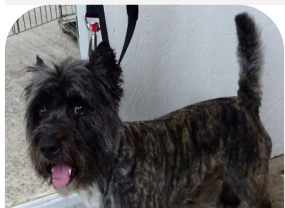


# Annandale and Eskdale Timebank

August 2015



July has been a very busy, very physical month! There has been lots of gardening and plenty of walking. In August, we have the Weight Management Group starting on the 7th at ARC in Annan; for more details, contact Stephanie on 01461 758247. We also have the singing group starting on the 3rd at Annan Court Care Home at 11 00; please feel free to bring any sheet music or musical instruments.



## Annan Events

3rd August	7th August
Togetherness Walk	Weight management Group
Annan Town hall	ARC, Ednam St
10 am—12 pm	10 am—12 pm
Every Monday starting	
3rd August	14th August
Singing Group	Coffee Morning
Annan Court Care Home	Arc, 15 Ednam Street
11 am—12 pm	10 am—12pm
4th August	21st August
Drop in	Weight management Group
SONAS (Annan Hospital)	ARC, Ednam St
10 am—11.30 am	10 am—12 pm

## Skills Offered

Running errands	Proof reading
Shopping	Japanese
Companionship	Tai Chi
Washing/ironing	Manicure
Dog walking/pet sitting	Bowen technique
Book-keeping	Photography
Computer skills/iPad training	CV writing
Poster design for events	Haircutting
Reading (Help with)	Sewing/Hemming
Guitar	Reiki
Gardening	Tibetan (from September)
Leafletting	Painting fences
Counselling	

## Lockerbie Events

15th August	28th August
Craft Group	Coffee morning
Lockerbie Town Hall	Dryfesdale Church hall
2pm—3.30 pm	10am-12pm

## Langholm Event

7th August
Coffee Morning
Blue Moon
Crafts from the Muckle Toon
10.30 am—12 pm



★★★★  
148 Members  
2168 hours  
exchanged  
★★★★

Hi Mia,

We are so enjoying ourselves together !

I managed to get Eileen lost – but in a very good way.

Using computers and those straightforward programs which we use for everyday tasks, we forget that they can also be an entry into a wonderful world as well.

Eileen brought that home in a truly wonderful way for me yesterday.

We were talking about how to use Google and all the different ways it can help.

Started off in finding the meaning of a word, 'Sproat' which lead to the meaning of a place name, Woking. She lived there in the past.

As we chatted, I remembered she had spent a good 20 years in India – so we had Google maps bring up the detailed view of Madras, Chennai now, and went in to have a look.

This brought back such a treasure trove of lovely memories for her !

Street view is not available for that part of the world but having the street names, the buildings she remembered, the beaches where they had such wonderful parties... etc !!

We then had the bonus of switching to earth view – where

she could get the satellite image of the city !!!

I had to amend her power setting to ensure that the computer did not switch itself off after 30mins inactivity – because she said she was gonna come back to this time and again !!!!

The benefit of such a simple program as Google maps to trigger a host of memories – is a tool I would suggest has great potential benefit, particularly of the elderly.

All in all – a great time !! Pat



## Exchanges Required

### Annan

A request for removal of office furniture (for recycling)

A voluntary organisation requires some joinery, painting and general clearing up of a garden area

A time banker would like a companion to go fishing

Can anyone assist with helping somebody learn to play a squeezebox

### Langholm

Guitar lessons required

Weeding and gardening required

Somebody requires assistance with a Samsung touch-screen phone

### Lockerbie

Some hand-weeding required

A dripping mixer tap needs some attention please

### Gretna

Someone needs help with gutters cleaning

Two large dogs require walking

### Moffat

A request for companionship and possibly some transport for shopping



Have you something you would like to say in a future newsletter? Please contact Angela on [utopia1999@outlook.com](mailto:utopia1999@outlook.com)

For more Time Banking details: Mia Glendinning 72-74 High Street Lockerbie Dumfries and Galloway DG11 2AA

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