

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

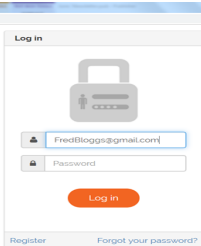
June 2019



TimeOnline2 (TOL2)

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

Type in your email address (please make sure you use the one you gave us at sign-up)



Click on 'Forgot your password'. This will automatically generate a new sign in page for you to add a password.

Please take a look, if you have any queries email Gwyneth/Lynda at Timebank@southampton.gov.uk

Can you get the app 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.

Once you have downloaded and opened the app you will see a scrolling page of information. In the top right hand corner is a box with 3 lines. Tap this and you will have two items listed:- one that is TBUK and one that is Timebanks. Click on Timebanks, scroll down until you get to the Southampton. Click on this, it takes you to our Welcome page. Again, click on the red box in the right hand corner and you will get a choice of clicking on 'Current Offers and Requests', 'Log In' or Join.

You will have the same Log In box as the computer demonstrated above. You can change your password via your phone.

In This Issue

- TOL2
- Lunch & Brunch
- National Timebanking Day
- What's On
- Welcome to new members
- Requests for help
- Completed exchanges
- Organisation Members Info
- Our Contact info

**Save the date: Friday 12th July is the first ever
National Timebanking Day**

Further details on page 2

Lunch & Brunch

Tuesday June 18th, 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 milkshake.

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 seeing you all.



National Timebanking Day - Friday 12th July

We are currently in the process of planning activities to celebrate National Timebanking Day. Please come and join us at the Brunch & Barista on Friday 12th July, between 12 noon and 3 p.m. for a celebration.

We will have a display at the Civic Centre Foyer from 8th July—19th July inclusive to promote Southampton Timebank and encourage staff and/or visitors to become members.

We will be staffing the table in the foyer on Monday 15th July between 11.30-2.30 so if you are in the vicinity, please pop in and say hello. Why not bring family and friends and encourage them to join the timebank. We may have chocolate! We will also be holding a prize draw for anyone who pops along.

We will be joining with organisational member Communicare at their #waffleclub on Tuesday 9th July between 5-8 p.m. This takes place in Pere Waffle Restaurant, 95 Above Bar Street. (opposite Burger King).

On Tuesday 16th July, we will be attending the Tenants Summer Conference between 6-9 p.m.

All our usual groups and activities will continue as normal during this period.

Are you able to do something/organise an activity for National Timebanking Day? If so, please get in touch with Lynda or Gwyneth. Can you share on your social media platforms?



Welcome to our newest members:

Sam (Sholing); Lynn (Sholing); Neerja (Bassett) Anna (Bevois Valley) Liz (Polygon) Vicky (Millbrook) and the following SCC Staff who signed up following an event at the Civic:

Louise; Bob; Kate; Gurpreet; Eleanor; Karl; Kathy; Kathryn; Michelle and Sam

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 6th
and 20th June. 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).

Organisational Member: Nuffield Southampton Theatres (NST)

Can you help with the following requests?

British Red Cross are holding a computer club on 6th June 2.30-4.30 at Portswood Library. They would be grateful for any help members can give to help attendees with their phones/tablets/computers. Likewise, if you need help with these items, you are welcome to pop in for some help.

We are still in need of someone to assist with weeding in a garden in Mansbridge. Can you help?

Sitting Service

If you are in need of help with a sitting service looking after a loved one or yourself for a short period of time or would be happy to help someone who does, please let Gwyneth or Lynda know as we are developing a list of members who are willing to support each other in this way.

Thank you to everyone who undertook an exchange in May—Examples are:

retuning a tv, accompanying a member to a hospital appointment, giving lifts, assisting at lunch clubs, updating the web page, opening up groups and house sitting and a huge thank you to the NST for tickets and tea at the opening of their show The Audience.



Organisational Timebank Members Info

Carers in Southampton invite your comments on their service to help them develop and improve their service.

Please share your views with them by completing their short survey. It is completely anonymous and private. To answer the questions please click: <http://bit.ly/CiSFeedback>

Here are some opportunities for you to get involved within our city community for The Great Get Together which takes place on Saturday 22nd June.

Red Cross/Timebank 2-5 p.m.

You are all invited to the Great British Get Together event hosted by the British Red Cross, supported by Southampton Timebank.

The event will be at an accessible venue in central Southampton. There will be music, refreshments and the chance to chat with others. There will also be some fun activities that Timebank members are invited to assist with or take part in. Come along and enjoy this community celebration and help make it a fun event for others!

Friends of Freemantle Lake Park 1-5 p.m.

Live entertainment, stalls, raffle, Park Lives and much much more, free entry. If you can support them with any of these please get in touch.

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

Southampton Timebank
Southampton City Council
Adult Social Care Connect
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Southampton, SO14 7LT

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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

Find us on Twitter -
[@sotontimebanks](https://twitter.com/sotontimebanks)

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.

