

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

September 2018

Number Hours Exchanged

27 Members and 7 organisations exchanged over 232 hours in August... see page 2 for an example list of exchanges.

Ruth from the Thornhill Talent Club, a Timebank organisational member, talks about her experience giving time to Southampton Children's Play Association.

"When I saw a Timebank request had arrived asking for work experience volunteers to give some hours to the SCPA Southampton Children's Play Association, I was very interested to have a go, especially as I used to be one of the kids at their playscheme when I was younger! I was really lucky to be accepted and found myself in my first ever interview with Anna the manager of the SCPA office. The staff were very friendly and used to helping new people find out how the equipment works, where the stores are kept and what type of training notes need to be prepared for the next meeting. They answered all my questions and took the time to explain to me how the SCPA is different from other schemes as it is providing activities chosen by the children themselves.

Once I settled into my work experience I was given an opportunity to also help at the annual big Fun day in Hoglands Park and the local summer playschemes. At the AGM we were given a lovely surprise award for our time as well as earning my Timebank credit! This year I have returned to SCPA to work at Weston as well, because it is great to find an organisation that helps young people find work experience outside of school terms. I have grown in confidence through taking part in this Timebank request, and I learnt other important skills such as planning my travel time to work, being a good timekeeper and team member.

Hearing from the experts has also increased my knowledge and I really enjoyed meeting up with the children again from last year's playschemes to see how they have all grown and catch up on their news over the year."

Ruth receiving her award from the Mayor Cllr Stephen Barnes-Andrews.



"I asked for a family playdate for my daughter and myself. We have since met with Astrid and her daughter on three occasions.

Manizeh

"I helped a member with setting up her new television and remote"

Lynda

"I picked up a prescription for my Health Buddy"

Diane

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.

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Exchanges Completed

Thank you to everyone who completed an exchange this month

Members attended the Vintage Picnic to promote the Timebank, a car was washed, dinners prepared and shared, trousers repaired, washing and ironing undertaken, prescriptions collected, lifts given, a new tv tuned in for an elderly member, housework done, people taken shopping, and a group of Timebank members went to see Mamma Mia together.



Following a request last year from organisational Timebank member Mencap, Saif (one of our members) responded and offered his help with their gardening activities working with some of their clients on a Wednesday.

Not only does Saif assist Mencap with the growing of plants but he also grows plants and vegetables on his own allotment and distributes them to various Southampton Charities, Churches, Mosques and Temples.



Coffee Mornings

Thank you to everyone who came along to our first coffee morning. It was a great success. We had two visitors from the Southampton Women's Forum...one of whom has agreed to become a Timebank member.

The next coffee morning is on 18th September, 10.00 a.m.— 12.00 midday, at the Civic Centre in Committee Room 2, behind the reception desk.

This 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. The prizes have been kindly donated by fellow Timebank members.



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 13th and
27th September 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.



Welcome to our newest members:

Rachael (Thornhill)
Vivian (Mansbridge)
Lynda (Inner Ave)
Angela (St Mary's)

Organisation member:

British Red Cross—
Connecting Communities
Southampton

Can you help with any of the following requests?

1. A member in **Shirley** is looking for a lift on 14th September at 2.15 p.m. It will be from Grange Road to Southampton Central Station.
2. TB organisational member Yet Stream has asked if somebody would be able to clean a window that has been splattered with ice-cream at the local community centre in **Thornhill**?
3. **Freemantle** Community Centre holds a lunch club on the first Wednesday of each month and is looking for helpers to serve the meals to participants.
4. 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.
5. 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**.
6. 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.
7. A member in **Freemantle** needs help to put a heading tape on one of her curtains which is 123 inches wide.

Event Information

Care in the Square

Wednesday 5th September 2018, 10 a.m.— 3.00 p.m.

This is an opportunity for you to come along and meet organisations working with adults receiving support to be independent in their home. To find out more you are welcome to contact su.mihelic@southampton.gov.uk

Southampton Timebank will be there to promote the Health Buddies Project. Are you able to help?



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.

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

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 -
[@sotonTimebanks](https://twitter.com/sotonTimebanks) or [@TBHealthBuddies](https://twitter.com/TBHealthBuddies)



Supporting



Making a connection with British Red Cross Southampton

Nowadays it can be really hard to make connections, feel involved and build new friendships.

The Red Cross Connecting Communities project in Southampton is there to listen to you, to be by your side as you try new activities and to help you connect with people in your community. One of their local Connecting Communities team will help you to explore your interests and start doing the things you want, such as: - meeting new friends - connecting with local activities and services - rediscovering your interests or finding new ones - building your confidence. Their support is tailored to your needs and lasts for up to 12 weeks.

They have found so often that people want to do similar things; it's about bringing people together, so they are happy to work in partnership with Timebank members. They are going to be looking -at the requests in the newsletter to see what they can help with and they'll be making requests for opportunities to lend a hand on the Connecting Communities project. They are pleased to be Timebank members.

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



Timebanking UK