

PAXTON GREEN TIME BANK BULLETIN

JULY 2017



Hello Timebankers!

Summer is well and truly here! You know what that means... Bring on the Sun, Fun and Timebanking. As usual during the summer time, here at Paxton Green Time Bank we have lots of fun activities, trips and events for you to participate in, spend, and earn time credits. So top up your water bottles, put on your sun hat and a spritz of high SPF sun screen and let's get Timebanking!

Let's begin with the long anticipated creative Timebanking event of the year!

THE COMMUNITY ART WEEK 2017! Monday 17th July 2017 – 21st July 2017 @ the renowned **Kingswood House**. The whole week will be crammed full of incredible creative activities coproduced by both our individual and organisation members followed by a trip out to a creative destination on the final day.

If you want to use your creative skills to run a workshop or activity as part of the week's activities and earn time credits, please let us know asap by contacting the office.

This month is unlike other months in the Time Bank (TB) calendar because it's the TB that wants to make an exchange with its members. PGTB wants for July are: plastic bottle tops, cardboard, general art supplies, balls of wool, small pieces of flat wood/ MDF. All these things will be used during the Community Art Week. So please bring them to the office at Kingswood House to store during office hours between Monday 3rd July— 7th July.

CO-PRODUCTION: PGTB — NAILED IT!

OFFERS & REQUESTS

Can you offer?...

- ⇒ Smartphone help
- ⇒ Giving a lift
- ⇒ DIY
- ⇒ Gardening
- ⇒ De-cluttering
- ⇒ See community week details

Would you like?...

- ⇒ Gardening
- ⇒ Trip to Museums
- ⇒ Learn Quilting
- ⇒ Tai Chi
- ⇒ Learn new languages

DATES FOR YOUR DIARY!

- ◆ **ITALIAN LESSONS** — Monday 3rd, 10th, 17th, 24th & 31st @ Kingswood House, Billiards Room (address below) 11AM—12.30PM. Join us to learn Italian at your own pace. ALL LEVELS WELCOME.
- ◆ **YOGA SESSION** – Wednesday 5th July - 10 45 AM to 11.45 AM @ Herne Hill Medical centre, 1-3 Herne Hill Road, London, SE24 0AU. If you want to attend, please contact **Funmi** (details over bulletin) to book your space. There are limited spots left for the session.
- ◆ **TAI CHI** — 6th July, 13th July, 20th July & 27th July – Tai Chi is a martial art that not only teaches you self-defence techniques, but also increases your capacity and inner peace. Lead by a great instructor Peter with calming background music. ALL LEVELS WELCOME.
- ◆ **OUR HEALTHIER... SOUTHWARK** - Tuesday 11th July 5 PM—8 PM, Walworth Methodist Church (Clubland), 54 Camberwell Road, London, SE5 0EW. An event for residents to find out more about plans for local health and care services in Southwark and across south east London. Find out more www.ourhealthiersel.nhs.uk. Express interest to attend <https://ourhealthiersouthwark.eventbrite.co.uk>
- ◆ **SPANISH – ENGLISH EXCHANGE** – Wednesday 12th & 26th July. 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 or call 0208 670 0990 to book your place. **Please note on 26th July the venue will be in Burgess park.**
- ◆ **PEMBROKE HOUSE STREET PARTY & WALWORTH FESTIVAL** — Saturday 15th July 12 PM – 5 PM @ Pembroke House, 80 Tatum Street, London SE17 1QR. Come to the FREE FUN DAY and enjoy the some music, dance, games, performances and great food. Time 4 Southwark will have a stall. If you want to help support us and earn some credits, contact us at the office.
- ◆ **COMMUNITY ART WEEK** — Monday 17th July – Friday 21st July – 11 AM – 5 PM @ Kingswood House, Kingswood Estate, Seeley Drive, London, SE21 8QR. 5 DAYS of creativity including workshops, debates, talks, walks, museum visits, music. Learn how to draw, do mosaic tiling, Tai Chi, Creative Gardening, museum trips, Quilting, Kundalini Yoga and many other surprises. **COMPLETE TIMETABLE COMING SOON!**

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

OUTREACH

Time4Lambeth

North Lambeth Time Bank Hub

Following on from the great Time Bank drop-in at St Luke's Hub in Kennington, the Time Bank drop-in will be re-launching in its new home the Carmelita Centre very soon! Again 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!

We'll let you know very soon about the time of the drop-ins and look forward to seeing you there!

Vassall Road Skills Exchange

2 PM – 4 PM – Wednesday 5th July and 19th July 2017 @ Vassall Road Medical Centre, 89 Vassell Road, SW9 6NA
Come down 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.

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

Dave Goslyn: 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 on Wednesday 5th, 12th, 19th & 26th July 2017.

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

Funmi: Funmi@T4Lbroker@pgtimebank.org or **phone or text 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 or call 0208 6700990 to book your place. *Please note on 26th the venue will be in Burgess park.*

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

Suzanne Worrica: suzanne@pgtimebank.org or **Fabienne:** 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

W: www.pgtimebank.org

