

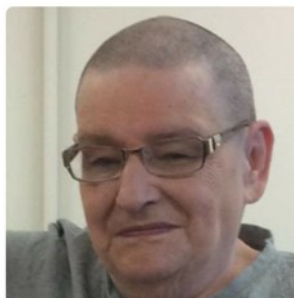
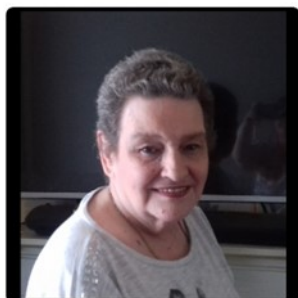
SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

October 2019

I'M
BRAVING
THE
SHAVE
sponsor me



Thank you to everyone who attended Barbara's '**Brave the Shave**' evening on September 5th. She raised over £150 on the night. In total Barbara has raised **£475**.

A special thank you to our member, Margaret, who organised refreshments, cakes, etc on the night.



We attended **Townhill Park Surgery Open Day** on Saturday 14th September. It was good to meet residents from the area and let them know about Southampton Timebank. Watch this space as we are in talks to hold a monthly drop-in session in the surgery.

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SOUTHAMPTON TIMEBANK SUPPORT BUDDIES

What is it? → A scheme where Timebank members offer specific support and practical help to each other in times of need such as help after coming home from hospital or when unwell

← **How does it work?**

A member offers to join a list to help with this scheme. They can specify the nature of the help such as making a hot drink, the geographical area they wish to help in, the length of time, and number of occasions/days etc. they wish to do

Some ideas of what can be offered →

- Visiting at home
- Offering companionship
- Preparing/Taking round a meal
- Helping someone's with an return from hospital
- Shopping
- Pet sitting/walking
- Going out for coffee

← **How do I find out more?**

Tel: Gwyneth Dale 07795030204 or Lynda Dale 07931223137
 Email: timebank@southampton.gov.uk Southampton Timebank @southamptonbank
 Website: www.southamptontimebank.wordpress.com

We are still waiting on several members to return their support buddy forms which have been sent out with our last two newsletters.

We don't mind if you do not wish to participate in this project, please just tick no in the relevant boxes and return the forms to us. For those who receive this email in the post, we included SAE's so there is no cost to you.

We understand that some people were unable to open the form and fill it in on their phones.

Just give Gwyneth or Lynda a call and they can fill it in over the phone.



Brunch & Lunch -

Tuesday 15th October 11.00 a.m.-1.00 p.m.

Our next Timebank members' get together at the Brunch & Barista is on Tuesday 15th October. 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 the broker or the members who are in attendance. We are all very friendly and welcoming.

2nd Monday of each month, members on the west of the city meet at Holy Family Catholic Church, Redbridge Hill. Come along, get to know some of the members, bring along any craft you wish to do, some of our regular members enjoy knitting, crochet, diamond art, etc. There's tea, coffee, biscuits and quite often home made cake. Cost is £1 per session.



We asked some of our members what they get from and give to other members/ organisations:

I only signed up last week and have received help already. My new friends have helped with cleaning things out of my flat. The group I attended are very nice people.

I have made good friends with people at the 'club'. I have helped a member with moving into her flat, I have walked a dog, looked after a member when she was sick, done some embroidery and I open up the 'club' when the broker isn't available.

I have been in the Timebank for some years. I find it fun and relaxing and a good way to meet new friends. It's good to know that you can depend on your new friends when you are low, need company or need accompanying to medical appointments.

In return, I have taken people to the Scrapstore, helped at meetings, accompanied members to their hospital appointments, visited members in hospital, befriended a member at a difficult time in their life. I have also helped a member sort out her phone.

In addition, I have helped at some of our organisations events, preparing lunches, staffing stalls, etc.

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

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

YouTube — Southampton Timebank



Welcome to our newest members:

Sophie, Rebecca, Donald, Terry

Welcome to our newest organisational members:

Adult Social Care Connect,
Create & Prosper Workshops CIC

What's On

2nd Monday of the month
1.30 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
1.0pm till 3.30pm
Fortnightly Drop In
Crafty Bug Café,
82, Bridge Road
(near Peartree Church).
Come along to meet others and have a chat. Food and drink is available to buy including gluten free.

1st, 2nd & 3rd Thursdays
6pm till 8pm
Craft Evening
Freemantle Community Centre, Randolph Street.
Bring along your craft project.

4th Thursday
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).

Can you help with the following requests?

A member in **Thornhill** is looking for help with replacing a few tiles in her kitchen.

A member in **Shirley** is looking for help to prepare some cooking apples for her freezer.

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

Do you speak Spanish? A member is looking for someone to translate a list of foods from English to Spanish. If you can help, please get in touch.—Gracias!

Offered: A timebank member has a trailer with electrics. She would like a donation of £30 o.v.n.o. to the Canine Partners charity. If you are interested we can put you in touch with one another.

Thank you to everyone who undertook an exchange in September

Assisting at events to promote the Timebank, giving lifts to doctors/hospital/drop-ins, etc, dog sitting, befriending, taken shopping, assisting at lunch clubs; updating the web page; opening up groups, helping members with decluttering and delivering items to charity shops.

A big thank you also to the organisations who allow us to use their space for Timebank activities.

Support Buddies

We now have a good number of members who are offering to help with the Support Buddy/Phone Buddy Scheme.

If you are in need of someone to visit/make an occasional phone call, please let us know so that we can put you in touch with each other.

Offered: East of Southampton. One of our members is offering to take others shopping in Thornhill/Woolston/Bitterne.





Organisational Timebank Members Info

A Marriage of Minds

Free community workshops with Timebank member
Nuffield Southampton Theatres (NST)!



Join us for free workshops across the city to create a truly special piece
 in time for our Christmas show, Cinderella
 opening at the end of November.

Based on the major themes of love and marriage featuring in several shows at NST, the workshops will examine the differences and similarities in the traditions of love and marriage across different cultures in the city. Everyone involved will get the opportunity to express their ideas and traditions in a variety of different ways, from photos and word maps, to contributing to a spectacular piece of costume that would be exhibited here during the run of Cinderella.

The workshops will be run at different places and with some groups that already meet regularly in the city, but everyone is welcome to any of the groups. However, numbers may be limited, so please sign up by emailing: tracey.cruickshank@nstheatres.co.uk

Length of work-shop	Description of activity	Venue	Dates & Times
2-week work-shop	discussion and recording of traditions, ideas and opinions for an exhibition at NST City	Lordshill Library Lordshill District Centre SO16 8HY	Thu 7 & Thu 14 Nov 10am – 11.30am
3-week work-shop	as for the 2-week workshop plus drawing a design of a wedding dress for the exhibition	Shirley Library Shirley Precinct, Shirley SO15 5LL	Wed 6, Wed 13 & Wed 20 Nov 1.30pm – 3pm
5-week work-shop	as for the previous 2 work-shops plus creating a panel to add to the piece of costume which will be exhibited at NST City	NST City 142-144 Above Bar St, SO14 7DU Women's Integration Group Ropewalk Centre 53 Derby Rd, SO14 0DJ The Roundabout Café Westfield Corner, Mansbridge SO18 2LE Woolston Library Centenary Quay, Victoria Rd SO19 9EF NST City 142-144 Above Bar St, SO14 7DU	Wed 2 Oct to Wed 6 Nov (except for half term week) 10am – 11.30am Thu 10 Oct – Thu 14 Nov (except for half term week) 9.45am – 11.15am Thu 10 Oct – Thu 14 Nov (except for half term week) 1pm – 2.30pm Fri 4 Oct – Fri 8 Nov (except for half term week) 10am – 11.30am Fri 11 Oct – Fri 15 Nov (except for half term week) 1pm – 2.30pm

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