# RUSHEY GREEN / MACMILLAN

## Timebanking with Macmillan drop-ins

RUSHEY GREEN TIME BANK

| Date | Time | Location | Theme | Who |
|---|---|---|---|---|
| **Friday 28th June 2019** | **10am-12pm** *Talk from 11.15am* | **Rushey Green Group Practice Hawstead Road** | **Energy Advice and Support for People Affected by Cancer** General energy advice and letting people know about their ECO Project which can support people affected by cancer by providing funding to improve the energy efficiency of homes. | **Helen from South East London Community Energy** |
| **Friday 26th July 2019** | **10am-12pm** *Talk from 11.15am* | **Rushey Green Group Practice Hawstead Road** | **Nutrition** Theresa will be discussing the optimum foods for recovery and the role of nutrition and immunity. | **Theresa Webb (Time Bank member)** **Consultant Nutritional Therapist** |
| **Friday 30th August 2019** | **10am-12pm** *Talk from 11.15am* | **Rushey Green Group Practice Hawstead Road** | **Breathing and moves for relaxation** Mary will share some useful breathing techniques and chair-based movements to promote relaxation. | **Mary Purple Palm Yoga (Time Bank member)** |