

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

February 2018

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

Some of our male members have suggested that we hold an evening meeting at a pub. We have therefore agreed to meet at the **Scholars Arms**, 166 Above Bar Street which is near the Art House Café and opposite the Sir James Matthews Building.

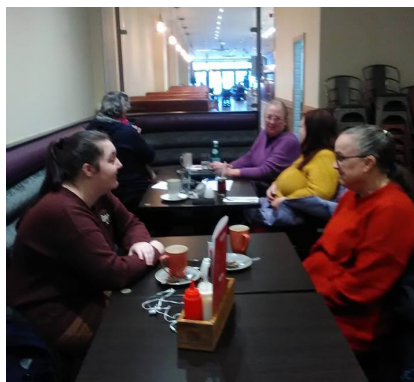
So guys (and ladies) please come along and join us, meet your fellow timebank members in a social setting, request or make offers of help, bring along friends, family or neighbours and encourage them to become members too, and don't forget...talk to the brokers about Timebank Health Buddies.



Coffee Morning

Saturday 9th February
10-12 midday

Brunch and Barista at 102 Above Bar Street, we meet in their seating area in the back of their unit. Drinks cost between £1.70—£3.00 so please remember to bring along some pennies.



Would you like to come along to one of the above events but need a lift? Can you offer a lift? That's an exchange before you start! Please get in touch with one of the brokers—phone numbers are on the back page.

We look forward to meeting you all.

In This Issue

- Pub meet
- Coffee Morning
- #GivingTuesday
- Time to Talk Day
- Health Buddies
- What's On
- Welcome new members
- Requests for help
- Completed exchanges
- Organisation Members
- Our Contact Information



Thank you for all your donations for #GivingTuesday — We took along several bags of clothes, food, toiletries etc. We were also able to give £150 in cash thanks to the Southampton City Council 'Full Flavoured Fundraising' group who hold a monthly cake bake sale and donate the proceeds to various charities.

Time to Talk Day 2019 is taking place on Thursday 7 February. On Time to Talk Day we want everyone to have a conversation about mental health. Please take the time to talk to your fellow timebank members, family, friends and neighbours.

Further details can be found at <https://www.time-to-change.org.uk/get-involved/timetotalkday2019>



Timebank relies on the goodwill of people, organisations and communities to work.

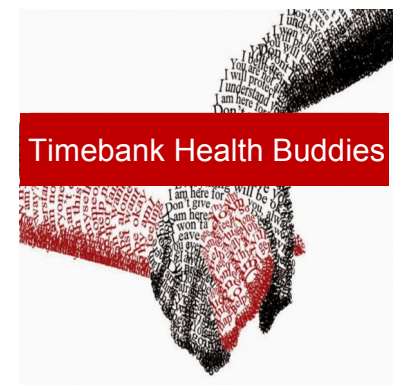
Contact us to find out how you, your business or organisation can become members and help strengthen our community.

Timebank 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.





Welcome to our newest member

Diane (Midanbury)

Can you help with the following requests?

Lift—a member needs a lift on Friday mornings from Sholing to Woolston.

Can you help a member in Thornhill who needs some corner floating shelves putting up.

A member in Thornhill needs someone to hem some flared trousers.

A member in Woolston needs a sliding door putting back on it's runner.

Can you help with sewing a ribbon edge to some knitted blankets?

Can you help with making up some party bags on Weds 6th Feb anytime between 9-2.30. in Freemantle

Organisational member, Holy Family Catholic Church (HFCC) Millbrook is looking for some occasional support cleaning within the church and/or meeting room.

Are you good with numbers? HFCC is looking for some occasional help on a Monday or Tuesday to assist congregation members to help with the finances.



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 14th and 28th February 2018.
A wide selection of food and drink is available including gluten free.

1st, 2nd & 3rd Thursdays 6pm till 8pm
Craft Evening
Freemantle Community Centre, Randolph Street.
Bring along your craft project.
4th Thursday is a Network Meeting/Bring and Share Supper.

Friday 10.30am till 12.30pm Drop In
Portwood Library,
Portwood Road
Meet the Timebank Broker

Thank you to everyone who undertook an exchange in December and January

Some examples 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, batch cooking, hand massage, accompanying someone to a panto, moving furniture, helping at a party, food preparation for event, collecting a parcel, being father Christmas.

Organisational Timebank Members

Southampton Timebank have many organisational members. Want to find out more? Check out the links below:

Age UK Southampton – <https://www.ageuk.org.uk/southampton>

Bits and Bobs Crafts Social Enterprise – <https://www.facebook.com/bitsbobs crafts>

Café down the Lane – <http://www.southamptonmencap.org/what-we-do/cafe-down-the-lane>

Carers in Southampton – <https://www.carersinsouthampton.co.uk>

Central Baptist Church – <http://www.southamptoncbc.org.uk>

Connected Communities – <https://www.redcross.org.uk/.../get-help-with-loneliness>

Communicare in Southampton – <https://communicareinsouthampton.org.uk>

Crafty Bug Café – <http://thecraftybugcafe.com>

Emmaus Homeless Charity – www.emmaus.org.uk/hampshire

Freemantle Community Centre – www.freemantlecommunitycentre.co.uk

Friends of Freemantle Lake Park – <https://www.facebook.com/Friends-of-Freemantle-Lake-Park>

Friends of St James Park – <https://fosjp.org.uk>

Healthwatch – <https://www.healthwatchsouthampton.co.uk>

Holy Family Catholic Church – <https://www.holyfamilysouthampton.org.uk>

Hope Centre – <https://www.kccsouthampton.org/hope-centre>

Mayfield Nurseries – <https://www.mayfieldnurseries.org.uk>

Mencap – <http://www.southamptonmencap.org>

Repair Café – <http://freemantleurb.org.uk/southampton-repair-cafe>

The Cultural Balance – <https://www.facebook.com/TheCulturalBalance>

Vintage Sounds Choir – <https://www.facebook.com/events/314998418965546>

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.

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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 or @TBHealthBuddies

YouTube — Southampton Timebank