

PAXTON GREEN TIME BANK BULLETIN

APRIL 2016

We hope you are enjoying the Spring weather. Here is what's happening in the month of April.

Monday -Tuesday 18/19th April : filming workshop

Kingswood house, Billiard room, 4.30-6pm:

2 film makers are offering a 2 days workshop implicating a new way of telling stories, why not your own?. Come to join them and learn something new. You must commit for the 2 days. **Cost 3 credits.**

Wednesday 27th April:

Ascot Races

We're off to the races! Ascot has kindly given us 16 tickets to join them for their annual Discover Ascot Race Day. As tickets are limited they are on a first come, first served basis and will no doubt fly out the gates, Time to be confirmed. **Cost 3 credits**

Thursday 28th April: 10.30am –12.30pm

Time Bank Action Group

Venue: Kingswood House, Billiard room

Some members have already come up with some great ideas. Please feel free to come along and contribute more! **Earn 2 credits**

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

Run by our most famous Anna

Venue: Kingswood House, Billiard room

Cost 2 credits

Tuesdays: 11am-1pm Southwark Well Being Hub

Venue: Kingswood house, Billiard room

Wednesdays: 5pm-6pm Choir

Venue: Kingswood House, Billiard room

Come along and join us for this uplifting experience. It's a fun way to meet other members.

Fridays: 1pm-4pm Knitting & Sewing

Venue: Kingswood House, Billiard Room

Join in and share your needlework skills.

"Time bank is a great way to try different things without it being too scary."

Rebecca

"Time Bank helps me to socially interact. I appreciate all the trips and activities." Jide

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 need-

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

Office: Kingswood House, Seeley Drive, SE21 8QR



On a pre-payment meter for gas or electricity?

Want some free advice that could help you save money?

A trained adviser from Citizens Advice Southwark will be able to give you free, confidential, impartial, energy advice, 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 us on 07781 482 970 and we'll call you back as soon as we can

The line is open Monday-Friday 9:30am-4pm, and until 7pm on Tuesdays (outside of this time you can leave a message and we'll call you back as soon as we can) We can also book you an appointment to see someone at the Citizens Advice offices in Peckham or Bermondsey if you need further help.

Volunteer position available

An exciting volunteer opportunity has arisen with 'I Choose to Smile' for Multiple Sclerosis Group Administrator. They are seeking a friendly organized person to help their group run smoothly. They meet the first Weds of each month at Southwark Resource Centre, Bradenham Close, SE17; 1-3pm where local people living with MS can meet to socialize, learn and discuss relevant topics. **For further information, contact Eno on 07946656677**

Skills Exchange corner...

Can you offer?

- ◆ Knitting or Sewing
- ◆ Singing Lessons
- ◆ Relaxation

Would you like?

- ◆ Walking buddy
- ◆ Walking groups
- ◆ 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
Drive, SE21 8QR**



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