














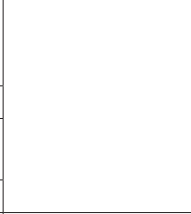








Time Bank – Cartoon Questionnaire – What help do you need? How can you help others?

Tick the boxes below		Need help	Can help	Tick the boxes below		Need help	Can help	Tick the boxes below		Need help	Can help					
	Escorting people to appointments				DIY - simple								Housework - occasional			
	Shopping				Decorating - simple				Web design						Cooking	
	Errands				Gardening				Computer skills						Ironing	
	Form filling								Computer design				Hairdressing			
	Office skills								Book keeping						Babysitting	
	Letter writing				Cycle maintenance				Computer maintenance						Child supervision	
	Budgeting				Car washing										Looking after grandchildren	
	Knitting/ Sewing/ Crochet				Assisting at events				Walking companion				Visiting people			
					Attending meetings				Water Sports						Companionship	
									Fitness/ Exercise							
	Playing a musical instrument				Literacy				Painting and drawing				Dog walking			
	DJ'ing				Translation				Craftwork						Pet care	
	Theatre				Assist with reading										Litter-picking	
	Film/Cinema															
	Car/ motorbike maintenance				Heavy moving/ lifting				Design work / art							
	Giving people a lift				Improving open spaces				Leaflet delivery						Anything!	

Fill in the gaps with any other ideas, activities, knowledge or skills your might have!

INTERESTED?

Please complete the cartoon questionnaire on the back of this leaflet and return it with your name and address to the time bank (see below for address and contact details)

Name/Address

.....
.....

Tel No Email

Your date of birth

- 🕒 For one hour you spend helping someone you will earn -1 Time Credit.
- 🕒 Everyone's time is valued equally
- You give an hour and you get an hour back.
- 🕒 You may have needs but feel you can offer nothing back
- Get in touch. We can still help you.
- 🕒 Your Time Credits will be banked on a computer for you to spend when you need them.
- 🕒 You don't have to earn Time Credits before you spend them
- You can ask for help from day one.
- 🕒 You can donate some of your Time Credits to others who might need some extra help.
- 🕒 There is no cash involved

FOR MORE INFORMATION PLEASE CONTACT

Timebanking UK (or your local time bank)
www.timebanking.org
01453 75092
info@timebanks.co.uk



Timebanking UK

THE TIME BANK... IS COMING!



Timebanking UK



WHAT IS THE TIME BANK?

It will be a way for people to help others in their community and be rewarded for it – in time. For every hour of time you give helping someone, you receive one time credit. The Time Bank will also be running fun, free activities in partnership with the local community.

WHAT CAN YOU DO WITH YOUR TIME CREDITS?

You can 'spend' your time credits when you need help from someone else. You can give them to another person who needs some help. You can save them.

WHO CAN JOIN THE TIME BANK?

Anyone. Age, ability, lack of finance or limited mobility are not barriers to participating in the time bank. Look inside for the ways in which you can get involved.