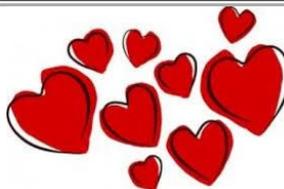


PAXTON GREEN TIME BANK BULLETIN

FEBRUARY 2017

Spreading the timebanking love this month with lots of fab events and opportunities to join in ...



Monday: 11am-12pm

Italian classes, please ask for more information if you would like to join. **Cost 2 credits.**

Wednesday 22nd February 'Cheer up February' event

Come along to **KETRA** from 11am to 2pm to learn how to keep Warm and Well this winter, join us for gentle yoga, fun and a healthy warming lunch! Please let us know if you would like to attend

Thursdays: 10.30am Tai Chi Venue: Kingswood House, **Cost 2 credits**

Thursdays: 5 - 7pm We will be running a games night **every other Thursday**. There will be lots of fun and games and tea/coffee.

Contact us to find out the next date.

Venue: Ketra House, Kingswood Estate, Seeley Drive. **Cost 2 credits**

Saturday 4th March 11 - 2pm We'll be having an exciting 'Bring & Fix' event where people bring little things to fix or mend - it could be sewing a hem, fixing a shoe, African head wrapping, showcasing your cooking or whatever skill you'd like to offer. Includes a light lunch (free). If you can offer your time, call Suzanne at the time bank on **020 8670 0990** or **just come along and bring something to fix and have fun.** **Venue:** Pembroke House, 80 Tatum Street, London SE17 1QR Call for directions.

Skills exchanges wanted and offered

- Can you hang a mirror? Can you use a drill? Maureen needs help with hanging a mirror and has her own drill. If you can help please let us know. It wont take long and you can earn a credit or two. Thank you!
- Our organisational member Bee Urban is looking for admin support, and in particular for help with updating their website
- **Can we add another one or two here?**



Come along and find out about our fantastic Italian class over a coffee and Italian snacks on the morning of Monday 20th Feb [RSVP for details](#)

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

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

Office: Kingswood House, Seeley Drive, SE21 8QR



Outreach in Southwark and Lambeth

Contact: Suzanne Worrica (Southwark) or Dave Goslyn (Lambeth)

T: 0208 670 0990 **W:** www.pgtimebank.org

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

Kennington Time Bank Hub activities

Following on from the launch of our Kennington project we will be having fortnightly Time Bank café drop-ins, with Time Bank members sharing skills, making new friends, giving and exchanging time and enjoying one another's company over delicious treats!

Following the successful launch of our Kennington project 3 members have agreed to come back and keep leading their activities, so come along and join in some great activities including **patchwork**, **decoupage** and **knitting**. Or just come for a **tea and a chat!**

Why not come along and join in, share some of your skills, enjoy other members' company and have some fun!

St Luke's Hub, 25A Wincott Street, Kennington, SE11 4NT

12.30-2.30pm

February - 9th & 23rd

March - 9th & 23rd

April - 6th & 20th

Hope to see you there!

Spanish language café coming soon

Have you ever wanted to learn Spanish and earn credits while doing it? We're starting an exciting new Spanish-English language exchange café in Elephant and Castle in partnership with Latin American Women's Rights Service. Swap your English with Spanish speakers, learn something new and have loads of fun. There will also be free trips out to help practice your new skills.

At the moment this is open to women only (sorry guys!) If you're interested please let Suzanne or Fabienne know. **Tel:** 0208 670 0990 or **Email:** suzanne@pgtimebank.org

St Luke's hub are offering lunchtime relaxation sessions every Wednesday from 1pm,

They are also running two Money Champion sessions where you can get help managing the stress of finances, on Monday the 20th February from 10am to 4pm.

call 02077355802 to book direct with St Lukes, **25A Wincott Street, Kennington, SE11 4NT**

Contact Us

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

T: 020 8 670 0990

E: broker@pgtimebank.org

W: www.pgtimebank.org

Kingswood House, Seeley Drive, SE21 8QR

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

Funmi@T4Lbroker@pgtimebank.org or phone or text 07789705777

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

