



SPRING 2011

RUSHEY GREEN TIME BANK
**THE RUSHEY GREEN
EXCHANGE TIMES**

Local People sharing time and skills
to build a happier, healthier community



Time Banking and the Big Society

by Robert Turkentine

Vanessa Gould (Co-ordinator Lewisham Time Bank Network) and Robert Turkentine hosted a meeting to discuss 'The Big Society'. The discussion used the 'World cafe' technique, in which participants rotate around cafe tables discussing a different question with each move, and thus different strands of thought can cross-fertilize each other.

The ice-breaker was 'Meet your Neighbouring Planet': each Time Bank sat as a discrete group at their own table and participants imagined that they were marketing their own 'planet' (i.e. local area and Time Bank) to the other 'planets.' Each Time Bank described their local area and chose items of news

to tell the other Time Banks; a variety of media were used: one group mimed, another sang, and a third drew pictures. I introduced the World

Parent & Babies Art & Cultural Event



See Back Page

Cafe session, a discussion of 'The Big society', and Vanessa provided an introductory talk, outlining that it is a group of policies that are likely to have big impacts on time banking, hence the importance of getting time Banks to discuss both the policy and the future of Time Banking.

A New Partner for Time Bank



We are pleased to announce a new initiative in

The Hyde Group
Making a lasting difference

partnership with the Hyde Group, at their brand new housing development on Plassy Road in Catford. The Hyde Group approached RGTB in October and we have recently agreed to develop time banking with their new residents from March 2011. We are looking forward to welcoming new members and further increase the presence of our lovely time bank in Catford!

'This partnership will help us to learn more about Time Banking and how best to introduce others to the concept, which we believe has the potential to have a positive effect on peoples' health and wellbeing' - **Kathryn Sales from the Hyde Group.**

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Recording Your Credits

At the heart of Time banking is the ethos of Co-production. The aim of co-production is to *engage and involve the beneficiaries of a service, in the actual delivery of the service itself.*

We all need to work together to co-produce our Time Bank and to keep it running efficiently. In the context of

recording credits, **YOU** need to take responsibility for keeping track of **YOUR** hours and credits/debits.

Please be aware that you must report your hours to the office. Any hours that are not reported to the office will not be banked or recorded.

Thank You. Charmaine

NEW YEAR'S BRUNCH @ PHILIPPE'S

On Thursday January 13th Philippe invited all Time Bank members to his home for an afternoon of Food and Fun! Many members came and brought a dish to share. We had everything from sausage rolls to delicious cheese cake, even some vegetarian goodies, and after eating and mingling we played an exciting game of charades! We also had a bit of guessing some interesting facts about a few of our members, with them giving us some small clues. It was a lovely day, and everyone left with a smile on their face!

Thank you Philippe for inviting us to your family home. *Denice Bromley*



Time Bank members at Philippe's

Those of you that participated in The Big Lunch back in July 2010



will remember how successful and fun it was and that we have been looking forward to the next one.

This year The Big Lunch will be held on **Sunday 5th June** and we need to start planning it. We want to make this year's event bigger and brighter and engage the local neighbours around the practice in the planning of it. What would you like to see and do on the day? Where shall we hold it?

We need your help to make it happen For more details please ring Viola (0203 049 1767) or Philippe (0207 138 1772) or email us at rusheygreen@gmail.com

To find out more about The Big Lunch go to <http://www.thebiglunch.com/ideas-and-inspiration/index.php>

Thank you to all the Children Centre volunteers and Time Bank members Ngozi & Denice for all your hard work: you all made the Art & Culture Day a great success!

FUNDRAISING SPOTLIGHT

A small group of members have taken the initiative to begin raising funds for our Time Bank and they hope to hold some more events in the future!

Our First Table Sale

by Su Kirkby

With snow on the ground and sub-zero temperatures, we held our first Sale of Work in the foyer of the Rushey Green Group Practice.

The icy conditions persuaded many people to buy hats and gloves, whilst children's knit-ware was brought as Christmas presents by doting grandparents. All the goods had been hand-crafted by Time Bank members, and we raised £150 on the day, and more goods have been sold since. It was a lovely day, with friendly people stopping to buy items and admire our handiwork.

We hope that this will become an annual event, to raise money and awareness of the Time Bank.

This is your Time Bank - please help us to be a part of the local community by helping us to raise the necessary funds.



Su and Betty at the Christmas Table Sale

Our Next Table Sale

Spring is just around the corner, and we shall hold a second Sale of Work and Home-Baked goods on Thursday 14 April 9-12pm. To make this happen we will need items for sale and helpers to sell them.

Suggestions for home-mades include:

Clothing and Toys:

- Unwanted gifts (still in their packaging if possible)
- Cotton, knitted or crocheted hats for all ages
- Crocheted tasseled belts
- New-born baby clothes
- Hand puppets and soft toys (e.g. Easter bunnies, chicks etc)

NB: patterns can be supplied for all craft items

Food (home-baked, not shop-bought, please :)

- Scones (savoury and sweet)
- Cup-cakes
- Flapjacks and Gingerbread men
- Large cakes and cake loaves

NB: We will need to know if there are any nuts in the food

If you are unable to make anything you can still contribute; we will need paper plates, hand wipes and thin plastic gloves – all of which are available from the 99p shop.

Please help – we had so much fun last year.

A Warm and Memorable Christmas Party

by Arti Naithani

For me, it isn't Christmas without the Time Bank Christmas Party. This year all the bustling preparations I heard going on helped build the anticipation for me.

On the day I walked briskly through dark and icy Rushey Green to the M'Eating Place. I opened the doors and I am hit in the face with the warmth, glittering Christmas decorations, and Time Bank members greeting each other. Viola and Edmund amongst others are excitedly tripping over each other as they prepare a rich feast including homemade foods and a generous amount of drinks.



Photo by Marcel Bird Wieteska

Ahh, Christmas time is here - when can we eat?

Through mouthfuls of pie and swigs of wine I enjoyed listening to poems, carols and dances by members who offer their hearts to us when they perform and I am reminded that you can give and receive in so many ways.

Then it all gets very serious and a riot breaks out - well almost breaks out -

because Charmaine's traditional Xmas Bingo and Raffle has all the Time Bank members forgetting about togetherness and battling to the bitter end to win the variety of prizes. We all laugh, tease and enjoy ourselves. Some of us chatter loudly



Photo by Marcel Bird Wieteska

and some of us listen quietly, the atmosphere is lovely. Fifteen minutes towards the end, Philippe arrives fashionably late (after hours in the traffic) and tries to catch up on the wine - as the food has almost gone! The party ends, and I hassled members to take home as many mince pies as they can. And they do! Stuffing them into their coat pockets and handbags on their way out to the cold.

The clear up is just as much fun as those who remain work together. With a belly full of food and laughs, I walked back home on a cold night through Rushey Green with a feeling that's as warm and Christmassy as can be.

The Community Outreach Project

by Viola Etienne and Edmund Ault

The Rushey Green Community Outreach Project started in June of last year. It was set up to use Time Banking to help build local networks and support people experiencing isolation, as well as to promote health and well-being by supporting members to get involved in healthy activities e.g. walking groups, chair based exercise and swimming.

Mental health is also an important element of our work and we encourage members to attend workshops (we recently facilitated a Dementia Awareness workshop), courses and seminars to provide advice and information on maintaining good mental health and well-being.

One of our members was referred by their GP to the Outreach Project, and since then they have become involved with the chair based exercise class and attended our last seaside trip, also regularly attends Tea-and-Chat and other planned activities.

Through the project, two of our members have discovered that they live on the same street and they have now developed a lovely friendship; they regularly phone each other to check that all is OK, they go shopping together, and attend activities together – they even spent Christmas Day together!

The project has recently held a Community Health and Wellbeing Day. This was

held in the Palms bar at Ladywell Leisure centre, and was attended by representatives of several health and wellbeing organizations, including many old friends of Time Bank concerned with the well being of the people of Lewisham.

The aim was to provide a forum by which these organizations could make contact with one another and get their message across both to the other organizations as well as to the wider public.

Viola
Promoting
RGTB >



< A well
attended
event

It was a well attended and enjoyable event, and its success has reinforced the belief that the Time Bank Outreach Project has definitely contributed to a reduction in isolation and an increase in wellbeing for many people.

Thank You **Su & Denice** for helping with the Community Outreach promotions at the surgery, your help is much appreciated!
Viola

Time for Quilting!

by Su Kirkby

For the last few weeks a number of Time Bank members have attended a quilting class at the Leemore Centre in Lewisham. Nine of us attended the first session, and for two who came just to "have a look", it came as quite a surprise when they ended up with a bundle of material and were persuaded by the rest of us to join in! We are sewing alternative squares of a checked and a plain material into a 5 x 7 lap quilt; this will be backed with wadding, a plain material and then edged.

The finale, when we do the actual quilting to anchor the pieces, will be done using a template to put a design on a plain square and topstitching with co-ordinating thread. Most people will be using sewing machines but one or two, like me, will be hand-stitching as this is easier for us.

We also have homework to do, which will, if necessary, enable us to catch up for the next class.

The end result will be nine wonderful quilts with their owners' personal touch, and who knows, we may even make something for one of the Sales of Work.

This isn't just a quilting class; is a valuable social occasion during the winter months to encourage us to get out of the house, meet others and learn a new skill that we can pass on to other members.



Film Night by Denice Bromley

Every last Tuesday of the month

Time Bank members gather for Film Night. The film's shown are chosen by our host Marcel. We view wonderful films, from Classics to Modern, and we all get to enjoy the art of Cinema.

January's Film Night was dedicated to a series of short films, each from a different director, with the theme 'Love in Paris.' A snack was shared by all and after the films we discussed what we had seen and how we felt about them. Each person mentioned different ones they felt were very memorable.

Marcel works hard to find wonderful films for us all to watch together. We look forward to next months film and invite all members to come and enjoy!

Film Night is the last Tuesday of each month from 6pm - 8pm at the Time Bank office. Please book

I wish to say thank you to **Edmund** for fixing my bike. Thank You! **Heidi**

Thank You **James** for your help with my laptop. You not only fixed my laptop, but it's now in a better state than it was when I brought it. You must have been up half the night sorting out the 100's of errors. I keep my whole life on it and I don't think you can appreciate how much this means to me. **Simone**

Thank you **Jeff** for the free football tickets. I really appreciate the offer, we had a good night out and Charlton even won! **Jim**

DIY Course by Edmund Ault

For a long time one of the most requested services at RGTB has been for help with DIY and small home repairs. Up till now it has been difficult to meet these requests for we simply haven't had the skills available within the Time Bank.

But now all that is changing. For the last 2 months a small group of us have been receiving training from Robert McKelvie, an expert in home improvement, and we will shortly be available to help you fix those niggling little problems that wish you could fix for yourself: changing taps and washers, putting up shelves, replacing fuses and other such jobs. (Regrettably we won't be able to undertake any major work for jobs like those need a professional).



Robert teaches Viola,
whilst Filomena waits in
the wings

Providing this important course has cost a great deal of money, and spaces were limited and much sought after by many members. It is such a

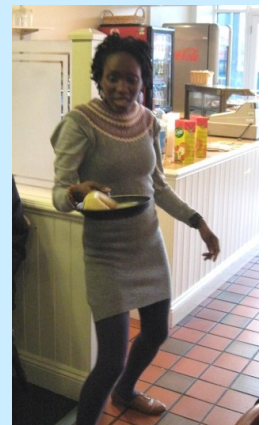
shame that more people were not able to take full advantage of the opportunity offered to them.

On behalf of all who have attended I would like to say a great big thank you to our tutor, Robert: you have taught us so much, and despite the numerous interruptions and chaos you have retained your composure and good humour; we hope we have been good pupils and that we haven't tried your patience too much. Thank you.

Thank you also to Vanessa Gould (Lewisham Time Bank Development Programme Co-ordinator) for providing the funding.

Days and Nights Out with RGTB

We've enjoyed a number of social events recently at RGTB: a night boat trip on the Thames, an afternoon bowling in Lewisham and a Pancake Day celebration at the M-Eating Place café, which was memorable for an innovative poetry writing exercise organized by Ottis and a highly entertaining pancake tossing competition (for which there is a special thank you to Bernard, the Chef, for his superb pancakes). Thank you to Viola for her work organising this event.



James, thank you for all your help with my computer, you're a star! **Chris**

CHILDREN'S CULTURAL EVENT

Harmony through creativity was the order of the day at the Parent and Baby Group's Art and culture event held at the Trinity Church, Stanstead Road.

The event was organized as part of the Lewisham Council funded *Community Cohesion Project*, which aims to promote well being by bringing together neighbours, cultures and communities. We aimed at using creative art and discussion to share experiences in a fun and relaxed environment.

It began with a *Parents & Child Art Fun* session, which sought to build stronger relations between parents and their children, whilst the *Parents Only* group aimed at understanding of ones own personal



Photos by Maja Wachnik

wellbeing. There was a wealth of activities, such as pottery, puppet-making, flag-making as well as the opportunity to take part in the production of a giant painting on canvas. Everyone, young and old alike, left feeling relaxed, refreshed and energized; it had been a day well-spent.



Thank you to the Time Bank members who provided valuable support and contribution to make the Art Pasta Bake day / Community Cohesion project a pleasure for many Children and Families. A special thank you to Ngozi Atakulu, Denice Bromley, Ruigi Manasary, Anabela Uka, Maria Stamati-Knipe, Janice Gardiner, Penny Hosie and Maja Wachnik Bronwyn Rich (Lewisham Children Centre)



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