

PAXTON GREEN TIME BANK BULLETIN

MARCH 2016

Welcome to this month's bulletin.

This month is filled with lots of great things to do, so please have your diary ready.

Some members wish to start up a knitting class so if any body is interested please can you contact the office?

Thursday 10th March: 10.30am –12.30pm :Time Bank Action Group **Venue:** Kingswood House, Billiard room

Some members had already come up with some great ideas, which means that we now have trips so far every month. But please, come along and share your ideas about any activities or workshops that you wish to see happening. Earn 2 credits.

Wednesday 16th March: 11-4pm :Celebrating Spring

Venue: Elephant & Castle shopping Centre near Café Nova

This event will be the occasion of a big skills exchange with other Time Banks: flowers making, eggs decorations, bunting making, dancing and so much more. Earn 3 credits.

Thursday 24th March: 10:30am

We will be going to Kew Gardens, a beautiful place with tropical flowers and tranquility, a place to get together and have a picnic. We will meet at Kingswood House at 10:30am or meet outside Kew Gardens (time to be confirmed.) Cost 3 credits

Mondays: 11:00-12:00pm Anna teaches her most famous Italian class **Venue:** Kingswood House, Billiard room

Tuesdays: starting from 16 February 11am-1PM Southwark Well Being Hub :

Venue: Kingswood house, Billiard room

Wednesdays: 5pm-6pm Choir Venue: Kingswood House, Billiard room

Our brilliant weekly, long term choir, is still carrying on. Come along and join us, it's such an uplifting experience and a fun way to meet other members.

"Time bank is a great way to get out of the house. I really look forward to the events." Nathalie

"Time bank is a good way of meeting people and showing one another our skills. I love the Choir so much." 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 time-banking
- Drop-in
- No appointment needed

T: 020 8 670 0990 for infor-



HAVE YOU HAD A FALL OR NEARLY FALLEN?

Are you worried about falling?

Research shows specialist strength and balance exercise can help you avoid a fall. To discuss your concerns, or for more information about free classes for Southwark and Lambeth residents please call our Strength and Balance helpline.

Telephone: 0203 049 5424.

Free IT Training : Every Thursday 10:00-2:00pm

Venue: Kingswood Community shop.

Drop in sessions covering ; Microsoft office 2007/10 : Word, Excel, Desktop Publishing, File Management and Internet & Email.

Can you offer?

- Knitting or Sewing
- Singing Lessons
- One-to-One Befriending

Would you like?.

- Reflexology
- Male walking Group
- ♦ Washing up

Skills Exchange corner...

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 Worrica or Fabienne de Lattre, Time4Southwark
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

E: broker@pgtimebank.org

W: www.pgtimebank.org

Kingswood House, Seeley Drive, SE21 8QR



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