

Bulletin September PGTB



Hello TB members **WE NEED YOU!!!!**

You are all warmly invited to celebrate the people, places and stories of migration from Africa and the Caribbean with our exciting new project 'ships looked like mountains'

We are offering a series of fun, interactive, informative and creative workshops for you and your families, we need you to get involved! Drop into our taster on the **6th September** to find out the dates for the workshops, they will be running twice a week in the build up to our event on the 18th October. This will also include a trip to the black archives museum in Brixton!

To celebrate the end of our project we will be holding a fabulous live celebration at Kingswood House on **Saturday 18th October, 3-5pm** and its 'bring and share' food of course! More details of the day to follow!

You can spend/earn credits by participating in workshops or offering

Dates for your diary:

- **Black History Month taster workshop Saturday 6th September 10am—12 noon** at Kingswood house. Come along and find out about 'ships looked like mountains', and join in with crafts and performance! Kids welcome!
- **Save the date!** Our annual general meeting and stakeholders day will be on the **7th October**, come along and have your say and help us celebrate our 6th birthday! Kingswood House, details to follow.
- **Trip to Kew Gardens, Friday 19th September, time tbc.** Please **call the office by 5pm Friday 12th September** if you want to go onto the list. Places are limited so priority will be given to those that didn't go last time.
- **International Cookery Club.** This month come along and taste the culinary delights of Nigeria. Time tbc contact the office for details.
- **4All Community Fair, Saturday 20th September 2-5pm** All Saints Church, Lovelace Road, London SE21 8JY, members needed to run a time bank info stall, get in touch to help!
- **Open Garden for Dulwich Helpline Sunday 7 September** stunning garden of Howletts Meade, 48 College Rd, SE21 7BA, 2pm – 5pm. Entrance £3.50, under 16s free.
- **Monthly Information Session**, Monday 29th September, 10.30-12pm. Paxton Green surgery, 1 Alleyn Park, SE21.
- **Mondays**, 11-12pm, Beginner's French, Kingswood Community shop. Cost: 2 time credits!

Offers & Requests

Can you offer?...

- ◆ Befriending
- ◆ Fitness
- ◆ Chess player
- ◆ BSL sign language
- ◆ Flag making/sewing

Would you like?...

- ◆ Support with Maths
- ◆ I.T. Support
- ◆ Cycling
- ◆ Italian lessons

Time Bank Information Session

Last Monday of each month

10.30-12pm

An open space to find out about timebanking

No appointment necessary.

Venue: Paxton Green Health Centre, foyer, 1 Alleyn Park, SE21

For information:

t: 0208 670 0990

e:broker@pgtimebank.org

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



Time Bank Action Group activities

The Time Bank Action Group (TBAG) is a small friendly group of time bank members who meet monthly to plan time bank activities and events. The ideas are coming to fruition—this really is an action group.

Just to remind you here are the main aims of the ‘TBAGs’

- Planning activities or events
- To be aware of what’s going on and to inform others
- To encourage new members to participate
- Foster social cohesion and networking
- Linking with external groups

The group have planned a quiz, trips to the Houses of Parliament and are currently developing ideas for Black History Month in October—You can participate by joining the meeting or calling/emailing the office

What is a Time Bank?

A Time Bank uses an alternative currency – **time instead of money**. In a time bank, participants earn credits for helping each other - one hour of your time entitles you to an hour of someone else's time.

It's about neighbours helping neighbours and organisations sharing assets and skills. Help can be in many forms - performing practical tasks, befriending someone, running errands, sharing food grown in the garden.

Unlike real money, anyone and everyone can earn time credits - no-one is excluded. Almost everybody - young or old - has something to offer, from making supportive phone calls to neighbours to running small errands. Most importantly, everyone's time is worth the same. **Contact:** 020 86700990 or 07445436628

Outreach news

Time4Lambeth is an initiative formed through the partnership of Paxton Green Time Bank, London Community Foundation, Metropolitan and Southside Rehabilitation Centre. The partnership came together to support the growth of new timebanking hubs in Lambeth. We aim to do this by facilitating the development of timebanking hubs (in cafes, schools, churches, community centres etc) that are open to working in the spirit of coproduction and reciprocity.

For more information contact **Kemi** on Time4Lambeth@pgtimebank.org

- ♦ **COME TO OUR DROP IN SESSION @ Loughborough and Coldharbour Hub.** Drop in to see **Segen** the Broker, you can find out more about Timebanking in the area and sign up.
Loughborough Centre, 105 Angell Road, London, SW9 7PD. Tuesdays: 2pm – 4pm & 6.15pm – 8.15pm and Saturdays: 10am – 1pm

e: Time4lambeth@pgtimebank.org or Twitter: [@Time4Lambeth](https://twitter.com/Time4Lambeth)

TIME4Southwark is our three year project to increase timebanking opportunities 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.

The core of our work aims to raise awareness of timebanking and its asset-based approach amongst health and social care professionals in the borough, working closely with Southwark Children’s and Adults Services staff.

Our offer:

We have been generously funded by Southwark Innovation Fund to support the growth of timebanking. If you are a voluntary organisation or working with local communities 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 and should you choose to use timebanking, we offer free membership to a database (used by time banks across the world) that facilitates the recording and tracking of skills exchanges.

Contact:

Suzanne Worrica, TIME4Southwark Coordinator

T: 020 8670 0990 **E:** suzanne@pgtimebank.org **W:** www.pgtimebank.org

Twitter: [@Time4Southwark](https://twitter.com/Time4Southwark)