

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

February 2020



Margaret receiving her certificate from
The Southampton Mayor

During January, twelve of our members who have exchanged over 450 hours of their time were recognised at an awards ceremony hosted by the Mayor of Southampton, The Right Worshipful Councillor Peter Baillie.

Of the twelve residents who received the award, over 10,000 combined hours of their time were exchanged doing a variety of things to help others such as escorting to medical appointments, giving lifts, helping with lunch clubs, sharing skills at the social activities and even supplying the cakes and refreshments for the afternoon tea that followed the presentation!

Is Timebanking something you would like to get involved in? Residents can volunteer their time however they like, doing whatever they enjoy - from gardening to baking, and ironing to dog walking. It's a great way to come together with others to exchange skills and meet new people. Everyone's contribution is welcomed and everyone's skills are valued equally – one hour always equals one Time Credit, regardless of the type of transaction.

The benefits of Timebanking to an individual can be vast. It can help some of the most marginalised people feel a sense of self-worth or belonging. It can also help to build strong communities and social support networks, by bringing people together from different backgrounds, who may not otherwise meet. Generating social circles in this way can support health, wellbeing and resilience, all of which can prevent needs arising.

Margaret from Regent's Park who received an award and has exchanged a total of 1075 hours since she joined the Timebank in 2013, said *"I love being part of Southampton Timebank because it gets you out, you make new friends from a variety of backgrounds who I might not have had the chance to meet if I didn't go to the groups. I have also learned new skills that have helped me with ways to support other people's needs and feel a valued member of the community. In return I have had help with walking my dog, been accompanied to hospital for appointments and have been taken shopping in the city when I was unable to go on my own."*

In This Issue

- Honouring Members
- Welcome to our newest members
- Requests
- Completed exchanges
- Dates for your diary
- St George's Day Cream Tea
- Trip to Weymouth
- Organisational Members Information
- Planning Community Support for people in Mental Health Distress Survey
- Southampton Timebank contact details

Welcome to our newest members

Saire, David, Chris, Debbie, Claudia, James and Creative Options



Requests:

A member (**Regent's Park**) is looking for help in putting a cupboard up on the wall.

A member is looking for help with a higher level knowledge social media support. Do you know/use social media planning tools? Can you help one of our CIC members with them?

Can you help one of our CIC members (**Regent's Park**) in organising their business resources and boxes?

Can anyone help with removing a bedside cabinet from **Woolston** and take to the dump?

Can you help with tidying up a garden? We have had a couple of requests recently—one in **Woolston** and one in **Maybush**. If you can offer a few hours for either of the requests please get in touch.

Organisational member, MENCAP (**Portswood**) is looking for a baker to help with their Tuesday afternoon session in Café Down the Lane.

Can you help with resizing some clothes for one of our members (**Freemantle**)?

Can anyone take some video recordings off a mobile phone and splice them together and put them onto a cd? One of our members did some recordings at the Mayor's presentation of certificates last week and thought it would be nice to have cds produced for members who were present.

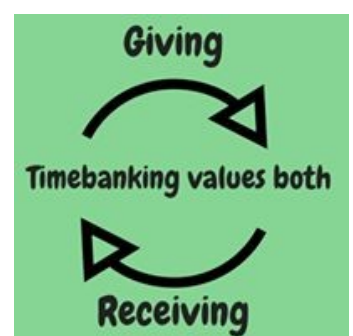
Organisational member Friends of **Freemantle Lake Park** will hold an Easter event on Easter Saturday, 11th April and would like help on the day with setting up and putting away, staffing stalls such as teddy tombola (doesn't require a lot of physical activity) and various jobs - also if

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.

Thank you to everyone who undertook an exchange in December/January

Accompanied to medical appointments, accompanied to swimming, dog sitting, given a lift to appointments, taken shopping, given a lift, helped with mobile phone, companionship, help at an event, made a cake, made cupcakes, accompanied to opticians, support whilst workmen in home, running errands, helping with lunch clubs, Christmas present wrapping, accompanied to cinema, giving a member a manicure, visited theatre, room hire, etc.



WHAT'S ON

2nd and 4th Mondays of the month

1.30 p.m. till 4.00 p.m.

Coffee and Chat Drop-in @ Holy Family Church,

Redbridge Hill. Millbrook

Bring a craft project or just join us for a tea or coffee

3rd Monday of the month

1.00 p.m. till 3.30 p.m.

Coffee & Chat Café Down the Lane Portswood

There will be cake and refreshments available to buy

2nd Tuesday of the month

11.00 a.m. till 1.00 p.m.

Lunch & Brunch @ the Brunch & Barista

102 Above Bar Food and drink is available to buy

1st Tuesday of the month

1.30 p.m. till 3.30 p.m.

Coffee & Chat @ Wetherspoons Brightwater Inn

Shirley High Street Food and drink is available to buy

4th Tuesday of the month

9.00 a.m. till midday

Drop-in @ Job Centre Plus

Bernard Street

2nd Wednesday of the month

9.30 a.m. till 11.30 a.m.

Breakfast @ Wetherspoons Red Lion

Bitterne Precinct Food and drink is available to buy

Alternate Thursdays

1.00p.m. till 3.30p.m.

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.

2nd Thursday of the month

9.00 a.m. till midday

Drop-in @ Job Centre Plus

Bernard Street

1st, 2nd & 3rd and the occasional 5th Thursdays

6.00 p.m. till 8.00 p.m.

Craft Evening

Freemantle Community Centre, Randolph Street.

Bring along your craft project or join in the planned activities for the evening

4th Thursday

6.00 p.m. till 8.00 p.m.

Network Meeting/Bring and Share Supper,

Freemantle Community Centre, Randolph Street

1st Friday of the month

10.30 a.m. till 12.30 p.m.

Drop In, Portswood Library

Portswood Road

2nd Friday of the month

10.00 a.m. till 1.00 p.m.

Drop In, Shirley Library

3rd Friday of the month

10.00 a.m. till 1.00 p.m.

Drop In, Burgess Road Library

Last Friday of the month

10.00 a.m. till 1.00 p.m.

Drop In, Central Library

Book your place now: We will be taking a £5 deposit to book your place which will be returned when you turn up on the day.

Thursday April 23rd—2.00 p.m. St George's Day Tea @ the Crafty Bug, 82 Bridge Road

...you will be 'charged' 3 hours in exchange.

Places are limited to 20 Timebank members on a first come booking basis.



**Wednesday May 27th—
Coach Trip to Weymouth.**

Cost of each seat is £15 but...If you have exchanged 6 hours, these can be cashed in and you can have a seat to Weymouth for just £8. This is thanks to our organisational member, TRIP who are subsidising this activity.

(If you don't have enough hours currently banked, there is plenty of time to do an exchange or two!)

Family and friends are welcome to come along for £15.

Seats can be reserved for £5. You can split the final instalments over a couple of months if it helps.

Talk to the brokers to reserve your space and let them know how you would like to pay.

There will be 3 pick up points which will start in Bitterne at 8.00 a.m., followed by Civic Centre and finally Shirley.



Timebank Organisational Member information

Please see the link below to "Planning Community support for people in Mental Distress".

https://docs.google.com/forms/d/e/1FAIpQLSfZE7xcLVnSQ6MsktNBIOEbl2e0FoPWBviEKQsu2_tW1Yg1HQ/viewform?usp=sf_link

For those of you who don't know, this survey is in response to the closing of the Crisis Lounge at Antelope House. There will be a new drop in in Shirley to replace this service, and the SCCG would like to consult the following:

- Service Users (Someone who has had or currently has access to supporting Mental Health Services)
- Carers
- Someone with lived experience of Mental health Problems
- Family / Friend of someone with lived experience
- Family/ Friend of a carer.



Deadline: 29th February



**Ladies Fashion Show
AND Pop-up Shop!**

SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT 50% OFF OR MORE!

Colours.
FUNDRAISING FASHION SHOWS

CREATIVE OPTIONS
COMMUNITY PROJECT

Saturday 28th March 2020
Creative Options Community Project

Action Church 117 Warren Crescent Southampton SO16 6AY
Doors open 2.30pm, show starts 3pm
Tickets: £6 includes afternoon tea & cake
Tickets to be purchased in advance.
Charity raffle: FABULOUS prizes to be won at the show!
For tickets and more information please contact:
07850189069 or website www.creative-options.weebly.com

Contact Us

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

Southampton Timebank
Southampton City Council
Adult Social Care Connect
2nd Floor, One Guildhall Square

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](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.

