

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

November 2020



Timebank Cream Tea Wednesday 25th November 1pm till 3pm

FREE to Timebank members who have earned at least 3 hours. Places are very limited and a £5 deposit is required to secure your place, refundable at the tea.

Timebank organisational members TRIP and the Crafty Bug are putting on a cream tea for Southampton Timebank members. This has been carried over from earlier in the year.

People who have previously paid their deposit will automatically have their name put on to the new list. If you have not earned sufficient hours but would like to join us the cost is £8. If you are not sure how many hours you have earned Laura or Lynda can help you.

Please come along and join us at this free event which is a chance to get out and meet fellow members.

Brunch and Barista Drop In Get out and meet others safely

Following our 2 very successful meetings in October we will continue to meet twice a month in the Brunch and Barista, Above Bar between 11am and 1pm.

In November we will meet on Tuesday 3rd November and Thursday 19th November. Refreshments are available to buy.

At the time of writing we have to follow the 'Rule of 6' so we will have, if necessary, 2 groups one each side of the Café at the back. We will also be keeping our distance from each other and wearing face masks when required.

Because this is a Drop In you can come and go at any time. You can stay for lunch or just have a drink. The choice is yours. You will be credited hours for attending.

In This Issue

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- Brunch and Barista Meetings
- Your views wanted on making Southampton a Mental Health Friendly City
- Help Carers in Southampton improve support for unpaid carers across the city
- Exchanges, Offers and Requests including a 'Cycling Buddy'
- Timebank UK 1:1 Exchange Guidelines
- How Timebanking works?
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Information from Southampton Timebank Organisational Members:

Southampton Mental Health Network working to make Southampton a Mental Health Friendly City

Southampton Mental Health Network (SMHN) are asking for your views on Creating a Mental Health Friendly City. It is asking people living, working or studying in Southampton to participate in a brief survey [SMHN Survey](#) to find out what they think a Mental Health Friendly City should look like.

SMHN wants to hear from residents of all ages, ethnic backgrounds and genders, and those working in the city, to discover what it would mean to them. The Southampton Mental Health Network has been created to eventually help make Southampton a 'Mental Health Friendly City' and to bring together individuals and organisations committed to working in partnership towards this shared vision. For more information see <https://bit.ly/37r4MAY> or <https://communicareinsouthampton.org.uk/mental-health-network/>

Please help Carers in Southampton improve support for unpaid carers across the city

Caring for a family member or friend is a valuable and important contribution, and vital to the delivery of adult social care and health services. Decisions about how to improve support for carers better across the city should be shaped by and for carers. By carers we mean anyone who gives their time, unpaid, to look after someone who needs additional support, such as a family member, a friend, or a neighbour. We want carers to join us in helping plan the next Southampton Carers Strategy 2021-2025.

Anyone can share their personal experiences and views or join with other carers in a group to share experiences and bring ideas together.

To find out more about ways to get involved please read the information on our website here: <https://www.carersinsouthampton.co.uk/carers-strategy>

What to do after you have read this information. Decide on which role/s you would like to volunteer for and contact CiS to tell them:

1. which role/s you would like to do;
2. if you are giving evidence tell CiS how you would like to do it e.g. questionnaire, recording, email, post, telephone;
3. if there are any problems in you doing them e.g. you don't have internet for the meetings; and/or you need support to give evidence or attend meetings.

Phone: 023 8058 2387

Email: strategy@carersinsouthampton.co.uk

Address: Meon House, Rear of 189 Portswood Road, Southampton SO17 2NF

Exchanges Undertaken

A member accompanied another to the shops

A member helped another with her computer

A member took some items to Treasured Trash

Several members have been shopping for others



Requests

A lady in Hedge End needs a loose toilet seat fixing

Someone needs a black bag of clothes taking to the Church of the Ascension, Bitterne on a Wednesday

Request for ad hoc collections/donations from Regents Park to Treasured Trash in Eastleigh

Offers

To pick up prescriptions, light shopping, library books etc. on the no. 11 bus route

A lift to activities, shopping, appointments etc.

A member has offered to help with a CV

Offer of ironing (in Regents Park – might be able to collect if short car drive)

A member is offering to be a Cycle Buddy

I'd like to offer my help as a 'Cycling Angel' to any members who would like to start (or re-start) cycling, but would like a bit of a boost.

I can accompany them on bike rides to the shops, Common, or anywhere they'd like to go, and/or can provide pointers on safe bike routes & where to get your bike fixed for free, etc.

I'm in Freemantle so primarily thinking of Freemantle TB members, but if there's anyone from other areas who's interested I may be able to help them.

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 can help with any of the above or need help please contact Lynda or Laura, the Brokers for more information

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 Timebank!

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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Visit us on the web at -
www.southamptonTimebanks.wordpress.com

Find us on Facebook -
Southampton Timebank

Find us on Twitter -
@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.