



## What's good about a Time-bank?

Time-banking makes a real difference to people's lives, enabling them to remain independent, reduce isolation and feel they are a significant part of their local community.

By exchanging time with one another members are able to access support, get jobs done and attend groups on a local level which is so important when building community networks and community life. It improves the well-being of individuals and strengthens communities across Cambridgeshire.

## Still not convinced?

Let's take a simple example of Time-banking in action:

This is the story of Ms X.

Four years ago I had a breakdown. Not the best start to a story but there it is. From having a career, raising children, being *superwoman*, I became a terrified nervous wreck. I was frightened of everything and everyone. I couldn't go out, answer the door or do any of the things that give us a normal life. Then I moved to an area which had a Time-bank. That was step one: Step two, I was told about the Time-bank. Step three - I became brave enough to join.

At first, I thought that I would need many more hours than I could give: I told myself, I can't really do anything properly, my only talent was connected to my previous career and to be quite honest, that did not end well. Sitting with the local Time-bank coordinator in our local volunteer run cafe, I suddenly realised: Hang on: I can wash-up.

One tentative suggestion later, I now give six hours a week and sometimes more and I don't just *wash-up*. At another meeting I was asked by ninety years young Joan if I could shorten some pyjama bottoms for her: Sure I can sew..!!

Then there is Louise who needs help with her ironing: Wow, another thing I can do.

One year ago I would only leave my flat if I absolutely had to, and only then with medication. Now I help out at the cafe, I meet many different people and we laugh, we joke and gossip, and sometimes have a good old moan..!!

Time-banks rely on the goodwill of members, individuals and organisations. They always need help and assistance.

## So how can YOU help us?

### Your Money

- Contributions for Timebank running costs
- Helping with the costs of Community Events e.g. refreshments, equipment
- Helping with the costs of Community Projects e.g. materials for makeovers in community areas

### Your Time

- Volunteers for manual jobs e.g. Litter picking events, garden jobs
- Volunteers to help run Community events
- Volunteers to help us fundraise e.g. running Tombolas &/or generating prizes, quiz nights, cake sales
- Advice or help in your area of expertise if appropriate

So there it is. If you can give time please do so. If you are an organisation or business and wants to support a local Time-bank then please be our guest.

In return, we can offer the following:

- Listing on both the Support Cambridgeshire and Time-bank websites.
- Use of the Support Cambridgeshire and Time-banking Logo.
- A feature, article or relevant link within our monthly newsletters.
- Invitations to networking and peer-learning events.
- Opportunities for business promotion.
- The opportunity to assist in social action initiatives within Cambridgeshire neighbourhoods.
- Staff development and team days.
- The ability to bench – testing material to new audiences.
- Brand extension, and the potential to reach new markets and new market segments.

**Better than that though, you can easily discharge your Corporate and Social Responsibility through making a real difference to local people and local communities where you live and work.**

For more information please contact [Russell@huntsforum.org.uk](mailto:Russell@huntsforum.org.uk) in the first instance.