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Welcome to the November 2019 Newsletter!

Read on for:

HOurBank's Christmas Party, Oyster Trip to St Bride's, Black History Month Events - Royal Steel Pan and Dr Harold Moody remembered, Survey Results, Exchanges and Diary.

Please follow us on twitter [@HOurBankPecan](https://twitter.com/HOurBankPecan) and friend our Facebook page [Hourbank Pecan](https://www.facebook.com/HourbankPecan)

HOurBank's Christmas Party

A date for your diary

Our Christmas Party will be held between 3:00 and 5:00 pm on Sat, 14 December. This year, it will be held at Pecan.

Further details will follow—but why not make a date in your diary now.



Oyster Trip - St Bride's Church

This month our Oyster trip will be to St Bride's Church, Fleet Street, London, EC4Y 8AU. This remarkable church is sometimes known as 'The Wedding Cake Church'. At other times, it is called 'The Journalist's Church'. It has a history that goes back to Roman Times. A trained guide will give an insight into its past and its present role today.

If you would like to attend, please be at Pecan's reception at 12:45 pm on **Tuesday, 26th November**. This will give us time to travel to the Church where the tour will start at 2:15 pm and finish by 3:45 pm.

IMPORTANT NOTE: Entrance fee at St Bride's is £6:00 + 3 time credits



Celebrating the Steel Pan

This year, HOurBank chose to celebrate Black History Month with two separate events. The first of these was a musical evening with the Royal Steel Pan at All Saints Church Hall, Peckham. The evening allowed us to hear a variety of tunes performed by a talented group of young people, most of whom are based in and around Southwark. In addition, a short talk was given regarding the origins and history of the steel pan.



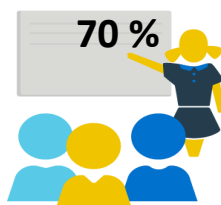
HOurBank's members with Royal Steel Pan leader Tian

Thank you to all those who responded to **HOurBank Annual Survey**, we had a total of 42 responses. Please see a summary of responses taken from the survey.

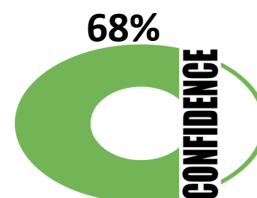
The £10 shopping voucher will be drawn at HOurBank's Christmas Party on , Sat 14th Dec 2019



Agree and strongly agree they now feel that they belong to this neighbourhood



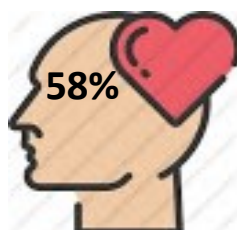
Agree and strongly agree that if I need advice I know someone I could go to in my neighbourhood



Disagree and strongly disagree that since last year at HOurBank, I have been losing confidence in myself



Yes, I would recommend the HOurBank to a friend



Since last year I have not suffered from depression or anxiety



The top three words chosen by members were. At HOurBank I feel treated with



Dr Harold Moody M.D.



Dr Harold Moody

The second of our Black History events was a talk on the life and work of Dr Harold Moody. He was a campaigner for black civil rights in the 1930's and 1940's. Born in Jamaica, he came to settle in Peckham and served the community as a local GP. Congrats to HOurBank's staff and members who worked together to learn about his contribution to the local community as a doctor and to celebrate his life.

HOurBank Noticeboard



Diary

November

- Steering Group - Friday, 1st - 11am
- All Saints Café, Tuesdays, 5th, 12th, 19th, 26th - 9:30—11:00 am.
- Coffee Morning - Tuesday 5th - 11am
- Creative Writing Workshop (drop in) - 10am - 12pm
- Oyster Trip - Visit to St Bride's Church, leaving 12:45 pm, Tuesday, 26th November

December

- Coffee Morning - Tuesday, 3rd, 11am
- Oyster Trip - Winter Wonderland, (date, tbc)
- Christmas Party - Saturday 14th - 3-5pm



Gardening Team

Get in touch if you would like to do gardening for those who can't, or if you have a garden and need some help.

Gardening can be a great way to get some exercise, have fun and make new friends.

MENders Club

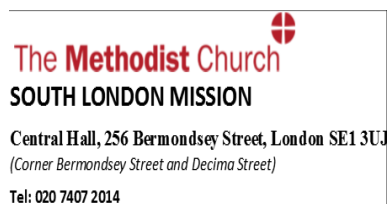
Join others to mend, tinker and chat. Men (50+) Fridays 10am-2pm
At the Old Library opposite Peckham library.

Run by Age UK. For more information call 020 7358 4079



Free Coffee and Cake

A great place to get to know others and arrange HOurBank exchanges



HOurBank at South London Mission
Community Cafe
Bermondsey St/Decima St.
Fridays 1-3pm



HOurBank at All Saints Café

Free tea and cake plus chat & general support at All Saints, 7 Blenheim Grove, Peckham, SE15 4QS.
Tues 9.30 –11am

Interested in Joining the HOurBank?

If you live or work in Southwark come and speak to one of us at a 'Free Coffee and Cake' (see above) or go to www.pecan.org.uk and find the HOurBank page. Click on 'Become a member' and fill out the short initial form.

Then come to our **HOurBank Introduction Workshop** to meet us, find out how to make an exchange, set up your account and input your current 'Requests' and 'Offers'.

We ask for character references so we can keep each other safe.
Contact us to arrange a time.