

Skills & needs questionnaire

	Need help with	Can help with		Need help with	Can help with		Need help with	Can help with		Need help with	Can help with
Accompanying people to appointments	<input type="checkbox"/>	<input type="checkbox"/>	Simple home repairs	<input type="checkbox"/>	<input type="checkbox"/>	Providing local knowledge	<input type="checkbox"/>	<input type="checkbox"/>	Basic housework	<input type="checkbox"/>	<input type="checkbox"/>
Shopping	<input type="checkbox"/>	<input type="checkbox"/>	Simple decorating	<input type="checkbox"/>	<input type="checkbox"/>	Local contacts	<input type="checkbox"/>	<input type="checkbox"/>	Cooking	<input type="checkbox"/>	<input type="checkbox"/>
Doing errands like collecting prescriptions	<input type="checkbox"/>	<input type="checkbox"/>	Gardening	<input type="checkbox"/>	<input type="checkbox"/>	Storytelling & reading out loud	<input type="checkbox"/>	<input type="checkbox"/>	Washing & ironing	<input type="checkbox"/>	<input type="checkbox"/>
Help with form filling	<input type="checkbox"/>	<input type="checkbox"/>	Simple car repairs	<input type="checkbox"/>	<input type="checkbox"/>	Computer skills	<input type="checkbox"/>	<input type="checkbox"/>	Babysitting & childcare	<input type="checkbox"/>	<input type="checkbox"/>
Typing	<input type="checkbox"/>	<input type="checkbox"/>	Motor bike repairs	<input type="checkbox"/>	<input type="checkbox"/>	Design work & printing	<input type="checkbox"/>	<input type="checkbox"/>	Meeting child from school	<input type="checkbox"/>	<input type="checkbox"/>
Letter writing	<input type="checkbox"/>	<input type="checkbox"/>	Cycle repairs	<input type="checkbox"/>	<input type="checkbox"/>	Bookkeeping	<input type="checkbox"/>	<input type="checkbox"/>	After school care	<input type="checkbox"/>	<input type="checkbox"/>
Budgeting	<input type="checkbox"/>	<input type="checkbox"/>	Car washing & valeting	<input type="checkbox"/>	<input type="checkbox"/>	Surfing the net	<input type="checkbox"/>	<input type="checkbox"/>	Youth work	<input type="checkbox"/>	<input type="checkbox"/>
Sewing, embroidery & dressmaking	<input type="checkbox"/>	<input type="checkbox"/>	Helping with social events	<input type="checkbox"/>	<input type="checkbox"/>	Running a fitness class like yoga	<input type="checkbox"/>	<input type="checkbox"/>	Visiting housebound people	<input type="checkbox"/>	<input type="checkbox"/>
Knitting	<input type="checkbox"/>	<input type="checkbox"/>	Running a bar	<input type="checkbox"/>	<input type="checkbox"/>	Sports coaching	<input type="checkbox"/>	<input type="checkbox"/>	Phone friend	<input type="checkbox"/>	<input type="checkbox"/>
Woodwork	<input type="checkbox"/>	<input type="checkbox"/>	Catering	<input type="checkbox"/>	<input type="checkbox"/>	Fishing & wildlife	<input type="checkbox"/>	<input type="checkbox"/>	Companionship	<input type="checkbox"/>	<input type="checkbox"/>
Metalwork	<input type="checkbox"/>	<input type="checkbox"/>	Being an MC	<input type="checkbox"/>	<input type="checkbox"/>	Painting & drawing	<input type="checkbox"/>	<input type="checkbox"/>	Dog walking or training	<input type="checkbox"/>	<input type="checkbox"/>
Playing or teaching music	<input type="checkbox"/>	<input type="checkbox"/>	Helping with reading	<input type="checkbox"/>	<input type="checkbox"/>	Pottery	<input type="checkbox"/>	<input type="checkbox"/>	Pet care	<input type="checkbox"/>	<input type="checkbox"/>
Being a DJ	<input type="checkbox"/>	<input type="checkbox"/>	Translation	<input type="checkbox"/>	<input type="checkbox"/>	Craftwork	<input type="checkbox"/>	<input type="checkbox"/>	Plant watering	<input type="checkbox"/>	<input type="checkbox"/>
Entertaining	<input type="checkbox"/>	<input type="checkbox"/>	Adult literacy & numeracy	<input type="checkbox"/>	<input type="checkbox"/>	Delivering leaflets	<input type="checkbox"/>	<input type="checkbox"/>	House sitting	<input type="checkbox"/>	<input type="checkbox"/>
Films & video	<input type="checkbox"/>	<input type="checkbox"/>	Teaching languages	<input type="checkbox"/>	<input type="checkbox"/>	Packing leaflets	<input type="checkbox"/>	<input type="checkbox"/>	Emergencies	<input type="checkbox"/>	<input type="checkbox"/>
Giving people a lift	<input type="checkbox"/>	<input type="checkbox"/>	Building work	<input type="checkbox"/>	<input type="checkbox"/>	Publicity work	<input type="checkbox"/>	<input type="checkbox"/>	On call at unsocial hours	<input type="checkbox"/>	<input type="checkbox"/>
Driving a car	<input type="checkbox"/>	<input type="checkbox"/>	Moving & lifting	<input type="checkbox"/>	<input type="checkbox"/>				Have a go at anything	<input type="checkbox"/>	<input type="checkbox"/>
Driving a van	<input type="checkbox"/>	<input type="checkbox"/>									
Cleaning & clearing	<input type="checkbox"/>	<input type="checkbox"/>									

If there's anything else you think you can provide or need, please include it here...



...time to give and take

Give us some credit

- an everyday story of time banking

Meet **Jackie** - new to her town and keen to get to know her community, meet and make new friends and share her skills.



Jackie joins her local time bank and lists the skills she has and the things she needs



Her membership comes through




Fred arranges for **Alice** to look after Jackie's children



So **Alice** earns one time credit



Alice uses her credit to get **Joe** to cut her hedge




Joe exchanges his credit to have **Sue** fix his puncture



Stan does some shopping for **Sue**



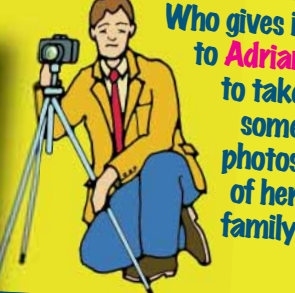
...and gets a massage from **Rowena**



Aya earns a credit for picking up **Rowena's** kids




...and exchanges with **Julie**



Who gives it to **Adrian** to take some photos of her family




George visits **Adrian's** Mum



And gets **Devendra** to do some lifting for him




Devendra uses his credit to get dog walking by **Jason**



Who has his coat mended by **Fatima**



...who gets a lift from **Trudie**



Who gets **Bernard** to fix her bench




Who asks **Jackie** to make a birthday cake



Jackie receives her time bank statement




What will she use her credits for next?



ONE TIME CREDIT

1 TIME CREDIT

Time Banking 

...time to give and take



ONE TIME CREDIT

1 TIME CREDIT

Time Banking 

...time to give and take



ONE TIME CREDIT

1 TIME CREDIT

Time Banking 

...time to give and take



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