



Thanks to our partners' support in delivering this project. Find out more about time banks and biking in your local area from:

#### London time bank network

Links community time banks across 14 London boroughs and supports their work in schools, community centres, health settings and housing associations. Partner of Time Banks UK. See [www.londontimebank.org](http://www.londontimebank.org) and [www.timebanks.co.uk](http://www.timebanks.co.uk)

#### London Cycling Campaign

Aims to increase cycling in Greater London for the benefit of individuals, local communities and the wider environment by promoting cycling, improving conditions & raising the profile of cycling. See [www.lcc.org.uk](http://www.lcc.org.uk) for more information.

#### Southwark Cyclists

Southwark voluntary group of London Cycling Campaign. We are one of London's most energetic, innovative and responsive bike groups. See [www.southwarkcyclists.org.uk](http://www.southwarkcyclists.org.uk) and contact Barry Mason : 07905 889 005.

#### Halfords Enfield Bike Hut

Specialise in selling the right bike each time, from your first bike to custom made cycles. Bikes can be handbuilt and we offer specialist after sales back up. Contact: Andy, Dave, Wayne & John on 020 7366 0787. Visit: Unit 3, Great Cambridge Rd, Enfield EN1 3RN.

#### Halfords Catford & Brixton Bike Huts

Friendly & expert teams for specialist bike advice, great cycle products & keeping your bike on the road with our new repair service. Contact Halford Catford: Ian 020 8690 9600 or visit 1a Catford Hill, Catford, SE6. Contact Halford Bike Hut Brixton: 020 7733 8307 or visit: Unit B, Effra Road, Brixton, SW2.

#### Transport for London

Responsible for implementing the Mayor's Transport Strategy for London and managing the transport services across the capital. For cycling information and guides visit [www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)

#### Edmonton Cycle Club

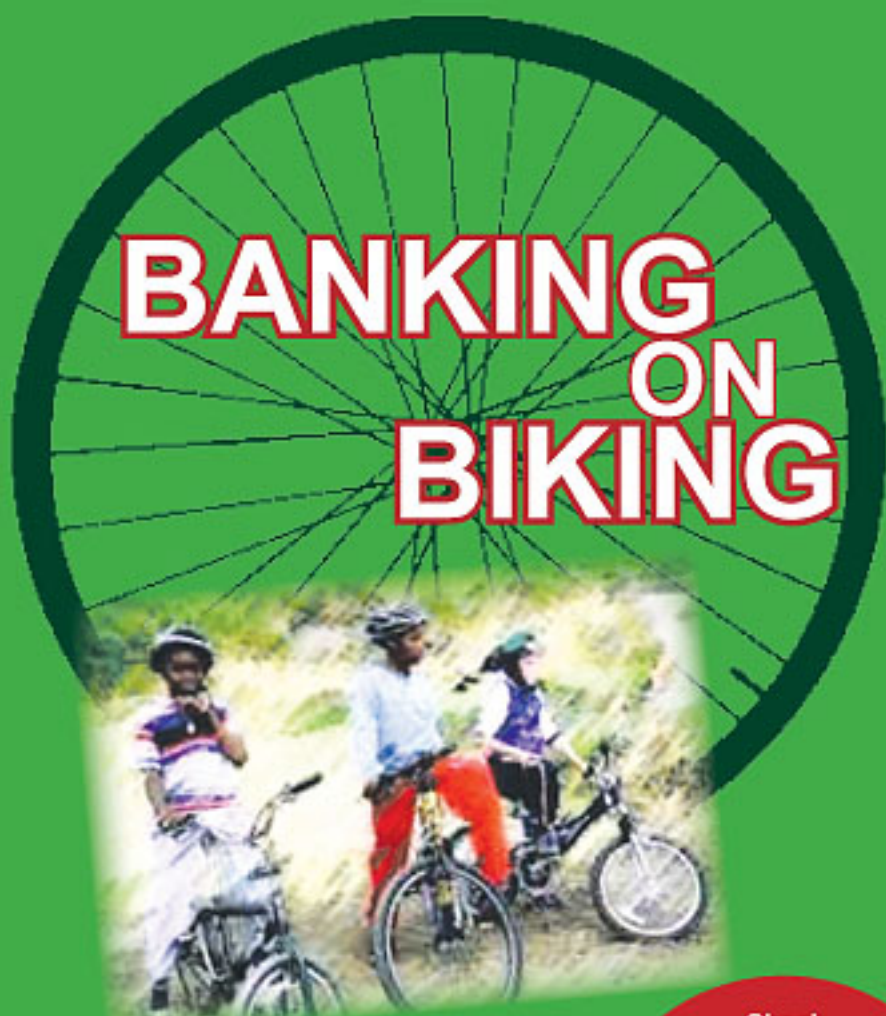
Local group of London Cycling Campaign and active community partner for over 15 years. Run regular Dr Bike clinics, property marking service with the police and safe supported rides especially for single females. Contact: [info@edmontoncyclingclub.fsnet.co.uk](mailto:info@edmontoncyclingclub.fsnet.co.uk)

For more about time banking visit:

[www.londontimebank.org](http://www.londontimebank.org) and [www.timebanks.co.uk](http://www.timebanks.co.uk)



Southwark



It's time to get on your bike with the London time bank network...

If you live in Islington, Lambeth, Lewisham or Southwark and want to learn the basics to keep your bike in good working order, have some fun and meet new people... come along to these bike maintenance workshops at a time bank near you.

Check inside for details of workshops running in November & December and for the chance to WIN A BRAND NEW BIKE, helmet & lock thanks to Halfords Bike Hut in Enfield

## BANKING ON BIKING WORKSHOPS



Each workshop is being run through a local time bank. Check the table opposite for your nearest location and contact the time broker to book your place. There are 20 places available at each workshop so please contact the time broker to put your name down. **If you are not a time bank member you can sign up on the day, so please come along to find out more.**

WIN WIN WIN WIN WIN WIN



www.halfords.com

Thanks to Halfords Enfield Bike Hut, one lucky winner has the chance to win a brand new bike, worth £200, complete with bike lock and helmet – all custom fitted by the Halfords Enfield Bike team.

**TO ENTER:** Complete the form & hand in at your bike workshop

Name .....

Member of ..... time bank

Address .....

Contact phone number .....

Under 16's please tick here

Time banks are a great way to link people locally to share their time and skills. Everyone's time is equal: one hour of your time earns you one time credit to spend when you need a helping hand.

Time bank	Workshop location	Date	Contact time broker
<b>Deptford &amp; New Cross time bank</b> (Lewisham)	The Pepys Resource Centre Old Library, Deptford Strand SE8 3BA	Sat 27 November 10am – 1pm	Vicky Micallef 020 8692 7777
<b>Clapham Park time bank</b> (Lambeth)	All Saints Church, 250 Lyham Road SW2 5NP	Thurs 2 December 2pm – 6pm	Ayom Wol 020 8671 4809
<b>Aylesbury time bank</b> (Southwark)	Aylesbury Healthy Living Network Ctre ThurLOW Lodge Wendover St SE17 2US	Sat 4 December 10am – 1pm	Olive Lucas 020 7358 5248
<b>Mildmay time bank</b> (Islington)	The Factory 107 Mattias Road Newington Green N16 8NP	Sat 11 December 10am – 1pm	Pete Roberts 020 7249 5373

Workshops will be 3 hours and cost 3 time credits. **If you don't have any time credits already, you can always earn them later when you do things for the time bank and your community.**

**Remember to bring your bike along!** If you don't have a bike, contact the time broker and let them know – they will try to have some spares for you to use.