

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

October 2020

Loneliness and Isolation are not good for their health

It has been proven that feeling isolated and lonely can damage mental and physical health.

Over the past few months many of us have had no choice but to stay indoors, isolated away from friends and family. Since the end of July, most people have been able to leave their home and socialise.

It can be difficult for many, in this time of uncertainty, anxiety and ever changing information, to feel safe leaving the home and meeting others. Most groups, lunch clubs and other social activities have closed for the foreseeable future but it is possible to meet others safely and have fun.

A group of older ladies from Weston meet regularly to play Pitch and Putt on Weston Shore. This outdoor, socially distanced activity allows them to chat and have fun safely.

Can you think of any similar activities we could develop? We still have members phoning each other offering support and companionship.

Brunch and Barista. Get out and meet others safely

On September 1st some Timebank members met in the Brunch and Barista Above Bar. Several new members came along and met each other albeit at a social distance.

We are going to start meeting twice a month from October on the first Tuesday and the third Thursday between 11am and 1pm. 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 in the Brunch and Barista, 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.

You can have just a drink or stay and have food. The choice is yours. This month we will meet Tuesday 6th October and Thursday 15th October.

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**Southampton Timebank organisational member
Communicare is looking for volunteers to help reduce
loneliness and isolation. Can you help?**



Southampton charity Communicare which tackles loneliness and isolation in the city is appealing for volunteers to come forward to take vulnerable people to urgent medical appointments. The charity also needs kind-hearted volunteers to phone and check on lonely and isolated people.

Communicare's service users are unable to attend their appointments unaided, but it's essential for their health that they do. We require people who are available for one hour a week Monday to Saturday, 8am to 5pm to coincide with medical appointment times. Volunteer drivers would also need a car with four doors to allow for social distancing.

For more details see www.communicareinsouthampton.org.uk/volunteer



Southampton City Council are looking for COVID-19 Champions

They want to help residents stay up to date with the latest advice about COVID-19.

To do this, they are looking for COVID-19 Community Champions to be the first to receive the latest updates and guidance from their Public Health team about how to stay safe during this coronavirus pandemic and share with families, friends, communities and work-places.

Their network of COVID-19 Community Champions is a way to help people in Southampton get clear information on how to stay safe and reduce the risk of getting and spreading the infection, and what additional support there might be to help do this.

Their champions will also be able to share issues and ideas with one another and with the council, so they can all listen and adjust to help people stay as safe as possible.

As a COVID-19 Community Champion you will be a voice for those around you, your household, school, work, club, group of friends, your local communities, or even have a chance to make sense of the latest facts for yourself

Any resident in Southampton can be a COVID-19 Community Champion. You might be someone that people know and trust, or you may be new to this and just want to help out

You will be equipped with the information you need to help raise awareness and help people become stay safe. It's a great way to make a positive impact on your community

All COVID-19 Community Champions will be kept informed of the latest advice and guidance by the council, through a combination of email newsletters and online briefings, so that you can help your family, friends and other community members to make sense of the latest facts about the virus.

For further information email community.champions@southampton.gov.uk. If you do not have access to email then let Laura r Lynda know

Exchanges Undertaken

A member accompanied another to the shops
A member accompanied another to a hospital appointment
A member took some rubbish to the tip for another

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
Help with gardening in Regents Park (would need own tools)

Offers

Use of an area of a garden as an allotment in Regents Park (once garden is sorted)
Pick up prescriptions, light shopping, library books etc. on the no. 11 bus route
A lift to activities, shopping, appointments etc.



. Thank you TB Members



Southampton City Council runs regular awards for staff who are nominated for going above and beyond their normal roles.

One of the latest winners for Team are the Community Hub, consisting of various members of staff from different departments whose role during lock down was to support Southampton residents. Southampton Timebank was part of this.

Whilst the award is for employees Lynda and Laura would not have been able to help anyone without the tremendous efforts made by members of the Timebank to support nearly 400 households. Thank You

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

REMEMBER

HANDS.....FACE.....SPACE

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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