

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

October 2018

Feedback

We would love to have your feedback on whether you find the information in these newsletters helpful. What else would you like to see included? Email: Timebank@southampton.gov.uk with any comments.

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.

Timebank Health Buddies



Timebank Health Buddies

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—this could be preparing a hot meal, a flask of tea and sandwiches for later, etc.

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.



Emma, one of our members, talking about Southampton Timebank Health Buddies

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

We are currently in the process of making a Health Buddies Film. We will give further details on where you can view it in our November newsletter.



Can you help with the following requests?

1. A member just off the Avenue is in need of help to put some legs on their sofas which are currently too low. Do you have an electric screwdriver? The member has the legs and will be purchasing the screws within the next few days.
2. Gwyneth will be at an event in Portswood Library on Tues 9th October, 10.30-12.00 Noon, to promote Health Buddies, can you assist? Further details on page 3 if members wish to attend.

Thank you to everyone who undertook an exchange this Month



1. Helping with the Freemantle Lunch Club
2. agreeing to complete a diamond art picture
3. Donating a vacuum cleaner to another member.
4. Opening up the community centre for group
5. Helping set up the Timebank Coffee Morning

Are you interested in the health and wellbeing of you and your community? Local solutions meetings take place quarterly around the city and you can get involved representing Timebank and/or your local community. Dates of next meetings are:

Cluster 1: Redbridge, Millbrook, Shirley and Freemantle Wards
Meeting date to be confirmed

Cluster 2 : Coxford Ward
Thursday 11th October, Lordshill Church, SO16 8HY

Cluster 3: Bassett, Swaythling and Portswood Wards
Meeting date to be confirmed

Cluster 4: Bargate and Bevois Wards
Meeting date to be confirmed

Cluster 5: Woolston, Sholing and Peartree Wards
4th October, 10am-12pm and 15th November (presentation meetings)
Next formal meeting: Thursday 17th January
All meetings are at Festival Hall, Merryoak Road, SO19 7QR

Cluster 6: Bitterne, Harefield and Bitterne Park Wards.
17th October, Bitterne United Reform Church (above Iceland), 2pm-4pm

For further details & copies of minutes you can email: Steffie @
s.nightingale@southamptonvs.org.uk

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 11th and
25th October 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:

Noa (off the Avenue)
Simone (Portswood)
Lynda (off the Avenue)

Thank you to everyone who came along to our previous coffee mornings.

**The next coffee
morning is on Tuesday 9th
October, 10.00 a.m.—
12.00 midday,
at the Civic Centre in
Committee Room 2,
behind the reception desk.**



This is an ideal opportunity to bring along family and friends to find out more about Health Buddies, Timebanking, etc.

There will be another free raffle for those attending. All prizes have been kindly donated by fellow Timebank members.

We would really appreciate feedback on whether the day, time, venue is suitable for members to attend the coffee morning or if you would prefer us to change the date, time or venue to enable you to participate.
How else would you like to meet other members?

Portswood Library Coffee Morning

Theme—Health and Wellbeing
Tuesday 9th October 2018, 10.30—12 noon.

This is an opportunity for you to come along and meet organisations working with adults around health and wellbeing. You can talk to health advisors, get your blood pressure tested, etc.

Timebank will be there to promote Health Buddies.

Organisational Timebank

Members Events

Timebank member Friends of St James' Park still have a few spaces available on their Emotional First Aid Course for Dads. Please contact them direct if you are interested in participating.



Emotional First Aid Course for Dads

Since you have had children do you:

- Find it hard to switch off and relax?
- Think you are the only person to find it difficult?
- Feel it's hard to cope sometimes?

THIS COURSE IS ABOUT YOU – It's not about telling you how to look after your children. It's about helping you rediscover yourself as a person in your own right. We look at ways to find time for those little things that we enjoy and have forgotten about since having young ones arrive in our lives. The aim is to help show you ways in which you can help yourself become more aware of your emotional wellbeing, grow in confidence and find healthier solutions to the anxieties and worries that we all face.

The Course is Free to attend. Snacks included.

#It is essential that you attend every session#

Where:

The Community Room,
St. James' Park, St. James'
Road, Shirley, SO15 5SD

Information:

For more information contact
Marina on 02380 787638 or
marinainthevalley@outlook.com

Sessions and times:

Intro 3 Oct. 18 6.30-7.30pm
1. 10 Oct. 18 6.15-10pm
2. 17 Oct. 18 6.15-10pm
3. 24 Oct. 18 6.15-10pm
4. 31 Oct. 18 6.15-10pm
5. 7 Nov. 18 6.15-10pm
6. 14 Nov. 18 6.15-10pm



Organisational member, Friends of Freemantle Lake Park are holding an event in the park on Saturday 27th October, 4.00-6.00 p.m.

Go along for lots of Family Spooky fun. There will be a themed trail, games, crafts, fancy dress and more.

Refreshments will be on sale including drinks, hotdogs and treats. There are further details on their Facebook page — Friends of Freemantle Lake Park.

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

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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)



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

