

## INTERESTED?

Please complete the cartoon questionnaire on the centre of this leaflet and return



it to Lani or any PBHA staff member.

- For one hour you spend helping as part of the Time Bank you will earn...  
**...one time credit.**
- Everyone's time is valued equally...  
**...you give an hour and you get an hour back.**
- You may have needs but can't think of what you can do to help...  
**...get in touch — you can still take part in the time bank.**
- 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 money involved.**



**For more information please contact Lani**

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T: 07776 769626

Timebanking UK



[www.timebanking.org](http://www.timebanking.org)



## The PBHA Time Bank is here!

### What is the Time Bank?








It will be a way for people to learn new skills, have fun and get involved in new ways in the PBHA community and beyond. For every hour of time you give, 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 or want some help with something, would like to learn a new skill or do a new activity. You can give your credits to another person in the scheme. Or you can save your credits.

### Who can join the Time Bank?

Anyone! Ability, lack of finance or limited mobility are not barriers to participating in the Time Bank (though you must be over 18). Look inside for the ways in which you can get involved.

Tick the boxes		Est hours	Can help	Need help			Est hours	Can help	Need help
	Escorting people to appointments					Gardening			
	PBHA organising					Improving open spaces			
	Letter writing					Knitting/crochet			
	Budgeting					Painting and drawing			
	Literacy					Crafts			
	Translation / Language lessons					Cooking lessons			
	Assisting with reading				 	Hairdressing			
	Maths / numeracy					Companionship			
	Playing a musical instrument					Assisting at events			
	DJ-ing					Attending meetings			
	Theatre					Litter picking			
	Film/cinema					Time Banking administration			

Fill in the gaps with any other activities, knowledge, skills, or ideas you may have!

Name ..... Tel. No ..... Email .....

Best way of contacting you ..... Address .....