

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

August 2019

Timebanking Day



We had a great meeting in the Brunch & Barista on Friday 12th July, with approx. 30 members attending. Thank you to everyone who came and supported us on the day.

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

Brunch & Lunch-Tuesday 20th Aug. 11.00 a.m.-1.00 p.m.

Our next Timebank members get together will be at the Brunch & Barista. This is an ideal opportunity for members to come and meet others, request exchanges, etc. In addition, if you are interested in becoming a Timebank member, why not pop in and say hello and talk to one of the brokers or members in attendance.



Support Buddies

As many of you will have seen in the last newsletter, we are setting up a 'Support Buddies' scheme to help one another in times of need. This usually means when we are unwell and unable to do things for ourselves, when we are discharged from hospital, when we are unable to collect our prescriptions for ourselves or do a little shopping.

Every Timebank member is being sent a form to complete and return. Please do fill it in and send it back even if you are not wanting to take part at this time.

SAE's will be included for those members receiving this newsletter by post.

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Apply to Save on Energy Bills

It's early days, but a number of energy suppliers are already open to applications for the 2019-20 Warm Home Discount.

The Warm Home Discount is a scheme providing eligible households with a £140 electricity bill discount for winter. This discount is available to credit and pre-payment customers, providing the supplier is part of the scheme and the customer meets eligibility criteria. It's worth applying early, as the discounts are offered on a first-come, first-served basis.

So far, the scheme is open to customers of the following suppliers:

EDF Energy; nPower, Sainsbury's Energy, Scottish Power, Utility Warehouse

More suppliers will be open to the scheme in the coming months, so keep your eyes open if your supplier doesn't appear in the above list.

Silver Cinema - Tuesdays 11.00 -14.00 p.m. *Please note new time *



6th August: Late Night

The story of legendary late night talk show host Katherine Newbury who, after years of complacency and declining ratings, finds her show is on the network's chopping block.

Meet with Timebank member Diane at the cinema entrance in the foyer at 10.30 –10.45 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



Welcome to our newest members:

Akshata, Anita, Anne, Annemarie, Barbara, Dave, Davina, Edith, Eileen, Eleanor, Emily, Gina, Ireen, Jane, Jason, Julie, Katerina, Kathryn, Laura, Margaret, Merlyn, Nash, Pam, Polly, Rachel, Sadie, Vicky & Virginia

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. Please note: *We are only meeting 29th August this month *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).

Welcome to our newest organisational members:

Junior Neighbourhood Wardens and Southampton East Women's Support Group

Can you help with the following requests?

A member (Netley) is in need of a new shed door hanging. Is there anyone who could do this please?

We have received a few requests for help with decluttering in the Millbrook and Shirley areas. Are you able to help?

A member (Midanbury) is looking for someone to help her knit in cable pattern.

Offers:

A Timebank member is offering to use her Meerkat Movies code discount for another member to attend the Showcase Cinema, West Quay with her for half price. It will be an evening during the week commencing 5th August. Choice of film can be up for discussion. Get in touch if you would like to take them up on this offer.

A member who lives in Millbrook is happy to help with cooking.

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

Defrosting a freezer, befriending, loaning equipment, accompanying to cinema, taken shopping, giving lifts, accompanying to hospital; assisting at lunch clubs; updating the web page; opening up groups, helping a member with decluttering, delivering items to charity shops



Organisational Timebank Members Info



Vintage Sounds Choir is hosting a Singalong session at the Songbird Café, 23 Manor Farm Rd, Southampton SO18 1NN Sat. 24th of August 10am -12pm ...

They will be having some breakfast then singing some great 50s-70s vintage tunes.. It's all for fun and enjoyment! Queenie hopes to see you there, <https://www.facebook.com/events/350953402499162/>

Queenie is also doing a show at the Seaside in Square Southampton on Sunday August 4th 5-6pm. Vintage Sounds of Aretha Franklin, some soul, country, girl groups, rock-n-roll, the lot: something for everyone! Don't forget to wish her a happy birthday and say hello! (Feel free to take her cake!) <https://www.facebook.com/events/2341501702635180/>

Carers in Southampton Newsletter will run until December

In their current issue: New social events, a feedback request from the NHS special care dental services and from Buzz Network on Active Nation services, Southampton Sight's eye health information day, an opportunity for an accessible bathing facility, a chance to try out the city Telecare for free, new accessibility services from Google, a new bereavement service from Countess Mountbatten Hospice and so much more!

Why not have a look for yourself the link is: <https://www.carersinsouthampton.co.uk/Pages/FAQs/Category/newsletter>



For information: The Repair Café is moving.

From the first Saturday in September, they are going to be at Freemantle Baptist Church, 204A Waterhouse Lane, Southampton, SO15 8RG

For more info about sustainable living in Southampton in general visit: <https://www.transitionsouthampton.org>

Contact Us

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

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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

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