

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

July 2020

PICNIC IN THE PARK

As part of our plans to return to the new normal we are having a Picnic in Palmerston Park on 8th August at 2pm by the Bandstand.

Friends and family welcome.

Please bring a chair, if you need one, and your own picnic. If you need a chair and do not have one please contact one of the Brokers. We cannot guarantee to get one for you but will try. If you have spare chairs, please let us know. It may also be possible to arrange a lift. Again if you can offer, please let us know.

There have been a lot of people who have not been able to go out and this is an ideal way to meet people, who you may have spoken to on the phone. We will be following Government guidelines by sitting 2 metres apart.

Most public buses are now running. They have marked seats to ensure that people sit apart and you must wear a face mask, unless you are exempt.



Rainbow Trail Get Together 26th August

On Wednesday 26th we will be getting together to walk around East Park exploring part of the Rainbow Trail.

The Rainbow Trail will consist of 100 Rainbows, carved from up-cycled scaffold board, and printed with designs from the residents of Southampton. These rainbows are to be located all over Southampton's parks as a sign of hope after the Covid-19 outbreak

We will meet at 2.30pm by the Parkcafe. Afterwards we will sit outside the café for refreshments. If you are not able to undertake the walk then why not just meet us outside the café for the refreshments. More details are available from the Brokers

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The following is an extract from the article that was written by Southampton City Communications team and published in Southampton City Council's internal bulletins

Southampton Timebank members are outstanding members of our community who have volunteered their time to help others that have been isolated or shielding due to the COVID-19 outbreak.

Residents can volunteer their time however they like, doing whatever they enjoy – more recently the support given to others has included picking up and delivering shopping or medications when other individuals weren't able to do it themselves, delivery of food parcels or simply acting as a 'phone buddy' and ringing people who are isolated for a chat to check they are well.

With Timebanking 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 stop medical needs arising.

Rowan Bissett from Freemantle was told by his GP because of his health conditions he needed to shield, so approached Southampton Timebank for support. He said: "Timebank has been an absolute lifeline to me, they have sent someone to help me with my shopping which has meant I haven't had to worry. It's amazing, I can't sing the Timebank Brokers praises enough they are such nice people – absolute stars."



Have you learnt a new skill during lockdown?

Do you want to share it with other members?

Perhaps via Zoom or Facetime?

Member Diane has learnt to follow knitting patterns and started making toys

Volunteers Wanted

Communicare, a Timebank member are looking for drivers aged under 70 to take people to medical and other appointments.

They are also looking to extend their Phone Befrienders Scheme, could you offer a few hours a week to phone someone who is feeling lonely and isolated?

Let us know and we will pass on your details.

Exchanges Undertaken

Helping to sort out a cluttered room
Taking someone to an eye test
Taking someone to the Walk In Centre
Walking a dog
Reducing isolation by making phone calls and offering moral support
And of course shopping trips and medication pick ups



Offers

Taking small items to the Charity Shop or tip

Requests

Perhaps you would like
Someone to walk or cycle with
To share your newly learned lockdown skills
Help with removing all that long lost treasure found whilst clearing out the cupboard

Going Forward

As things improve we hope to revive some of our group activities, hopefully from September.

Both the Brokers look forward to seeing many of you who we have not spoken to for months and we want to build on the spirit developed recently by undertaking more one to one exchanges over the next year.

To do this we need you to participate by asking for some help and then offering when the requests come in.

Do you have an ideas for our future development including activites, venues etc.?

TBUK guidelines

Wear a face covering when engaging in person-to-person exchanges.

If you are exempt from wearing a covering, inform the other member. They may prefer to refuse the exchange.

If you don't feel comfortable because someone isn't wearing a covering, you may politely refuse the exchange.

Inform your time bank broker and they may be able to find someone else to complete the exchange.

Please be kind, polite and understanding at all times.



If you need a mask please contact one of the Brokers. We do have PPE and several members have been making masks.

How Does Timebanking Work?

Annie does a small pile of ironing for Anthony...



...who collects Christine's shopping and walks her dog...

..

Christine sews curtains for Rebecca and Martin...



...which Martin collects on his way home from helping Jane put up some shelves

...

while Rebecca helps Annie (remember her?) set up a database on her P.C.



And Jane now owes an hour to the Timeank!

Time Banking is an exciting way for local people to come together to help each other and themselves. We believe that everyone has something to give to their community. For every hour of time you give someone, you will receive one time credit.

You can spend your time credits when you need some help or 'bank' them for later or you can give them to someone who needs them. Timebanking is not just about exchanging hours, but helping each other, meeting people in your neighbourhood and making new friends. It aims to get people out and about.

To help with this we support several activities organised by members, including family picnics, evening social events and regular meetings.

We also produce regular newsletters and bulletins with up to date information.

Contact Us

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

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