

Bulletin April 2014

Paxton Green Time Bank



News

Money Management Workshop - Barclays

A big thank you to Time bank member Jenni and colleagues Shamela and David from Barclays Bank for delivering a useful and insightful money management workshop! We were given options for budgeting, saving goals and our eyes were opened to a variety of existing financial scams!

Saving tip: £3 pounds a day over a one year period leads to an annual saving of £1000!

Farewell Steven!

We wished Steven a fond farewell at our picnic lunch at KETRA. We shared delicious homemade cakes and Samosas made that morning by Mulki! As our Senior Ambassador and spokesperson Timebank member Eric gave a lovely speech on behalf of all the members and reminded Steven that he is now part of the PGTB family, whether he likes it or not! We ended the lunch with an impromptu sing song and a reminder for ourselves to begin a Time bank choir! Good luck Steven and thanks for all your work!

Dates for your Diary

- **Mondays 11am-12noon** French classes at The Community Shop on Seeley Drive SE21 8QR: Contact Nicole.
- **Tuesdays 11am-12noon** Sew n Chat at The Community Shop: Join this friendly group if you want to sew or bring your sewing repairs for a small donation.
- **Mondays 1pm - 3pm** Nature & Craft Group at Kingswood House led by a local artist and TB member. Call Nicole to book a space.
- **Thursday 3rd April 10.30am** Walking Group [Every Step Counts] begins
- **Sunday 6th April 11am - 5pm** Kite Day at Streatham Common
- **Tuesday 8th April 6.30pm - 8.30pm [refreshments from 6pm]** Talking about Talking Therapy; Cambridge House, 1 Addington Square SE5 0HF. Book, online at: <http://talking-therapy.eventbrite.co.uk>; email: souccg.southwark-ccg@nhs.net; or phone: 02075257888
- **Friday 11th April 10.30am-12noon** TBAG's meeting at the Community Shop. Come, share your ideas for the Time Bank.

Offers & Requests

Offers

- ◆ Giving lifts
- ◆ Housework
- ◆ Plant watering
- ◆ Shopping
- ◆ Admin
- ◆ Book keeping
- ◆ Baby sitting
- ◆ Simple decorating
- ◆ Photocopying

Requests

- ◆ Reiki/relaxation/yoga
- ◆ Voice coaching
- ◆ Craft work
- ◆ Cushion covers
- ◆ IT
- ◆ Sewing/dress making

Time Bank Office: Kingswood House, Seeley Drive, SE21 8QR T: 0208 670 0990



Steven's Farewell 'Picnic' Pictorial



1. Eric giving us something to laugh about
2. Indoor picnic!!!
3. David and Eric catching up
4. Eve, Tina and Steven taking one for the road!!
5. Mulki's touch - Samosas and Mandazi!!!
6. Joseph being told off by Kemi, "...you have to go back for more!!!"

Time Bank in the Community

The Lodge Time Bank - Update

The Lodge Time Bank's Coffee morning is a great place to be on a Tuesday morning. Lots of baking taking place as well as planning for various events such as the Easter fayre, the 16th annual Kite Day at the Streatham Common and support for other community initiatives such as the launch of The Point @ Crown Point. We are hoping to run a joint stall with the Lodge Time Bank at the Kite Day on Sunday 6th April.

Healthy Living Club at Lingham Court

HLC at Lingham Court are our new organisational member and we've already had some traffic between our members. Tina recently visited the club to meet Amina, a volunteer and her baby, Amira. She spent some time there with Amira which meant that Amina could help out a bit more as a volunteer at the club. We are looking forward to more traffic between PGTB and HLC.

Community Events

West Norwood Feast is back! **Sunday 6th April** is the date. Look out for Easter Egg Hunting, Artisans' Hub, Food Fair, Retro Hub and other attractions. For details, visit: <http://westnorwoodfeast.com/market>

Parliamentary Tour

Come and join us for a parliamentary tour with access to both the Commons, Lord Chambers and historic Westminster Hall; Date: Friday 9th May. Spaces are filling up so book your space before 2nd May! Call office on 0208 670 0990 to confirm. A big thanks to TB member Carol for organising this fantastic tour! Find out more on:

www.parliament.uk/visiting/visiting-and-tours/

Every Step Counts - A Walking for Health Outreach project [Nov 2013-Mar 2015]

Say hello to spring and get out in the fresh air.

Beginner Walk starting this Thursday 3rd April and will be running for 6 weeks.

The walking starts from the Kingswood House, Kingswood Estate, Seeley Drive SE21 8QR

Refreshments will be available at the Kingswood House.

Please contact Nicole at the office for details on how to join this program.

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