

# SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

December 2018



Timebank member Ron as Father Christmas at a toddler group Christmas Party

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.

Contact the brokers if you would like to join this scheme.



## Merry Christmas

There are several opportunities for Timebank members to come together in December, starting with our Christmas get-together on December 3rd to attending one of our regular groups and /or activities as listed below.

Christmas Get Together, 3rd Dec, 2.00-4.00 p.m. Wetherspoons Standing Order, 30 High Street, SO14 2DF

Drop-in, 6th Dec, 1.30-4.00 p. m., Crafty Bug Café, 82 Bridge Road, Peartree

Christmas Bring and Share/Drop-in, 10th Dec, 2.00-4.00 p.m., Holy Family Catholic Church, Redbridge Hill, Maybush

Drop-in, 20th Dec, 1.30-4.00 p. m., Crafty Bug Café, 82 Bridge Road, Peartree

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

***We would really love you to encourage family members, neighbours or friends to come along and join us at these activities and, as an incentive, we are offering both you and them 2 additional timebank credits if they JOIN the Southampton Timebank and/or become a Health Buddy.***

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## Thank you to everyone who undertook an exchange this Month

Some of the exchanges were: companionship, accompanying to hospital, taken to shops, giving lifts, assisting at lunch clubs, updating the web page, opening up the community centre for group, organising group activities, hanging a door, batch cooking, hand massage,

### #Giving Tuesday



One of our members learning how to put new legs on a sofa

**Thank you** to everyone who joined us on #GivingTuesday — whether you undertook an exchange, joined us at the Giddy Bridge and/or donated to our collection for TwoSaints Homeless Charity. Below are some photographs of some of your efforts.



### Coffee Mornings

We are trialling three further coffee mornings on different days. Brunch and Barista at 102 Above Bar Street have kindly agreed to allow us to use their seating area in the back of their unit. Drinks cost between £1.70—£3.00 so please remember to bring along some pennies. All times are 10.00-midday.



**Wednesday 9th January, Saturday 9th February, Tuesday 12th March**

Please join us if you can at any of the above events and pass the word around that we welcome any and all comers. The more, the merrier.



## Welcome to our newest members:

Jamie, Holyrood; Reg, Midanbury  
Donna, Midanbury; Brenda, Thornhill  
Abigail Sholing

### 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. Our  
December group is  
going to be a bring and share  
Christmas celebration.  
10th December

#### 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 6th and 20th  
December 2018.  
A wide selection of food and  
drink is available including  
gluten free.

#### 1<sup>st</sup>, 2nd & 3rd Thursdays 6pm till 8pm

Craft Evening  
Freemantle Community  
Centre, Randolph Street.  
Bring along your craft  
project.  
**Not meeting in the centre dur-  
ing December**

#### Friday 10.30am till 12.30pm

Drop In  
Portswood Library,  
Portswood Road  
Meet the Timebank  
Broker  
7th, 14th & 21st  
December only.

### Can you help with the following requests?

Lifts to activities—are you coming  
by car to the Christmas get  
together on the 3rd? Some of our  
members are looking for lifts.  
Please get in touch asap.

Help needed with wrapping of  
Christmas presents (Shirley)

Help needed to declutter (Thornhill)

### The following is being offered:

Collect shopping east Southampton  
Hand massage

We have been contacted by Emma Brinkhurst who is working with the Music Department at the University of Southampton. They are working on a project that explores how ideas of “home” and “place” are connected to music. They would really like the thoughts and memories of Southampton community members to be reflected in the project and wish to talk to a diverse range of Southampton's residents about the songs and music they associate with home. They were wondering whether any timebank members might be interested in being involved in the project? She will be visiting a selection of Southampton community groups in February / March 2019 to talk to participants about their memories and associations of music and home, carrying out short, informal interviews about this topic.

They are working alongside the Museum of Sydney in Australia and are hoping that responses from community members in Southampton will be used in an exhibition at the museum next summer entitled “Songs of Home and Distant Isles: Musical Soundscapes of Britain and Australia”



## Pub Meet Monday 4th February, 7.00-9.00 p.m.

Some of our members have requested that we hold an evening meeting. We have therefore agreed to meet at the Scholars Arms, 166 Above Bar Street.

# Organisational Timebank Members Events



**December 7, 2018**  
**10:00 a.m. St James**

Free Legal Advice 10.00 a.m. until 12.00 p.m. First Friday of Every Month (does not run January or August). This is a drop-in service at St James Park so no appointment required. This is an opportunity to have a quick informal chat with a qualified solicitor.



**Friends of Portwood Library** See **Southampton** [www.southampton.gov.uk](http://www.southampton.gov.uk)

**Saturday 1st December**  
From 10.30am  
*Come and celebrate with us!*  
As we officially hand over the new furniture for the refurbished Children's Library

**Thanks to your generosity our fund-raising activities have generated over £1000 in the past twelve months. This is a wonderful demonstration of your support for your local library. Community spirit at its best!**

Join us for **FREE** coffee and cake and chat to the wonderful speakers - all SEE Southampton tour guides - who have entertained us this year with their fascinating 'Summer Evening Talks'. Ally Hayes, from Bevois Mount History (and one of our regular speakers) will also be making a presentation - 'Portwood Manor and the Italian Connection'.

**Free Entry - All Welcome!**

**PORTWOOD LIBRARY**  
"Under the Dome"  
Portwood Road, Portwood, Southampton, Hampshire SO17 2NH  
Find us on [@portwoodlibrary](https://www.facebook.com/portwoodlibrary)

**Thanks to you All**

**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.

## 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](mailto:Timebank@southampton.gov.uk)

Visit us on the web at - [www.southamptontimebanks.wordpress.com](http://www.southamptontimebanks.wordpress.com)

Find us on Facebook - Southampton Timebank

Find us on Twitter - @sotonTimebanks or @TBHealthBuddies

YouTube — Southampton Timebank  
Southampton Timebank Health Buddies

**CARERS LUNCH AND TALK**  
**Christmas Special**  
Wednesday 12pm to 2pm 12th December 2018  
At The Victory Centre, 154-158 Portwood Road SO17 2NH  
Parking in Westridge Road Car Park. It is 50p for 3 hrs.

**Who pays for care?**  
Guest Speakers Patsi Whaley and Rona Hargreaves from the Southampton City Council FAB team (Finance Assessment and Benefits Advice)  
An introduction to paying for care and the Direct Payments AllPay system. The team will talk through financial assessment for people who receive adult social care services.  
(Financial assessment is done to work out if you will be asked to contribute to the cost of your care and how much that will be.)  
Patsi and Rona will talk from 12pm-1pm including an opportunity for questions and then this will be followed by a festive lunch with sandwiches and Christmas treats from 1-2pm.

To book your place please reply by email to [enquiries@carersinsouthampton.co.uk](mailto:enquiries@carersinsouthampton.co.uk) or phone Carers in Southampton on 023 8058 2387 or Southampton Mencap on 023 8058 4088  
Booking is essential. If you need to cancel after booking please let us know so we can avoid unnecessary costs.

**mencap** Southampton

**SOUTHAMPTON CITY COUNCIL**

**CARERS IN SOUTHAMPTON**  
Helping unpaid carers

### Carers Lunch and Talks

- Save the dates for 2019!
- 16<sup>th</sup> January
- 20<sup>th</sup> February
- 20<sup>th</sup> March
- 17<sup>th</sup> April
- 15<sup>th</sup> May
- 12<sup>th</sup> June

Southampton Timebank will be guest speaker on 20th February.

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

