

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Kinesiotaping Workshop, 10.30pm – 2.30pm</b> (See Bulletin)	<b>2</b>	<b>3</b> <b>Kinesiotaping by Appointment Only, 10.30pm – 2.30pm</b> (See Bulletin) <b>Portrait Painting</b> Ackerman Centre, <b>2pm – 5pm</b> (PTO for more info)	<b>4</b> <b>Herne Hill Road Hub – Gardening</b> , Herne Hill Road Medical Centre, <b>12pm – 1.30pm</b> . (See Bulletin)
<b>7</b>	<b>8</b> <b>Walking Group Meeting at 10.30am</b> (PTO for more info) <b>Vauxhall Hub at Carmelita Centre, 11am – 1pm</b> (PTO for more info) <b>Talking Group Drop - In at Brewbird Café</b> , Camberwell, Church St SE5 8JB, <b>11.30am – 2.30pm</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Drop – In Session at PGGP, 1pm – 3pm</b> (See Bulletin) <b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)				
<b>14</b>	<b>15</b> <b>Walking Group Meeting at 10.30am</b> (PTO for more info) <b>Vauxhall Hub at Carmelita Centre, 11am – 1pm</b> (PTO for more info) <b>Talking Group Drop - In at Brewbird Café</b> , Camberwell, Church St SE5 8JB, <b>11.30am – 2.30pm</b>	<b>16</b>	<b>17</b> <b>TBAGS Meeting</b> Time Bank Office, Kingswood House, <b>1pm – 3pm</b> (See Bulletin) <b>Portrait Painting</b> Ackerman Centre, <b>2pm – 5pm</b> (PTO for more info)	<b>18</b> <b>Herne Hill Road Hub – Gardening</b> , Herne Hill Road Medical Centre, <b>12pm – 1.30pm</b> . (See Bulletin)
<b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)				
<b>21</b>	<b>22</b> <b>Walking Group Meeting at 10.30am</b> (PTO for more info) <b>Vauxhall Hub at Carmelita Centre, 11am – 1pm</b> (PTO for more info) <b>Talking Group Drop - In at Brewbird Café</b> , Camberwell, Church St SE5 8JB, <b>11.30am – 2.30pm</b>	<b>23</b> <b>Halloween Family Art with Dulwich Picture Gallery</b> at Kingswood Community Shop, <b>12.30pm – 2.30pm</b> (PTO for more info)	<b>24</b> <b>Oyster Day Out – Down House, Meeting Point 10am</b> (See Bulletin) <b>Portrait Painting</b> Ackerman Centre, <b>2pm – 5pm</b> (PTO for more info)	<b>25</b>
<b>Drop – In Session at PGGP, 1pm – 3pm</b> (See Bulletin) <b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)				
<b>28</b>	<b>29</b> <b>Walking Group Meeting at 10.30am</b> (PTO for more info) <b>Talking Group Drop - In at Brewbird Café</b> , Camberwell, Church St SE5 8JB, <b>11.30am – 2.30pm</b> <b>No Vauxhall Hub today due to the School Half Term. We will be back the following week!</b>	<b>30</b>	<b>31</b> <b>Portrait Painting</b> Ackerman Centre, <b>2pm – 5pm</b> (PTO for more info)	
<b>Community Preview Day - Dulwich Picture Gallery, 2pm – 4pm</b> (See Bulletin) <b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)				

<p>To find out more about an event contact the team member with the matching colour as the event. Or Call the main office on <b>020 8670 0990</b></p>	<p><b>PGTB Main Hub</b> <b>Purple Events</b> Contact KEMI <b>07445 436 628</b> or <b>broker@pgtimebank.org</b></p>	<p><b>Time4Lambeth</b> <b>Blue Events</b> Contact FUNMI <b>07789 705 777</b> or <b>time4lambeth@pgtimebank.org</b></p>	<p><b>Time2Connect</b> <b>Green Events</b> Contact FABIENNE <b>07462 627 273</b> or <b>fabienne@pgtimebank.org</b></p>	<p><b>Herne Hill Hub</b> <b>Orange Events</b> Contact PAT <b>07747 663 054</b> <b>time4lambeth@pgtimebank.org</b></p>
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### **Cheviot Gardens – West Norwood**

**Every Monday, 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 **fabienne@pgtimebank.org** or leave a message on **0208 670 0990** or text/ WhatsApp on **0746 262 7273** to find out more.

### **Walking Group**

**Meeting Point— Kingswood House Seeley Drive, SE21 8QR**

**Tuesdays, 10.30am—11.30am (or until you had enough)**

The walking group is continuing this month. We will continue to visit different green spaces we have locally. To get walk updates each week contact **Kemi the Broker** on **07445436628** or **broker@pgtimebank.org**. Alternatively, turn up at Kingswood House on Tuesday Mornings.

### **Vauxhall Hub – Drop - In for Tea n Chat**

**Tuesdays (Term Time only), 11am - 1pm**

**Carmelita Centre - 41 Vauxhall Walk, SE11 5JT**

The Time4Lambeth - Vauxhall Hub will be running a drop-in coffee morning on **TUESDAYS** from **11am to 1pm during TERM TIME**.

It is a great opportunity to meet new people and find out more about Timebanking over a cuppa tea and biscuit. Everyone is welcome! Mums and Dads with babies, people of retirement age and everyone in between. If you have a skill that you want to share with your community or need a skill or help from someone in your community or just want to be more social then the time bank is the place for you. To find out more contact **Funmi** on **time4lambeth@pgtimebank.org** or **07789 705 7777** or leave a message on **0208 670 0990**.

### **Halloween Family Art**

**Tuesday 23 October, 12.30PM – 2.30PM**

**Kingswood Community Shop, 37 – 38 Seeley Drive, Dulwich, SE21 8QR**

Due to popular demand, Halloween themed Art Class coming up during the October School Half Term week. Delivered by the Dulwich Picture Gallery, both adults and young people will be able to experience the joys of lantern making for Halloween as well as learning a little bit about the history of Halloween.

If you are interested in participating please contact Kristen at Kingswood Community Shop on **0208 670 1578** or email: **kcsadmin@cpct.org.uk**

### **Portrait Painting**

**Every Thursday, 2pm – 5pm**

**Akerman centre, 60 Patmos road, Brixton SW9 6AF**

With our Award Winning Artist and long-term member Lil. You will develop a great knowledge of painting materials and learn how to understand the structure of a head. Bring and share food for the last hour. *Transport: Bus P5 stops on Patmos Road literally outside the centre or Bus 3 to Vassell Road stop with a short 10 min walk down Vassell Road.* To register your interest contact Fabienne on **07462 627 273**.