

# HAPPY CHRISTMAS FROM STONEHOUSE TIME BANK

## NEW CONTACT DETAILS

We are now more mobile and won't be at the Oasis Cafe for drop-ins. You can reach us any time on our new mobile: **07425 576554**

Or follow us on the website:

[www.stonehousetimebank.co.uk](http://www.stonehousetimebank.co.uk) or on Facebook (Stonehouse timebank) or Twitter (@stonehousetime).



We are becoming a 'pop-up' Time Bank!

There will be an event every month for people to get together and socialise and swap time. Please let us know if you can help with any of these (or suggest good places to hold them).

**January 19<sup>th</sup> 10 -1: healthy eating and exercise at the Oasis Cafe in Manor St.** (New Year's resolutions!) Bring along healthy food that you have made and recipes to swap. Arrange swaps around providing advice on healthy cooking/shopping and maybe exercise.

And then....venues to be confirmed.....

**February – computing help, internet research**

**March – Easter theme** Make easter bonnets, paint eggs, make egg-shaped candles, make/decorate chocolate eggs.

**April – spring cleaning** Advice on decluttering, how to recycle, alternative eco-friendly cleaning materials, arrange swaps where people help each other with spring cleaning or help some of our organisations do a big tidy-up.

**MEANWHILE**....over at the Old Ship Hostel, they are creating a community garden.

You can go and help (and earn Time Bank hours) **every Thursday from 10.30 to 12.30**. There's digging, planting, building chicken coops and putting down mulch to do. There is also always a friendly cup of tea and sometimes cake.

The vision is of a Stonehouse garden that produces fruit, vegetables and eggs. It will also be a place where we can hold events, like craft workshops or tea parties or barbeques. It should be a lovely place to have in the centre of Stonehouse.

They also need artists to make signs and paint the walls.

Contact Jacky or Lesley on 07425 576554 or e-mail [stonehouse-time@hotmail.co.uk](mailto:stonehouse-time@hotmail.co.uk) for more details.