

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

July 2019



Friday 12th July is the first ever National Timebanking Day



Come and help us celebrate!

We will be meeting in the Brunch & Barista between midday and 3.00 p.m. to mark this special day for all timebank members in the city, country and around the world.

Have you been encouraging your friends, family and neighbours to join the timebank? This is a great opportunity for them to meet with your fellow members in a non pressurised environment.



Brunch & Barista is at 102 Above Bar Street, Southampton, SO14 7DT

Other opportunities to get involved

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 a.m.—2.30 p.m. 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 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 the Fusion Grill Restaurant, 95 Above Bar Street. (opposite Brunch & Barista and 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. (details on page 3)

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

Support Buddies

We are currently in the process of setting up a list of people who are willing to provide support to someone coming out of hospital, being temporarily housebound or suffering short term ill health.

You can agree which geographical areas you would be prepared to visit, the sort of help you can provide, the times you could be available and how long you would be prepared to offer the help for.

For example: Betty becomes unwell and asks the broker if someone can go in and take in a meal or make a sandwich and a flask of tea as she is currently unable to do this for herself.



We will then look at our list to see who lives in her vicinity and contact the most relevant person or persons to see if they are willing to help. This could be someone who is willing to pop in on their way from work, back from the shops or the park, etc.

Silver Cinema - Tuesdays 12.00 midday -15.00 p.m.

July 2nd to see A Fisherman's Friend

July 16th to see Breakthrough.

Meet with timebank member, Diane at the cinema entrance in the foyer at 11.30 –11.45 a.m.



 **How to access TOL2. 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

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Welcome to our newest members:

Michael (Regents Park); Maureen (Lordshill);
Stephen (Shirley); Liz (Thornhill); Raunak (Sholing);
Barry (Shirley);

Can you help with the following requests?

Can you help hem a pair of trousers? (Freemantle)

Are you able to take up the hem of a shirt? (Freemantle)

Organisational member the Third Age Centre are looking for help with painting. Please see page 4 for details.

Organisational member is looking for a keen person able to process and display jewellery in their charity shop. (City Centre)

Organisational member is looking for some occasional support with cleaning in the church. (Millbrook)

A member is looking for a set of 55" curtains to be hemmed. (Lordshill)

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

giving lifts, accompanying to the shops; assisting at lunch clubs; updating the web page; opening up groups and house sitting; helping a member with decluttering, delivering items to charity shops and the waste recycling, sharing knowledge re specific software, helped with the setting up and running of stalls at Freemantle Lake Park

We had this feedback from one of our members who recently received help:-

"Thanks for the help with my computer problem. Diane makes it look so easy!"

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 4th and 18th July. 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

2nd Friday of the month 10 am till 1 p.m.

Drop In
Shirley Library,
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 Timebank Members Info

If you help care for family or a friend then get your Carers Card for discounts



Call 023 8058 2387

PAINT DAY

The 3AC needs volunteers to help paint the Centre!

We have a huge building and we are trying to make it look better one space at a time!


Please help us make these changes happen!!

Fridays 5th, 12th and 26th of July from 3pm to 6pm.

Refreshments will be provided!

Thank you!!

Third Age Community Centre
11 Cranbury Terrace
SO14 0LH
02380711700
reception@thirdagecentre.org.uk
www.3AC.org



CARERS IN SOUTHAMPTON

Helping unpaid carers

Friends of St. James Park Presents

ST. JAMES' PARK SUMMER FESTIVAL

Saturday 6 July 2019
10am-4pm

NEW THIS YEAR
Shirley Kidz Choir!
Choirs from local schools will come together for a spectacular performance!

Bring your own folding chairs & blankets, relax and enjoy!

Join us for

- Live Music
- Dance performances
- Facepaint
- Good Food
- Stalls
- Sport tasters
- Live Theatre

...and much more! At St. James' Road, SO15 5SD

Interested in taking part, or just want to know more?
Please email events@fosjp.org.uk, or visit our Facebook site @FoSJP







Contact Us

Give us a call/text/email for more information about Southampton Timebank

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

Gwyneth - 07795 050 294
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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)

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.

