

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

March 2019

Coffee Morning

Tuesday March 12th, 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.

Do 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.



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Would you like to come along 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.

Nuffield Theatre (City)

On Saturday 16th February, Southampton Timebank members joined with several other city residents to help the Nuffield Theatre celebrate it's 1st birthday. You can see our short video on our Facebook page.

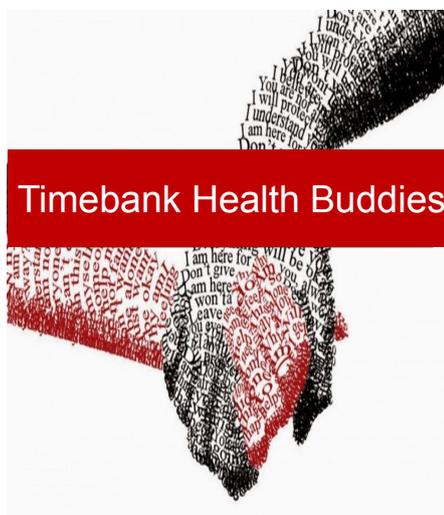
<https://www.facebook.com/sotontimebanks/videos/2028510247454068/>



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



Welcome to our newest members



Jess (Portswood)
 Maria (Thornhill)
 Sheila (Lordshill)

Can you help with the following requests?

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 March 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.

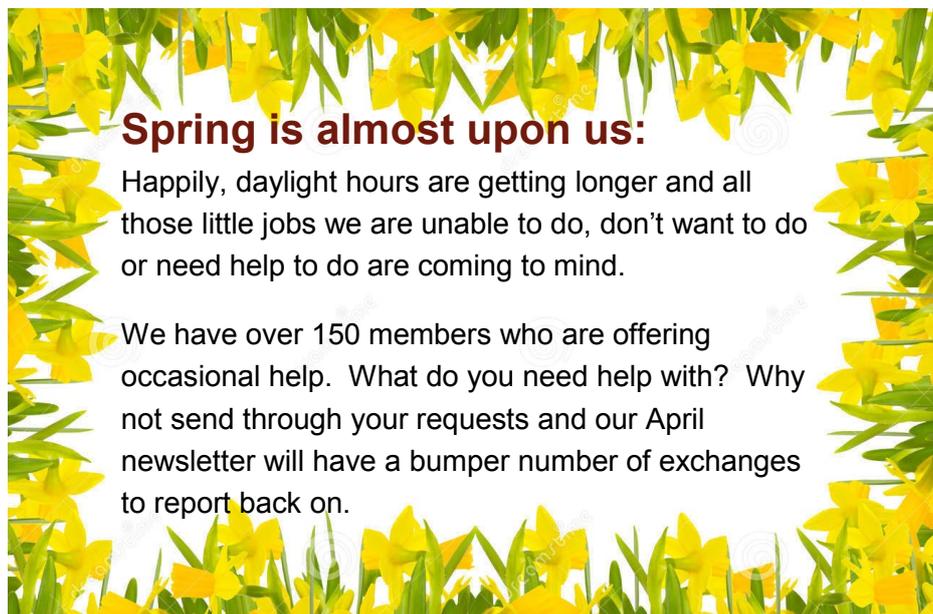
Friday 10.30am till 12.30pm
 Drop In
 Portswood Library,
 Portswood Road
 Meet the Timebank
 Broker

**Last Friday of each month
 11.00 a.m. till 13.30 p.m.** Craft
 Group, Crafty Bug, 82, Bridge
 Road (near
 Peartree Church).

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

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

Organisational member, Holy Family
 Catholic Church (HFCC) Millbrook is
 looking for some support cleaning
 within the church and/or meeting
 room on 21st/22nd March. Can we
 get a group of people together to
 give a couple of hours?



Spring is almost upon us:

Happily, daylight hours are getting longer and all those little jobs we are unable to do, don't want to do or need help to do are coming to mind.

We have over 150 members who are offering occasional help. What do you need help with? Why not send through your requests and our April newsletter will have a bumper number of exchanges to report back on.

Thank you to everyone who undertook an exchange in February

Some examples of the exchanges were:

accompanying to hospital, giving lifts, assisting at lunch clubs, updating the web page, opening up groups, sewing of trousers, packing boxes, help in the home, making up of party bags, wrapping presents, going to the cinema and accompanying to theatre.



**Repair Café, Saturday 2nd March
 10.30 a.m.—1.00 p.m.**
**Freemantle United Reformed Church,
 Shirley Road. Our broker will be there
 so why not suggest family and friends
 pop in to find out how they can become
 a member.**

Organisational Timebank Members Info



On Wednesday 20th February, Gwyneth and timebank member, Irene gave a talk to attendees at the carers lunch (organised by Carers in Southampton) about the benefits of Timebanking for individuals and organisations.

Café down the Lane is a public cafe at the Southampton Mencap Centre in Portswood (behind October Books). This unique project is run by young adults with learning disabilities. All their handmade food is fresh. They serve sandwiches, beans on toast, hot toasties, jacket potatoes with fillings, slimmers quiche, etc. along with a range of cakes and desserts. They are open on Wednesdays 12.00-3.30 p.m. Why not pop in and support this great initiative.



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.

The Crafty Bug are holding a fundraiser for Cancer Research on **9th March**, 2.00-4.30 p.m. See their promotional poster below.



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

YouTube — Southampton Timebank

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