

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

May 2019

Lunch & Brunch

Tuesday May 14th , 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.

We look forward to meeting you all.



In This Issue

- Lunch & Brunch
- Silver Cinema
- TOL2
- Mental Health Awareness Week
- What's On
- Welcome to new members
- Requests for help
- Completed exchanges
- Organisation Members Info
- Our Contact Information

Silver Cinema - Tuesday May 28th, 12.00-15.00



Timebank members are visiting the Odeon on Tuesday 28th May for the Silver Cinema screening. Diane will be there from 11.30 outside Ben & Jerry's. The film starts at 12 midday and will cost £3, which also includes a cup of tea or coffee and biscuits. We do not know what film is being shown at the time of going to print.



TimeOnline2

We are pleased to let you know that you can use TimeOnline2 (TOL2)

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. The brokers will still be able to see and amend any requests that you put on yourself and will receive automatic emails to tell us that exchanges have been undertaken and completed. This does mean we won't need to keep asking you if you have undertaken the exchange, etc.*

How can you access it? *<https://tol2.timebanking.org/southampton>*

Can you get it on your 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.*

A Members Guide is attached 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.

Mental Health Awareness Week 13th—19th May

Below are a few exercises you can do to help you with your mental health and stress relief.

Mindful Breathing

Start by sitting comfortably and become aware of your breathing.

Think about the movement that breathing has on your chest, stomach, throat and face.

Breathe in through your nose and out through your mouth.

Think about the timing of your breathing. Breathe in for 4 seconds, hold for 2 seconds and then out for 4 seconds and repeat.

Try this exercise for 1 minute and allow your breathing to calm your thoughts and feelings.

Mindful Observation

Sit or stand in a comfortable position.

Choose a natural object and focus on watching it. This could be a plant or an insect, or even the clouds or the moon.

Focus only on the thing you are looking at, as if you are seeing it for the first time.

Look at its shape, movement, colour, and notice new things about it.

Try this exercise for 1 minute and allow your focus to calm your thoughts and feelings.



Welcome to our newest members



Welcome

Bob (Bitterne)

Helene (Woolston)

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 9th & 23rd May 2019.

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.

1st Friday of the month

10.30am till 12.30pm

Drop In
Portswood Library,
Portswood Road
Meet the Timebank Broker

Last Friday of the month 10 am till 1 p.m.

Drop In
Central Library,
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?

A member (Mansbridge) is looking for help with weeding her garden.

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?

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 April

Some examples of exchanges are:-

phone buddy, visiting a member for coffee and chat, coffee morning, accompanying a member to a hospital appointment, giving lifts, assisting at lunch clubs, updating the web page, opening up groups and house sitting.

Organisational Timebank Members Info

The Crafty Bug are holding a Table Top sale on 25th May, 10 a.m.– 1.p.m. at Peartree Church Hall.

Friends of Freemantle Lake Park are holding a wild flower planting day as part of their Nature Club, during the May half-term break. The day and times haven't been set yet but keep a watch out on our Facebook page where we will share the details.

Friends of Freemantle Lake Park now have a **FREE** T'ai Chi session which takes place on Thursdays between 4.00-5.00 p.m.

T'ai Chi combines deep breathing and relaxation with slow and gentle movements. Why not pop along and join Park Lives experienced coach for an hour of this wonderful skill that will make you forget the world. T'ai Chi was originally developed as a martial art in 13th-century China but is practised today as a health-promoting exercise.

Save the dates:

Saturday 2nd June, 12.-2 p.m.

The Big Lunch, Friends of St James Park

Saturday 22nd June, 1-4 p.m.

Great Get Together; Friends of Freemantle Lake Park

Saturday 6th July, 10-4 p.m.

Summer Festival, Friends of St James Park

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
Adult Social Care Connect
Rm 163, Ground Floor, Civic Centre
Southampton, SO14 7LT

Gwyneth - 07795 050 294

Lynda - 07931 223 137

Email: - Timebank@southampton.gov.uk

Visit us on the web at -
www.southamptontimebanks.wordpress.com

Find us on Facebook -
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.

