





















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

Tick the boxes below		Can help	Need help	Tick the boxes below		Can help	Need help	Tick the boxes below		Can help	Need help					
	Escorting people to appointments				DIY - simple								Housework - occasional			
	Shopping				Decorating - simple					Cooking						
	Errands				Gardening				Web design		Ironing					
	Form filling								Computer skills				Hairdressing			
	Office skills				Cycle maintenance				Computer design		Babysitting					
	Letter writing				Car washing				Book keeping		Child supervision					
	Budgeting								Computer maintenance							
	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					Pet care						
	Theatre				Assist with reading				Craftwork		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!

Time Bank Broker Iris Beazley, Volunteer Centre Manager on 01582 733418 iris.beazley@valuton.org.uk

INTERESTED?

Please complete the cartoon questionnaire inside 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

- 🕒 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 :
Iris Beazley, Volunteer Centre Manager:
Voluntary Action Luton
15 New Bedford Road
Luton, LU1 1SA T:



Tel: 01582 733418
Email: iris.beazley@valuton.org.uk

Time Banking Stopsley... is here!



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.

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.



Working in
Partnership

