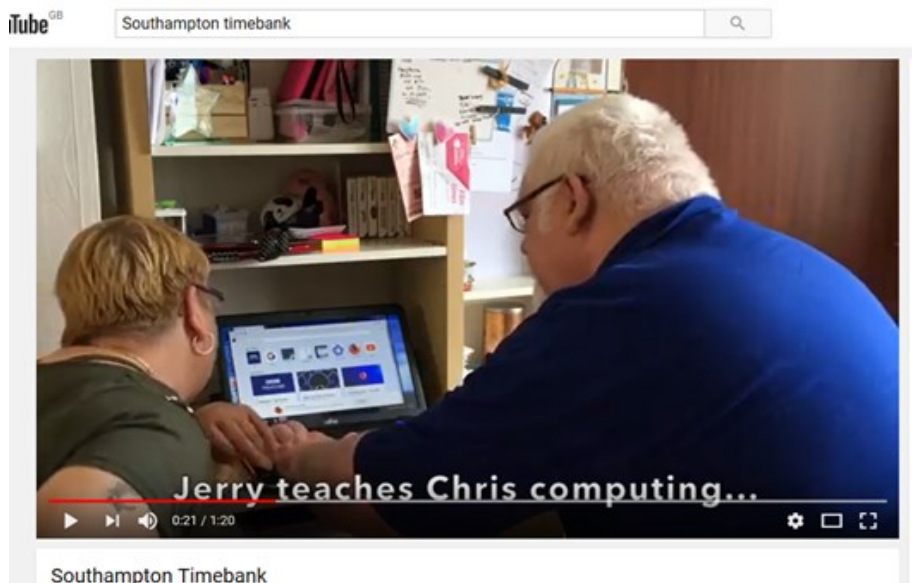
"I had surgery and was stuck in hospital for 2 weeks unable to do anything on my phone or I-pad.

I am very happy with the help I received to enable me to use the phone and I-pad again"

Teresa

I requested a lift to go to a nature event at Testwood Lakes. A really nice lady and her two children accompanied me. It was good for my wellbeing.

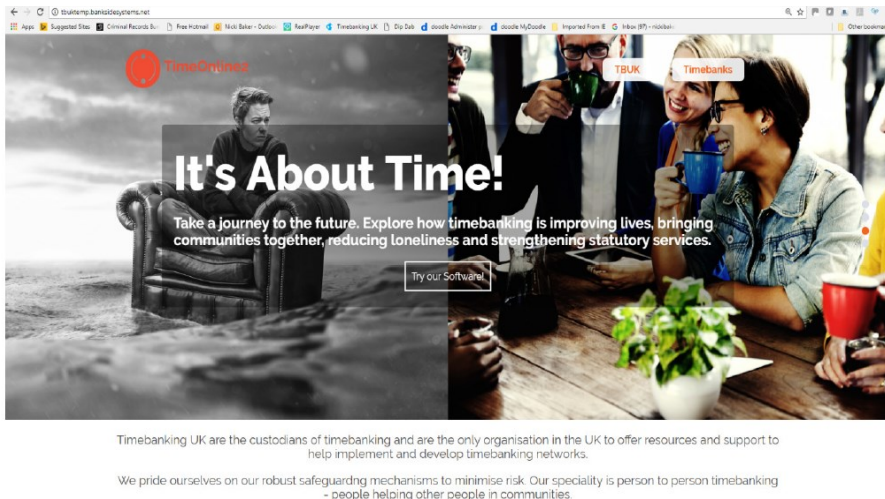
Karen



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A shot from our YouTube film



Thank you for this month's exchanges

Members have helped with keeping our website up to date, helping another with online shopping, putting together some flat pack equipment, giving a lift, supporting two lunch clubs, helping someone with their banking, making a cushion, helping at events, and supporting one another in our social groups.

Time Online 2

Timebanking UK are currently developing their new database Time Online 2 which will be abbreviated to TOL2. This software will be available for us to use here in Southampton fairly soon.

It will allow those members who are confident in using online services to add their own requests to the Southampton area as well as make offers to others. We will make training available on its use.

You will be able to add your requests, make offers and personalize your own section as shown below.

Weymouth Trip

On Saturday 23rd June, some of our timebank members agreed to meet at Southampton Station and travel together to Weymouth.

On arrival they had the opportunity of staying as a group or spending time on their own.

Sand sculptures, arcades, lunch and ice-cream was enjoyed by all.



We will share more information in our next newsletter

What's On

Monday 2pm till 4pm
Coffee and Chat
Holy Family Church,
Redbridge Hill.
Bring a craft project or just
join us for a tea or coffee. £1

1st Tuesday of the month
10.30am Silver Cinema (3rd
July)
Odeon Cinema, Leisure
World to see
Mary Magdalene
Everyone welcome. Cost £3
includes tea and biscuits
Meet by the Tea station.
Look for the lady wearing a
Timebank badge.

Alternate Thursdays
1.30pm till 4pm
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 5th and 19th July
2018.
A wide selection of food and
drink is available including
gluten free.

1st, 2nd and 3rd Thursday
6pm till 8pm Craft Evening
Freemantle Community Cen-
tre Randolph Street.
Bring along your craft project.
Cost £1

4th Thursday 6pm till 8pm
Network Meeting and Bring
and Share Supper
Freemantle Community Cen-
tre, Randolph Street.
Cost £1

Friday 10.30am till 12.30pm
Drop In
Portswood Library,
Portswood Road
Meet the Timebank Broker

Last Friday of the month
Multi Craft Group 11am till
1.30pm
Crafty Bug, 82, Bridge Road.
Crafting for all abilities. Cost
£1



Welcome to our newest members:

**Barbara (Millbrook), Filip (Bitterne),
Marian (Woolston), Nick (Swaythling)
Hannah (Swaythling)**

We also had one organisation join:

Friends of Freemantle Lake Park

Can you help with any of the following requests?

1. A member living in the **Shirley/Bassett** area has a 6 year old daughter and is looking for members with similar aged children to go on 'playdays' to either play at their flat or go to the park etc. If you have a car and willing to pick them up and go further afield they would be appreciative of this also. The only day they cannot consider is a Tuesday.
2. A lady in **Thornhill** is looking for someone to go shopping and/or have coffee with.
3. A gentleman in **Weston** needs help with fitting a dashcam on his car.
4. A lady in Thornhill would like her car washed.
5. A lady in **Shirley** is looking for help from someone who is good with computers and will sit with her in the library and help her fill in forms and help her with job applications.
6. A member in **Freemantle** wants some help painting her fence.

Freemantle Lake Park Great Get Together— Neighbourhood Picnic

Timebank member, Friends of Freemantle Lake Park, requested help for their community event on Saturday 23rd June. Some of our timebank members went along to assist whilst others just dropped in to enjoy the event.



Timebank Health Buddies



What is it?

Timebank members can become Timebank Health Buddies and offer support and practical help to each other in times of need. The Health Buddies may offer transport to medical appointments, collecting prescriptions, companionship and help after coming home from hospital. All help and support offered

will be welcome, and the Buddies can agree in advance what they can and can't do for each other.

How does it work?

At least 2 individual Timebank members who know each other or get to know each other can choose to become Timebank Health Buddies. Based on liking and trusting each other, they agree that should they find themselves admitted to hospital or unwell at home, they will offer each other support. The Buddies will complete an agreement which will contain contact details and exactly what each is able to do for the other.

Should either need help, they will contact their Timebank Health Buddy or a Timebank Broker and let them know what help is needed. This is a person to person Time Exchange and will work the same as the existing Timebank scheme with 1 hour of time worth 1 hour of credit. The Timebank Broker will also be contacted so that Timebank hours exchanged can be recorded.

The project welcomes all existing Timebank members and also hopes to attract new members.

Please contact the brokers if you are interested in joining this scheme.

Contact Us

Give us a call/text/email for more information about Southampton Timebank or Timebank Health Buddies.

Southampton Timebank
Southampton City Council
ICU, 1st Floor West Wing
Civic Centre
Southampton, SO14 7LS

Gwyneth - 07795 050 294

Lynda - 07931 223 137

Email: - Timebank@southampton.gov.uk

Visit us on the web at -
www.southamptontimebanks.wordpress.com

Find us on Facebook -
Southampton Timebank

Find us on Twitter -
[@sototimebanks](https://twitter.com/sototimebanks)

Timebank relies on the goodwill of people, organisations and communities to work. **Contact us** to find out how you, your business or organisation can become members and help strength-

Southampton City Clinical Commissioning Group is currently asking the public to complete a survey on Enhanced and Urgent Primary Care Services. Here is the link:

<https://www.surveymonkey.co.uk/r/MWHS7NM>.

If you do not wish to receive this newsletter in future please contact a Timebank Broker, who will remove you from the list.

