

# PAXTON GREEN TIME BANK BULLETIN

## JANUARY 2016

### Happy New Year to you all

We wish you a prosperous New Year and we hope to see you all very soon.

#### January Diary Dates

**Monday 11th January : 11:00-12:00pm**

**Venue: Kingswood house**

The Italian class is held weekly and run by our lovely Italian member called Anna who continues to inspire members who attend each week.

**Wednesday 13th January : New Year's Party**

**Venue: Kingswood House, 5:00-8:00pm**

This will be a good time to celebrate together and enjoy the start of the new year, and it's a chance for everyone to see one another again so please come along: There will be games, singing and bring-n-share so please bring your favorite dish.

We will need help to set up, let us know as soon as possible if you can give a hand.

**Wednesday 20th January: Choir 5:00—6:00pm**

As you know , after tirelessly working and working together, our Choir sang at the Shakespeare Globe on the 10th of December for The Winter Concert. It was an inspiring moment of joy and happiness as well as feeling really nervous, it was amazing singing in such a famous and beautiful venue, listening to other great groups. An unforgettable day!

The choir will be back for new challenges.

**Tuesday 2nd of February : Dulwich Picture Gallery Tour and Tea**

**Venue: Dulwich Picture Gallery 2:00-4:00pm.**

There will be 13 places so please contact the office as soon as possible to book your place.

Please meet Janice and Fabienne at 1:45 pm outside the Dulwich Picture Gallery entrance.

The tour will include a talk on specific paintings in the permanent collection, followed by refreshments.

*“At the beginning I was not sure to be able to sing, but with all the other singers ‘support , I found my own voice .I had an amazing time singing...” Sarah*

*“ Joining the choir was very hard for me at the beginning as I was not sure of my voice. but week after week I felt happier and happier”  
Lorraine*

### Find out about Timebanking...

**Venue:**

**Paxton Green Health Centre Foyer, 1**

**Alleyn Park, SE21**

**Time:**

**Last Monday of the month, 10.30am—12pm**

- Find out more about timebanking
- Drop-in
- No appointment needed

**T: 020 8 670 0990 for information**

**T: 0208 670 0990 E: broker@pgtimebank.org**

**Office: Kingswood House, Seeley Drive, SE21 8QR**



# Are worried you about your fuel bills?

A trained adviser from Citizens Advice Southwark will be able to help you to get the best fuel deal, claim all the benefits and grants you are entitled to, keep warm with energy saving tips and help you tackle any debt problems.

Call free on 0800 090 1948 from landlines

or 0333 321 8323 from mobiles

or text 07781 482 970.

The line is open Monday-Friday 9.30am-4:00pm. On Tuesdays until 7pm ( outside of this time you can leave a message and you will be called back as soon possible.

## Skills Exchange corner...

### Can you offer?

- Painting and decorating
- DIY
- Befriending

### Would you like?...

- 1-1 Job search, C.V support
- Gentle exercise group
- Male walking partner

## Outreach in Southwark

Time4Southwark is our outreach project to increase timebanking hours in Southwark by supporting the growth of timebanking hubs. Our work is informed and strengthened by a network of time banks and organisations and actively involved or interested in adopting a timebanking approach in their existing work.

We have been generously funded by Southwark Innovation Fund to support the growth of timebanking. If you are a voluntary organisation or community group and would like further information on how you might go about adopting or integrating timebanking into your existing work, get in touch.

Or contact us if you just want to know more about timebanking in general. We provide information, support and training.

**Contact:** Suzanne Worrica, Time4Southwark Coordinator or Fabienne de Lattre

**T:** 0208 670 0990 **E:** [suzanne@pgtimebank.org](mailto:suzanne@pgtimebank.org)

**W:** [www.pgtimebank.org](http://www.pgtimebank.org) **Twitter:** @Time4Southwark

## Contact Us

Give us a call for more information about us, our events, activities or how to join

**Paxton Green Time Bank**

**T: 020 8 670 0990**

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**W: [www.pgtimebank.org](http://www.pgtimebank.org)**

**Kingswood House, Seeley Drive, SE21 8QR**



**Paxton Green Time Bank: Share Skills, Learn Something New!**