

PAXTON GREEN TIME BANK BULLETIN

MAY 2016

Hope you all are enjoying our wonderful British weather.....

Saturday 7th May: 1:00pm

Our Garden Project is happening: we will be walking to the Crystal Palace Park, together while having a talk on "Crystal Palace hidden heritage". Once at the park, we will "walk as one" round our newly created Labyrinth, explore the symbolism of the labyrinth in different cultures, do some drawing and gardening. Bring and share picnic. A fun day out.

Meeting : 12 pm outside of Kingswood house. Earn 2 credits

Thursday 12th May: 11:00am

Norwood park - John Cotter who is the Team Leader of Norwood park has offered us a chance to have a walk around the Norwood park and to look at the allotments. It will be a good place to learn how to grow your own food.

Meeting place: Salters hill, the first gate under the bridge. Cost 2 credits

Friday 13th May: 10:00am - 4:00pm

Community archive heritage workshop : join cultural researcher to look at examples of textile design from the African diaspora and explore the fabric of Brixton. Only 9 tickets. First come first serve. Call the office to book your space.

Meeting outside the Black Archives at 9:45am. Cost 3 credits

Thursday 26th May: 10:30-12:30pm

Time Bank Action Group meeting

Venue: Kingswood House, Billiard room

Share your ideas and put them into actions. **Earn 2 credits**

Tuesday 28th June: 7.30-9.30pm

Sharing the antidote to austerity? A debate on the benefits of coming together to reimagine the world and to see changes happening around us like skills exchanges, tools swapping, community gardening and social enterprises.

Time and venue to be confirmed soon. Earn 2 credits

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

Venue: Kingswood House, Billiard room

Wednesdays: 5pm-6pm Choir

Venue: Kingswood House, Billiard room **Earn 2 credits**

"Time bank is a place for me to socialise with others"

Eve

"Time Bank got me a ticket to go to Ascot. It was amazing experience, something I will always remember"

Sarah.

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

Office: Kingswood House, Seeley Drive, SE21 8QR



South London cares: For people aged 60 and above living in Southwark and Lambeth area. There is a list of free events hosted at different venues. A good way of finding new friends and learning new skills.

To find more information out, call Charlie: 07739 944 632

Have you had a fall or nearly fallen? Are you worried about falling?

To discuss your concerns, or for more information about free classes for Lambeth and Southwark residents.

Call the Strength and Balance helpline: 0203 049 5424

The Kingswood Community shop is offering Free IT training : 1 to 1 and small group sessions.

Start date: Thursday 5th May 2016, 10-2pm

Skills Exchange corner...

Can you offer?

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

Would you like?

- ◆ C.V.
- ◆ Support with Reading and Writing
- ◆ Companionship

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 Worrice or Fabienne de Lattre,
T: 0208 670 0990 **E:** suzanne@pgtimebank.org
W: 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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**Kingswood
House, Seeley
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Paxton Green Time Bank: Share Skills, Learn Something New!