

SOUTHAMPTON TIMEBANK



Southampton Timebank Newsletter

December 2020

SOUTHAMPTON TIMEBANK ACTIVITIES UPDATE

During November most Timebank activities had to be put on hold because of the Government's Guidelines on socialising.

The Cream Tea was cancelled and everyone who paid a deposit refunded. It is hoped that the coach trip to Weymouth will be taking place next summer.

A few 1:1 exchanges were undertaken with members taking others to medical appointments and arranging for shopping to be delivered.

SOUTHAMPTON TIMEBANK FUTURE

After 10 years of Timebanking in Southampton, with Lynda Barnes retiring, Gwyneth Baker still on sick leave and Laura Bailey, who has been helping since March concentrating on her role as an Independence Advisor and Hoarding Officer, it is felt that now is a good time to review how Southampton Timebank can adapt to meet the challenges of the future in an ever-changing and currently uncertain present.



From December 4th Southampton Timebank will temporarily not have a Broker so will cease to offer and receive requests for 1:1 help or run groups and activities until further notice. This will give Southampton City Council, who employ the Broker and pay the costs of the Timebank, time to review the successes achieved and how these can be built on to support more residents of Southampton.

The understandable fear, to many, caused by the COVID-19 virus and subsequent lockdowns have highlighted the large number of people who need help and support, for a limited time or even a "one off" occasion. Timebanking, with members offering occasional support as and when needed has fitted well into this. Some people have required longer term help and again Timebank members rallied round and helped.

In the past, the generosity of time and spirit given by Timebank members to each other has provided invaluable. In the future, hopefully, we can grow and develop to help support more people who, because of circumstances are unable to help themselves.

Information from Southampton Timebank Organisational Members:

Edmund Kell Unitarian Church ...hold a virtual Weekly Wednesday Meditation and Mindfulness session. They have offered this service since the start of pandemic at no cost and will continue to do so, so long as there is demand for it. Their aim is to provide 1/2hr respite from the woes of the world.

The session can be joined on <https://zoom.us/j/3524918695> the password is 272625

Communicare in Southampton ...are urgently looking for drivers to take people to medical appointments. Can you help? If so call 023 8021 6016

Farewell but not goodbye

From Lynda Barnes



It does not seem like 9 years since I was given the role of Southampton Timebank Broker.

Well, to be accurate it was just Woolston then. Over the years Timebanking in Southampton has grown to cover the city and surrounding areas. We have had over 500 members giving each other more than 23,000 hours of time. Whilst in many ways the time given is incalculable in that it provided support, peace of mind and friendship, if it was calculated on an approximate minimum wage scale this would be valued at over £184,000.

These figures do not include the work undertaken during the lockdown earlier in the year when 40+ people undertook 650 shopping trips and food parcel collections and deliveries.

Over the years, I have met many wonderful people and worked alongside selfless Timebank members, some of whom have given more than 1000 hours of help. It has been a pleasure, most of the time, to be a Timebank Broker. In future I will still be a member of the Timebank and look forward to the opportunity of helping more people and, of course, getting help myself.

I cannot emphasize how strongly I believe that Timebanking in Southampton has made a positive impact on people's lives. Because Timebanking is reciprocal and uses the skills of all members, nobody is left out or made to feel dependent and a burden. Every Timebank member has worth and is valued for their skills no matter what they are.

So after nearly 22 years working for Southampton City Council in a variety of roles I am looking forward to a short break then getting back into Timebanking as a, finally, retired person. I would like to say thank you to all the colleagues and members who have supported me over the years and made my role enjoyable

Finally I want to say Thanks again and Farewell but not goodbye

Exchanges Undertaken

On 3 occasions during November Timebank members took others to medical appointments.

TIMEBANK MEMBER LESLEY COLLECTING FOR THE NEW HELP THE HOMELESS IN SOUTHAMPTON

Timebank member Lesley is collecting items to give to to the New Help the Homeless in Southampton. Items particularly wanted are:

Hats and gloves always welcome.

Flour	UHT milk
Eggs	Sugar
Caster sugar	Tinned hot dogs
Coco powder	Tinned meat balls
Icing sugar	Tinned potatoes
Margarine	Chocolate bars
Dry fruit	Crisps
Coconut	Frozen mix veg

Can you help? Her number is 07429 649422



Marty a Timebank 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.

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?

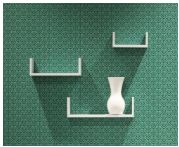
Annie does a small pile of ironing for Anthony...



...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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