

# PAXTON GREEN TIME BANK BULLETIN

## AUGUST 2017



### Hello Timebankers!

Despite it being summer and holiday time the weather seems to have gone on its own holiday. All the children have broken up from school for their summer holidays and some of our member tutors are taking a well deserved break.

The Italian Class usually tutored on a Monday by the lovely Time Bank member Anna is taking a break for summer. Therefore, there will be NO classes in August. I can confirm the class will return the first Monday in September. We all like to say a big thank you to Anna for all her hard work and dedication to the class. You are an inspiration and a great ambassador for the Italian language.

Another of our classes breaking up for the summer is the Wednesday Tai Chi Class organised by the great Time Bank member Peter. I hope all members that previously participated can use what they have learnt from the lessons to keep their life energy flowing smoothly over the summer. If enough members want to continue with the class in the Autumn I am sure we could persuade Peter to lead some more sessions.

Big Time Bank thank you to Fabienne and all the members and organisations that ran workshops, activities and gave out information for a truly excellent Community Art Week 2017. All participants much appreciated the experience especially engaging in activities they had never done before or had long forgotten. For all of you that could not attend or those of you that want to relive the experience we have plenty of pictures in the Community Art Week 2017 photo Album on the Paxton Green Time Bank Facebook page.

As co-production is the time banking game we welcome member ideas to co-produce activities, so do get in touch!

**AUGUST CO-PRODUCED ACTIVITY OF THE MONTH!** We are bringing back an old favourite group activity. Keep reading to find out more.

*CO-PRODUCTION: PGTB — NAILED IT!*

### OFFERS & REQUESTS

#### Can you offer?...

- ⇒ Wash a car
- ⇒ Giving a lift
- ⇒ DIY
- ⇒ De-cluttering
- ⇒ Befriending
- ⇒ Co-Produce Events
- ⇒ Fix a Shower Cable

#### Would you like?...

- ⇒ Gardening
- ⇒ Trip to Museums
- ⇒ Learn Quilting
- ⇒ Learn new languages
- ⇒ Cake Baking
- ⇒ Power Tool Lesson

## DATES FOR YOUR DIARY!

- ◆ **VASSAL ROAD HUB TIME BANK DROP-IN** - We're back at the Vassal Road Hub for our Time Bank Drop-in. Member Sabrina is going to be leading some quilting workshops so make sure you come along to experience this great skill! We look forward to quilting with you over a brew! See you there on **Wednesday 2<sup>nd</sup> & 16<sup>th</sup> August between 2 PM – 4 PM @ 89 Vassall Rd, London SW9 6NA**
- ◆ **SPANISH – ENGLISH EXCHANGE** – **Wednesday 9<sup>th</sup> & 23<sup>rd</sup> August, 11 AM – 1 PM, Draper Hall, Hampton Street, London, SE1 6SN** (entrance via Newington Butts). Come and join us learn Spanish or improve your English while earning Time Credits. Crèche available. **WOMEN ONLY** (Sorry guys). Contact [suzanne@pgtimebank.org](mailto:suzanne@pgtimebank.org) or **0208 670 0990** to book your place.
- ◆ **GOOD TIMES: ART FOR OLDER PEOPLE ACTIVITY** —An exciting opportunity to build on the skills acquired during Community Art Week 2017. Led by the great artist Ruth Dupre your time will be divided between a Gallery discussion of Sargent's watercolours and technique, and a creative workshop. We will explore the different, beautiful ways watercolours can be used, from the traditional to the abstract. The activity is on **Wednesday 16<sup>th</sup> August, 2 PM – 4 PM, Linbury Room, Dulwich Picture Gallery, Gallery Road, SE21 7AD**. There are **ONLY 15 SPACES**, so first come, first served. If you want to be one of the lucky members on the list, email [admin@pgtimebank.org](mailto:admin@pgtimebank.org) or call **0208 670 0990 ASAP**.
- ◆ **VAUXHALL TIME BANK HUB RE-LAUNCH** - Time4Lambeth will be doing an 'asset-mapping' workshop at our new venue in Vauxhall to re-launch the Time Bank hub in the area. The asset-mapping workshop will be a chance for new and existing groups and members to talk about the assets in the community we can offer and receive through Timebanking, and plan the hubs future events and activities. **1PM–3PM, Monday 21st August, The Carmelita Centre, 41 Vauxhall Walk, SE11 5JT**
- ◆ **CO-PRODUCTION OF THE MONTH! PICNIC IN THE PARK** is back by popular demand. Co-produced with the Marvellous Marilyn a long time member (and best Salt Fish Fritter maker ever). For those of you not familiar with the concept of 'Bring n Share' it's a gathering where each member contributes an item/dish of food or drink, to be shared out. So eat, meet, chat and enjoy. Put a Day of Fun in your diary on **Tuesday 22<sup>nd</sup> August**, meeting place **Crystal Palace Rail Station @ 11.30 AM** its right next to the park. Bring the children to burn off some of that energy. We'll visit the Farm, our Community Garden and the Dinosaurs as well. I have put a request out to the universe for good weather on the day. So, fingers crossed. If you plan to join us let us know what food you're bringing so we can avoid everyone bringing the same food. Email us on [admin@pgtimebank.org](mailto:admin@pgtimebank.org) or call **0208 670 0990**.

**T:** 0208 670 0990 **E:** [broker@pgtimebank.org](mailto:broker@pgtimebank.org) **Office:** Kingswood House, Seeley Drive, SE21 8QR

# OUTREACH

## Time4Lambeth

### Vauxhall Time Bank Hub

The New Vauxhall Time Bank Hub is re-launching on the 21st August in its new home Carmelita Centre, 41 Vauxhall Walk, London, SE11 5JT. Time Bank members will be sharing skills, making new friends, giving and exchanging time and enjoying one another's company together! Come along and join in with some time exchanges, or just come for a brew and a chat!

### Vassall Road Skills Exchange

Come down on the 2nd and 16th August to Vassall Road Medical Centre for a brilliant afternoon of sharing skills, making new friends, enjoying a cup of tea, and exchanging time while you get to know your community. Vassall Road Medical Centre, 89 Vassell Road, SW9 6NA.

If you want to know more about Time4Lambeth and their activities please contact:

**Dave Goslyn:** [time4Lambeth@pgtimebank.org](mailto:time4Lambeth@pgtimebank.org)

## Herne Hill Time Bank Hub

We host regular mid-morning meetings where people are making friends and learning new skills. So join us @ Herne Hill Medical centre, 1—3 Herne Hill Road, London, SE24 0AU.

*We are taking a short break for the summer but we will resume after the 8th August 2017.*

If you would like to know about Time banking in the Herne Hill area please contact :

**Funmi:** [Funmi@T4Lbroker@pgtimebank.org](mailto:Funmi@T4Lbroker@pgtimebank.org) or on **07789705777**

## Time4Southwark

Time4Southwark are happy to be collaborating with HOurBank and Southwark CCG to set up Timebanking activities in Peckham GP surgeries. PGTB looks forward to working with Hurley at Lister GP practice.

Plus fortnightly we co-produce a Spanish—English Exchange @ the Spanish Language Café Draper Hall. Women come together to learn Spanish and improve their English while earning Time Credits? Come and join our friendly group of women, learn a new language, go on trips out to practice your new skills. (currently open to WOMEN ONLY - sorry guys). Crèche available. Please contact [Suzanne@pgtimebank.org](mailto:Suzanne@pgtimebank.org) or call 0208 6700990 to book your place.

If you're interested in Timebanking in Southwark or any activities please let Suzanne or Fabienne know on

**Suzanne Worrica:** [suzanne@pgtimebank.org](mailto:suzanne@pgtimebank.org) or **Fabienne:** [fabienne@pgtimebank.org](mailto:fabienne@pgtimebank.org)

### Near BOROUGH HIGH STREET?

HOurBank, have started a new Community Café drop-in every Thursday from 2 PM—4 PM at St George the Martyr, Borough High St, SE1 1JA. If you are in the area pop in and say Hi!



### CONTACT US

For more information about Paxton Green Time Bank, our outreach projects, events, activities or how to join, contact us:

**A: Kingswood House, Kingswood Estate,**

**Seeley Drive, SE21 8QR**

**T: 0208 670 0990**

**E: [broker@pgtimebank.org](mailto:broker@pgtimebank.org)**

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

