

# SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

April 2019

## Tuesday April 9th, 11.00-13.00

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 and sandwiches are from £3.00 so please remember to bring along some pennies. Not everyone has a meal so don't feel you are unable to come if you choose not to eat. Many of us just have a cup of tea/coffee or milkshakes.



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.

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.

### Southampton Timebank Information Update:

Gwyneth & Lynda, the timebank brokers, are moving teams at Southampton City Council. They, and the timebank, will now be part of the Adult Social Care Connect Team.

This is an opportunity for Southampton Timebank to work more closely with council services whose aims link in with the ethos of Timebanking—that everyone has skills or knowledge which enables them to help one another and get to know each other and their community.

### Spring is 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 see if we can get you some help?

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## TimeOnline2

We are pleased to let you know that you will be able to use TimeOnline2(TOL2) from the beginning of May.

**What is it?** TOL2 is the new software from Timebanking UK which allows you/us to enter requests and mark exchanges as pending and then completed when they have been undertaken, etc.

**How will I access it?** You will be able to have a look at the new pages at <https://tol2.timebanking.org/southampton>

**Can I get it on my mobile?** If you have an android phone you will be able to download the app from the google store. TBUK and their developers are still working on the app for I-phone.

Further information will be included in the May newsletter and we will also send the Members Guide for those who receive the newsletter electronically. You can also talk to Gwyneth or Lynda and ask them for a demonstration or help if needed.

## 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.



**NHS**  
University Hospital  
Southampton  
NHS Foundation Trust



## Welcome to our newest member

Gerry (Regents Park)

Kieran (Portswood)

Alison (Millbrook)

Ruth (Portswood)

Lynn (Peartree)

and organisational member:

MayInspire

### 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 & 25th April  
2019.  
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.  
**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 with the following requests?

Can you help a member sort out a knitting problem and complete a jumper they have started in cable?

A member (Freemantle) needs a pair of trousers and a shirt taken up. Can you assist with this?

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

A member (Freemantle) is still looking for help with clearing her garage, installing shelves, and stacking items on said shelves and pallets (which need to be collected from Woolston).

Friends of Freemantle Lake Park are looking for help to staff their stalls at their event on Sunday 7th April from 1.00 p.m. Is this something you can help with?

A member (Lordshill) needs a set of curtains taken up. Each curtain is 55 inches wide.



### Thank you to everyone who undertook an exchange in March

Some examples of exchanges are:-

litter picking, phone buddy, visiting a member for coffee and chat, computer work, coffee morning, accompanying a member to a hospital appointment, giving lifts, assisting at lunch clubs, updating the web page, opening up groups, going to the cinema and knitting.

## Organisational Timebank Members Info

**Friends of Freemantle Lake Park** are holding an Easter Event on Sunday 7th April, starting at 1.00 p.m. Why not pop along to the park and support their afternoon of Easter fun which will include: Easter arts and crafts, a golden egg hunt, facepainting, cakes, hotdogs, Nerf Warz, heritage stall, games as well as stalls from local traders.

**Friends of St James Park** are holding an Easter Eggstravorganza on Monday 22nd April from 12.00-16.00. It is going to be a family fun day with organ music and fun fair style rides. A BBQ will be provided by the Parklife Café, there will be an Easter Quiz and plenty of stalls. ParkLives Southampton will provide FREE Nerf Warz between 12-2 p.m.

### Welcome to our newest organisational member



This mum and daughter crafting organisation holds various workshops for adults, for all skills levels. They also attend craft shows etc. To find out about their events go to their web page or find them on Facebook.

<https://www.mayinspire.co.uk>

Facebook: [MayInspire - Creative Workshops & Handmade Gifts](#)

**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

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