



What is timebanking?

Timebanking is a free exchange of time and skills. People give an hour of their time to help someone, and earn a 'time-credit' which can be exchanged for an hour of help for themselves. Almost any type of help can be offered and by anyone.

For each hour you give, you get something back. It's easy, it's fun and it's free!

Everyone's skill is worth exactly the same regardless of the activity offered.

1 hour = 1 time-credit

Everyone is equal in a timebank!

Why timebanking?

- Timebanking enables people to help their neighbours and do something worthwhile in their community, but without the regular commitment often associated with volunteering.

- It offers a chance to share skills and interests and to gain new ones.
- It increases the pool of resources in a community, without having to raise additional finance, and makes those resources available to everyone.
- People get to know neighbours and begin to look out for each other; bringing back old-fashioned neighbourliness, which in turn helps people feel more confident and safe in their community.
- It can reduce the strain experienced by some services, empowering people to support each-other and increasing feelings of well-being.

Who can join?

Anyone! Everyone! All ages and ability are encouraged to get involved and because there are no defined 'givers' and 'receivers', everyone is encouraged to do a little of both, it makes everyone feel useful and involved in the community.

Timebanking empowers those who usually only receive assistance to be able to 'give something back'.

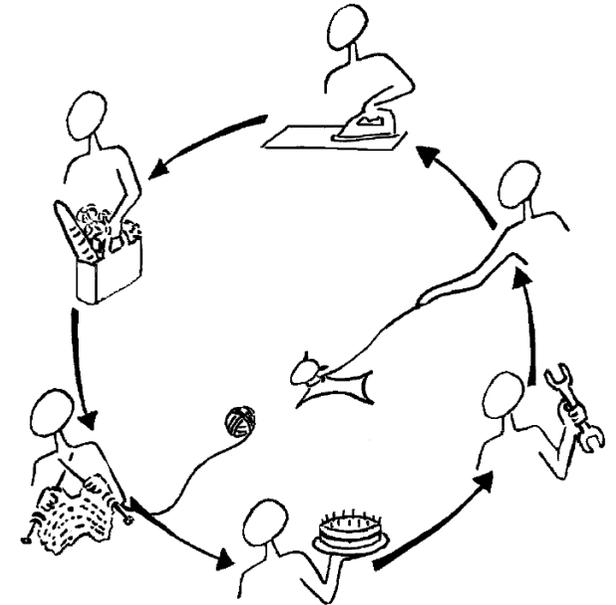
Timebanking fits around any busy lifestyle because for every hour you give, you receive an hour back to get something done for yourself!

Timebanking bridges the divides between race, class, age and gender, as it defines people by what they are prepared to do for each-other; nothing else.

It costs nothing and doesn't affect state benefits.

What skills can be exchanged?

Almost anything! Typical exchanges range from garden or small DIY help, to dog-walking, baking, teaching crafts, music and IT. The timebank members decide what to exchange and as the timebank gets bigger, so does the pool of activities on offer.



What can timebanking achieve?

Timebanking has been proven to:

- generate stronger community spirit
- increase self-worth amongst those who usually only receive help
- encourage cross-generational understanding and relationship building
- increase the use of the resources in a community
- provide support for local community groups
- get people out of their homes, into the community and having fun!

Timebanking works on the 'pay it forward' principle; that one act of kindness leads to another and another....

Get involved!

Voluntary and Community Action is looking for groups of people across Central Bedfordshire who are interested in setting up timebanks in their area.

It's not challenging; you just need to like the idea and want to give it a go.

We have all the resources you need to get started and will help every step of the way.

Who are we?

Voluntary and Community Action is a charity dedicated to developing, promoting and supporting local voluntary and community action throughout Central Bedfordshire.

In partnership with Central Bedfordshire Council and Timebanking UK we aim to promote and support timebanking across Central Bedfordshire.

How do I find out more?

Contact Sue Palmer for an informal chat:

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