

PAXTON GREEN TIME BANK BULLETIN

JULY 2016

What a beautiful month we are have in store for you....



Friday mornings 8th July - 29th July: 10am-12pm

At Inspire, St. Peter's Church, Liverpool Grove SE17 2HH

Morley College Connect and Discover have partnered with the Southwark Well-being Hub to provide a **4 week** creative art course with a qualified tutor.

The sessions will cover: Drawing, both traditional and experimental, Painting, Model making and Simple printmaking. Sociable sessions for those interested and curious about the potential of art making.

Please contact Joy at the Southwark Wellbeing Hub T 020 3751 9684

M 07921472656 or Morley connectanddiscover@morleycollege.ac.uk for more information and registration.

Saturday 9th July: 11am - 4pm

"Promoting Black Health and Wellbeing (Part II)

Mosaic Clubhouse, Effra Road, Brixton, SW2 1BZ

Come along to a second workshop on developing Lambeth's Black Wellbeing.

Event includes a hot lunch. This is the link to book your FREE place.

<https://www.eventbrite.co.uk/e/promoting-black-health-and-wellbeing-in-lambeth-part-ii-tickets-26096175363>

Saturday 9th July & Thursday 28th July: 4:30pm-6:30pm

Crystal Palace Garden Project (initiated by our very own Jenny)

As published in the May bulletin, join us and check out the amazing blossoming progress so far. Come and lend us your green fingers to create our paradise.

THURSDAY 21st JULY

A special trip to Brighton but not just any trip, this is where you are going to meet members from other Time banks. **WOW!!** We are growing!

We will be meeting all Time Bank members in Brighton to help indulge in our fun, games and Bring-n-Share lunch.

Unfortunately, there will be no funding towards the cost of your travel. However I'm sure it will be worthwhile and a day to remember!

All those who wish to travel down with us, we will be meeting at Gipsy Hill Station at 10:45am promptly. Call for more details.

Thursday 28th July: 10.30 - 12.30pm

Time Bank Action Group: have you got any ideas for a trip or an activity, if so come along and share them.

Venue: Kingswood house, Billiard room. **Earn 2 credits**

"Time bank is great for introducing you to new events"

Rebecca

"I love the knitting group on Fridays"

Ann

Find out about Timebanking...

Venue:

Paxton Green Health Centre

At the entrance in the foyer

1 Alleyn Park, SE21

Time:

Last Monday of the month, 10.30am-12pm

• Drop-in

No appointment needed

T: 020 8 670 0990 for information

Contact Janice Winston T: 0208 670 0990 E: broker@pgtimebank.org

Office: Kingswood House, Seeley Drive, SE21 8QR



Our regular dates:

Mondays: 11:00 - 12:00pm Italian class

Venue: Kingswood House, Billiard room. **Cost 1 credit**

Wednesdays: 5pm - 6pm Choir

Come along and join us for this uplifting experience. It's a fun way to meet other members and to become a great singer. **Earn 2 credits**

Venue: Kingswood House, Billiard room

Fridays: 1pm - 4pm Our Wonderful Knitting and Sewing group need more members

Join in, share your needlework skills and meet new friends. **Earn 2 credits**

Venue: Kingswood House, Billiard Room

Skills Exchange corner...

Can you offer?

- ♦ Car lifts
- ♦ Singing Lessons
- ♦ Arts and Crafts

Would you like?

- ♦ Help with your C.V.
- ♦ Support with Reading and Writing
- ♦ Sewing & Knitting

Outreach in Southwark and Lambeth

Time4Southwark and Time4Lambeth is are our outreach projects to increase timebanking hours 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 to support the growth of timebanking across Southwark and Lambeth.

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 or Fabienne de Lattre, (Southwark) or Dave Goslyn (Lambeth) **T:** 0208 670 0990 **W:** www.pgtimebank.org

E: suzanne@pgtimebank.org or time4Lambeth@pgtimebank.org

Twitter: @Time4Southwark or @Time4Lambeth

Contact Us

For more information about Paxton Green Time Bank, our events, activities or how to join, call :

T: 020 8 670 0990

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W: www.pgtimebank.org

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