

# PAXTON GREEN TIME BANK BULLETIN

## NOVEMBER 2016

**Stay well and warm this month by joining in with our timebanking activities!**

**Monday 31st October : 11-2.30pm Be proud and Beautiful** A Black History event, performances, head scarf wrapping, food and so much more... **Venue:** Lime Tree house 2 Dundas Rd, London SE15 2DL **Earn 4 credits**

**Monday** mornings we have our Italian classes, please ask for more information if you would like to join

**Wednesdays: 4.30 - 6.30pm**

Our wonderful choir is back again and we need people to participate in singing. Please ring to confirm attendance **Venue Kingswood House, Billiards room. Cost 2 credits**

**Thursdays, 10.30am** is time for Tai Chi! Interested? **Venue:** Kingswood House, Jacobean Room. **Cost 2 Credits**

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

**Fridays** Our Knitting/Arts and Crafts group, come along and have a look and a cup of tea/coffee and biscuits. **Please get in touch if you're interested Venue Kingswood House. Cost 2 credits**

**Food and Nutrition accredited training** If you live in Gipsy Hill Ward you are welcome onto this course running at the community shop, Vale Street on the 17th-19th November. **Please contact Dave here at PGTB to find out more**

**Morley College Skills Swap** at Morley College, 25th Nov, 2-4pm.

Join us in supporting the launch of timebanking at Morley College. We are looking for help with promoting timebanking on the day as well as members willing to showcase their skills. Let us know if you can help!

**Money Champion classes** at St Luke's, Wincott Street Kennington Thursday 17th November & Thursday 1st December from 10am-4pm learn how to become a Money Champion, and earn credits by sharing your knowledge. Contact Dave to find out more and to book a place



**Did you know?**

The biggest occasion for **fireworks** in the UK is **Guy**

**Fawkes Night** (5th November). It is a celebration of the failing of the **Gunpowder Plot** on 5 November 1605, an attempt to kill King **James I** at the Houses of Parliament.

**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**

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



# Skills Exchanges wanted and offered

## Can you offer?

- ◆ Men's Haircut
- ◆ Singing Lessons
- ◆ Help with English Conversation
- ◆ Help with reading and writing in English
- ◆ Massage
- ◆ Beauty treatments
- ◆ Pedicure

## Would you like?

- ◆ Singing
- ◆ Support with Reading and Writing
- ◆ Public speaking confidence
- ◆ Are you new to Kennington, would you like some local knowledge?
- ◆ Help with housework
- ◆ Someone to go to appointments with you
- ◆ Visiting at home

## Outreach in Southwark and Lambeth

Time4Southwark and Time4Lambeth is are our outreach projects to increase timebanking hours 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 to support the growth of timebanking across Southwark and Lambeth.

**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 (Southwark) or Dave Goslyn (Lambeth)

**T:** 0208 670 0990 **W:** [www.pgtimebank.org](http://www.pgtimebank.org)

**E:** [suzanne@pgtimebank.org](mailto:suzanne@pgtimebank.org) or [time4Lambeth@pgtimebank.org](mailto:time4Lambeth@pgtimebank.org)

**Twitter:** @Time4Southwark or @Time4Lambeth

## 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](mailto:broker@pgtimebank.org)**

**W: [www.pgtimebank.org](http://www.pgtimebank.org)**

**Kingswood House, Seeley Drive, SE21 8QR**

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

