


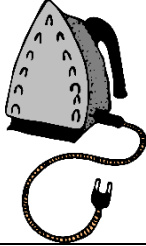


















Timebank – Cartoon Questionnaire – What help do you need? How can you help others?

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				Web design				Housework - occasional		
	Shopping				Decorating				Computer design				Cooking		
	Errands				Gardening				Website support				Ironing		
	Form filling				Car washing				Computer skills				Hairdressing		
	Office skills				Bike Rides				Computer maintenance				Babysitting		
	Letter writing				Cycle maintenance				IT support				Child supervision		
	Budgeting												Looking after grandchildren		
	Knitting/ Sewing/ Crochet				Assisting at events				Walking companion				Visiting people		
	Flower arranging				Attending meetings				Water Sports				Befriending		
										Fitness/ Exercise				Prescription collection	
	Playing a musical instrument				Literacy				Painting and drawing				Dog walking		
	Theatre				Translation				Arts and Craft				Pet care		
	Film/Cinema				Assist with reading								Litter-picking		
	Giving people a lift				Improving open spaces				Leaflet delivery				Anything Else!		
	Car/motorbike maintenance				Heavy moving / lifting				Design work / art						

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

INTERESTED?

Please complete the details below and our timebank coordinator will be in touch shortly.

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 our Timebank coordinator, Lane Thompson.

T: 07484524180 or 01480467209

E: houghtonwytontimebank@gmail.com

Address: St Marys Centre, Chapel Lane, Houghton, PE28 2AY

Houghton and Wyton Timebank



What is the Timebank?

It is 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 Timebank 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. Or you can save them to use.

Who can join the Timebank?

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

Please note all information is stored securely in compliance with GDPR regulations. If at any time you wish to withdraw your membership, contact us at:

houghtonwytontimebank@gmail.com or 07484524180