

<b>1 Wed</b>	2:00-4:00	Tea & Chat
<b>2 Thu</b>	11:00-12:00	Walking Group
<b>3 Fri</b>	11:00-2:30	Showcase event for Bring and Fix at the Chiswick Park Enjoy Work
<b>4 Sat</b>		
<b>5 sun</b>		
<b>6 Mon</b>	11:00-11:00	New members induction
<b>7 Tue</b>	09:30-10:30	Chair Based Exercises
<b>8 Wed</b>	2:00-4:00	Tea & Chat
<b>9 Thu</b>	11:00-12:00	Walking Group
<b>10 Fri</b>		
<b>11 Sat</b>	6:30-11:00	<b>VALENTINE'S CELEBRATION fundraising event</b>
<b>12 Sun</b>		
<b>13 Mon</b>		
<b>14 Tue</b>	09:30-10:30	Chair Based Exercises
<b>15 Wed</b>	2:00-4:00	Tea & Chat
<b>16 Thu</b>	11:00-12:00	Walking Group
<b>17 Fri</b>		
<b>18 Sat</b>		
<b>19 Sun</b>		
<b>20 Mon</b>		
<b>21 Tue</b>	09:30-10:30	Chair Based Exercise
<b>22 Wed</b>	2:00-4:00	Tea & Chat To be confirmed: Workshop with researchers from the London School of Economics
<b>23 Thu</b>	11:00-12:00 3:00-4:00	Walking Group. New members induction
<b>24 Fri</b>		
<b>25 Sat</b>		
<b>26 sun</b>	12:00-6:00	<b>Bring and Fix in Canterbury as well as opportunity for an outing</b>
<b>27 Mon</b>		
<b>28 Tues</b>	09:30-10:30	Chair Based Exercises
<b>29 Wed</b>	10:30 -11:30	Drop In – Coffee Morning

### Final Note

This month we have had 1 new member complete our joining process. Lee Roach is an occupational therapist and is offering a workshop on 'Making it easier to do things at home'. Details to follow.

Please turn over.....

**Valentine Celebration:** Saturday 11th February 6.30-11pm St Laurence Central Hall, 37 Bromley road, Catford, London SE6 2TS. For more details, please contact the office or Pauline on 07947516496 email:Pauline@rgtb.org.uk

**Chiswick Bring & Fix:** is at the Chiswick Park Enjoy Work which is a beautiful site based just off Chiswick High Road and is home to the head offices of Starbucks, Foxtons, Disney, Discovery Channel, Paramount and many more. We have been asked by friends to showcase Bring & Fix during an event that promotes sustainability and to encourage visitors to do Bring & Fix events in their neighbourhood. A group of us will be going, please contact the office for details.

**Canterbury:** This is the beginning of a new partnership. we have linked up with a lovely Community Group in Canterbury who are doing their first Bring & Fix. They have a brilliant hall with car park at the back, 2 minutes away from the beautiful Canterbury High Street. Please contact the office if you would like to come along on Sunday 26<sup>th</sup> February.

**Workshop with the London School of Economics:** this is about research undertaken by the London School of Economics, to evaluate the impact and benefits of Time Banking, and which will influence policy makers and funding bodies.

**Chair based exercise Class:** gentle chair-based exercise for the over 55s to help you keep fit and healthy;

**Location: Room 21, Rushey Green Time Bank; Cost 1 Credit**

**Tea & Chat:** our weekly social event and your chance to meet other Time Bank members

**Location: Room 21, Rushey Green Time Bank; Earn: 1 Credit**

**Drop-In Coffee Morning:** our monthly get-together and your chance to meet other Time Bank members and catch up on Time Bank news.

**Location: The M-Eating Place, 127 Rushey Green (*opposite Argos*); Earn: 1 Credit**

**Walking Group:** Improve your health and well-being with a walk around Ladywell Fields; all levels of fitness catered for.

**Location: Main reception, Lewisham Hospital; Earn: 1 Credit**