

# SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

November 2019



## Lunch & unch - Tuesday 12th November 11.00 a.m.-1.00 p.m.

Our next Timebank members' get together at the Brunch & Barista (102 Above Bar Street, SO14 7DT) is on Tuesday 12th November. 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 the members who are in attendance. We are all very friendly and welcoming. Please remember to bring along some money to purchase drinks and/or food.



## 2019/2020 Extra dates for your diary

November 16th - 12.30 p.m. Timebank members get together at Tang's Restaurant  
Contact Lynda on 07931223137 to book a place.

January 22nd—2.00 p.m. Timebank members Certificate Presentation from Southampton Mayor, Cllr Peter Baillie

April 23rd—2.00 p.m. St George's Day Tea @ the Crafty Bug

May 27th—Pick up starts at 8.00 a.m. for our Coach Trip to Weymouth.



## #GivingTuesday 3rd December 2019

### HOW CAN YOU GET INVOLVED? (Part 1)

#GivingTuesday isn't about making a grand gesture; it's about finding a way to give that suits you. It doesn't matter how much money, time or enthusiasm you've got, there's always a way for you to get involved and give back to our community.

This year our Christmas collection is for the New Southampton Homeless Charity. Where can I donate items? Why not take the opportunity to join us on #GivingTuesday in the Brunch & Barista between 11.00 a.m. and 1.00 p.m. (If you are unable to join us at this time but would still like to donate something, we will accept items up until Wednesday 11th December at any of our groups/drop-ins. Info on page 3). **Please check our article on page 2 for a suggested list of items to donate.**

**Southampton Timebank will be placing boxes around the Civic Centre kitchens for Southampton City Council employees to make donations too.**

## In This Issue

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- What's On
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## The New Help the Homeless in Southampton

The volunteers work really hard all year round supplying warm meals to Southampton's homeless and low income residents.

They need and use every week on a regular basis: Tea bags, coffee, sugar, milk, crisps, chocolate bars, breakfast bars and biscuits. They also give out toiletry packs so donations of hand wipes / baby wipes, toothpaste, soap, razors, pocket packs of tissues, shampoo/shower gels, toothbrushes and lip balms.

Cup-a-soups are great now it's getting colder, but it's their every day items they are really short of, as stated above. Having said that, items such as tins of meatballs, hotdog sausages, pasta and curry sauces always come in handy.

The group also receive regular requests for socks, underwear and sleeping bags.

**Please note:** no quilts, bedding, pillows, blankets, quilt covers or pillow cases. (Patrick House or Salvation Army will take these items).



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 one another.

**What is offered?** Here are just a few examples:

**Timebank Support Buddies:** Collecting prescriptions, Visiting at home, Lifts to appointments, Shopping, Pet sitting/walking, Offering companionship, Putting rubbish/dustbins out, Preparing/Taking round a meal, Helping someone settle in on return from hospital, etc

**Timebank Phone Buddies:** This is a scheme where people, who perhaps find it difficult to get out and about, offer to call each other for a chat. This could be a regular occurrence or a "one off" depending on what members want.

Both the above schemes can take as much or as little time as people have to spare.

**Don't forget:** we need members not only to offer help but also to ask, when needed, so that others can earn Time Credits.

Welcome

**Welcome to our newest members:**

Darya, Aileen, Sharon, Miles & Jean

**Welcome to our newest organisational members:**

SO:Linked, Southampton student hub, Winchester student hub

## 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

1.00pm 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.

### 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Thursdays

6pm till 8pm

Craft Evening  
Freemantle Community Centre, Randolph Street.  
Bring along your craft project.

### 4th Thursday

Network Meeting/Bring and Share Supper, Freemantle Community Centre, Randolph Street

### 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  
(Not November or December)

### 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). Please note this is the last one!



## #GivingTuesday 3rd December 2019

### HOW CAN YOU GET INVOLVED? (Part 2)

As we stated on page 1, #GivingTuesday isn't about making a grand gesture; it's about finding a way to give that suits you. It doesn't matter how much money, time or enthusiasm you've got, there's always a way for you to get involved and give back to our Southampton Timebank community.

**As you know, we normally use page 3 to ask for help/exchanges. Well, in the December issue of the newsletter we would like to light up the pages with offers of help.**

Let's show our fellow Timebank members that we have lots of skills that we wish to share with one another.

Please email Gwyneth with any specific offers you would like to make. We will also be adding them onto the TOL2 software. Below is an example of an offer being made from one of our members.

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

**We have many enthusiastic Timebank members who are offering help but we need YOU to ask for help.**

SOUTHAMPTON  
TIMEBANK



Which eagle-eyed members spotted our new header and logo on the front of our newsletter? We have recently had a pull-up banner made that we can take along to promotional events, venues, etc so we thought this was a good opportunity to update all of our literature.

In the coming weeks, you will notice the new logo appearing on all of our literature, as well as our Facebook page, Twitter, etc.



Connecting Communities

British Red Cross Computer Support Club takes place on Thursdays between 2.30 and 4.30 p.m. in Portswood Library. If you would like to learn how to get the most out of your computer, laptop or tablet, improve your skills or even want to help by supporting others please get in touch with Alison on 07523504158.

### Can you help with the following request?

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

### Thank you to everyone who undertook an exchange in October

Picking up shopping, help with computer, accompanying to GP appointments, picking up prescriptions, sewing, giving lifts, helping with new phone, befriending, taking 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**

## Organisational Timebank Members Info



\*The address for Black Heritage Centre is  
53 Northumberland Road  
Southampton SO14 0EJ

There is a new café at Black Heritage Centre\* every Tuesday morning 10.30-12.30. Everyone is welcome. There will be a different craft activity each week., these include felting; beads and making jewellery; sewing a patchwork and pebble painting. If any Timebank member is interested in helping out then you'd be more than welcome to lend a hand too, or just go along for a cuppa and a slice of cake.

**Here at Shirley Library!**  
[createandprosperworkshops.co.uk](http://createandprosperworkshops.co.uk)  
Call 07986 367 165

### Special offer for Timebank members

If you would like to take part in the Create and Prosper craft activities at Shirley Library, you can 'spend' two hours of time credits and pay half price i.e. £3.25. Limited spaces available so will be allocated on a first come first serve basis. **Friday 1st Nov**—Secret bottles boxed, **Friday 8th Nov**—Marbling and calligraphy

Suitable for Adults, 16yrs +  
(accompanied home educ. welcome)

SCAN ME

Qualified Tutor with DBS cert  
Only £6.50 per person including all materials

BOOK HERE  
OR VISIT THE LIBRARY DESK

Would you like to learn how to make best use of social media for your small group or charity? Here is some cheap training, just £5 per person.

## 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](mailto:Timebank@southampton.gov.uk)

Visit us on the web at -  
[www.southamptonTimebanks.wordpress.com](http://www.southamptonTimebanks.wordpress.com)

Find us on Facebook -  
Southampton Timebank

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

YouTube — Southampton Timebank

**SOCIAL MEDIA**  
FOR CHARITIES

Thursday 28th November 9.30 - 13.00

Southampton Voluntary Services  
Kingsland Square  
St Mary Street  
SO14 1NW

Come along to learn how to turn just a few hours a week into an active, profile boosting social media presence, with our tried and tested method

[www.92minutehd.com](http://www.92minutehd.com)

Book your space here: <https://www.eventbrite.co.uk/e/social-media-for-charities-tickets-75825914351>

If you do not wish to receive this newsletter in future please contact a Timebank Broker, who will remove you from the list.

