

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

November 2018



#GivingTuesday 27th November 2018

HOW CAN YOU GET INVOLVED?

#GivingTuesday isn't about making a grand gesture; it's about finding a way to give that suits you. It doesn't matter how much money, time or

enthusiasm you've got, there's always a way for you to get involved and give back to our community.

We have many enthusiastic Timebank members who are offering help but we need YOU to ask for help.

This year our Christmas collection is for the Southampton Homeless Charity Two Saints. Why not take the opportunity to join us on #GivingTuesday in Wetherspoons Giddy Bridge, 16 London Road, SO15 2AF on 27th November, 10.30 – midday for FREE tea or coffee in exchange for an item to donate.

(If you are unable to join us at this time but would still like to donate something, we will accept items up until Friday 14th December at any of our groups/drop-ins.)

Suggested items: Toiletries, socks, hats, gloves, scarves, tinned or dried food, gift cards for supermarkets or a cash donation.

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Thank you to everyone who came along to the pilot coffee mornings. We are trying something different in December.

Our next social gathering will be on Monday 3rd December 2.00 – 4.00 p.m. at Wetherspoons Standing Order which is at 30 High Street, SO14 2DF

This will be our Christmas get-together and is 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. All prizes have been kindly donated by fellow Timebank members.

Are you able to offer a lift or accompany any of our members to attend this event? Do you need a lift or someone to buddy up with you to attend? If you are, please let Gwyneth or Lynda know and we can put you in touch with relevant members.



Thank you to everyone who undertook an exchange this Month

Examples of exchanges are: giving lifts, assisting at lunch clubs, updating the web page, opening up the community centre for group, organise a group get together, house sitting, companionship, replace legs on 2 sofas, diamond art work.



The Timebank Health Buddies film is now available on YouTube: <https://bit.ly/2J58yC5> or search for Southampton Timebank Health Buddies



One of the Health Buddies is not well at the moment and is being supported by her buddy who has accompanied her to a hospital appointment, explained her medication and taken her shopping.

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

When we sent out the email asking for requests and/or articles for this month's newsletter we received the following response within a few minutes. Thank you to **Angela** for this input.

'I am a new member and I would like to thank Lynda for the use of her soupmaker. I am currently housebound and unable to do my own cooking. Carers help where they can, but I really needed some fresh vegetables in order to help with my health during chemotherapy. Lynda suggested the soupmaker, which cooks a bit like a kettle, keeping all the steam in the unit and so not hurting my skin with the heat. I was so sad when I had to stop cooking, but now I can make the job easy for my carers, who don't have much time for cooking. They just wash and cut the veg and fill it up. The cooking takes 20 minutes, so the food is ready by the time they have done the washing up. Then I get fresh, healthy soup that lasts a couple of meals.

I think this is a brilliant idea and a really good solution to a problem that was really bugging me. Now I just get to choose the recipes. I ended up buying one for myself, but without Lynda's support I would never have even known about it or tried it out. Happy days. I thought this was a great introduction to Timebank and am looking forward to paying back when I am a bit better.'

Editors Comment: This shows that a timebank exchange does not necessarily have to be an action or skill exchange. It can be about sharing knowledge and ideas, giving support and helping one another.

This lady is still looking for somebody to accompany her son to sporting activities as advertised in the September newsletter and on our website.

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 8th and
22nd November 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:

Nicky (Sholing)

Queenie (Harefield)

Can you help with the following requests?

One of our members is looking for help in reading through grant applications and completing the funding paperwork.

A member is looking for a lift from Sholing to Woolston to attend an art group on Friday mornings.

Can someone walk a dog in Sholing on Thursday or Fridays?



If you are a business, voluntary community or faith group in Bitterne Park, Harefield, Thornhill or Bitterne areas your local Solutions Group invites you to join in their community treasure hunt to find the gems in your community services.

Local groups and organisations can register for a stall by contacting Lawrence.Pretty@nhs.net. You will be asked to share five things about your group or organisation that are not commonly known.

More information about Local Solutions Groups can be found at <http://southamptoncityccg.nhs.uk/better-care-southampton>

Lynda Barnes, one of our Timebank Brokers will be at this event to tell people about Timebanking in the city.

Portswood Library Closed for Refurbishment

Please be aware that there will be no drop-in at Portswood Library for a few weeks. The library is undergoing a refurbishment and will re-open on Monday 19th November.

**Gwyneth will be back with the drop-in on
Friday 23rd November 10.30—12.30**

Organisational Timebank Members Events and Updates



Communicare
in Southampton
giving neighbours a hand

Vintage & Craft Fair

3 NOVEMBER, 2018

11am-3pm

Victory Gospel Church, 154 Portswood Rd,
Southampton SO17 2NH

Vintagewares, artisan products and crafts
Homemade lunches, cakes and drinks

Live performances from:
Jim Rogers
Serena Lin and
Sing Out Choir

For any enquiries:
email: enquiry@communicareinsouthampton.org.uk
tel: 023 8021 6023



Organisational member, Friends of St James Park are looking for volunteers to help out at their

community café. If you are available for an hour or two per week, to help with clearing tables, greeting customers etc., especially around school closing time when it gets quite busy, please get in touch.

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

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
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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)

YouTube — Southampton Timebank
Southampton Timebank Health Buddies

Following recent requests from two of our organisational members, AgeUK and Communicare, two timebank members have volunteered to work with them, one on their reception desk and one as a befriender - the timebank brokers were able to give references on their behalf to the organisations.

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.