

For this event to be a success, we need the support and participation of all of you!

Help Needed!!

Cook & bring a dish to share

Bring cake /fruits /refreshments

Table covers/decorations

Entertainment i.e. Musicians

Can you provide help on the day?

Are you interested in being a part of the Rushey

Green Time Bank Big Lunch?

Can you help with any of the above?

Please Contact Viola on 0203 049 1767

Email: viola@rgtb.org.uk



TIME BANK

*Local People sharing time and skills
To build happier healthier communities*

Rushey Green Time Bank is a registered Charity No 1101616 and a company limited by guarantee, registered in England and Wales,
Company registration No 4681564

Registered address: Rushey Green Time Bank c/o The Rushey Green Group Practice, The Primacy care Centre, Hawstead road, London SE6 4JH

Rushey Green Time Bank

The Big Lunch



- . Barbeque
- . Refreshments
- . Face Painting
- . Archery
- . Bouncy Castle

Sunday 18th July

1pm - 5pm

Location:

**The Rushey Green Group Practice
Hawstead Road**

Rushey Green Time Bank

Rushey Green Time Bank (RGTB) is a community group based at the Rushey Green Group Practice. Time Banking is a way for people to help and support others in their community and be rewarded for it - **in time**. For every hour of time you give helping someone, you receive one time credit which you can use to get help from someone else.



"Neighbours who look out for each other make a difference"

The Big Lunch is an opportunity for us to launch a new project aimed at bringing the community together and for us to be a local point for the promotion of health & wellbeing. We will be working with residents and partners to

provide activities designed to encourage neighbours to get to know each other and create a sense of neighbourhood.



The Big Lunch

The big lunch aims to bring local people together to build a strong cohesive neighbourhood.

This is a nation-wide event which aims to get as many people across the country to **bring food, sit down and share lunch**, with their friends and neighbours. The event takes place on a every year, this year it is on the **18th July**. This is an opportunity for people to come together, meet others, share skills and interest, form new friendships and celebrate their community.

This event is for you, him, her, them, us, every one we know and don't know but should:

OUR NEIGHBOURS.

