

One good turn - time banking in action...

The doctor prescribes time banking so that his lonely patients look out for each other



Sarah designs flyers for **Julie's** music lessons for a free ticket to a story telling evening



Julie gives music lessons and gets her garden weeded in exchange



Jackie bakes cakes for the youth club and **young people** walk her dog



Trudie gives people lifts and in return has Spanish lessons



The community centre charges people time credits for events, which they earn building community




Fatima does some sewing and gets a lift to hospital




Joe keeps the churchyard tidy and in return he is learning computer skills



Dave decorates **Elsie's** front room and has a massage from **Rowena**




Bernard teaches woodwork and **Yvonne** writes an article for him on his hobby



The youth club does a litter pick and spends the credits on a trip to the seaside



George earns credits coaching football and in return **Elsie** does his ironing



The residents at sheltered housing teach knitting and get armchair fitness classes



Rose spends her credits on a babysitter and earns them shopping for **Jim**

