

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
4	5	6	7	8	9
<p>Drop – In Session at PGGP, 1pm – 3pm (more details on Bulletin)</p> <p>Social Fun at Cheviot Gardens, 2pm – 5pm (PTO for more info)</p>	<p>Creative Workshop at DPG, 2pm – 4pm (more details on Bulletin)</p> <p>Vauxhall Hub at Carmelita Centre, 11am – 1pm (PTO for more info)</p> <p>Talking Group at Brewbird Café (PTO for more info)</p>	<p>Women Only Healthy Eating Group at Myatt’s Field Park, 10.30am – 12.30pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub, 1pm – 3pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub 12pm – 2pm (PTO for more info)</p>	<p>Romeo and Juliet at Shakespeare’s Globe – Limited tickets available (more details on Bulletin)</p>
11	12	13	14	15	16
<p>Social Fun at Cheviot Gardens, 2pm – 5pm (PTO for more info)</p>	<p>Vauxhall Hub at Carmelita Centre, 11am – 1pm (PTO for more info)</p> <p>Talking Group at Brewbird Café (PTO for more info)</p>	<p>Women Only Healthy Eating Group at Myatt’s Field Park, 10.30am – 12.30pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub, 1pm – 3pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub 12pm – 2pm (PTO for more info)</p>	
18	19	20	21	22	23
<p>Drop – In Session at PGGP, 1pm – 3pm (more details on Bulletin)</p> <p>Social Fun at Cheviot Gardens, 2pm – 5pm (PTO for more info)</p>	<p>Vauxhall Hub at Carmelita Centre, 11am – 1pm (PTO for more info)</p> <p>Talking Group at Brewbird Café (PTO for more info)</p>	<p>Women Only Healthy Eating Group at Myatt’s Field Park, 10.30am – 12.30pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub, 1pm – 3pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub 12pm – 2pm (PTO for more info)</p>	
25	26	27	28	29	30
<p>Social Fun at Cheviot Gardens, 2pm – 5pm (PTO for more info)</p>	<p>Vauxhall Hub at Carmelita Centre, 11am – 1pm (PTO for more info)</p> <p>Talking Group at Brewbird Café (PTO for more info)</p>	<p>Women Only Healthy Eating Group at Myatt’s Field Park, 10.30am – 12.30pm (PTO for more info)</p>	<p>Tea n Chat at Herne Hill Hub, 1pm – 3pm (PTO for more info)</p> <p>Movement Workshop @ DPG, 1.30pm – 3.30pm (see Bulletin for details)</p>	<p>Tea n Chat at Herne Hill Hub 12pm – 2pm (PTO for more info)</p>	

*PTO= stands for Please Turn Over

To find out more about an event contact the team member with the matching colour as the event. Or Call the main office on **020 8670 0990**

Main Hub
For **Purple Events** contact **KEMI on 07445436628** or **broker@pgtimebank.org**

Time4Lambeth
For **Blue Events** contact **FUNMI on 0778970577** or **SUZANNE on 07445450253**
time4lambeth@pgtimebank.org

Time2Connect
For **Green Events** contact **FABIENNE on 0746 262 7273** or **fabienne@pgtimebank.org**

Herne Hill Hub
For all **Orange Events** contact **ROZ on Or t4lbroker@pgtimebank.org**

Cheviot Gardens – West Norwood

Mondays, 2pm – 5pm

Cheviot Gardens is a local sheltered Housing unit full of great people that what to be involved with timebanking and meet new people. If you want to meet new people and can help the residents join in the Timebanking fun then this is the activity for you. For all the information about Cheviot Gardens' activities and how to get involved contact **Fabienne** on faienne@pgtimebank.org or leave a message on **0208 670 0990** or text/ WhatsApp on **0746 262 7273** to find out more.

Vauxhall Hub – Drop - In for Tea n Chat

Tuesdays 11am - 1pm, Carmelita Centre - 41 Vauxhall Walk, SE11 5JT

T4L Timebank meetings at the Carmelita Centre in Vauxhall has NEW DATE & TIME. It will no longer be held on a Monday. The new day will be on **TUESDAYS** from **11am - 1pm** from the beginning of February. Volunteers needed to support the Drop-In.

- **1st Monday of the Month** – Mums/Dads and Babies
- **2nd Monday of the Month** – Over 50s
- **3rd Monday of the Month** – Men Only
- **4th Monday of the Month** – Improve you English

To find out more information about the Carmelita Centre activities contact **Funmi** on time4lambeth@pgtimebank.org or **07789 705 7777** or leave a message on **0208 670 0990**.

Conrad Court - Social Games

Tuesday 5th and 19th, 2.30pm – 5pm

Join in with fun social games with the residents of Conrad Court. For all the information about Conrad Court activities and how to get involved contact **Fabienne** on fabienne@pgtimebank.org or leave a message on **0208 670 0990** or text/ WhatsApp on **0746 262 7273** to find out more.

Women Only Healthy Eating Group

Wednesdays, 10.30am - 12.30pm, Myatt's Field Park – Cormont Road, London, SE5 9RA

Women come together share their cooking skills and love of food. Each session a different person cooks and everyone gets to feast on the dishes together.

For more information about how to get involved contact **Funmi** on time4lambeth@pgtimebank.org or **07789 705 7777** or leave a message on **0208 670 0990**.

The park is between Brixton and Camberwell. The address is Cormont Road, London SE5 9RA. A short walk from Camberwell New Road, served by bus routes 36, 436, 185 and P5.

Herne Hill Hub - Tea n Chat

Thursdays 1pm – 3pm & Fridays 12 noon – 2pm Herne Hill Road Medical Practice, 1 – 3, Herne Hill Road, London, SE24 0AU

Herne Hill Road drop-in sessions (a stone throw from Loughborough Junction Station) are back at the medical practice. Come and meet, have a chat and a cuppa. Make new friends, learn something new or try something new. Exchange or offer a skill or valuable tips or ideas to make a positive difference in our lives.

For more information contact **Funmi** on time4lambeth@pgtimebank.org or **07789 705 7777** or leave a message on **0208 670 0990**.