



Angell Town's Book of Poetry



This publication is a collaboration between London Time Bank, Angell Town Time Bank, Carnegie Trust, BAF Theatre Company and **nef**.



London Time Bank is a network of time banks in London, launched in 2001. It is managed by **nef** with support from the Bridge House Trust, the Community Fund, the King's Fund and the Association of London Government.

London Time Bank would like to thank everyone who has supported the publication of this poetry book. Thank you to those who are taking part in poetry writing sessions throughout London Time Banks.



Angell Town Time Bank was set up in 2001 through a partnership between London Time Bank and Angell Town Community Project. The project has its own management committee – it is applying for charitable status and will be operating as a not-for-profit company limited by guarantee.

Angell Town Time Bank would like to thank residents of the estate, and particularly all those who have taken part in the poetry workshops.



Andrew Carnegie gave £2 million to create the UK Trust, which bears his name. Through wise investments, grants of more than £24 million have been made over the last 87 years for, among other things, opening public libraries, providing church organs, developing village halls and supporting community needs in the arts, heritage and social welfare. Carnegie UK Trust has provided funds to publish this book and support poetry in time banks in London.



The BAF Theatre Company was formed in 2000 to bring together local people. Through drama, creative writing, and acting the group in Angell Town is able to share between themselves and with others their experiences and views about life. People of all ages have worked together to support and develop confidence, knowledge and skills.



nef (the new economics foundation) is an independent think-and-do tank that inspires and demonstrates economic well-being. We aim to improve quality of life by promoting innovative solutions that challenge mainstream thinking on economic, environmental and social issues. We work in partnership and put people and the planet first.



Angell Town estate

When Angell Town estate was built in the 1970s the design and construction was carried out with little consideration for the living conditions and community facilities.

Within a few years of construction, there was dampness and water penetration. Residents suffered from infestation of cockroaches and red ants in their dwellings. Very poor lighting and underground car parking facilities enabled vandalism, graffiti, and much more serious crime. Raised walkways provided quick getaway routes for criminals and the estate became a no-go area for police. Families were desperate to leave the estate rather than to make it their home.

The Angell Town Community Project (ATCP) was set up in 1982 and constituted as a charity in 1987. ATCP secured funding to begin the process of physical and social regeneration.

Whilst this was sorely needed the result has been a period of upheaval for residents who have lost social networks of support as families moved on and new people arrived.

Angell Town estate is in its sixth year of a ten-year programme of renovation.

The children's poems and stories give us some insight as to what living on the estate is like for our young people.

Letter from London Time Bank

Let me tell you how this book came to be and what residents of Angell Town Estate, Brixton have started off throughout London.

Some of you know what a time bank is and how it works – for those of you who don't yet know, here it is in a nutshell –

Help a neighbour and then, when you need it, a neighbour – most likely a different one – will help you. The system is based on equality: one hour of help means one time dollar, whether the task is grocery shopping or making out a tax return Credits are kept in individual accounts in a "bank" on a personal computer. Credits and debits are tallied regularly. Some banks provide monthly balance statements, recording the flow of good deeds.

Edgar Cahn, Founder of Time Dollar Institute, Washington DC.

In July 2001, Angell Town Community Project teamed up with London Time Bank and Angell Town Time Bank (ATTB) was begun. At that time ATTB was one of only three time banks in London – now there are 27 and lots more want to get set up.

As many as 130 people from this estate (and elsewhere) are members of this time bank and contribute in a variety of ways to the well-being of their community, so much so that over 9,300 hours have been clocked up over these few years!

Barrington Fritz, who is Director of BAF Theatre Group and also a member of the Angell Town Time Bank, has supported drama and poetry writing workshops throughout the time bank's existence.

So, a few of the time credits exchanged have been clocked up by him!

Other residents have been earning time credits by taking part in these drama and poetry writing workshops.

It is this which inspired London Time Bank and the Carnegie UK Trust to offer similar creative opportunities to members of other time banks around London.

So, not only has Angell Town Time Bank inspired many of the newer time banks to get started, but it has also inspired a pan-London Poetry Project!

Karen Lyon
London Time Bank

Letter from Angell Town Time Bank

The Angell Town Time Bank has been as successful as it is because of the contributions of our members. Some key people, whose commitment has been invaluable, have supported us.

Not only have we been able to discover our wealth of creativity through poetry and drama workshops led by Barrington Fritz but through culture, sport, arts and crafts workshops led by Roz McCarthy, Jason Gibilaro, Skip Wallace, Euphemia Graham, Asuman Arizie and Dudley Heslop, who is a local historian.

Time Bank members have supported projects delivered by estate-based and other local organisations such as Angell Town Community Project, Presentation Housing Association, Bay Tree Centre, Estate Management Board, Lambeth College and TBG Learning among others, and we have been very much supported by their staff too.

Our computers have been maintained by PECAN staff and our own Roy Williams and support in using computers has come from young participants such as Joel, Kwesi, Natalie, and Zen who have been sharing skills and their knowledge to help each other with homework.

Anyway – thanks also go to Earl, Ken, Danny, Pastor Samuals, Fred, Zack, Janette, and of course our management committee members too – just to mention a few.

There are many people who have supported us over the last few years who we would like to thank also – unfortunately we need to fill the book with poems! Please read on and enjoy.

Levi Clarke and Ann Shine

Letter from BAF Theatre Company



When I was asked to organise and facilitate poetry writing workshops for the Angell Town Book of Poetry, my group became very excited and jumped at the opportunity of having their work published.

The group has been meeting regularly to write and read poetry and this book is the result of their work.

I would like to thank all the community of Angell Town and especially those who took part in the workshops for making this book possible.

I hope anyone reading this book will get from it as much pleasure as we, who contributed to it, had in its making.

Barrington Anthony Fritz

Director, BAF Theatre Company

Serenity

Oh! Wondering memories engulf my mind, revealing sadness once left behind,
And though I wish to remember not those lonely days of deprivation that to this day to
me return, to haunt me in my salutation.

Yet through the open window I stare and seeing children playing in the square makes
me wonder how happy it must be to be a butterfly, flying high in the sky never
wondering, why must I someday die.

And as the days go rushing by and though I wish not to hide the nakedness of my
shame and pride, it is with compassion that I do beg, let me rest my weary head.

It is best, now that I rest, feeling all my strength renewed here in my fortress
of solitude, I feel serenity.

Barrington Anthony Fritz

The Accused

In a crowded room I sit and the many voices that I hear
Speak not to me but at me, I hear them not.

In a crowded room I sit and the many eyes that look at me
Their faces I see not.

In a crowded room I sit and with surveying eyes I gaze and look, searching to find a
peace of mind, among the confusion I am under no illusion, they know me not.

Barrington Anthony Fritz

Life

Life begins when you are born
Upon this earth from birth
God has sent you to embrace
The many hardships that you'll face
Pain, hunger and despair
Are of the heartaches you'll find there
Shattering dreams that for some
Can never be repaired.
But do not despair
You have powers beyond compare
You must believe you can achieve
That which you once conceived
Those many aspirations that you felt
Those many dreams that you dreamt
Yes it's you
That God has sent
To shape the destiny of the world.

Barrington Anthony Fritz

Swallows

What use the ballet? When I can watch
The swallows doing pirouettes
In the sky far above I see them
Doing their *pas de deaux*.
No need for costume -
These ballerinas of the sky.
They have God given feathers
To display and prune.
I love the swallows as I watch
Them soar cloud high
And my spirit soars with them
In empathy and awe,
These dancers of the sky.
I remember when the flying ants
In my garden, came to call,
The swallows came swooping,
What a treat to eat them all
I could hear them swooshing
Doing their *entrechats* into my garden.
I can still hear and see it now,
As I partake of this ballet
With the masters of the sky.

Ann Shine



In the rain forests of South America

In the rain forests of South America
Live the margay, ocelot and the jaguar.
They live in and near the swamps like the anaconda

In Australia's fair island continent,
Live the dingo, koala and kangaroo,
Marsupials (with pouches) to rear their broods,
Along with the crocodile and the taipan

In Africa, ah! Africa, where we all first roamed,
Live the giraffe, lion, and the antelope.
The elephant, rhinoceros and hippopotamus dwell
With the boa constrictor and King Cobra.

In North America live the buffalo and cougar,
With the gopher, skunk and the grizzly bear.
They are ever watchful for the gila monster,
Garter, rattle and king snakes and the alligator.

In Europe the robin redbreast, blue-tit and wren nest
with the deer, and the smooth, grass and adder snakes.

In Asia there lives the mighty tiger and elephant,
mongoose, snow leopard, lizards and ants.

In Oceania, where life first began,
Live the blue whale, porpoise, and smiling dolphins.
They swim with the sharks and the sea snakes.

What I'm leading up to is this;
Are these animals not formed and created by God?
So please I beg let these animals live free and unhunted.
And praises be for evermore.

Ann Shine

Saviours

Run, run they're after me, Oh make haste
Men on horseback with dogs leading the chase.
Hide, but where can I. They are all blocked up.
If only I could fly but earthbound am I,
Ah I forget they have blocked them all up.
Run, run as fast as you can.
Vermin am I in their sorry minds,
But wait, I see others laying false trails.
Hmm, humans, not all bad,
At least they'll give me a fighting chance.
Onwards I go but my legs are running slow
Panting and gasping – now on my knees
I must go on, my life is in peril:
Struggling now, I gaze around
Whew! At last, an earth and not covered up
I'll hide in here and await my fate
..... Outfoxed them have I with all their brains.
But I'll not forget the good ones.
Who laid those false trails?
Saved me they did from certain death.
Now I can rest me a while to gain my breath.

Ann Shine

At the park

At the park you'll see
Loads and loads of bees,

At the park you'll see,

Lots of bees that sting
And loads of slides and swings

At the park you'll see,
Lots of grass and mud,
Maybe someone fall down with a thud.

Seliat Agboola
Age 11



The sea is blue

The sea is blue
All through,

The grass is green
Just like a runner bean,

The mud is brown
There's none in the town.

Seliat Agboola
Age 11

My life in Angell Town

My life in Angell Town has been at first,
very calm and fun but it took a turn for the worse.
It has turned out to be a place where it's dangerous –
to be in when it's dark (not necessarily for everyone).
I've lived in this estate for about all my life,
And sometimes I find it hard to go out and play.
Since all these bad things have happened in the past,
Nothing has actually changed.
Nowadays I don't really go out because it's too dark.
Sometimes when I remember all of this it makes me scared and upset.
Most of the time I won't like to recall or retell what has happened.
You must be wondering what has happened but I'm really not in the mood to say anything now.

There's not much else to say about Angell Town except that it has changed.

Seliat Agboola
Age 11

Angell Town

Angell Town is so rough
Some people here is so tough
I have my ups and downs in Angell Town
I hate to see my close friends frown.
I love to read, act and have fun,
And only come out when my homework is done.

Lisa Agyekum
Age 11

My Life in Angell Town

Well, I've lived in Angell Town all my life and a lot of changes have taken place.

I can remember the old football pitch. They've changed that in a big way.
It used to have an ugly brick wall around it, now it has blue fencing and a marked out pitch.

I remember Pym House, when it got knocked down, that's when all my friends moved out
and the other side of Fairfax House / Peckford Place was built.

I have got new friends now, like Jason: he's my best friend.

Lots of my people stopped going out on the estate, but now they've got a new play scheme
that takes you everywhere.

The old play centre wasn't very good and there were bad people there.

Now I've joined a poetry club, which is run by Barrington.

This is helping me to act on stage and explore and use my talents of writing and acting.
They are very kind to me.

My hopes for the future are:

I want to be a good Angell Town poet and a footballer.
That's my future plans.

Kyron Henry
Aged 10

Without you

Without you I'm a fish without water
And a world without a sun
And a city without buildings
Parents without children
Flower without roots
House without furniture
Elephant without a trunk
Without you I'm a boy without happiness

Kyron Henry
Age 10



School

We break up,
We break up,
We break up when school breaks up.
No more English,
No more French,
No more sitting on the old school bench.

Teachers, teachers,
Don't break up,
For one good reason,
We need good luck.

We break up,
We break up,
We break up when school breaks up.
No more English,
No more French,
No more sitting on the old school bench.

Children, children,
Don't stop work.
Do you like school?
No I don't like school.

Aisha Sams
Age 9

My Family

I have two sisters
And one brother
And my mum
And me
Course I got a dad
But he's in Italy

I have eight uncles
And five aunties
And twelve cousins
And me

Shika Ekenachi
Age 9

My autobiography

This is a poem about me, and what I like.
I think that acting is great
And I think this place is fly.
But when I see these dirty streets
I want to give a sigh
I love to read
I love to write.

Shika Ekenachi
Age 9

Heaven Above

Heaven above, you are so strong.
Heaven above you mighty thing -
You are so strong; you hold the sky in place.
which is sometimes blue, and sometimes grey.
That makes the rain pound down on the earth
And quenches every thirst, you might heaven above.
Sweet, heaven above!

Ms. J. Bryan-Gunter

Sometimes I cry

Sometimes I laugh
Sometimes I cry
Sometimes I'm happy
Sometimes I'm sad
Sometimes I don't
Sometimes I do
Because love always seems to let me down
Why! Oh why, my soul cries out
Sometimes I cry.

Ms. J. Bryan-Gunter



Precious Lover of My Life

As you are so precious
I give to you
My heart, mind, body
And my entire soul
You've captured my heart
And made it feel so pure
Precious lover of my soul

Ms. J. Bryan-Gunter

Sweet Jamaica

The blazing sun
The nice blue sky
The beautiful beaches
The river falls are high
Big big mountains reaching up
to the sky.
A sugar plant, plantation nearby.
Sunset in Kingston is a
pleasant sight
Light glowing here and there
every night.
Dark dark clouds come
to bring night.
Walking past houses is a
pleasant sight.
Devon house in Kingston
bring much delight.
Delicious coconut ice cream
Nice sugar cane
Ackee and Saltfish
Foods never the same.
Some friendly people
Some quite bad.
The majority happy
Others are sad.
They come in all colours
shape and sizes
That makes me glad.
Very independent country
Beauty and all
Describes the island of
Land, wood and water
SWEET JAMAICA.

Nicole Tulloch

Mad about Leine

The mood within me feels
Calm and still.
I sense a balance, a will.
Thinking of you brings me
Peace;
Touching you makes me strong.
Sticky are the feelings left behind
When you are gone.
The sweet aromas of love we
Created hang mercifully in the
Air; I'm so glad
we waited.

Anthony Beaumont

Poem from the heart

O do please be close as a hand
Would be enfolded within another.
A warmth transmitted by touch,
A subtle flow, as from a mother to her son.
A glow in the heart so strong.
This short breath of life is
Wasted in quarrel, so let us spread peace, or we shall but fall.
Divided alone in single despair.
We must stride this wall together,
So I wait in hope for your call

Anthony Beaumont

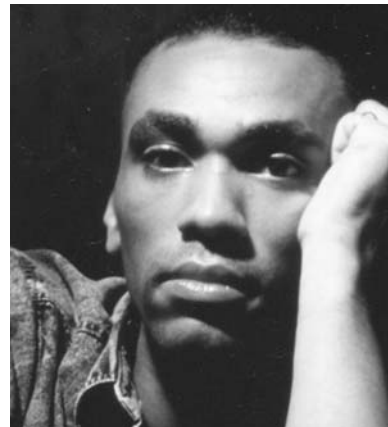
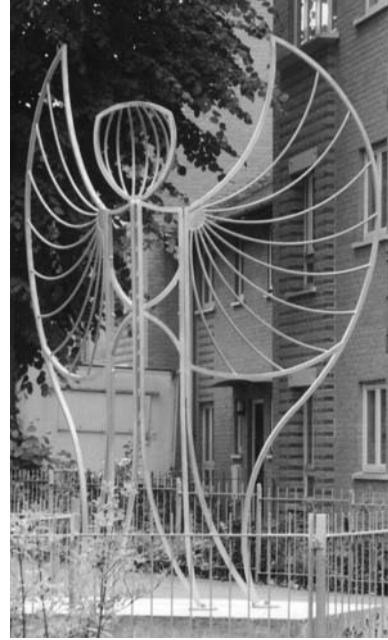
Where are the roses?

Do I take the time to stop and smell the roses?

I live in a **r**etail world of electronic toothbrushes and depilatory creams
I live in an **O**bsessive world of rhetoric speeches and self-congratulatory egos
I live in a **S**cented world of designer aftershave and orgasmic shampoo
I live in an **e**levated world of concrete skyscrapers and broken lifts
I live in a **S**ingular world of personal stereos and online conversation

Where are the roses?

Mary Murphy



Love me, love me not

He loves me

He brings me flowers and tells me that I am pretty

He loves me not

He tells me I think too much and all of it is stupid

He loves me

He buys me a card on my birthday and brings me a cup of tea in bed

He loves me not

He forgets our anniversary – says it's a day he doesn't want to remember

He loves me

He takes me to the cinema and pays for my tickets

He loves me not

He swipes the dinner off the table and reminds me he hates mushy peas

He loves me

He remembers to buy milk on the way home and walks in smiling

He loves me not

He gets mad when his favourite shirt isn't clean – and punches the wall

He loves me

He doesn't invite me out with his mates 'cause he knows I'd hate to miss Coronation Street

He loves me not

He thinks I laugh at nothing and hits me to wipe the smile off my face

I love him

I married him and had his kids

I love him not

I love myself more

Mary Murphy

Speechless

I miss you so much that I can't even say
And it's getting worse each and every day.
Your touches and kisses I will always need,
'Cause they are the best, the very best indeed.

You know how I feel for you, so don't even ask,
Even though this is the present, and that was the past,
Nothing has changed since, and they never will,
So please keep this in mind (I love you still).

Your thrilling words, your pleasant smile and your tender touch -
I think of them so often, oh I miss you very much,
This shouldn't sound too strange to you, you know just how I care,
And guessed I told you many times that I'll always be here.

What you really want from me you know I am not sure,
But I'll give you everything, and even search for more,
So whenever you're ongoing for me, just remember that first kiss,
And I will remember those special times,
'Cause those are what I miss.

Sacara Phillips

Dreams

The first time I saw you, I've known for sure,
That it was the day my search would be o'er.
You look at me, but you didn't even see,
That my eye was lightened up as bright as could be.

So many months have passed and you never realised,
That there was something funny taking place in my eyes.
I think of you so badly, and still I never knew,
That the time has come, but not the day to be with you,
I wondered each and every day if there was something wrong
But there's a thought in the back of my mind,
Saying Stacey, hold on strong.
And here I am living today, thinking of what we had,
And missing every bit of it, that really makes me sad,
I wish for you, I got you, and now I miss you,
This bit of confusion is killing me, Oh tell me what to do.

Sometimes I sit and wonder, if we'll ever be together,
And if we not..... I'll have these memories in my head, forever,
Wishing now I could hear that voice, say, hold on it's not o'er,
'Cause I don't want to live my life in memories now and ever more.

Sacara Phillips



Love things

Whenever you're feeling lonely
And you think you need a friend
Remember there's always someone waiting
To love you to the end;
Your tender touch, your loving words,
And all your grateful deeds,
Make my unchanging minds telling me
Your love I'll always need.

Oh "Darling" dear you always know,
That I'll always be there,
But in a way, that's wonderful
And lovingly I swear
You always know that God has created us for one another
And so today I'm telling you for me there
Is no other.
So whenever you're feeling left out,
And believe you need a friend;
Just remember "Stacey" she's always
There, to Love you to the end.

Sacara Phillips

What is it?

Is it about the way you talk?
Or the way you smile?
Even though I haven't seen you
For the longest while,
I still remember the Love we shared
Those special years ago.
And wanting you to understand,
I'll never let you go.

Is it about the night we spent
Or t'was that lovely day?
That's making me so crazy for you,
Darling, it's too much to say,
I liked you then, I love you now,
Oh God what's left to do?
And further more, please note:
Briefly, I'll never stop Loving You.

Sacara Phillips

That special someone

Sometimes in life, you meet someone,
You really never thought,
That to your life such love and happiness
That someone would have brought,
He defines the words like Joy and Love
Can't get him off my mind,
So why should I ever try to resist
That someone of such kind?

The pleasant appearance of his face
A message to my heart is send,
And gave me a life's long Assurance
That these feelings have No End,
The sweetest smile I've ever seen,
He's an Angel missing from heaven,
We'll never be divided,
Like the numbers seven and eleven.

I think I need him in my life
I don't care if it's wrong,
And I'm the kind of person who
Can't keep secrets too long.
I think I've got to let him know,
Don't know what else to do,
So Honey I hope you feel this way
'Cause this special someone is you.

Sacara Phillips



Missing You

Everything I ever had, has fade and slip away
And those were the things I wish for, so I thought they were here to stay.
The pleasant smiles, the kind words, and the softest touch,
I pray I'd feel them again Someday, I like it very much.

I want to tell you so much, that your kisses I'll always need,
"Cause you're the man I'll always want, the only one indeed,
I can hardly believe, that it was ended, before it was even start,
But no matter what there's a place for you, way down inside my heart.

I miss you very, very much, can't even explain how,
And what I've come to realise is that I can hardly hold out now,
I was wanting you every hour, now I need you everyday,
But sometimes it's very hard to find the right words to say.

The night we shared, has passed and gone, but in my mind forever,
I do believe that there is hope, for us someday together,
So whenever you're feeling lonely and believe you need a friend,
Just remember Stacey, she's always here to love you to the end.

Sacara Phillips

Invitation to a Launch

I accompanied my colleagues to the launch of the London Time Bank at Angell Town,
a crowd of strangers visiting a crowd of friends.
Inside there seemed too many of us:
fat computers took up space,
children squabbled,
somebody sang,
and the Deputy Mayor of London, wearing lilac,
cut the celebration cake.
We shared a meal,
wonderful it was,
and looked around hopefully.

Lily Swan

nef Employee

All about me

I wake up in the morning at 7.30
I wash my face and brush my teeth, because they're dirty

I put on my shoes and socks,
I have my breakfast – guess what? Cocoa Pops.

I don't want to grow up to be a fool
That's why I'm eager to go to school
I go to school to learn my books
Because it's not all about pretty looks.

Sometimes I play with my sister and call her a burke
But I love doing my homework
After my homework, I have my dinner, I have my pudding.
It didn't taste very nice because it was full of mice
I tried to eat rice but that gave me head lice

Amariah Grant

Aged 7



The Slang Gang

I have a very big gang
And when we talk it's always slang.
We always are together
I know we'll be best friends forever.
We will always call each other aflosh
Because we like to act posh.
If the windows are very clear
We cannot help we cannot bear
To look out of it and go up that road
We'll be together through warm and cold
We very much love each other
That will keep us together
Oh I have a very big gang
And when we talk it's always slang.

Lisa Agyekum
Age 11

Oh no, there is a pussy- cat

Oh no, there is a cat on your head
I saw one at the bottom of your bed.
But that was a very long time ago
Now he's come backuh uh Oh no.

Lift your hands up and take him off:
He is so cute I've had enough.
I want him all to myself
And his ears just look like an elf's.

And you know how much I love pussycats
But my dolly scares it – the one with plaits.
Oh no, there is a cat on your head
I saw one at the bottom of your bed.

Natasha Agyekum
Aged 6
Lisa Agyekum
Age 11

My poem about the park

I went to the park with
Levi Clarke and Barrington Fritz
And everyone else with not much bit.
I wanted a bun
But it was still great fun.

Everyone was hungry
Everyone was starving
Especially Tasha who was
nearly bawling

But when we called her
To come on the see-saw
She had so much fun
We nearly left her.

If you read the story carefully
You will think it's hard
But it's really easy

We ran for the bus 'cause
We were in such a rush
If you wanna know the rest
Chat to
Lisa and I
And you'll catch our flex

Tashaun Simpson
Aged 11

My name is Natasha

My name is Natasha. I am a big big bully.
My sister is called Lisa. Lisa is a popular girl in school.
I have a little baby sister and she is very cute.
I have a little baby brother and he is so bad. He is
a bully just like me.
I love my family. This is all the information
about my family.

Natasha Agyekum
Aged 6



Guns off the Road

Get the guns off the road
What will it take?

Get the guns off the road
People are crying, people are dying

Get the guns off the road
Mothers grieving, mothers pleading

Get the guns off the road
Sons and daughters, brothers and sisters

Get the guns off the road
Fathers grieving, fathers pleading

Get the guns off the road
Children crying, children dying

Get the guns off the road
Mothers without sons, sons without mothers
Daughters without fathers, fathers without daughters

Get the guns off the road
Sons without fathers, fathers without sons

Get the guns off the road
Mother without daughter, daughter without mother

Get the guns off the road
Guns are taking our children

Get the guns off the road
Stop shooting our people

Stop shooting each other
Get the guns off the road

Dionne

Is this the place I once came before

Is this the place I once came before
Where crimes each neighbour would ignore?
For sure, and children outside would play no more:
Is this the place I once came before?

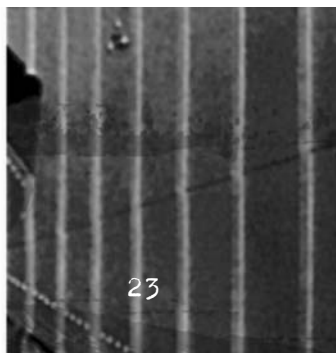
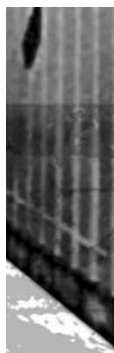
Is this the face through whose eyes I see
The smiling faces so clear to me?
Each day they say upon my brow
I wear no frown
Because I live in Angell Town

Ras Clifton

Mortimer- our- dog- and- friend

There was a dog that was black and tan, his name was Mortimer
As friendly a dog that you could see
Who passed away last night so suddenly and shock us all
Without a shout
Goodbye dear friend from your family
So missed, so cherished, forever more, we loved you mate and always will.
You are in heaven now playing with Trina, Shika and Daisy, your best friends
In the paradise sun have doggy fun.
Goodbye dear friend from us all, your family will miss you all today
It's time to say goodbye our mate, so from us to you, goodbye dear friend.

Danny Cripps



From me to you

I am telling you all never forget, as I will always be around for you.
I'm not saying goodbye, I am saying farewell. Let's just say that I have moved to another place.
I will see you all soon one special day above in paradise. I am the cats, dogs, the birds you see
each day. I am the rain the snow the cold. I am everything nature is, so please everybody don't
be sad. I am with you, so please be glad. I do not have much more to say except I had a
wonderful life with Danny and my lovely two boys. Danny I do believe that God above created
you for me to love. He picked you out from all the rest because he knew I'd love you best

Tina Cripps
(deceased Easter Sunday 2002)

I had a heart

I had a heart that's warm and true
But now it's gone from me to you
Take care of it as I have done
Because now you have two and I have none

Danny Cripps

Angell Town (NIP and TUC)

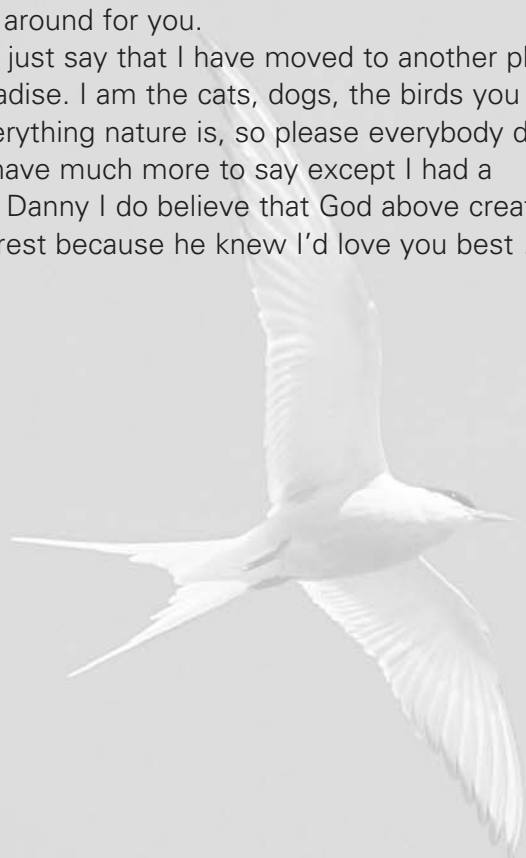
Angell Town is full of life, where
Negativity turns into positivity, with
Great people from all nations
Each with unique qualities.
Lets get together to make it great
Loving our environment.

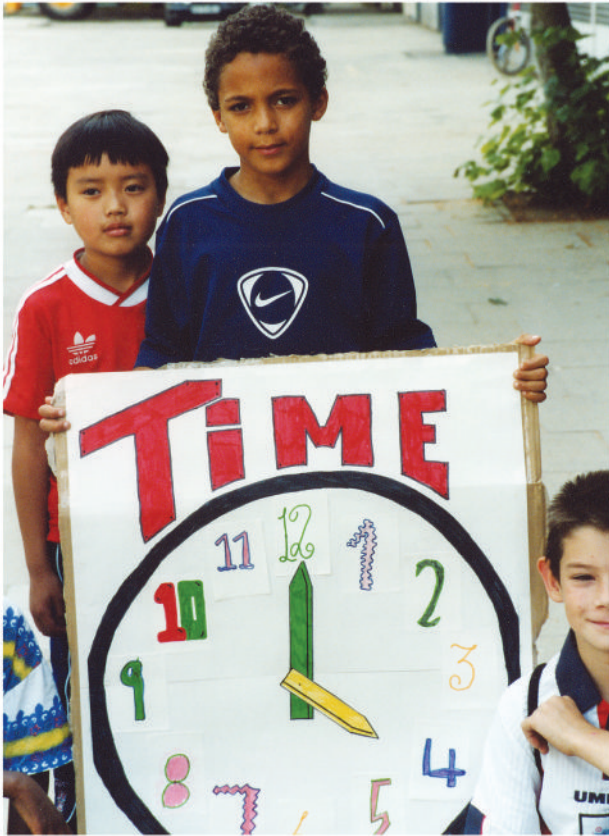
Together the unique community
Open to a brighter future,
We are the success story
No more bad publicity.

The tables turned for the good:
In harmony we work together
Making positive progress
Even when the going gets tough.

Believing in ourselves,
Allowing for the smooth and the rough,
Negativity into positivity,
Knowing our community.

Rosalind McCarthy





nef (the new economics foundation) was founded in 1986, following the successful international event known as TOES (The Other Economic Summit). Since then, **nef** has introduced time banks to the UK, as well as a range of innovative new ideas which put people and the planet first.

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Find out more

The following websites are the best places to find out more about time banks:

Time Banks UK
www.timebanks.co.uk

new economics foundation
www.neweconomics.org

FairShares
www.fairshares.org.uk

Time Dollar Institute
www.timedollar.org



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