

# PAXTON GREEN TIME BANK BULLETIN

## FEBRUARY 2016

**Welcome to this month's bulletin.** Hope you all are enjoying the start of the New Year despite some spells of very cold weather.

**Saturday Jan 30: 9am—3pm**

**Tate Library Table Top sale, outside in Wilcox Close.** Come and buy or sell. For future markets: help create a community market—bring your own table; sellers £5. More info: Sheila 07939 537512 or Sheila.hare@me.com

**Tuesday 2nd February: Dulwich Picture Gallery**

We will be having a Tour-n-Tea at the lovely Dulwich Picture Gallery, where we will be having a talk on specific paintings in the permanent collection, followed by refreshments. If you would like to join us **please call us.** “first come first served”

**Meet: 1.45pm outside the main entrance near the cafe**

**Thursday 4th February: 10.30am –12.30pm** Time Bank Action Group **Venue:** Kingswood House, Billiard room

Have you got any ideas for trips, activities and workshops for our Time Bank? Come along and let us know! : earn 2 credits.

**Wednesday 24th February: 11:00-1:00pm A Feel Good event**

Enjoy complementary health therapies, massage, Reiki and more! Please book your space NOW: call the office. **Venue** :Southwark Resource Centre, 10 Bradenham Close, London, SE17 2QB.

**Mondays: 11:00-12:00pm** Anna teaches her most famous Italian class **Venue:** Kingswood House, Billiard room

**Tuesdays: starting from 16 February 11am-1PM**

**Southwark Well Being Hub** : if you need support to manage your mental wellbeing, the SW hub can help

**Venue:** Kingswood house, Billiard room

**Wednesdays: 5pm-6pm Choir**

**Venue:** Kingswood House, Billiard room

Our brilliant weekly, long term choir, is now back. We are welcoming more members to join up, but PLEASE join within the next two weeks as we will be choosing our new songs.

*“I came back to join Time Bank and met a lot of new members.*

*I really had a wonderful time, thank you” Maureen*

*“It was so great to catch up with other members ! The food was diverse and yummy” Gill*

### 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 time-banking
- 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 you still worried about your fuel bill?

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.

## Free IT Training : Every Thursday 10:00-2:00pm

Venue: Kingswood Community shop.

Drop in sessions covering ; Microsoft office 2007/10 : Word, Excel, Desktop Publishing, File Management and Internet & Email.

### 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  
**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**

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

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

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



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