

# SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

August 2020

## PICNIC IN THE PARK

On 8th August 22 people attended the Picnic in Palmerston Park on a very hot and sunny day. Everyone enjoyed the chance to catch up with Timebank friends, old and new.



### Timebank Rainbow Trail Get Together East Park 26th August 2.30pm

On Wednesday 26th a group of members got together to walk around East Park, behind Sprinkles, exploring part of the Rainbow Trail.

We met at 2.30pm by the Parkcafe. Then walked around the park looking for the 6 rainbows located there. By using the QR code we were able to find out who designed each rainbow.

Afterwards we visited the café for a drink. People not able to undertake the walk met us outside the café for the refreshments.

*“The Rainbow Trail consists of 100 Rainbows, carved from up-cycled scaffold board, and printed with designs from the residents of Southampton. These rainbows are located all over Southampton’s parks as a sign of hope after the Covid-19 outbreak”*

### Do we have your correct personal information?

Have you moved since joining the Timebank?  
Changed your phone number or email?  
If so please let us know so that we can keep our records up to date.

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## Timebank Dog Walking



It has been suggested, by a member whose dog recently died, that some Timebank members might be willing to walk a dog for others. This has been done in the past with one lady regularly walking a dog for a man unable to get out.

She has also suggested that members could meet up and walk together benefitting by socialising with others. A couple of members regularly meet in St James' Park to walk and chat—even holding an impromptu socially distanced birthday party.

### Timebank Broker on Annual Leave September

Lynda, Timebank Broker, is on Annual Leave from 3rd to 18th September. Please contact Laura 07825 682381 who will be looking after things. She will be arranging Time exchanges and answering queries.

### Timebank Get Together Brunch and Barista

From the 1st September we will resume meeting in the Brunch and Barista, 102 Above Bar Street, next to Shurpody by Lloyds Bank, on the 1st Tuesday of the month.



This will be 1st September and October 6th 2020 Meet 11am till 1pm. There is a selection of drinks and food to purchase.

We will meet at the far end of the Café, by the toilets, and sit at least 1 metre apart to comply with current government guidelines.

If you are travelling on a bus, please remember to wear your face mask.

Buses coming from the west of the city stop right outside the Brunch and Barista. Buses from the east stop outside Yates' pub opposite the Brunch and Barista, except the 11 which stops at Castle Way and the 17 which stops at Vincent's Walk, behind the stores.

### Get Togethers and Meetings

Until further notice the Brunch and Barista will be the only Get Together we will hold as we cannot guarantee to be able to follow Government Guidelines elsewhere

If you know of a venue which is accessible, Covid-19 compliant and will allow us to use their facilities free. Please contact one of the Brokers.

We are unable to facilitate shared activities such as crafting, cooking and games.

## Exchanges Undertaken

We still have members making regular phone calls to people who feel isolated or lonely

A member took someone for a hospital appointment

A member helped another sort out some bills



## Requests

Someone to cut 2 small/medium lawns

Perhaps you would like:

An occasional lift to the shops

Items taken to the tip/charity shop for you

To meet up with someone for a chat and a cuppa

## Offers

We have an offer of walking a dog, particularly in the Thornhill area

We have an offer to pick up prescriptions, light shopping, library books etc. on the no. 11 bus route

We have an offer of a lift to activities, shopping, appointments 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.



Timebanking UK

## User survey

Following the enforced break Timebank has taken from 1:1 exchanges we have had time to assess member involvement and feedback.

We currently have 278 individual members many of whom have not taken part in any exchanges or activities. We will be conducting a survey to find out how we can encourage you all to ask for help and offer it.

We know that Timebanking is an if and when form of volunteering that fits around our life-styles and many members are in the fortunate situation where they do not need help. But most of us could do with a little help, now and again. By asking for help you are enabling another member to give it.

Future funding for the Timebank is dependant on exchanges undertaken as well as other factors . Any ideas you have to increase these, please let us have them.

# 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

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

SO14 7GT

Laura.....07825 682 381  
Lynda - 07931 223 137

Email: -Timebank@southampton.gov.uk

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