

SPECIAL
COMMUNITY
EDITION
NEWSLETTER
JANUARY
2011

RUSHEY GREEN TIME BANK THE RUSHEY GREEN EXCHANGE TIMES

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



SPECIAL LOCAL COMMUNITY EDITION

“ Rushey Green Time Bank is my second family, and there is always happiness there. ”



“ Rushey Green Time Bank has enriched my life by providing the opportunity to meet people. ”



Dear Neighbour,

We are Rushey Green Time Bank, a multi-award winning community organisation based at the

Rushey Green Group Practice on Hawstead Road.

We have been in existence for over ten years, though only been based in Hawstead Road for five years when the new practice opened. Many of our members come from the surrounding streets and you may have met us when we did the 'BIG LUNCH' last July under glorious sunshine in the

car park of the practice.

Inside this special edition of our newsletter you will find information about what we do, which we hope you will find interesting and appealing.

Please contact us if you want to know more and get involved.



Rushey Green Time Bank
is based at
The Rushey Green Group Practice, Hawstead Road, Catford, SE6 4JH

0207 138 1785
rusheygreen@gmail.com
www.rgtb.org.uk

Our vision...

Our vision is to achieve a cohesive community in the Catford area, where local people get to know each other and become neighbours. A place where people are empowered to make their own choices and can rely on each other for help and support, and where people of different ages, cultures, backgrounds and abilities interact with each other through the exchange of time on an equal footing and with mutual respect and understanding

The Rushey Green Community Outreach Project

The Rushey Green Time Bank Community Outreach Project has been set-up to provide support and opportunities through Time Banking

to all those experiencing difficulties or hardship because of ill health, disability, isolation or a lack of family support.

Time Bank members can take part in a diverse range of activities, including health-orientated pursuits such as walking groups and chair-based exercise classes, as well as social events, film nights, arts and crafts, and days out, such as bowling and regular coffee-mornings.



Members are encouraged to share their time and skills to create a circle of giving and receiving. This can help members to learn or teach skills, save money, improve confidence, develop hobbies, improve health and well-being and, most importantly, to

relax and to learn to enjoy their lives.

**For further information please contact
Viola Etienne on 0203 049 1767; e-mail: viola@rgtb.org.uk**

Imagine a world where everyone lives in harmony, and regardless of age, religion, race, culture, background and ability.

The real world may seem incapable of matching these ideals, but at Rushey Green Time Bank we believe that every member equally deserves to be treated with:

Respect, Trust, Confidentiality, Courtesy, Empathy and Integrity.

"I am really enjoying going to Rushey Green Time Bank, I find it very relaxing and I no longer need to visit my doctor so often."



"Rushey Green Time Bank has provided me with contacts, friends and a sense of wellbeing and belonging in the community."

"Rushey Green Time Bank is my second family!"



"We all have different life experiences, but we can always come together to share and help each other. Thank you!"

"Thank you Rushey Green Time Bank for all your help and support; you make me feel better!"



The Big Lunch

Last July we celebrated 'The Big Lunch', in the car park of the Rushey Green Group Practice.

This provided the opportunity for friends and neighbours to sit down and enjoy a bring-and-share lunch with each other.

We were blessed with glorious weather and enjoyed a barbeque, choir, face painting, archery, bouncy castle and contributions of food and drink pro-



vided by local residents and businesses.

This year's 'The Big Lunch' will be held on Sunday 5th June 2011, and we would like to make it an even bigger celebration of our neighbourhood than last years.



If you would like to help organize the event, provide entertainment, contribute food or help in any other way, please contact Viola Etienne on 0203 049 1767 or viola@rgtb.org.uk

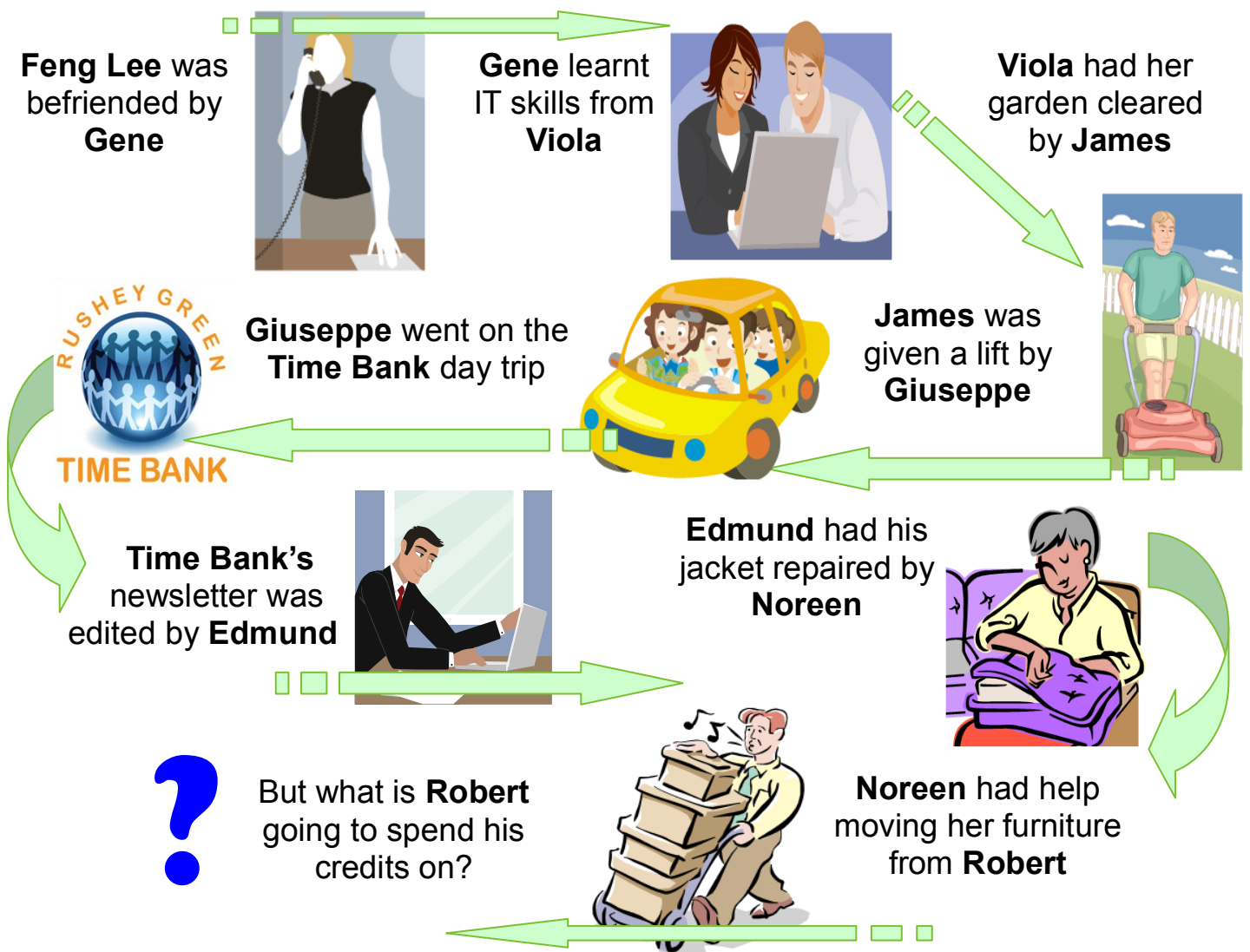
How Time Banking Works

Time Banking is a way of exchanging skills and experiences through the use of time as a currency. It is a reciprocal system in which you get out of it as much as you put in.

For every hour of work that you provide a service to another member you can claim back an hour from another member. In this system everyone's time is considered as equal, regardless of the service provided: everyone's skills and experiences are considered to be of equal importance and value.

There is no end to the type and variety of service that can be exchanged: home decorating and simple DIY tasks, gardening, social events, health-related activities, dog walking, friendship; the list is restricted only by the skills possessed by the members of the Time Bank, so the more members we have the better the service will be.

- You give an hour of help and earn one Time Credit
- The person receiving your help owes one Time Credit
- They pay back by helping someone else



“Time Banking is a framework for people who would not normally meet, to come together and learn how to exercise both their powers and responsibilities as caring citizens” - *The New Economics Foundation*

Rushey Green Time Bank is a registered Charity No. 1101616.
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Registered Office: Rushey Green Group Practice, The Primary Care Centre,
Hawstead Road London SE6 4JH