TimeBank Haringey

Share your skills, time and passion — give an hour and earn an hour in return

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Autumn 2013

At Haringey Timebank people exchange their time and skills without any money changing hands. It's totally free! Everybody's time is valued equally, so for every hour you give, you get an hour in return. It's that simple. Your credit is banked and you can spend it as and when you like on other members' time and skills.

Haringey Timebank,
Winkfield Resource Centre,
33 Winkfield Rd,
Wood Green N22 5RP

Opening Hours

Mondays and Wednesdays
10:00am-4:00pm

Brokers

Sam Leggatt - 077 266 95812
Sam.leggatt@groundwork.org.uk

Susan Holtom - 077 029 42136
Susan.holtom@groundwork.org.uk

ROUND UP

Super Timebank Volunteers

COHENEL students Manana and Osman excelled themselves during August. With Susan's guidance they tackled an overgrown garden for an elderly man who is unable to do the work himself.

The before and after pictures speak for themselves. Great job everyone!!!

Love Parks Week

In partnership with Groundwork we took part in**Love Parks Week** around Haringey. Thanks to everyone who shared ideas for their local park and made some great bug hotels. If you would like to help improve your local park, contact Kam on 07702 942160 or kam.dhenjan@groundwork.org.uk

AQA accreditation

Congratulations to Timebank members who earned over **80 AQA** certificates this year. These covered a wide range of skills including cookery, gardening and art and crafts.

Big Lunch

We hosted our **Big Lunch** on 3 June at the Winkfield Centre. Everyone had a great time, enjoyed good food, made new friends and some great skill swaps were arranged into the bargain.

ALL ABOUT YOU

The Timebank is about our local community - this is your space for ideas about how we should run, new activities, local news...basically anything you want! Some of our members have set up a group to help steer the Timebank, could you spare a few hours a month to join them?

GREENBANK

Gardening Sessions at the Timebank Garden, N22

Despite mixed weather, our gardeners took home tasty vegetables from the garden including garlic, carrots, tomatoes, beans, radishes and herbs. The group completed their AQA qualification in September - contact us if you are interested in finding out more about how we can help you to gain accreditation. We planted cabbages, pak choi and kohlrabi

MEET A MEMBER

Noel Park Market

Situated at **Noel Park School**, Gladstone Avenue, N22 6LH, the market is open every**Sunday from 9am - 12noon**and is where you can buy anything from cupcakes to crochet jewellery. The market specialises in **fresh super-local produce** and is always keen to welcome new sellers.

The market is also looking for more volunteers to help out with a variety of tasks including publicising through local leafleting, help with social media and general help on market days. Volunteers can earn time credits which could be spent on having a stall at the market or any of the other skills on offer through Timebank.

For more information on how you can get involved contact noelpark.market@gmail.com

LATEST OFFERS & REQUESTS

Offers

- iphone/ipad help
- School curriculum help
- Salsa lessons
- Making music videos

Requests

- Basic DIY e.g. putting up shelves, decorating
- Guitar lessons
- Noel Park market volunteers every Sunday
- Admin support

This is only a small selection of our many offers and requests, for a more detailed list go visit

recently. Feel free to drop in, see how they are doing and help us to care for them over the winter.

Requests for gardening help

As this is one of the most popular requests in Timebank, we are getting a group of volunteers together who can weed, prune, dig and generally tidy overgrown gardens. If you can help we would love to hear from you. In addition to earning time credits we can reimburse bus fares if you need to travel.

Just some of the tasty local produce on offer.

Hosting a Lunch?

We would be interested to hear from Haringey groups who could host a Timebank lunch or evening/weekend event with us. If you have a suitable accessible venue please let us know.

our website

Students!

Are you a student who has recently moved to Tottenham and would like to become an active member of the community? We would love to welcome you to Timebank and hear your ideas.
Follow us on Facebook and Twitter to find out all our latest news

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ACTIVITIES AND EVENTS

Members' Lunch
First Monday of every month 1-2.30pm, Winkfield Centre. Meet other members, arrange swaps, make new friends and plan activities. Bring a dish to share. Bring a friend who joins Timebank and earn a time credit too!

Crafting Sessions
Join the friendly group at Winkfield Centre on 2nd, 3rd and 4th Mondays of each month from 1300-1500.

Timebank Gardening at the Winkfield

Drop in Monday or Wednesday between 10-2 and earn time credits helping to tend our community garden. Join us for winter bulb planting on Weds 16 October from 1100-1300.

Cooking sessions
Sweet or savoury, starter or main course? Come and demonstrate a dish of your choice to 3 or 4 others. Contact us to book your place for cooking sessions at Winkfield Centre running from November.

Italian lessons
Due to popular demand after the success of our first course, the lessons will be starting again shortly. Dates/times and venue to be confirmed.
Contact the brokers to register your interest.

Mindful Saturday sessions at Haringey MIND N4.
Six sessions to improve your well-being are offered by Timebank in partnership with Haringey MIND starting
5 October 11.00-13.00. Contact Dave at MIND on 0208 340 2474 for more details.

It's your Timebank!
Share your skills and ideas for future events with your Timebank brokers. Earn time credits running new events and activities as well as gaining great experience for your CV.

10-13 October Knitting and Stitching Show
We have a limited number of tickets for this exciting event at Alexandra Palace.
3 time credits. Not a member? Join today!

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