

Exchange List

Offers

- ⇒ Learn or speak some **Spanish** with native speaker
- ⇒ Themoulla is offering to **wall-paper** a wall for you
- ⇒ Have your **garden cleared** ready for new growth in Spring by the Gardening Team. Tony will visit and make arrangements
- ⇒ **Alexander Technique** session from Antonella. In her home
- ⇒ **Piano tuition** from Pauline
- ⇒ Visit the beautiful **Galleywall Nature Reserve** with its small pond, new cover for rain, bug mansion, eco toilet and spring growth. Community groups welcome
- ⇒ Get fit **walking** in our Walking Group. Walking from Pecan once a week
- ⇒ Get some **graphic design, illustration and sign painting** help from Gourmandizing London
- ⇒ Learn how to cook an **Italian dish** in your home with Antonella
- ⇒ Get some help **filling out forms** especially benefit or housing from Helen

Wants

- ⇒ Join our **Gardening** Team to help clear members gardens for spring
- ⇒ Help Antonella mount and hang some **pictures** in her flat
- ⇒ **Make cushion covers** for Irene
- ⇒ **Escort** elderly people to lunch club on Fridays at Peckham Park Baptist Church. Need a car. Could be occasional
- ⇒ Mariam needs some **clothes altered**
- ⇒ Turn Cristina's fav **vid's into DVDs**
- ⇒ Learn how to **paint a mural** for Pocket Places in Peckham with Gourmandizing London expertise
- ⇒ Help **Michael** stop his PC crashing
- ⇒ Gourmandizing London needs your **recipes & food stories**
- ⇒ Enthusiastic helpers for Age Concern **events** in their Bermondsey and Borough centres. Could be occasional but will need to go through their volunteer policy
- ⇒ Galleywall Nature Reserve are looking for help with **publicity**. Putting up posters in local shops and visiting TRA's and Open days. Training available
- ⇒ CJ needs his **sneakers repaired**, some glue and leather needed
- ⇒ Pascale's **sewing machine** needs looking at

February THANKS go to:

All the fixers, helpers and promoters at the Bring and Fix. Our gardeners and Pascale for her lifts.

"Spend a little time with us, and make a big difference."

121 Peckham High Street, SE15 5SE. 020 7732 0007

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Fancy **getting fit** whilst making **new friends** and **exploring** Southwark?



We are starting an HOurBank Walking group

- Starting Wed 26th March at Pecan
- 11am for Registration and refreshments
- Once a week for 12 weeks
- Cost—1 time credit each week
- First walk, half an hour

Especially for those who want to **start** walking. Limited spaces so please book first.

We can also train **Walk Leaders** and **Route Developers**.

GOURMANDIZING
LONDON

New HOurBank members 'Gourmandizing London' is a collection of murals in South East London celebrating the breaking of bread and investigating how people in our communities create new concoctions in their kitchens.
www.gourmandizinglondon.com

Do you have a favourite recipe you would like to share? Does it have an interesting story to go with it? Gourmandizing London will pay time credits for your favourite recipes and food stories.



Bring & Fix

The Bring & Fix at the Copleston Centre was a huge success with over 70 fixes being done. We had singers, healers, general fixers, smart phone advise, jewellery repairs and much, much more.

The Copleston Centre said *"Thank you very much to the HOurBank, the fixers, volunteers and those who came, it was a great event we hope to repeat in the not too distant future."*



More Coffee Mornings?



Some members have asked if we can hold more get togethers. What do you think? When? Where? Can you help?

Jane and Julian are running to raise money for Southwark Foodbank!

Please consider sponsoring them using the following links.



Julian's link: <http://tinyurl.com/gfqdhfs>

Jane's link: <http://tinyurl.com/p997nu5>

Calendar



- **Galleywall Nature Reserve** Sun 2nd Mar, 1.30-3.30pm.
- **Coffee Morning** - Tue 4th Mar, 11-12noon
- **Walking Group**— Wed 26th Mar, 11—12.30
- **Coffee Morning**—Tue 1st April, 11-12noon

2013 HOurBank Annual Report available, ask at office.

Please 'friend' us on 'Hourbank Pecan'



Organisation Exchanges

Offers available for organisations in exchange for **time credits**;

- ◆ Pempeople—looking for orgs to partner with. They do **bike maintenance and training**, and other community events.
- ◆ Wickway Centre—offering **venue** space for time credits. Seeking partnerships.
- ◆ Gourmandizing London can help with **graphic design, illustration and sign painting**
- ◆ Bermondsey Age Concern has an **IT suite** up to 9 users
- ◆ Galleywall Nature Reserve can be booked for a **group visit**—pond, rare plants, new cover for rain, amazing mansion for bugs, activities, plus eco toilet!
- ◆ Minibus roof-rack available
- ◆ **Promote** your service to Foodbank clients

Welcome to new members

- * Antonella Cavallone
- * Janet Davies
- * Irene Hogan
- * Cristina Veiga Hortas
- * Jennie McClean

Organisations

- * Wickway Community Centre
- * People Empowering People
- * Gourmandizing London
- * Peckham Vision
- * Paxton Green Time Bank

Film Screening

Arcadia Missa have kindly offered their Gallery for us to show a film. Would you be interested in helping to run this?

Discussion meeting
 Tuesday, March 11th,
 19:30, at All Saints
 Church (Blenheim Grove,
 SE15 4QS), near Peckham Rye station.



Thanks to Pauline and David for helping give out chocolates outside Pecan on Valentines Day



Pocket Places

Unused pockets of land put to community use

New HOurBank members Pocket Places need help getting the Pockets up and running around Peckham. Here's what they are looking for;

- | | | |
|-------------------------|--------------------|---|
| Drilling | (bunting etc) | Graphics |
| Cooking | Shovelling | (designing flyers and posters) |
| Sawing | Sewing | Chatting |
| Planting | Bikes | Project Hub / notice board |
| Lifting | Scavenging | Gardening |
| Tools | Making new friends | Promoting |
| Transport | Cleaning | Event planning |
| Ladders | Carpentry | ...& anything else you think would be useful! |
| Cups of Tea | Social Media | |
| Watering trees & plants | Storage | |
| Games | Flying | |
| Decorating | Baking | |

www.pocketplacespeckham.wordpress.com

