



## About the Service

### It's about time!

#### What is a time bank?

A time bank is a way for people to share skills with others in their community and be rewarded for it – in time. For every hour of time you give providing a service for another participant, you receive one time credit.

#### What can you do with your time credits?

You can exchange your time credits when you need a service from someone else. You can give them to a member of your family who needs some help. You can save them to use in the future.

#### Who can receive time credits?

Anyone can participate. Young people can share “know how” in whatever interests them, the elderly and house-bound can cook for events or make friendly phone calls. Age, ability, lack of finance or limited mobility are no bars to participating in the time bank.



Shopping



Sports



Pet care



Gardening



Listening



Home visits



Phone friend



Ironing



Car washing



Cooking



Computing



Budgeting

## About Time Bank

TimeBank

### The Time Bank

When you join the scheme we will open an account for you. Your hours will be recorded on a computer and we will send you a regular statement of the time you have given and received.

### You Give

A few hours of your spare time when you want to, doing the things you enjoy.

### You Receive

The opportunity to get some help for yourself when you need it. You get the satisfaction from making the quality of life better for someone else.

### An extra bonus for you

You can give twice by donating your time credits to someone else who needs them more than you do.

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