

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

August 2018

Hours Exchanged

21 Members and 4 organisations exchanged over 230 hours in July ... see page 2 for a list of exchanges.

Coffee Mornings - dates for your diary

Following our discussions around Health Buddies, members requested an opportunity to meet together somewhere central. We are therefore trialling three coffee mornings in the Civic Centre:-

Tuesdays 7th August, 18th September and 9th October. All are taking place between 10.00 a.m. -12.00 midday, in Committee Room 2, behind the reception desk.

These will be an ideal opportunity to bring along family and friends to find out more about Health Buddies, Timebanking, etc.

There will be a free raffle for those attending.

Prizes have been kindly donated by timebank members.



Coffee Morning

"I needed help to clean and re-arrange my flat so that a friend could come and visit."

Jeanette

"I had help with cleaning, unpacking, putting up curtains, building flat pack furniture etc when I recently moved into my new flat. "

Margaret

I needed someone to feed and care for my cat whilst I was away for a few days.

Lesley

In This Issue

- Coffee Mornings
- Time Online2
- Meet our latest org member
- Health Buddies
- What's On
- Requests
- TB member Friends of St James Park
- Our Contact Information

Time Online 2 (TOL2)

Timebanking UK are continuing to develop the new database TOL2. We are told it will be up and running for Southampton Timebank around mid/end of August.

We are currently waiting for Timebank UK to transfer your information from the Timeonline database to the TOL2. Once this has been completed we will let you know that the site is live and ready for you to use.



Thank you for all of this month's exchanges

Members have run errands, helped someone move, hung curtains, washed net curtains, diy, cleaning, helped with hair colouring, given lifts, prepared meals, cared for pets whilst the owners have been on holiday, built a bed, built a flat pack shelving unit, taken items to the refuse tip, helped someone understand their new phone, been swimming, did some embroidery, pushed wheel-chairs, escorted a member home from hospital, been to the cinema and supported one another in the social groups. In addition, our organisational members have given room hire or received help with their group activities.



Welcome to our newest organisational member, Emmaus Hampshire. This is a vibrant and thriving social enterprise community for the homeless.

They provide a home and meaningful work experience through retail, catering, distribution and facility management.

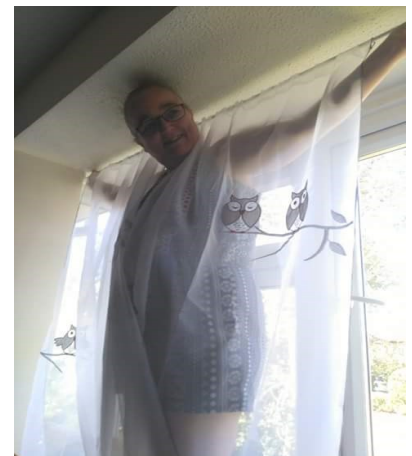
They also provide personal development for all their companions, which can help maximise potential, and secure entry back into independent living.

Emmaus have a shop unit at the bottom of Janson Road in Shirley which sells good quality furniture, household items, books clothing, etc. Why not pop in and show them our wonderful timebank member support.



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, companionship, collecting prescriptions, 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 one another.



What's On

2nd Monday of the month 2pm till 4pm
Coffee and Chat Drop-in
Holy Family Church,
Redbridge Hill.
Bring a craft project or
just join us for a tea or
coffee.

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 2nd and
16th August 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
Centre, Randolph Street.
Bring along your craft
project.

**4th Thursday 6pm till
8pm** Network Meeting
and Bring and Share
Supper
Freemantle Community
Centre, Randolph Street.

**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
member:**

Lynda (Holyrood)

Organisation member:

Emmaus Hampshire

Can you help with any of the following requests?

1. A lady in **Shirley** is looking for some help to apply to the Portuguese Consulate re a lost passport and I.D card.
2. The gentleman in **Weston** is still looking for someone who can hard wire a Dash Cam into a Toyota Yaris. This is not one to be plugged into the cigarette lighter, but into the Fuse Box (wherever that is!).
3. TB organisational member, **Freemantle** Community Centre is wondering if any one has time to spare on a little work to the garden borders at the Centre. Any help would be appreciated.
4. TB organisational member, Age UK Southampton would love to hear from any potential members who could assist with meeting, greeting and supporting their Falls Exercise Groups in locations across the city. In particular, Monday afternoon in **central Southampton** or Thursday afternoon in **Thornhill**. They would also love to hear from anyone who would like to support their reception area in **Freemantle**.
5. A member in **Lordshill** is looking for some help with her MAC computer. They are struggling to get photos from their phone to the computer and also looking for some general advice.
6. A lady in **Thornhill** is looking for someone to clean her car.
7. Lynda will be at the Vintage Community Picnic on Bank Holiday - Monday 27th August - promoting the Southampton Timebank and Health Buddies Scheme to those in attendance. Will you be able to spare an hour or so to go along and help her with this?

If you wish to attend this as an individual or want more information please call the organisers on

Tel: 07920 133 397





"On a scorching hot Saturday in July, Timebank member, Friends of St. James' Park organised a wonderful Summer Festival. Their aim was to bring Communities together, and they exceeded their own expectations.

Organisers confirmed there were 90 various stall holders, food outlets, entertainers, activity holders and performers on the day! Events and Social Media co-ordinator Hilde Gronsberg told us she spoke to some of the stall holders who had linked up at the event, and are now planning work together. "This is just the kind of thing we as a community park love hearing", exclaimed Hilde! Over 40 volunteers of all ages helped out, including timebank members, and one of Friends' stall was manned by 3 generations at one point! Grandad kept a watchful eye, whilst dad and his two daughters (6 and 2 years old) helped as much as they participated on the hook a duck pond.

The Mayor and Councillor Satvir Kaur (another timebank member) opened the event, and they both gave speeches underlining the importance of the Park's events, to and from the Community.

There is no way of knowing the number of people who attended, but the organisers can confirm they were busy the whole day and are extremely happy with the positive feedback from all involved. .

Friends of St. James' Park would love to thank everyone who uses their park, and welcome them and new visitors back in the future!"

Contact Us

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

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

Find us on Facebook -
 Southampton Timebank

Find us on Twitter -
 @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 strengthen our community.

News update...

Southampton City Council confirmed on the 16 July, that St James' Park in Shirley and Riverside Park in Bitterne Park have been recognised by the Green Flag Award Scheme as being amongst the very best in the world.

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

